

# MAINE TOWNSHIP MAINSTREAMERS

*Enhancing Lives After 55+*

MaineStreamers is a social group for seniors. The mission of MaineStreamers is to enhance the quality of life for residents 55 years of age and older by providing educational programs and recreational activities that encourage socialization, learning, independence, self-esteem and dignity. Membership is free and open to all Maine Township residents.

## ELECTED OFFICIALS

Karen J. Dimond  
Supervisor

Peter Gialamas  
Clerk

Susan Moylan Krey  
Assessor

Ed Beauvais  
Highway Commissioner

Kimberly Jones  
Trustee

Kelly Horvath  
Trustee

James Maher  
Trustee

Asif Malik  
Trustee

## MaineStreamer Staff

Marie Dachniwsky  
Director

Therese Tully  
Assistant Director

Monika Jaroszewicz  
Program Coordinator

Oksana Bukaczyk  
Program Coordinator

Maine Township  
1700 Ballard Rd.  
Park Ridge, IL 60068  
847-297-2510  
[www.maintown.com](http://www.maintown.com)



## Cabaret Under the Stars

Outdoor Summer Concert (Township Parking Lot)  
The Flat Cats & Appetizers Catered by Sunrise Grill

Wednesday, July 26th

Appetizers: 5:45 p.m. to 6:45 p.m. - Performance: 6:30 p.m. to 8:00 p.m.  
Cost: \$52.00 per person

The Flat Cats, based in Chicago, play a range of vintage and modern music from standards of the big band swing era to contemporary classics, providing quality entertainment. This group of six talented musicians have been together for over 15 years bringing their love of music and audience engagement to the forefront. Sunrise Grill will serve a variety of fruits, mini sandwiches, pot roast sliders, stuffed mushrooms, arancini with risotto, pin wheel wraps, hummus, guacamole, chips, stuffed cucumbers with chicken salad, antipasto skewers, Asian lettuce wraps, etc. *Tables & chairs will be provided for all!*

Sponsored By:



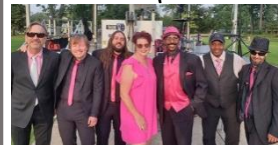
**A SILK ART EXPERIENCE**  
**SHIBUMI** (Town Hall)  
Tuesday, July 18th  
10:00 a.m. to 3:00 p.m.  
\$43.00 members  
\$45.00 guests  
**(15 minutes to make)**

The Ancient Art of **Suminagashi**, floating ink, was developed in 12th Century Japan. It is practiced throughout the world and known as water marbling. Come and experience this ancient art form. We will walk you through this amazing process of making a beautiful 14" X 72" silk scarf and finishing at home steps of rinsing and ironing. No artistic skill required! Once registered you will receive a confirmation with an approximate time slot. *So amazing! Not to be missed!*

Registration Required

## OUTDOOR SUMMER CONCERT

(Maine Township Parking Lot)



**Second Hand Soul Band**  
Wednesday, August 30th  
6:30 p.m. to 8:00 p.m.  
Cost: \$20.00 per person

Motown, Funk, & Soul defines this Chicago band. The raw, "Rock & Soul" performance of Second Hand Soul Band is authentic and infectious. This energetic, seven-piece band has many years of experience and knows how to entertain! Between the funky hits of the 70s, the one-hit wonders, the disco and the soulful songs of that era, will make you want to dance and sing, "songs you remember from the nights you don't!" *Just bring a lawn chair, and enjoy!*

Sponsored By:



**Chicago Dogs Baseball & Fireworks**  
Thursday, August 10th  
Impact Field, Rosemont  
5:00 p.m. to 10:30 p.m.  
Cost: \$70.00 members / \$75.00 guests  
**Trip Rate 2**



Cheer on our local minor league baseball team, the **Chicago Dogs**, at **Impact Field**. This all-inclusive evening will start off on our coach bus, as we travel to Rosemont. You will enjoy a game from the Millagro Outlook Area behind home plate. All seating will be at high top tables. A two-hour buffet with hotdogs, hamburgers, coleslaw, potato salad, chips, cookies, soda & water is included. Every member will also receive a Chicago Dogs baseball hat. After the game, we will watch the Village of Rosemont fireworks show. Transportation is included.

**To register please fill out the Day Trip registration form and include a self-addressed stamped envelope for your confirmation.**

## MaineStreamers Hit the Road in August

### REGISTRATION POLICY

Payment for August Trips is due with Registration Form. Payment for September Day Trips is due by: July 13, 2023.

### DAY TRIP INFO

**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 some stairs.**

**Rate 3-“Difficult” means that there are at least two stops, stairs, and possibly heavy walking.**

### CANCELLATION POLICY

When cancelling, there will be a \$3.00 cancellation fee per ticket, if we are able to resell your ticket. If the ticket is not resold there is no refund.

