



May 2010



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.

“Life is too important to be taken seriously.”
Oscar Wilde

Greetings from Mary,

It's that time of year again when we invite our residents 90 years of age and older to the 90 Plus Birthday Party. What an amazing event to attend. Last year we had almost 100 residents 90 years of age and older. Some of them were at a grand age of 99 years young!

Secondly, a Sample Registration Form is included in this month's newsletter. Please take the time to look it over as it has some very helpful tips for you to use. My Staff really appreciates when you send in your Registration Form and everything is in order. It saves time and helps them get you registered in a timely fashion.

Last but not least...Happy Mother's Day!

Mary Swanson, Director

**Town Hall will be closed
Monday, May 31st
in observance of Memorial Day.**

Looking for participants for our local Spelling Bee..

Our local Spelling Bee will be held on Friday, June 4th at 10:30 a.m. at Maine Town Hall. We encourage all of you to come and enjoy some fun competition. The top two winners will compete in the Regional Spelling Bee. The winners of that Spelling Bee will compete in the State Spelling Bee held at the Illinois State Fair.

All interested people should contact Monika Jaroszewicz at 847-297-2510 #252.

MOTHER'S DAY LUNCHEON

Tuesday, May 11

Chateau Ritz, 9100 Milwaukee, Niles

Doors Open: 11:00 a.m.

Lunch Served: 12:00 p.m.

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

Today's lunch features a Tossed Salad, Baked Ham or Tilapia, Rice Pilaf, Chef's choice of vegetables and Peach Melba for Dessert. Back by popular demand Kym Frankovelgia will sing the very best of the Big Bands, Standards and Broadway! Bingo to follow. Blood Pressure Screenings sponsored by Resurrection Healthcare. All ladies will receive a small gift for Mother's Day!

Reservations and cancellations due by Tuesday, May 4th... (No Exceptions)

Next Luncheon will be on Wednesday, June 9 at Casa Royale.

Sponsored by



The Bethany Terrace
...a Health & Rehabilitation Center

and



CONCORD PLACE
RETIREMENT & ASSISTED LIVING COMMUNITY

HELEN JUNG UPDATE



Helen Jung, Senior Associate for the MaineStreamers fell and fractured her Hip. After successful surgery and Rehabilitation she is back home and doing well.

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!

DEPARTURE POINT - GOLF MILL MALL SOUTH PARKING LOT.

GOLDEN JEWELS OF LAKE COUNTY

Golden Pyramid and Cuneo Mansion and Gardens

Wednesday, June 2 - 9:30 a.m. to 5:00 p.m. - Trip Rate 3

Cost: \$60.00 members/ \$65.00 guests



Let's explore the Jewels of Lake County...Our first stop will be The Golden Pyramid House- a 6 story tall and 15,000 square foot home. Lunch will be at *The Country Squire*, originally built as the stately mansion of Wesley Sears, founder of the Chicago based mail order firm. Our lunch will begin with French Onion Soup and a Fresh Spinach Salad. Then choose ahead of time between **Broiled Lake Superior Whitefish** or **Chicken Marsala**. Each served with a Twice Baked Potato, Stuffed Tomato with Broccoli au Gratin and Chocolate Mousse for Dessert! A guided tour of the Cuneo Mansion and Gardens will be our final stop. This mansion purchased by John Cuneo houses the family collection of fine antiques, paintings by world famous artists, tapestries, sculptures, silver and porcelain. You will tour both the mansion and the gardens.

SUGAR

Drury Lane Oak Brook

Thursday, June 17 - 10:45 a.m. to 5:00 p.m. - Trip Rate 1

Cost: \$61.00 members/\$66.00 guests



Adapted from the hilarious screen classic “Some Like It Hot”, a musical version of two out-of-work musicians, Joe and Jerry, who witness the St. Valentine’s Day Massacre. Our lunch will be served before the show. Choose ahead of time either **Baked Lemon Sole** - tender filet of lemon sole served with tarragon sauce or **Roast Sirloin of Beef** - sliced prime sirloin in its natural juices. Served with a Spinach Mandarin Salad, Chef’s selection of Garden Vegetables, Potato or Rice, Fresh Baked Bread and Dessert!



WHITE PINES

Oregon, Illinois

Wednesday, June 23 - 9:00 a.m. to 6:00 p.m. - Trip Rate 1

Cost: \$50.00 members/\$55.00 guests

Remember when comedy on television was LIVE - clever, clean, and FUNNY? Variety shows featured Broadway revues, the latest radio stars and comedians that delivered skits with unique characters along with the laughs. **Television B.C. - Before Cable!!** offers scenes from Red Skelton’s, Jack Benny’s, Carol Burnett’s and other shows. Jackie Gleason, Lucy and Ethyl, Dinah Shore and Johnny Carson make appearances. Prior to the fun you will enjoy a homemade buffet featuring three Main Entrees, Vegetables, Salads, and more...Don’t miss this energetic, interactive afternoon with Jerry, Alison, Rick, Karen and Ann!

