



April 2009



Maine Township MaineStreamers

1700 Ballard Road, Park Ridge, IL 60068 1-847-297-2510

Mission Statement

To enhance the quality of life for residents 55 years of age and older by providing a broad array of educational programs and recreational activities that encourage socialization, learning and promote independence, self esteem and dignity.

"We did not change as we grew older: we just became more clearly of ourselves."

Lynn Hall

Greetings from Mary!

It's time once again for our Third Annual "Swing into Spring" Expo. This year's event promises to be even bigger and better than last year. We will have entertainment, health screenings and over 60 vendors for you to visit! Raffles will be held throughout the event. The Expo will be held at Golf Mill Shopping Center on Friday, April 24th from 10:00 a.m. to 2:00 p.m. See enclosed flyer with all the details! Hope to see you there!

Mary Swanson, Director

Township Offices Closed

Maine Town Hall will be closed on Tuesday, April 7th for the General Election. Don't forget to vote!

TWILIGHT DINING

Palm Court

1912 N. Arlington Heights Rd., Arlington Heights, IL

Tuesday, April 28

5:30 p.m. to 8:00 p.m.

Cost: \$38.00 members/\$40.00 guests

Yum, Yum, Yum! Choose that evening between Soup or Salad, Crisp Duckling with Brandy Orange Sauce, Shrimp Scampi with Creamy White Sauce with mushrooms, Veal Scallopini, or Center Cut Butt Steak. Each served with Wild Rice or Twice Baked Potato. Apple Cinnamon Raisin Crisp will finish this wonderful meal.



"SPRING FLING" LUNCHEON

Wednesday, April 1

Chateau Ritz, 9100 Milwaukee, Niles

Door Open: 11:00 a.m.

Lunch Served : 12:00 p.m.

Cost: \$15.00 members/\$16.00 guests + \$2.50 Fish

We are delighted to welcome back the Gemini Idols. The chorus from Gemini Jr. High will entertain us and make us tap our feet. But first enjoy a delicious lunch of Salad, Chicken Champagne or Salmon (fish choice), Peas and Carrots, Wild Rice and Chocolate Mousse for Dessert! Bingo will follow! Blood Pressure Screenings sponsored by Resurrection Healthcare.

Reservations and cancellations due by Wednesday, March 25th.

Next Luncheon will be on Tuesday, May 12th at Chateau Ritz.

Luncheon Sponsored by

Sunrise of Buffalo Grove



COVENANT METHODIST SENIOR SERVICES

Uniting centuries of service to seniors

VOLUNTEER OPPORTUNITIES

NEWSLETTER MAILING

Mark your calendar for Thursday, April 9th from 9:00 a.m. to 12:00 noon to come and help us collate and fold the May Newsletter.

Memoriam

Charles "Chuck" Walsh Henry Homa Raymond Hiertz

If you know of someone who is ill or has passed away, we would like to send a card. Please call the MaineStreamers at 847-297-2510.

Day Trip Information

Rate 1-“Easy” means usually one stop, some walking and minimal stairs.

Rate 2-“Somewhat Difficult” means that there are at least two stops and sometimes stairs.

Rate 3-“Difficult” means that there are at least two stops and sometimes stairs and moderate to heavy walking.

Cancellation Policy

When canceling please keep in mind that we need to be able to resell your ticket first. If we are able to resell, a \$3.00 cancellation fee will be charged per ticket. If the ticket is not resold, there will be no refund.

Guest Policy

If the trip indicates that guests are allowed the policy is one per paid member.

Special Requests

Please limit your request to sit with one person only and indicate this on your registration form. Also, if you need any special assistance, such as wheelchair access, special menu etc...indicate this on the Registration Form. Please enclose a self-addressed stamped envelope for each day trip!

All Trips depart GOLF MILL PARKING LOT OFF CHURCH ST. BETWEEN MILWAUKEE & GREENWOOD.



CUBS VS. BREWERS

Miller Park, Milwaukee, Wisconsin

Saturday, May 9 - 3:45 p.m. to 11:00 p.m. - Trip Rate 3 (lots of walking!)

\$70.00 members/\$75.00 guests

Let's start the season off on a positive note as our Cubs challenge the Milwaukee Brewers on opening day week-end. Included in the price is transportation and the Loge Outfield Box Seat tickets. Don't delay as this is going to be a big seller! Go Cubs!

