



October 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.

“Fear less, hope more; Whine less, breathe more;
Talk Less, say more; and all good things are yours.”
Swedish Proverb

Greeting from Mary!

This month we have organized two important Health Events. The first one is our Annual Flu Shot program. You can simply call the Flu Shot Hot Line and schedule to have your flu shot given at the Town Hall. How convenient is that! The other event is the Low Vision Products Road Show scheduled on Monday, October 18th from 10 am to 3 pm. You can come and try out a variety of helpful products and decide if it is beneficial to you!

Lastly, but more importantly, I would like to wish Helen Jung, a former Senior Associate of MaineStreamers a very happy 100th birthday. Helen's birthday is Monday, October 11th! If you would like to send a card please send it to the Town Hall and we will make sure she gets it! Happy 100th Birthday, Helen... you are amazing!

Mary Swanson, Director

**Town Hall will be closed on
Monday, October 11th
in observance of Columbus Day.**



OCTOBERFEST LUNCHEON

Wednesday, October 13

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**

Let's start with Potato Leek Soup, Beef Sauerbraten or Tilapia (FISH choice), Red Cabbage, Potato Pancakes with Applesauce and Butter Pecan Ice Cream for dessert. The always popular Gilhoolys will be here to delight with their Octoberfest show. Bingo will follow! Blood Pressure Screenings sponsored by Resurrection Healthcare.

Reservations and cancellations due by Wednesday, October 6th. (No Exceptions)

Next Luncheon: Wednesday, November 17th at Chateau Ritz.

See Photos from trips and events including the Calypso Experience and Port Washington Maritime Festival Trips and 11th annual Fishing Derby. Go to www.maintownship.com and click on the MaineStreamers Department!

SECRETARY OF STATE MOBILE DRIVERS SERVICES FACILITY

MAINE TOWN HALL, 1700 BALLARD RD., PARK RIDGE

FRIDAY, OCTOBER 15 - 10:00 A.M. TO 2:00 P.M.

*** DRIVER'S LICENSE RENEWAL *STATE ID CARDS *DUPLICATE LICENSE
*CORRECTED LICENSE *VISION SCREENING *VEHICLE RENEWAL STICKERS**

An applicant renewing a current Illinois driver's license or identification card need only present a current valid driver's license or identification card. If the applicant is applying for either a duplicate or corrected driver's license or identification card the applicant must present 2 forms of identification. To find out what documents are considered acceptable identification and the fees involved, please call 217-782-7044 or visit the Illinois Secretary of State website at www.cyberdriveillinois.com

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

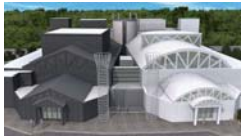
If the trip indicates that guests are allowed the policy is one per paid member.

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.



HOLOCAUST AND MAGGIANO'S TRIP

Holocaust Museum, 9603 Woods, Skokie and Westfield Old Orchard

Friday, November 5 - 10:00 a.m. to 2:30 p.m. - Trip Rate 3

PLEASE NOTE: TRANSPORTATION ON YOUR OWN

\$30.00 members/\$35.00 guests

The Illinois Holocaust Museum & Education Center is a project of the Holocaust Memorial Foundation of Illinois. This new world-class museum is dedicated to preserving the memories of those lost in the Holocaust and teaching current generations about the need to fight hatred, indifference and genocide in today's world. We will enjoy a self guided tour. Following our visit to the museum we will enjoy a family style lunch at Maggiano's. The menu includes Stuffed Mushrooms, Bruschetta, Salad, Fettuccini with Broccoli, Eggplant Parmesan, Chicken Marsala with Tiramisu and Spumoni for Dessert!

LION KING

Midtown Kitchen and Bar, Chicago and Cadillac Palace Theatre

Wednesday, November 10 - 10:30 a.m. to 6:30 p.m. - Trip Rate 3

\$86.00 members/\$91.00 guest



The wait is over! After 5 long years, Disney's LION KING is finally returning to Chicago. Experience the phenomenon as it once again leaps into the *Cadillac Palace*. We will enjoy lower balcony seats. Marvel at the breathtaking spectacle of animals brought to life by award winner Julie Taymor, whose visual images for the show you will remember forever. Before the fantastic show you will enjoy lunch at the *Midtown Kitchen and Bar*. Choose ahead of time between a **Black Angus Burger** served on a Kaiser Roll or **Linguini Puttanesca** served with Tomato, Carrot, Green Olive, Caper, Red Onion, Mushroom and Parmesan. Both will be served with a House Salad and Chocolate Cake for Dessert!



