



June 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.

“A father is a guy who has snapshots in his wallet where his money used to be.”
Author Unknown

Greetings from Mary!

We have so many opportunities this month for you to participate in, I need to make my greeting short and sweet! Please read the article on both the Life Legacy Project and the Feats of Fitness program as I highly recommend you participate in both. I would also like to wish all of our Fathers a Happy Father's Day!

Mary Swanson, Director

LIFE LEGACY

Orientation: Monday June 7 at 2:00 p.m.

No Charge - Registration Required

You've written down your family tree and written names in the margins of photos, but when you are gone will your children and grandchildren really know who you were?

Christopher Falls is looking for volunteers over the age of 60 to participate in a test of a website that directs seniors in recording their life experiences. **You do not need to know how to use a computer.** Chris will explain how everything works. It is free, easy, completely anonymous and confidential. The Life Choice Legacies website is for those who want to write a life review, but haven't taken the time to know how.

HEALTH PROGRAM

FEATS OF FITNESS PROGRAM

Wednesday, June 9

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

**Golf Mill Shopping Center-
Center Court**

No Charge or Registration Needed

Dr Panopoulos is the clinic director of *Active Health* located in Park Ridge and specializes in Clinical Nutrition and Herbal Medicine. He will discuss the simple steps everyone should use to lose weight, feel more energy, and improve their overall health naturally. Monika or Mary will walk with the group prior to the program. Meet by Entrance 2 at 8:00 am.

FATHER'S DAY LUNCHEON

Wednesday, June 9

Casa Royale, 783 Lee, DP

Doors Open: 11:00 a.m.

Lunch Served: 12:00 p.m.

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

Casa Royale welcomes us with a delicious lunch of Salad, Chicken Piccata or Orange Roughy (Fish Choice), chef's selection of Potato and Vegetable and Lemon Sorbet for Dessert! Our entertainment is Cabaret Singer Pamela Sue Fox. Bingo to follow. Blood Pressure Screenings sponsored by Resurrection Healthcare. All men will receive a small gift for Father's Day!

**Reservations and cancellations due by
Wednesday, June 2nd. (No Exceptions)**

**Next Luncheon will be on Tuesday, July 13th
at Chateau Ritz.**

Sponsored by

and



TWILIGHT DINING

Charcoal Oven, 4400 Golf Rd., Skokie

Tuesday, June 15

5:30 p.m. to 7:00 p.m.

Cost: \$28.00 members/\$30.00 guests

This is the "North Shore's original supper club." We will start our dinner with Salad. You will then choose ahead of time between Cypress Chicken (Greek Style) or sautéed Walleye Pike, Leg of Lamb, or Petite Filet. All entrees served with Vegetable and Potato. Dessert will be a choice of Fruit Pie or Chocolate Cake. Transportation on your own.

**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 & enjoy some fun competition.**

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!

CHICAGO WHITE SOX TRIP

Cellular Field, Chicago

Thursday, July 8 - 10:00 a.m. to 6:00 p.m. - Trip Rate 3

\$62.00 members/\$67.00 guests



Let's enjoy ourselves as our White Sox challenge the Los Angeles Angels. We will start in the patio area and enjoy a Buffet of Cajun and Fried Chicken, Hot Dogs, BBQ Ribs, Hamburgers, Salads, Unlimited Beer, Wine and Soft Drinks. We will also play a few games of Bingo...what fun! Then we will move to our Lower Box Seats to enjoy the game!

RING OF FIRE THEATRE OUTING

Fireside Theatre, Ft. Atkinson, Wisconsin

Thursday, July 15 - 8:00 a.m. to 6:30 p.m. - Trip Rate 1

\$92.00 members/\$97.00 guests



The man in black! Johnny Cash is an icon- a great singer/songwriter whose works have touched millions of devoted fans. This musical tribute includes the drama of his memorable life and career. “I Walk the Line”, “Folsom Prison Blues”, and of course “Ring of Fire” are some of the many songs you will enjoy. Enjoy a lunch of Fantastic Duo Salad, Baked Boneless Pork Chop served with Dressing with Sauerkraut, Pink Cinnamon Apple Sauce and Asparagus Spears. Peach Melba for Dessert!

BETTY LOU CRUISE TRIP

Madison, Wisconsin

Wednesday, July 28 - 7:00 a.m. to 7:00 p.m. - Trip Rate 2

\$94.00 members/\$99.00 guests



Enjoy a scenic ride to Madison and then time on your own in the Capitol Square to explore the Capitol Building or the Farmer's Market. On to visit one of the museums- the Veteran's, Wisconsin Historical or the Contemporary Art. Next we are off to enjoy a cruise on Lake Monona aboard Betty Lou's “Miss Forward”, a motor yacht. Lunch includes Captain Bill's Clam Chowder, Assorted Salads, Deli Meats, Cheeses and Desserts. Enjoy first-class views of the Madison Skyline & Lakefront Estates.

CALYPSO EXPERIENCE! TRIP

Lindy's Landings overlooking Bangs Lake, Wauconda

Thursday, July 29 - 11:00 a.m. to 6:00 p.m.