Just added.....

ENTERTAINMENT WITH AN HISTORIC FLAIR

Jacob Henry Mansion, Joliet, Illinois

Wednesday, May 13 - 8:30 a.m. to 6:00 p.m. - Trip Rate 2

\$74.00 members/\$79.00 guests



This trip intertwines a historic perspective and great entertainment. We start at the Henry Jacob Mansion, built in 1873, where you will hear the classic tale that brings this historic home to life. We will dine in the Victorian Ballroom on Chicken Apricot served with Seasoned Rice with Vegetables. Salad, Dessert and Beverage is included. After lunch, **The Chicago Rat Pack** will perform all their favorite songs. After the performance you will enjoy a guided tour of Chapel Hall - the main room of Old Center Church - an 1896 Landmark which is a classic example of the grand churches of the early 1900's.



“CRAZY FOR YOU”

Theatre at the Centre, Munster, Indiana

Wednesday, May 20 - 10:30 a.m. to 6:30 p.m. - Trip Rate 1

\$61.00 members/\$66.00 guests

This new Gershwin extravaganza is filled with song and dance. The story is about a 1930's playboy who's dream in life is to dance. Prior to this fabulous production, you will choose ahead of time between Chicken Breast with Orange Tarragon Sauce or Beef Bourguignon. Each served with Buttered Parsley Noodles, French Green Beans and Chocolate Raspberry Cake for dessert!

SHORES OF LAKE GENEVA OVERNIGHT TRIP

Lake Geneva and The Abbey in Fontana, Wisconsin

Departs - Thursday, May 28 - 8:30 a.m. Return - Friday, May 29 - 6:00 p.m.

\$235.00 Double Occupancy/\$300.00 Single Occupancy



Explore the shores of Lake Geneva on this two-day trip. We start out with shopping time in Lake Geneva followed by a narrated Luncheon Boat Cruise on Lake Geneva. Lunch features Wisconsin Style Chicken - Chicken Breast stuffed with Cranberry and Pecan Dressing with all the fixin's. Upon our arrival at the beautiful Abbey resort, enjoy Deluxe Accommodations. Relax and enjoy the amenities including the Spa before your dinner in private dining room. Choose between Queen Cut Prime Rib or Grilled Salmon Florentine as you enjoy the sounds of Tom Stanfield on the Piano and horns. You will have free time until lunch. Lunch entrée choices are Chicken Breast Monterey or Grilled Philly Panini. A stop at the Geneva Lake Museum will complete this fun overnight adventure!



UPCOMING DAY TRIPS

Shipshewana Flea Market and More
Shipshewana, Indiana

Tuesday, June 2 - Trip Rate 3
7:00 a.m. to 7:00 p.m.

\$38.00 members/\$43.00 guests

Spectacular Sunset VI

Beautiful Downtown Chicago

Wednesday, June 10 - Trip Rate 2
3:00 p.m. to 11:30 p.m.

\$72.00 members/\$77.00 guests

A Taste of Home Trip

Greendale, Wisconsin

Tuesday, June 16 - Trip Rate 2
7:00 a.m. to 6:30 p.m.

\$90.00 members/\$95.00 guests

"Pump Boys and Dinettes"

Drury Lane Oak Brook

Wednesday, June 24 - Trip Rate 1
10:30 a.m. to 5:00 p.m.

\$56.00 members/\$61.00 guests

CLASSES

CHAIR AEROBICS CLASS

Wednesdays, April 1 to May 27
(No Class on May 20)

2:00 p.m. to 3:00 p.m.

Cost: \$16.00 for 8 classes

Instructor: JoAnn Kitching



You will sit while exercising or if standing, may use the chair for support. This class will increase your strength, balance, flexibility and coordination.



PIANO LESSONS

Weeks of April 6 to May 25

1/2 hour lessons for 8 weeks

Cost: \$56.00 Registration Required

Learn how to play piano as Ludmyla Turkalo shows you the way. You will arrange your own time once payment is received. Lessons are conducted at her home in Maine Township.

RULES OF THE ROAD CLASS

Thursday, April 9

1:00 p.m. to 3:00 p.m.