HOORAY FOR THE HOLIDAYS

Grand Geneva, Lake Geneva, Wisconsin

Tuesday, November 30 - 9:30 a.m. to 6:00 p.m. - Trip Rate 1

\$84.00 members/\$89.00 guests

With spectacular costumes, creative choreography and amazing music performed with a live band "The Mistletoes", "Hooray for Holidays" is sure to put a little holiday spirit in your day. Before the show spend some leisure time enjoying the beautifully decorated surroundings. Take in the two shops or judge the gingerbread houses. Then enjoy a Tossed Salad with your choice dressing, Chicken Breast with Ham and Swiss Cheese Stuffing, Parmesan Whipped Potatoes, Cranberry relish, Vegetables Riviera and Gingerbread Cake with Pumpkin Mousse. After the show followed enjoy holiday Tea and Cookies. We will then board our motor coach and take in the spectacular Holiday lights!

UPCOMING DAY TRIPS

**It's Beginning to Look A lot
Like Christmas**

**Theatre at the Center, Munster IN
Wed., December 8 - Trip Rate 1
10:30 a.m. to 6:30 p.m.**

Cost: \$64.00 members/\$69.00 guests

**Christmas in Historic Long Grove
Long Grove, IL**

**Thursday, December 16 - Trip Rate 2
9:30 a.m. to 4:30 p.m.**

\$55.00 members/\$60.00 guests

The Child

**Fireside Theatre, Ft. Atkinson, WI
Wednesday, Dec. 22 - Trip Rate 1
8:30 a.m. to 6:30 p.m.**

\$92.00 members/\$97.00 guests

New Years' Eve Trip

**The New Martinique, Burbank, IL
Friday, December 31 - Trip Rate 1
11:00 a.m. to 5:00 p.m.**

\$77.00 members/\$82.00 guests

EXTENDED TRIPS 2010/2011

Branson

**November 15 - 19 - 5 Days
American Classic Tours**

Smoky Mountain Christmas

**November 8 - 13 - 6 days
American Classic Tours**



Hawaii: Pacific Paradise

**January 20 - 30, 2010 - 10 Days
American Classic Tours**



Castles Along the Rhine

**Amsterdam to Basel
April 7 - 17 - 10 Days
including 7 Night**

River Cruise

Viking Travel Service

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

**Trip Preview
Monday, October
4th at 10:00 am.
Register on the
Registration Form!**

**Round Trip Air from
Chicago**

**8 Meals: 4 Breakfasts, 2
lunches, 2 Dinners**

Guided Portland City Tour

**Portland Spirit Dinner
Cruise**

**Oregon Coastline and
Aquarium**

Mount Hood

**Columbia Gorge National
Monument**

Grand Floral Parade

Multnomah Falls

PORTLAND, OREGON ROSE FESTIVAL

June 8 to 12, 2011 - 5 Days - Air Tour

\$1,999 Double, \$2,329 Single

Portland, the "City of Roses" welcomes you with its heady scent of 10, 000 rose buds in full bloom at this time of the year. A drive along the Columbia River will take us through the Columbia Gorge and a climb of 6,000 feet to Mount Hood's Timberline Lodge and the Crowne Point Vista House for panoramic views of this breathtaking terrain.

Along the Pacific Coast we visit picturesque vineyards, sandy beaches, historic lighthouses and view abundant sea life at the Oregon Aquarium. Enjoy the comfort of inside, reserved seating as we view the spectacular equestrian displays, marching bands and beautifully decorated floral floats of Portland's Rose Festival Parade. Finally, take time to rest before boarding the Portland Spirit for a wonderful dinner cruise on the Willamette River for a spectacular view of Portland's skyline. This is a tour of the Northwest Territory you will long remember and cherish.

For a flyer call the MaineStreamers at 1-847-297-2510!

CLASSES

CHAIR AEROBICS CLASS I

Mondays, October 18 to December 13

(No Class on November 29)

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., October 13 to December 8

(No class on November 10)

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

See write up above...

TAI CHI

Thursdays, October 14 to December 16

(No class on November 11 and 25)

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

Instructor: Sylvester Marshall

Cost: \$40.00 for 8 classes

Tai Chi - the Chinese practice of exercise and meditation - involves gentle, flowing movements in which students shift their weight and breathe deeply, cycling through a series of stances. Learn these in our Tai Chi class. Min. Students: 12

COMPUTER CLASS

Digital Photography

Monday, October 25

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

Instructor: Lee Huber

Cost: \$10.00 members/\$15.00 guests

Learn exciting new ideas on organizing, fixing, and printing your upcoming holiday pictures. Every attendee will receive a useful technology gift!

SPECIAL NOTICE

If you would like to be put on our e-mail alert list please give us your e-mail address on the Registration Form. We periodically send out notices about trips, classes and important programs that can be beneficial to you. For more information contact us at 847-297-2510.