See Next Page for another Day Trip...



SPECTACULAR SUNSET VII TRIP

Lawry's, Millennium Park and Lake Front, Chicago
Wednesday, June 30 - 3:00 p.m. to 11:30 p.m. - Trip Rate 2
Cost: \$78.00 members/ \$83.00 guests



This is the seventh year we will be enjoying Chicago at its best. We will start at Lawry's where you will choose ahead of time between **Roasted Prime Rib** or **Fresh Salmon with Balsamic Glaze** (lunch portion). Included will be Salad, Bread, Whipped Potatoes, Creamed Spinach and Strawberry English Trifle for Dessert. Following dinner you will have time to walk and enjoy the sights of Millennium Park. Then we board our own chartered Boat where we will go on Lake Michigan. Once again the **Banjo Buddies** will entertain us while we watch the "Fireworks" off of Navy Pier. Don't delay signing up, as this is a big seller!

UPCOMING DAY TRIPS

Chicago White Sox Trip

Cellular Field, Chicago
Thursday, July 8- Trip Rate 3
10:00 a.m. to 6:00 p.m.
Cost: \$63.00 /\$68.00



Ring of Fire

Fireside Theatre, Ft. Atkinson, WI.
Thursday, July 15- Trip Rate 1
8:00 a.m. to 6:30 p.m.
\$92.00 members/\$97.00 guests

Betty Lou Cruise Trip Madison, Wisconsin

Wednesday, July 28 - Trip Rate 2
7:00 a.m. to 7:00 p.m.
\$94.00 members/ \$99.00 guests

Calypso Experience! Trip Bangs Lake, Wauconda

Thursday, July 29- Trip Rate 1
11:00 a.m. to 5:00 p.m.
\$55.00 members only



EXTENDED TRIPS 2010

Minocqua
& the Northwoods of Wisconsin
July 20 - 22, 3 Days
American Classic Tours



America's Majestic National Parks
August 23 - 30, 8 Days
American Classic Tours

Cape Cod: A Seaside Holiday
September 7 - 11, 5 Days

American Classic Tours



Brown County, Indiana
October 27 - 29, 3 Days
American Classic Tours

Australia & New Zealand
Featuring Sydney & Milford Sound Cruise
September 10 - 22, 13 Days
Dream Makers Vacations

*For a flyer please call the
MaineStreamers at 1-847-297-2510.*

AROUND LAKE MICHIGAN 2010

September 14 - 18, 2010- 5 Days

\$1,059 Double, \$1032 Triple, \$1,324 Single



TOUR HIGHLIGHTS:

- 9 meals: 3 Deluxe Continental Breakfasts, 1 Breakfast, 4 Dinners
- Door County Step On Guide
- Pictured Rocks Boat Cruise
- Tahquamenon Fall State Park
- Traverse City Guided Tour
- Sleeping Bear Dunes Natural Lakeshore
- Cherry Republic
- Chateau Grand Traverse Winery
- Mission Peninsula Guided Tour
- Music House Museum

TRIP PREVIEW

Wednesday, May 26

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

No Charge - Registration Required
Elizabeth from Fancy Free Holidays will be here to discuss this wonderful Autumn Trip. Don't forget to register. If you would like a flyer please contact the MaineStreamer Staff at 847-297-2510.



Home Pickup and Return Included!

CLASSES

CHAIR AEROBICS CLASS I

Mondays, May 24 to July 26

(No Class on May 31, June 21, 28 and July 5)

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

Cost: \$12.00 for 6 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.



CHAIR AEROBICS CLASS II

Wednesdays, May 26 to July 14

(No Class on June 23 and 30)

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

Cost: \$12.00 for 6 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.

RECREATIONAL ACTIVITIES

B I N G O

Thursday, May 6

Town Hall, 1700 Ballard, P.R.

Friday, May 21

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 playing Bingo and win fabulous prizes. Included in the price are delicious sweet rolls and coffee.

***Coupon books of 5 coupons for \$5.00 can be purchased at either Bingo.**

MOVIE OF THE MONTH

The Time Travelers Wife -PG13

Tuesday, May 18

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

Cost: \$2.00 or 2 Coupons

Popcorn & Soda included

A Chicago librarian suffers from a rare genetic disorder that sends him hurtling through time whenever he is under extreme duress; despite the fact that he vanishes at inordinately frequent and lengthy intervals, he attempts to build a stable future with the beautiful young heiress he loves. Eric Bana and Rachel McAdams in this dramatic fantasy.