No Charge - Registration Required

Need to renew your drivers license? Plan on attending this Secretary of State refresher course that prepares you for the written exam. Next Class: June 11th.

EXTENDED TRIPS 2009

Mississippi River Magic

June 17 - 19, 3 Days

American Classic Tours



Northwest Pacific

July 20 - 28, 9 Days

American Classic Tours

Canada and New England Cruise

Sept. 20 - 27, 8 Days

Viking Travels

A Taste of Europe: In Wisconsin

August 25 - 27, 3 Days

American Classic Tours

Door County:

Cape Cod of the Midwest

October 5 - 7, 3 Days

American Classic Tours



For a flyer please call the

MaineStreamers at 1-847-297-2510.

COMPUTER WORKSHOP

"Buying and Selling on e-Bay"

Monday, April 13

2:00 p.m. to 3:30 p.m.

Instructor: Lee Huber

Cost: \$10.00 Registration Required

Do you have items from spring cleaning you would like to sell? Is there an artifact you would like to buy if the price is right? Learn how to set up an account and make your buying and selling a profitable experience. **Only instructor will have a computer.**

YOGA CLASSES

Mondays, April 20 to June 29

(No class on May 18 & 25, & June 1)

7:00 p.m. to 8:30 p.m.

Instructor: Diane McDonald

Cost: \$40.00 for 8 classes

Hatha Yoga is an ancient art of stretching and limbering the body to increase health, vitality & self-awareness. Wear comfortable clothes and bring a mat!

BASIC CARD MAKING CLASS

Tuesday, April 14

1:00 p.m. to 3:00 p.m.

Cost: \$10.00 - includes supplies

Come on and try a NEW and FUN hobby! Make three lovely cards that are **easy** to do! This is a FUNtastic class!

RECREATIONAL ACTIVITIES

*****BINGO*****

Thursday, April 2

Town Hall, 1700 Ballard, P.R.

Friday, April 17

Oakton Arms, 1665 Oakton Pl., D.P.

Doors Open: 12:00 noon

Games: 1:00 p.m.

Cost: \$2.00 or 2 Coupons each Bingo*

Come and enjoy a wonderful afternoon playing Bingo! Prizes, delicious sweet rolls and coffee are included in the price.

***Coupon books for \$5.00 available.**

BOWLING OUTING

Thursday, April 16

11:00 a.m. to 2:00 p.m.

Sims Bowling, 1555 Ellinwood, D. P.

\$15.00 members/\$17.00 guests

Come bowl with us! You will enjoy two games of bowling, prizes and a lunch featuring Salad and Pizza.



MOVIE OF THE MONTH

"Nights in Rodanthe" PG13

Tuesday, April 21

Movie Begins: 1:00 p.m. to 3:00 p.m.

Cost: \$2.00 or 2 Coupons

Popcorn & Soda included

Two people's lives become entwined when they have a life changing romance in a North Carolina Beach Town resort.

WOMEN'S TEA

"Art in the Movies"

Thursday, April 23

10:30 a.m. to 12:00 noon

Cost: \$3.00 - Registration Required

Enjoy famous works of art and hear artists talk about their great inspirations in this exciting presentation featuring a dazzling collection of clips from a number of fantastic films.



"HOOKED ON FISHING" OUTING

Monday, April 27

8:00 a.m. to 2:00 p.m.

Cost: \$13.00

Join us as we kick-off our 2009 fishing season at Busse Woods. Included in the price is fishing, bait, Continental Breakfast, Pizza and Salad and prizes. Please note: Transportation on your own. You must have a fishing license.



MEN'S GROUP

Tuesday, April 28

11:30 a.m. to 1:00 p.m.

Cost: \$5.00 - Lunch Provided

Registration Required

Come enjoy lunch and games. Games will be card games: Pinochle, Poker or Gin etc... and Wii Bowling. Lunch will be provided prior to the games.

INFORMATIVE PROGRAMS

Experience the Power of Volunteering

Magda Scanlan, Manager of Volunteer Services will be here on Monday, April 13th at 10:00 a.m. to give an overview of what volunteer positions are currently at Advocate Lutheran Hospital. Registration Required.

S.A.L.T. PROGRAM

Seniors and Law Enforcement Together

"Hostage Barricade Terrorist Team"

Tuesday, April 21

10:30 a.m. to 11:30 a.m.