\$56.00 Members Only



What could be more fun then enjoying a day by Beautiful Bangs Lake? We begin with lunch, your choice ahead of time - **Alaskan King Crab Legs** with Baked Potato and Vegetable or **Pineapple Chicken** with Fresh Vegetables and Pineapple Glaze and Chunks over Rice. Both served with a House Salad. Then we journey out on the Patio Deck and enjoy Dessert Kabobs while the “Tropical Experience” Steel Drum Band plays. Pontoon Boat Rides will be offered depending on availability and/or weather. So, don your tropical clothes and plan on a funfilled day !

UPCOMING DAY TRIPS

Exploring Union Trip

Wild West Town and Railway Museum

Sunday, August 1 - Trip Rate 3

9:00 a.m. to 7:00 p.m.

Cost: \$48.00 members/\$53.00 guests



INTERGENERATIONAL TRIP

"Wizard of Oz" & Paddle Boat Cruise

Saturday, August 7 - Trip Rate 2

9:30 a.m. to 4:00 p.m.

\$25.00 kids/\$55.00 members

Peach Picking

Monday, August 9 - Trip Rate 3

Time and Price TBA

Port Washington Maritime Heritage Festival

Saturday, August 21 - Trip Rate 3

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

\$82.00 Members Only



Hot Mikado

Drury Lane Oak Brook

Thursday, August 26 - Trip Rate 1

10:45 a.m. to 5:00 p.m.

\$61.00 members/\$66.00 guests

EXTENDED TRIP PROGRAM



TRAVEL FIESTA PARTY

Wednesday, June 2

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

No Charge - Registration Required

Joe Conroy of American Classic Tours will preview the rest of the 2010 Trips we have planned. Come, get a preview of each trip. Refreshments and a door prize raffle will be held. Registration required.

CLASSES

RULES OF THE ROAD CLASS

Thursday, June 10

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: September 9th.

TAI CHI

Thursdays, June 10 to July 29

3:30 p.m. to 5:00 p.m.

Instructor: Sylvester Marshall

Cost: \$40.00 for 8 classes



Learn and review your Tai Chi postures and stances in this class. Newcomers are welcome. Minimum Students: 12

EXTENDED TRIPS 2010



Cape Cod: A Seaside Holiday

September 7 - 11, 5 Days

American Classic Tours

Australia & New Zealand

Featuring Sydney & Milford Sound Cruise

September 10 - 22, 13 Days

Dream Makers Vacations

Around Lake Michigan 2010

September 14 - 18, 5 Days

Fancy Free Holidays

Autumn Along

The Rocky Coast of Maine

Oct. 11 - 17, 7 Days

American Classic Tours

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

YOGA CLASSES

Mondays, June 14 to August 16

(No class on July 5 and August 2)

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 and self-awareness. Wear comfortable clothes and bring a mat!

COMPUTER WORKSHOP

Monday, June 21

3:00 p.m. to 4:30 p.m.

Instructor: Lee Huber

Cost: \$10.00 members/\$15.00 guests

It's Spring clean-up time for your files. Organize your files/pictures so that you can find them and back them up easily. Also, learn advance search options and we'll talk about home networks. Why you need one, what are the parts and advantages that include printing w/o hooking up a printer. Everyone will receive a notebook/LCD screen cleaner kit!

ZUMBA GOLD FREE DEMONSTRATION

Tuesday, June 22

1:00 p.m. to 2:00 p.m.

Location: Golf Main Park District

8800 Kathy Lane, Niles

No Charge - Registration Required

Come, check out the newest exercise craze, Zumba Gold. Designed specifically for the Senior Population, Zumba Gold fuses Latin Rhythms and easy to follow moves. Next Session starts on July 6th.

INFORMATIVE PROGRAM

Philips Lifeline
Emergency Response System
Tuesday, June 1
10:00 a.m. to 11:00 a.m.
Registration Required

Lutheran General Hospital Older Adult Services provides Philips Lifeline Service. Lifeline is a personal response system that links you to 24 hour assistance at the push of a button in case of an emergency. Our partnership will help save you \$80.00 in installation fees. This is an ongoing partnership. Flyer enclosed.



ACCELERATED WEALTH

Tuesday, June 8
10:00 a.m. to 11:00 a.m.

No Charge - Registration Required

Kerry Bahnick, a financial consultant is continuing the free Senior Financial Survival Workshop. This month's topic is entitled "How Wartime Veterans can Claim up to \$23,000 in Tax Free Income"!

WORLD'S GREATEST RAILROAD TRIPS

Wednesday, June 16
10:00 a.m. to 11:00 a.m.

No Charge - Registration Required

Bill Helmuth is your conductor and engineer on what he states are the 5 greatest long distance train trips in the world. Come and see what they are!



RECREATIONAL ACTIVITIES

BINGO

Thursday, June 3
Town Hall, 1700 Ballard, P.R.

Friday, June 18

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 play Bingo! Prizes, delicious sweet rolls and coffee are included.