PINOCHLE TOURNAMENT

Wednesday, May 19

Lunch: 11:30 a.m. to 12:15 p.m.

Competition begins: 12:15 p.m.

Cost: \$6.00 members/\$7.00 guests

We will start our event with lunch. Then get ready for some fun competition at this "Three Handed Pinochle" Tournament. Included in the price is lunch and prizes. Newcomers are always welcome!

Must be present by 12:00 noon!

"HOOKED ON FISHING" OUTING

The Glen

Friday, May 21

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

Cost: \$13.00



Join us as we head to the beautiful Glen in Glenview. Included in the price is fishing, bait, Continental Breakfast, a Broasted Chicken lunch and prizes. Please note: Transportation on your own. Carpooling may be available. You must have a fishing license.

WOMEN'S TEA

Natural Facelift Program

Thursday, May 27

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

Cost: \$3.00 or 3 coupons

Registration Required - Refreshments

Through the use of acupressure learn how to tone the muscles that keep the face smooth and youthful. This practice, when followed for three months, can have results much like that of a surgical face lift. The Class includes a brief lecture on how we can best care for our skin both internally and externally. Handouts will be given for pressure points.

INFORMATIVE PROGRAM

CD'S AND INFLATION

Tuesday, May 18

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

No Charge - Registration required

Unlike the boring financial seminars you have attended in the past, Kerry Bahnick of Accelerated Wealth brings a light-hearted and fun approach to serious topics. The topics for the May workshop will be Financial Alligators - Don't get Pushed into the Pool! And CD's and Inflation - The Parrot and The Chicken. Kerry addresses financial issues facing seniors today.



HEALTH HAPPENINGS

BLOOD PRESSURE SCREENING

Wednesday, May 5

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. A record of your Blood Pressure will be given.

FEATS OF FITNESS PROGRAM

Wednesday, May 12

8:00 a.m. to 10:00 a.m.

Golf Mill Shopping Center-

Center Court

No Charge or Registration Needed

Join us as we sponsor free refreshments and blood pressure screenings as you walk the mall. At 9:00 a.m., we will have Dr. Julie Gilbertson speak on "Healthy Aging" sponsored by Bethany Terrace. This new program is a fun and easy way to get in shape. **Then, why not join Therese Tully & our walking group on Mondays at 9:00 a.m by Entrance #2.**

HEARING LOSS PROGRAM

Wednesday, May 12

10:00 a.m. to 11:30 a.m.

No Charge - Registration Required

Rebecca Field will be conducting a lecture describing the ear, how we hear and the types of hearing loss. Then she will talk about hearing aides: styles, technology, approximate range of costs, and how they work. She will also discuss other strategies (in addition to hearing aides) that can assist with communication.

GOLDEN RING COUPLES RECOGNIZED

If you are married 50 years this year January 1-December 31, 2010, please submit your names and receive an official certificate signed by Supervisor Carol A. Teschky. To submit names contact Therese at 847-297-2510 #260.

**VISIT OUR WEBSITE AT
MAINETOWNSHIP.COM**

**SEE PHOTOS FROM OUR EVENTS AND
THE RECENT CHURCH TOUR!**

VOLUNTEER OPPORTUNITY

BINGO VOLUNTEER NEEDED

We are seeking a fun individual to assist at both our bingos, one is held at the Town Hall on the first Thursday of each month from 12:00 noon to 3:00 p.m. and the other is held at our monthly luncheons from 2:30 p.m.-3:00p.m. If anyone is interested please contact Therese Tully at 297-2510 #260.

NEWSLETTER MAILING

Mark your calendar for Thursday, May 13th from 9:00 a.m. to 12:00 noon. Come and help us collate and fold the June Newsletter. Refreshments will be served.

COOK COUNTY

SHERIFF THOMAS J. DART'S

CELL PHONES FOR SENIORS PROGRAM

Don't throw away your old cell phones or let them sit in drawer or closet at your home. Your unused cell phone can be a lifesaver for a senior citizen. Please bring any old cell phones to the MaineStreamers Offices located at: Maine Town Hall, 1700 Ballard Road in Park Ridge.

GOLD CARD

If you live within School District 62 School Boundaries and are 62 or older, you are eligible to receive a Gold Card. Events, such as, Plays, Sporting Events, Concerts etc... are offered to Card Members at a reduced rate or free. To register Call Maine Township H.S. District at 847-696-3600 and ask for Laurie Nagel .

E.A.R.N.