No Charge - Registration Required

Discussion of the elite team comprised of cross trained officers from the Sheriff's Police that assist Cook County and other law enforcement agencies.

HEALTH PROGRAMS

BLOOD PRESSURE SCREENING

Wednesday, April 1

10:00 a.m. to 12:00 noon

Senior Advocate Office

8820 Dempster, Niles

FREE blood pressure screening is offered by Advocate Lutheran General Hospital.

WALKING GROUP

Mondays - 9:00 a.m. to 10:00 a.m.

Meet at Golf Mill Mall Entrance 2

No Registration Required

Let's begin the month in a healthy way by walking together with a staff member. Newcomers are welcome.

Stress Management

Wednesday, April 22

10:00 a.m. to 11:00 a.m.

No Charge - Registration Required

Stress is a contributing factor for many health conditions. Learn simple ways to effectively manage stress and decrease the risk of disease.

APRIL REGISTRATION FORM

1. Complete form, sign name and detach entire registration form. If you are signing up another member we must also have their registration form. Please do not staple checks!
2. Mail Only (No walk-ins or phone reservations) to:
Maine Township MaineStreamers (M.T.M.S.)
1700 Ballard Road
Park Ridge, IL 60068
3. Enclose a separate check and/or coupons for each event and make checks payable to M.T.M.S. All classes/programs/events are at the Town Hall unless designated otherwise.
Indicate number attending each event by placing the number in the space before each event:

Check here to include e-mail address: _____ @ _____ . _____

Recreational Activities

- ___ Bingo at Town Hall - Thursday, April 2 - \$2.00 or 2 Coupons
- ___ Bingo at Oakton Arms - Friday, April 17 - \$2.00 or 2 Coupons
- ___ "Spring Fling" Luncheon - Wednesday, April 1 - \$15.00 members/\$16.00 guests + \$2.50 FISH _____
- ___ Bowling - Thursday, April 16 - \$15.00 members \$17.00 guests
- ___ Movie of the Month - "Nights in Rodanthe" - Tuesday, April 21 - \$2.00 or 2 coupons
- ___ Women's Tea - Thursday, April 23 - \$3.00
- ___ Hooked on Fishing Outing - "Busse Woods" - Monday, April 27 - \$13.00
- ___ Men's Group - Tuesday, April 28 - \$5.00
- ___ Twilight Dining - Tuesday, April 28 - \$38.00 members/\$40.00 guests

Classes

- ___ Chair Aerobics - \$16.00
- ___ Piano Lessons - \$56.00
- ___ Rules of the Road- Thursday, April 9 - No Charge
- ___ Computer Workshop "Buying and Selling on e-Bay" - Monday, April 13 - \$10.00
- ___ Yoga Classes - \$40.00
- ___ Basic Card Making Class - Tuesday, April 14 - \$10.00

Informative Programs

- ___ Volunteer Program - "Advocate Lutheran Hospital" - Monday, April 13 - No Charge
- ___ S.A.L.T Program - Tuesday, April 21 - No Charge

Health Program

- ___ Stress Management Wednesday, April 22 - No Charge

Day Trips Please remember to send a self-addressed, stamped envelope for each trip!

- ___ "Cubs vs. Brewers" Trip - Saturday, May 9 - \$70.00 members/\$75.00 guests ☐
- ___ "Entertainment...Historic Flair - Wed., May 13 - \$74.00 members/\$79.00 guests ☐
- ___ "Crazy For You" Trip - Wednesday, May 20 - \$61.00 members/\$66.00 guests ☐
Entrée choices: ___ Chicken Breast or ___ Beef Bourguignon
- ___ "Lake Geneva Overnight" Trip - Thursday, May 28 and Friday, May 29
Check one: ___ \$235.00 Double Occupancy Roommate: _____
 ___ \$300.00 Single Occupancy
Entree Choices - Dinner: ___ Prime Rib or ___ Salmon Florentine
 Lunch: ___ Chicken Breast Monterey or ___ Philly Panini

Special Needs: Wheelchair Accessibility, Visual/Audio aids, Special Dietary Needs etc..)

Please Specify: _____

Please seat me with (limit 1): _____

Print

Name: _____ **Phone Number:** _____