RECREATIONAL ACTIVITIES

"HOOKED ON FISHING" OUTING

Fish Lake, Volo

Friday, October 1

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

Cost: \$13.00



Includes admission to fishing, bait, Continental Breakfast, **Italian Beef Sandwich or Hot Dog** and prizes. Carpooling available. Please note: Row Boats are available at \$10.00 for entire day. 4 people per boat. Please let us know on the reservation form if you would like to rent a row boat. Bring your own Life Jacket or rent one for \$1.00. Shore fishing also available.

BINGO

Thursday, October 7

Town Hall, 1700 Ballard, P.R.

Friday, October 15

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*

Absolutely no walk ins!

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.

HOOKED ON FISHING BANQUET

Thursday, October 14

4:30 p.m. to 7:00 p.m.

Andrew's, 2610 Dempster P.R.

Cost: \$22.00 members & guests

Celebrate the fishing season at our annual banquet!. Dinner includes your choice ahead of time of **Wood Roasted Chicken, Whitefish or Pork Chops**. Each served with Soup, Salad and Dessert!. Prizes will be awarded!

MOVIE OF THE MONTH

Percy Jackson and the Olympians:

The Thief - PG 13

Tuesday, October 19

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

Cost: \$2.00 or 2 Coupons

Popcorn & Soda included

This adaptation of *Rick Riordan's* remarkably popular fantasy book series tells the tale of accident-prone teenager Percy (Logan Lerman), who discovers that he's actually a demigod, the son of Poseidon.



TWILIGHT DINING

Graziano's

5960 W. Touhy Ave., Niles

Tuesday, October 19

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

Cost: \$28.00 members/\$30.00 guests

Our **Family-Style** dinner will start with Bruschetta and Pizza with Artichoke, Roasted Peppers, Mushrooms, Prosciutto, Mozzarella and Tomato Sauce. Followed by their delicious House and Chopped Salads, Oven Baked Orecchiette (Pasta) and Rigatoni with Sausage and Peppers. Our entrees are Wood Roasted Pork Loin and Eggplant Parmesan. We will have Tiramisu and Apple Crostada. Soda, Coffee and Tea are included. Transportation on your own. **Please note: A portion of the money spent will be donated to the Maine Township Adventure Camp and the Food Pantry.**

WOMEN'S TEA

Here Comes the Bride

Thursday, October 21

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

Cost: \$3.00 or 3 coupons

Refreshments Served



In Decades of Dresses, Ruth Thomas & Cloe Berg showcase their collection and share their fascination with dress-up clothing from the past. The presentation will showcase about 20 wedding dresses from 1905 to 1985.

BOWLING OUTING

Thursday, October 21

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

Tuesday, October 26

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.

New program...



WOMEN'S BREAKFAST CLUB

Wednesday, October 27

8:30 a.m. to 10:00 a.m.

Chickie's Diner

920 Busse Hwy, Park Ridge

Cost: \$8.00 Registration Required

Calling all female MaineStreamers! Once every other month we will be hosting a breakfast outing at different area restaurants. Order what you choose off the menu, gratuity is included.

INFORMATIVE PROGRAM

NEWCOMER'S RECEPTION

Tuesday, October 5

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

No Charge - Registration Required

Learn about all of our programs at this informal gathering. The MaineStreamer Staff will go over everything you need to know including registration procedures. Refreshments will be served!

HEALTH PROGRAM

BLOOD PRESSURE SCREENING

Wednesday, October 6

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, October 13

8:00 a.m. to 9:00 a.m.

Walking & Blood Pressure Screenings

8:30 a.m. - Refreshments Served

9:00 a.m. - Fall Prevention Program

Golf Mill Shopping Center

No Charge or Registration Needed

"How to identify Fall Risks and Prevention" will be presented by Dr. David Ronin, Physical Medicine and Rehabilitation from Advocate Lutheran Hospital.

Please bring in any old cell phones to Maine Township. They are used for Free Emergency Cell phones for Cook County senior citizens!

CHICAGO

LIGHTHOUSE
tools for living
RETAIL STORE

LOW VISION PRODUCTS SHOW

Monday, October 18th from 10:00 a.m. to 3:00 p.m.

Hosted By The Chicago Lighthouse for people who are blind or Visually Impaired

The Low Vision Products Road Show welcomes you to experience state of the art technology such as CCTV, portable reading devices, GPS, and many more including independent living aides, lighting, and even sunwear. Test each product and receive training from our expert staff who can advise on the right tools to improve your daily life. Absolutely free! Everyone is invited and can come at anytime. Chicago Lighthouse staff will demonstrate, explain and let you try the variety of products available for help with school, work and daily life. Talking Clocks and watches, kitchen items, large button phones and cell phones, sunglasses of all types, computer aids - keyboards, accessibility software, speech to text dictation programs, voice activated GPS, reading devices and the new Synergy CCTV video magnifier and more...

