



August 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.

“Dream as if you’ll live forever. Live as if you’ll die today.”
James Dean

Greeting from Mary!

This month I would like to encourage you to take advantage of the many free, informative and recreational programs we offer. When you make a decision to come please plan on doing so. At one of our programs last month we had 3 people show up after 14 MaineStreamers registered. If you are not planning on coming let us know so we can make a well informed decision whether or not to cancel. It is not fair to the speaker to take the time to come and present, only to have a few people show up. Thank you for your cooperation!

Mary Swanson, Director

TWILIGHT DINING

Allegauer’s on the Riverfront

Tuesday, August 17

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

Cost: \$26.00 members/\$28.00 guests

Let’s start our dining with a Salad Bar. Then that evening choose between: **Alaskan Grilled Salmon** grilled to your liking with fresh Lemon Aioli, **Herb Crusted Pork Loin** with Onion Pepper Marmalade drizzled with light Thyme Sauce, **Barbecue Baby Back Ribs** prepared with the Chef’s special marinade with a touch of Thai Chili Sauce or **New York Sirloin Steak** with a Fresh Rosemary Pinot Noir Sauce. Then we will finish at the Dessert Table. Transportation on your own.

GOOD OL’ SUMMERTIME LUNCHEON

Wednesday, August 11

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

We will start our afternoon with a lunch of Salad, Chicken Wellington- Pastry Wrapped served with a Sherried Mushroom Cream Sauce or Orange Roughy (Fish Choice), chef’s selection of Potato and Vegetable and Chocolate Sundae for Dessert! Our entertainment, NOWSTALGIA, will be singing songs from the good ol’ summertime. Bingo to follow. Blood Pressure Screenings sponsored by Resurrection Healthcare.

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

Next Luncheon will be on Tues., September 14th at Chateau Ritz.

Sponsored by

A Senior Corp



Carolyn McMurray, Senior Associate, has decided to move on to new challenges. We wish her the best of luck in all her future endeavors.

Maine Township Community Garage Sale

Start saving your “treasures” for our annual Fall Garage Sale on September 25, 2010 from 9 am to 3 pm at Maine Township Town Hall. Once again, proceeds will benefit the summer camp program coordinated by the Township’s MaineStay Division and the Maine Township Food Pantry. The camp program serves qualified children ages 8 through 13 by allowing them to participate in cultural and recreational experiences. **Space reservations to sell your own treasures will be accepted starting August 1, 2010.** You can also donate items for us to sell. **Item donations can be dropped off starting Monday, September 20, 2010.** This is a fun event, which raises money for two worthy causes!

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!

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

MILLIE’S AND MORE...TRIP



Delevan and Lake Geneva, Wisconsin

***Wednesday, Sept. 1 or Thursday, Sept. 2 - 8:30 a.m. to 6:00 p.m. - Trip Rate 2
\$70.00 members/\$75.00 guests***

Millie’s Restaurant and Shops are described as “A Bit of New England.” Located in Delevan, Wisconsin we will arrive in time to explore the many quaint shops. Then enjoy a lunch of Salad, their famous Chicken and Dumplings followed by Carrot Cake. Enjoy their “Legends” Show in a Cabaret setting featuring melodies of Elvis, Barbra Streisand, Tom Jones, Diana Ross, Barry Manilow, Aretha Franklin and more... Then we have a final stop for a cruise on Lake Geneva. So enjoy the end of summer with us!



TEN CHIMNEYS TRIP

Genesee Depot, Wisconsin

***Thursday, September 16 - 9:15 a.m. to 7:00 p.m. - Trip Rate 3
\$72.00 members/\$77.00 guests***

Ten Chimneys, the estate lovingly created by theatre legends Alfred Lunt and Lynn Fontaine, is open to the public as a world-class house museum. Tour the estate in small groups with highly trained docents. The docents share stories that interpret not only the objects and décor of the estate, but also the lives and values of its remarkable creators. When visiting, you will feel as if Broadway legends Alfred Lunt and Lynn Fontaine have just stepped out for a moment...but will be right back to welcome you through their gracious home. Before our visit we will enjoy lunch at Delafield Brewhaus. You can choose ahead of time from a **Sausage Platter** - Smoked Polish Sausage and Bratwurst served with Sauerkraut and Hot German Potato Salad or **1/2 Rotisserie Chicken** served with Garlic Mashed Potatoes. Both served with a Salad, Beverage and an Assorted Dessert Tray - Strawberry Shortcake, Cannoli, Chocolate Éclairs, Tiramisu and more.