(Encourage Adolescent Responsibility Now)

MaineStay Youth and Family Services provides a service where we match Township residents needing help with youths ages 12 to 19 who are willing to do lawn work and clean-up or whatever else is needed. You negotiate the costs involved.

For information 847-297-2510 #283.

SAMPLE REGISTRATION FORM 101

Below is a sample newsletter to help guide you in correctly filling out the Monthly Registration Form.

1. Complete form, sign name and detach entire registration form. *(Do not cut your form) If you are signing up another member we must also have their registration form.*

Please do not staple or scotch tape 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 coupon for each event and make checks payable to M.T.M.S.

Recreational Activities

 2 Bingo at Town Hall - Thursday, - \$2.00 or 2 Coupons

 2 Bingo at Oakton Arms - Friday,... - \$2.00 or 2 Coupons

 1 Luncheon... - \$15.00 members/\$16.00 guests
+ \$2.50 FISH

Indicate number of people attending each event by placing the number in the space before each event. Do not use checks or X.

Classes

 1 Tai Chi Class - \$40.00 for 8 classes

 1 AARP'S Driver Safety Program - \$12.00 AARP members/\$14.00 non-members*
****Payable to the instructor the first day of classes***

Informative Program

 2 Senior Resource Alliance... - No Charge

Day Trips *Please remember it's one guest per member.*

1. Please remember to send a self-addressed, stamped envelope for EACH trip!

Enclose a self-addressed stamped envelope for each trip. As we have 4 to 5 trips monthly with over 300 tickets being sold, separate envelopes make the process of sending out the confirmation letter/waiver simpler and quicker.

2. On Day Trip(s) please seat me with (Limit 1): Seat Partner' Name _____

*If you plan on sitting with another member both of you should write the name of the **one** person you want to sit with. We try our best to honor your request but there are no guarantees. Do not list more than one person or a group name.*

3. Special Needs: Wheelchair Accessibility, Visual/Audio aids, etc..) Please Specify:

We try our best to accommodate your special needs but there are no guarantees. Always refer to the trip ratings with 1 being the easiest with 1 stop and 3 being the most difficult with several stops, stairs, and longer walking distances. _____

 1 "Tour" Trip... \$00.00 members/\$00.00 guests

Print Your

Name: John and/or Jane Doe _____ **Phone Number:** 847-000-0000 _____

MAY 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 or scotch tape 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 coupon for each event and make checks payable to M.T.M.S.

E-mail alert List: _____@_____. Please add me!

**Indicate number attending each event by placing the number in the space before each event:
Recreational Activities**

____ Bingo at Town Hall - Thursday, May 6 - \$2.00 or 2 Coupons

____ Bingo at Oakton Arms - Friday, May 21 - \$2.00 or 2 Coupons

____ "Mother's Day" Luncheon - Tuesday, May 11- \$15.00 members/\$16.00 guests
+ \$2.50 FISH

____ Movie of the Month - "*The Time Traveler's Wife*" - Tues., May 18 - \$2.00 or 2 coupons

____ Pinochle Tournament - Wednesday, May 19 - \$6.00 members/\$7.00 guests

____ "Hooked on Fishing" - The Glen - Friday, May 21 - \$13.00

____ Women's Tea - Thursday, May 27 - \$3.00 or 3 coupons

Classes

____ Chair Aerobics Class I - Mondays - 6 Classes - \$12.00

____ Chair Aerobics Class II - Wednesdays - 6 classes - \$12.00

Informative Programs

____ C.D.'s and Inflation - Tuesday, May 18 - No Charge

Health Program

____ Hearing Loss Program - Wednesday, May 12 - No Charge

Extended Trips

____ Around the Lake Trip Preview - Wednesday, May 26- No Charge

Day Trips

1. Please remember to send a self-addressed, stamped envelope for EACH trip!

2. On Day Trip(s) please seat me with (Limit 1): _____

3. Special Needs: Wheelchair Accessibility, Visual/Audio aids, etc..) Please Specify:

____ "Golden Jewels" Trip - Wed., June 2 - \$60.00 members/\$65.00 guests ☐
Choose Entrée: _____ Lake Superior Whitefish or _____ Chicken Marsala

____ "Sugar" Trip - Thurs., June 17 - \$61.00 members/\$66.00 guests ☐
Choose Entrée: _____ Baked Lemon Sole or _____ Roast Sirloin of Beef

____ "White Pines" Trip - Wednesday, June 23 - \$50.00 members/\$55.00 guests ☐

____ "Spectacular Sunset VII" Trip - Wed., June 30 - \$78.00 members/\$83.00 guests ☐
Choose entrée: _____ Prime Rib or _____ Salmon

Print Your

Name: _____ Phone Number: _____