FLU SHOT PROGRAM

Advocate Healthcare will offer flu shots on Friday, Oct. 22nd and Monday, Oct. 25th from 10:00 a.m. to 3:00 p.m. at Maine Township Town Hall. There is **no charge** for those with a Medicare B card (**must bring card**) otherwise the charge is \$30.00 payable by cash or check. To schedule a Flu Shot call the **Advocate Hotline at 1-800-995-4267**.

COMMUNITY ANNOUNCEMENTS**SECRETS OF RELATIONSHIP SUCCESS**

Wednesday, October 6

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

Maine Town Hall, 1700 Ballard Rd, P.R.

Family therapist, Richard Lyon, M.A., LCPC will discuss how you can enhance your ability to be successful in intimate relationships. Couples researchers have identified what people who succeed in relationships do differently than those who fail. Using this research, Richard will demonstrate effective ways of getting your partner to respond to your needs while avoiding common roadblocks such as criticism, blame, or anger. Come with a partner or by yourself and discover a new understanding of what it takes to make an intimate Relationship work. \$5 fee prior to 9/28/10 for couples and individuals -- \$8 at the door. For information or to purchase tickets call MaineStay at 847-297-2510 ext. 283.

VOLUNTEER OPPORTUNITY**NEWSLETTER MAILING**

Mark your calendar for Thursday, October 14th from 9:00 a.m. to 11:00 a.m. Come and help us collate and fold the November Newsletter.

DRIVERS NEEDED

MaineStay continues to coordinate the FISH program for Maine Township. FISH provides rides for residents in need of transportation to doctors and other health related appointments. If you need transportation or are able to assist a neighbor, please call Gloria Stepek at 847-297-2510 ext 283.

AARP TAX AIDES NEEDED

Maine Township's MaineStreamers program is seeking individuals to help complete simple tax forms for their older residents. All it takes is some training on the computer and a commitment of at least 3-4 hours once a week from February to early April. If you are interested and would like more information please contact Deb O'Brien at 847-297-2510 ext. 241.

Are You 65 Or Older?

OR

Are You On Disability?

If you answered 'YES' to either one of these questions,

AND your 2009 income was less than:

\$27,610 if you are single, or

\$36,635 if you are a married couple.

Then you should apply for Circuit Breaker.

Circuit Breaker can help pay for your Prescriptions

Circuit Breaker can help pay for Medicare D

Circuit Breaker may give you a discount on your License Plates

And Circuit Breaker might give you a 1-time grant check

And if you are on Disability, you may qualify for the People with Disabilities Ride Free Program

**For More information, and an appointment, Call
Maine Township General Assistance Office at
(847) 297-2510 ext. 236**

OCTOBER 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.
E-mail alert list: _____ @ _____ . _____ **Please add me!**

Recreational Activities

- ____ Bingo at Town Hall - Thursday, October 7 - \$2.00 or 2 Coupons
____ Bingo at Oakton Arms - Friday, October 15 - \$2.00 or 2 Coupons
____ "Octoberfest" Luncheon - Wed., October 13- \$15.00 members/\$16.00 guests
+ \$2.50 FISH
____ Hooked on Fishing - *Fish Lake* - Friday, October 1 - \$13.00
Entrée Choice: ____ Hot Dog or ____ Italian Beef Sandwich
____ I want to rent a row boat.
____ Hooked on Fishing Banquet - Thursday, October 14 - \$22.00 members/guests
Choose Entrée: ____ Roasted Chicken ____ Whitefish or ____ Pork Chops
____ Movie of the Month - Tuesday, October 19 - \$2.00 or 2 coupons
____ Twilite Dining - Tuesday, October 19 - \$28.00 members/\$30.00 guests
____ Women's Tea - Thursday, October 21 - \$3.00 or 3 coupons
____ Bowling Outing - Thursday, October 21 - \$17.00 members/\$19.00 guests
____ Canasta - Tuesday, October 26 - \$4.00 members/\$6.00 guests
____ Women's Breakfast Club - Wednesday, October 27 - \$8.00

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, October 25 - \$10.00 members/\$15.00 guests

Informative Programs

- ____ Newcomer's Reception - Tuesday, October 5 - No Charge

Extended Trip Program

- ____ Portland, Oregon Trip Preview - Monday, October 4 - 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:

- ____ Holocaust and Maggiano's Trip - Friday., Nov. 5 - \$30.00 members/\$35.00 guests ☐

Please note: There is no transportation included in this trip!

- ____ "Lion King" Trip...Wednesday, Nov. 10 - \$86.00 members/\$91.00 guests ☐

Choose Entrée: ____ Black Angus Burger or ____ Linguini Puttanesca

- ____ Hooray...Holidays -Trip - Tuesday, Nov. 30 - \$84.00 members/\$89.00 guests ☐

Print Your

Name: _____ **Phone Number:** _____