FRANKIE AVALON

Drury Lane Oak Brook

***Monday, September 20 - 10:45 a.m. to 5:00 p.m. - Trip Rate 1
\$75.00 members/\$80.00 guests***



Take a stroll down memory lane with one of the most unforgettable entertainers of the 50’s and 60’s. See Frankie as he performs his legendary, chart-topping hits live including “Venus”, “Why”, “De De Dinah”, “Cupid” and “Beauty School Dropout”. Before Frankie takes the stage enjoy Tomato Basil Bisque Soup and your choice ahead of time of **Pike Francais** -Egg Battered Fish with a Chablis sauce or **Prime Rib**. Both served with chef’s choice of Vegetables, Potato and Dessert! So, get nostalgic with us today!

See next page for another day trip...



DIRTY ROTTEN SCOUNDRELS

Theatre at the Center, Munster, Indiana

Wednesday, September 29 - 10:30 a.m. to 6:30 p.m. - Trip Rate 1

\$64.00 members/\$69.00 guests

Based on the popular 1988 Tony Award winning show *Dirty Rotten Scoundrels* centers on two con men living on the French Riviera. The first is the suave and sophisticated Lawrence Jameson who makes his lavish living by talking rich ladies out of their money. The other, a small-time crook named Freddy Benson, more humbly swindles women by wakening their compassion with fabricated stories about his grandmother's failing health. After meeting on a train, they unsuccessfully attempt to work together only to find that this small French town isn't big enough for the two of them. Before this hilarious production you will choose ahead of time between **Roast Sirloin of Beef** or **Italian Roasted Chicken**. Both served with Italian Sausage Zucchini Soup, Rissole Potatoes, Corn O'Brien and Chocolate Fudge Cake.

UPCOMING DAY TRIPS

Brookfield Zoo Trip

Wednesday, October 6 - Trip Rate 2

9:30 a.m. to 5:30 p.m.

Cost: \$71.00 members/\$76.00 guests

Apple Holler

Sturtevant, Wisconsin

Tuesday, October 12 - Trip Rate 2

8:45 a.m. to 4:30 p.m.

\$80.00 members/\$85.00 guests

The Wedding Singer

The Armory, Janesville, Wisconsin

Wednesday, October 20 - Trip Rate 1

9:30 a.m. to 5:30 p.m.

\$86.00 members/\$91.00 guests

Seven Brides for Seven Brothers

Drury Lane Oak Brook

Thursday, October 28 - Trip Rate 1

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

\$61.00 members/\$65.00 guests

EXTENDED TRIPS 2010

Balloon Fiesta

October 4 - 8, 5 Days

Fancy Free Holidays

Autumn Along

The Rocky Coast of Maine

Oct. 11 - 17, 7 Days

American Classic Tours

Brown County, Indiana

And the Covered Bridges of Parke County

October 27 - 29, 3 Days

American Classic Tours

Branson

November 1 - 5, 5 Days

American Classic Tours

Smoky Mountain Christmas

November 8 - 13, 6 days

American Classic Tours

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

HISTORIC TOURS OF PARK RIDGE

Choose Date: Friday, August 20 or Monday, August 30

10:30 a.m. to 1:00 p.m.

Departs from the Uptown of Summit, 10 N. Summit, Park Ridge

Cost: \$10.00 includes tour and lunch

From the asteroid strike 15,000 years ago through pioneering days to the Kalo Arts and Crafts Community House, Captain Kangaroo's Mr. Greenjeans, the Blues Brothers and Harrison Ford. Come and find out how and why Park Ridge came to be and how the town has evolved through the years. Learn about fascinating people, places and events who have left their legacy on this informative and entertaining ride through history. Lunch at Uptown of Summit will feature Soup, a Chicken Caesar Salad and Dessert. A portion of the cost is donated to the Kalo Foundation!