"HOOKED ON FISHING" OUTING

The Hollows, Cary, IL

Fri., June 11 - 8:00 a.m. to 2:00 p.m.

Cost: \$13.00

Today, we fish at The Hollows. Included in the price is fishing, bait, Continental Breakfast, and your choice of a Pork Tenderloin Sandwich or a 2-piece Fried Chicken (dark/White) Lunch and prizes.



WOMEN'S TEA

Musical Review

New Day: Friday, June 11

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

Cost: \$3.00 or 3 coupons

Refreshments Served

Come and Enjoy Bill and Susan Goodman's Musical Review. Songs include Broadway, Operettas and more...

MOVIE OF THE MONTH

The Blind Side - PG 13

Tuesday, June 15

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

Cost: \$2.00 or 2 Coupons

Popcorn & Soda included

Michael Oher, a homeless and traumatized boy who became an All American football player. Sandra Bullock stars.

CANASTA

Monday, June 21

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

Cost: \$4.00 members/\$6.00 guests

Registration Required

Play the Classic version of Canasta or learn to play the American Standard. John Krelle will assist you with both.

BOWLING OUTING

Thursday, June 24

11:30 a.m. to 2:30 p.m.

River-Rand Bowl-191 S. River Rd. D.P.

\$17.00 members/\$19.00 guests

You will enjoy two games of bowling and a lunch featuring Salad and Pizza. Prizes will be awarded.

"INTERGENERATIONAL FISHING OUTING"

Lake Opeka, Des Plaines

Thursday, June 24th

9:30 a.m. to 2:00 p.m.

No Charge - Registration Required

Spend TIME with a child from our Day Camp, ages 8 to 13 years old. We will enjoy a morning of fishing together followed by a picnic lunch.



MEMORIAM

Mary Dupont

If you know of someone who is ill or has passed away, we would like to send a card. Please call the MaineStreamers at 1-847-297-2510.

JUNE REGISTRATION FORM

1. Complete form, sign name and detach entire registration form. Please do not staple or scotch tape checks!

2. If you are signing up another member we must also have their registration form.

3. Mail Only (No walk-ins or phone reservations) to:

Maine Township MaineStreamers (M.T.M.S.)
1700 Ballard Road
Park Ridge, IL 60068

4. Enclose a separate check and/or coupon for each event and make checks payable to M.T.M.S.

5. Indicate number attending each event by placing the number in the space before each event.

Recreational Activities

___ Bingo at Town Hall - Thursday, June 3 - \$2.00 or 2 Coupons

___ Bingo at Oakton Arms - Friday, June 18 - \$2.00 or 2 Coupons

___ "Father's Day" Luncheon - Wednesday, June 9 - \$15.00 members/\$16.00 guests
+ \$2.50 FISH

___ Hooked on Fishing - *The Hollows* - Friday, June 11 - \$13.00

Choose Entrée: ___ **Pork Tenderloin Sandwich, Fried Chicken** ___ **White Meat/** ___ **Dark Meat**

___ Women's Tea - Friday, June 11 - \$3.00 or 3 coupons

___ Movie of the Month - Tuesday, June 15 - \$2.00 or 2 coupons

___ Twilite Dining - Tuesday, June 15 - \$28.00 members/ \$30.00 guests

Choose entrée: ___ **Cypress Chicken,** ___ **Sauteed Walleye Pike,** ___ **Leg of Lamb** or ___ **Petite Filet**

___ Canasta - Monday, June 21 - \$4.00 members/\$6.00 guests

___ Bowling Outing - Thursday, June 24 - \$17.00 members/\$19.00 guests

___ Intergenerational Fishing Outing - Thursday, June 24 - No Charge

Classes

___ Rules of the Road - Thursday, June 10 - No Charge

___ Tai Chi Class - \$40.00 for 8 Classes

___ Yoga Class - \$40 for 8 Classes

___ Computer Workshop - Monday, June 21 - \$10.00 members/\$15.00 guests

___ Zumba Gold Demonstration - Tuesday, June 22 - No Charge

Informative Programs

___ Lifeline Emergency Response Program - Tuesday, June 1 - No Charge

___ Life Legacy - Monday, June 7 - No Charge

___ Accelerated Wealth - Tuesday, June 8 - No Charge

___ World's Greatest Railroads Trips - Wednesday, June 16 - No Charge

Extended Trip Programs

___ Travel Fiesta Party - Wednesday, June 2 - 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:

___ Chicago White Sox Trip - Thursday, July 8 - \$62.00 members/\$67.00 guests ☐

___ Ring of Fire Trip - Thursday, July 15 - \$92.00 members/\$97.00 guests ☐

___ Betty Lou Cruise Trip - Wednesday, July 28 - \$94.00 members/\$99.00 guests ☐

___ Calypso Experience! Trip - Thursday, July 29 - \$56.00 **members only** ☐

Choose entrée: ___ **Alaskan King Crab Legs** or ___ **Pineapple Chicken**

Print Your

Name: _____

Phone Number: _____