CLASSES

Both Chair Aerobic Classes will be moved to Golf Maine Park District's Feldman Park located at 8800 Kathy Lane in Niles, only blocks away from Maine Town Hall. If you would like a map with directions from the Township to Feldman Park please call the MaineStreamers at 847-297-2510.

CHAIR AEROBICS CLASS I

Mondays, August 2 to October 4
(No Class on August 30 and September 6)

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

**New Location: Feldman Park,
8800 Kathy Lane in Niles**

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.

CHAIR AEROBICS CLASS II

Wed., August 4 to September 29
(No Class on September 22)

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

**New Location: Feldman Park, 8800
Kathy Lane in Niles**

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.

TAI CHI

Thursdays, Aug. 12 to September 30
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

COMPUTER WORKSHOP

**Intro to Home Networks and
Computer Housekeeping**

Monday, August 16

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

Instructor: Lee Huber

Cost: \$10.00 members/\$15.00 guests

Why would you want a home computer network? Learn the benefits, the parts and how to set one up. Also, learn how to make your computer run faster with scandisk, defrag, clean up and backup.



"AARP'S DRIVER SAFETY PROGRAM"

Mon., Aug. 30 and Wed., Sept. 1
9:00 a.m. to 1:00 p.m.

Instructor: Stanley Fukai, AARP

\$12.00 AARP members/\$14.00 non members
Check due on the first day - Payable to AARP

This class updates your knowledge of age-related changes and Rules of the Road. Upon completion, your automobile insurance company will offer a discount.

Next Class: Mon., Nov. 29th and Wed., Dec. 1st

YOGA CLASSES

Mondays, August 30 to November 22
(No class on Sept. 6, 27, October 4, 11, Nov. 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 and self-awareness. Wear comfortable clothes and bring a mat!

RECREATIONAL ACTIVITIES

BINGO

Thursday, August 5

Town Hall, 1700 Ballard, P.R.

Friday, August 20

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.

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

11th ANNUAL BOB LINDSTROM FISHING TOURNAMENT

Bangs Lake, Wauconda
Saturday, August 7

8:00 a.m. to 1:30 p.m.

\$25.00 includes fishing, lunch & prizes

Join us for our Fishing Derby aboard boats. You will enjoy 4 hours of fishing followed by lunch and prizes. To receive a form call 847-297-2510.



MOVIE OF THE MONTH

Amelia - PG

Tuesday, August 17

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

Cost: \$2.00 or 2 Coupons

Popcorn & Soda included

Hilary Swank and Richard Gere star in director Mira Nair's biopic tracing the life of famed aviator Amelia Earhart.

BOWLING OUTING

Thursday, August 19

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

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

\$17.00 members/\$19.00 guests

Do you enjoy bowling but do not want to join a league? Well join us as we go bowling every other month. You will enjoy two games of bowling and a lunch featuring Salad and Pizza. Prizes will be awarded.

CANASTA

Monday, August 24

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

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. Refreshments will be served.

WOMEN'S TEA

On The Road Again

Thursday, August 26

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

Cost: \$3.00 or 3 coupons

Refreshments Served

Come, as we reminisce about the early days of motoring. We'll recall the hilarious Burma Shave signs that lined the roads from the 1920's to the 60's, early roadside eateries and the filling stations.

"HOOKED ON FISHING" OUTING

Mc Henry Dam, McHenry

Friday, August 27

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

Cost: \$13.00

Includes fishing, bait, Continental Breakfast, BBQ Brats and Hot Dogs and prizes. Carpooling available.

INFORMATIVE PROGRAM

OPERA IN POP CULTURE

Wednesday, August 18

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

Presenter: Bob Levi

No Charge - Registration Required

The multi-media lecture presentation highlights and demonstrates numerous examples of opera melodies incorporated into various popular culture sources: movies, soundtracks, cartoons, musicals, recordings, radio and television broadcasts and commercials.

AMPLIFIED TELEPHONES

Tuesday, August 31

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

No Charge - Registration Required

Do you have difficulty hearing on the telephone? Try the FREE amplified telephones available to anyone in Illinois with a certified hearing loss. A representative from Schaumburg Township Disability Services will be here for a presentation on the four amplified phones and do a live test call on each of them.

HEALTH PROGRAMS

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. A staff member will accompany you! We also walk on the 2nd Wednesday of the month at 8:00a.m. (see below)

BLOOD PRESSURE SCREENING

Wednesday, August 4

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

Senior Advocate Office

8820 Dempster, Niles

FREE blood pressure screening is offered by Advocate Lutheran General. A record of your Blood Pressure will be given.

FEATS OF FITNESS PROGRAM

Wednesday, August 11

8:00 a.m. to 9:00 a.m. - Walking &

Blood Pressure Screenings

8:30 a.m. - Refreshments Served

9:00 a.m. - Program in Center Court

Golf Mill Shopping Center -

No Charge or Registration Needed

Sherie Stensland, Pharmacist, Walgreens will Present *Fitness, Food and Diabetes*. The program will discuss the important link between exercise, diet and diabetes. Diet and Exercise are lifestyle changes that help control diabetes. Healthy eating and becoming more active can lead to lower blood sugar levels and better cardiovascular health. **A staff member will walk with the group. Meet by the Main Entrance near the Food Court at 8:00 a.m.**

AUGUST 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, August 5 - \$2.00 or 2 Coupons
- ___ Bingo at Oakton Arms - Friday, August 20 - \$2.00 or 2 Coupons
- ___ “Good Ol Summertime” Luncheon - Wed., Aug. 11- \$15.00 members/\$16.00 guests
+ \$2.50 FISH
- ___ Movie of the Month - Tuesday, August 17 - \$2.00 or 2 coupons
- ___ Twilite Dining - Tuesday, August 17 - \$26.00 members/ \$28.00 guests
Choose entrée: ___ Salmon, ___ Pork Loin, ___ BBQ Ribs or ___ N. Y. Sirlion Steak
- ___ Bowling Outing - Thursday, August 19 - \$17.00 members/\$19.00 guests
- ___ Canasta - Monday, August 24 - \$4.00 members/\$6.00 guests
- ___ Women’s Tea - Thursday, August 26 - \$3.00 or 3 coupons
- ___ Hooked on Fishing - *McHenry Dam* - Friday, August 27 - \$13.00

Classes

- ___ Chair Aerobics Class I - Mondays - \$16.00 - 8 classes
- ___ Chair Aerobics Class II - Wednesdays - \$16.00 - 8 classes
- ___ Tai Chi Class - \$40.00 for 8 Classes
- ___ Computer Workshop - Monday, August 16 - \$10.00 members/\$15.00 guests
- ___ AARP’S Driver Safety Program - \$12.00 AARP members/\$14.00 non-members*
***Payable on the first day of classes**
- ___ Yoga Classes - \$40.00 - 8 classes

Informative Programs

- ___ Opera in Pop Culture - Wednesday, August 18 - No Charge
- ___ Amplified Phones Program -Tuesday, August 31 - 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: _____

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- ___ Millie’s and More...Wednesday, September 1 - \$70.00 members/\$75.00 guests ☐
- ___ Millie’s and More...Thursday, September 2 - \$70.00 members/\$75.00 guests ☐
- ___ Ten Chimneys Trip - Thursday, Sept. 16 - \$72.00 members/\$77.00 guests ☐
Choose entrée: ___ Sausage Platter or ___ 1/2 Rotisserie Chicken
- ___ Frankie Avalon Trip - Monday, September 20 - \$75.00 members/\$80.00 guests ☐
- ___ Dirty Rotten Scoundrels Trip - Wed., Sept. 29 - \$64.00 members/\$69.00 guests ☐
Choose entrée: ___ Roast Beef or ___ Italian Roasted Chicken
- ___ Historic Park Ridge Trip - Friday, August 20 - \$10.00 members/guests ☐
- ___ Historic Park Ridge Trip - Monday, August 30 - \$10.00 member/guests ☐

Print Your

Name: _____ **Phone Number:** _____