### GUEST POLICY

If the trip indicates that guests are allowed, the policy is for ONE guest per paid member. Therefore, paid couples can have TWO guests.

### SPECIAL REQUESTS

Please limit your request to sit with one person 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 trip!



### MYSTERY TRIP

Monday, August 7th

6:30 a.m. to 7:00 p.m.

**\$112.00 members / \$117.00 guests - Trip Rate 3**

### MENU

Breadsticks

### Entrée Choices:

Lasagna, Eggplant Parmesan, Cheese Ravioli or Italian Sausage with marinara

**Dessert:** Cannoli

Coffee, Tea & Soft Drinks Included

Join us on our annual Mystery Trip, where the destinations and events are unknown. You will be given clues along the way to try and guess the destinations. Make sure to dress for the weather, bring a sun hat and wear comfortable shoes. The trip will take place rain or shine. Be ready for a fun day filled with surprises and clues.



### Route 66 (Part II, Dwight to Atlanta, IL)

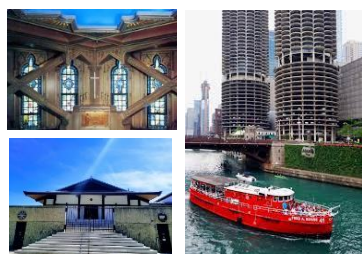
Tuesday, August 15th

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

**\$85.00 members / \$90.00 guests - Trip Rate 3**



Come travel the famous Mother Road with award winning author and guide John Weiss. As we travel along historic Route 66 of Illinois from Dwight to Atlanta, IL. We will begin with a big breakfast at the historic Route 66 family restaurant. Then we will travel along Route 66 seeing sites such as; the old police station, Dead Man's curve, old Chenoa drug store, Sprague Super Service site, Bloomington Route 66 visitors' center, the Paul Bunyon Hot Dog Statue, Clock Tower, Grain Elevator and much more. Enjoy snacks along the way, nostalgia, shopping and many surprises too! We will end the day at Dixies for a buffet dinner before heading home.



### Hidden Gems in Chicago & Fireboat Tour

Osteria Via Stato

Thursday, August 31st

8:30 a.m. to 6:30 p.m.

**\$116.00 members / \$121.00 guests - Trip Rate 3**

### MENU

**Family Style-** Salt-Crusted Ciabatta Bread, Veal Meatballs, Italian Chopped Salad

### Entrée Choices:

White Fish, Lemon Butter Chicken, Rigatoni with Sausage & Vegetarian Ricotta with Cavatelli and Mushrooms

**Dessert:** Ricotta Cheesecake

Coffee, Tea & Iced Tea Included

Join us as we tour the Midwest Buddhist Temple, a Japanese temple located in Old Town. We will get a brief overview of Buddhism in the hondo, we will walk through the Legacy Garden. It is "an oasis of peace and inspiration for the Buddhist community and public alike," says its designer, world renowned landscaper Hoichi Kurisu. Afterwards, we are off to the Sky Chapel at the First United Methodist Church; the oldest church in the city and the world's highest worship space. We will watch a short video about the Sky Chapel in the ground level sanctuary and view the stained-glass windows (We will not be going up into the Chapel itself due to the number of stairs and narrow passage). Lunch will be at Osteria Via Stato followed by the Chicago Fireboat Tour. The narrated tour will cruise along the River and Lake Michigan on a retired fireboat that served the Chicago Fire Department for 44 years; from 1937 until 1981.



## MaineStreamers Hit the Road in September



### CASH RING OF FIRE

Drury Lane Theatre & Ditkas, Oakbrook

Wednesday, September 6th

10:45 a.m. to 5:15 p.m.

\$124.00 members / \$129.00 guests - **Trip Rate 1**

#### MENU

House Salad & Rolls

#### **Entrée Choices:**

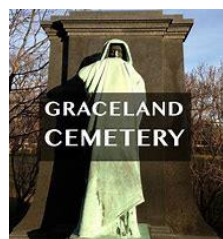
Chicken Piccata, Parmesan Crusted Cod  
or Pomodoro Pasta Florentine

**Dessert:** Homemade Chocolate or

Vanilla Ice cream

Coffee, Tea & Soft Drinks Included

**Ring of Fire** showcases the story of Johnny Cash through his music. From country, rock 'n' roll, to searing ballads of love and faith, Cash's iconic songs highlight the incredible struggles and triumphs of his life. Performed by an incredible group of actors/musicians, Ring of Fire celebrates the music that has become a part of our collective experience.



### GRACELAND CEMETERY: WOMEN OF INFLUENCE

Guided Tour by the Chicago Architectural Center

Uncle Julio's Hacienda, Chicago

Monday, September 11th

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

\$87.00 members / \$92.00 guests - **Trip Rate 3**

#### MENU – Buffet Style

Homemade Chips & Salsa

Chicken & Steak Fajitas

served with Guacamole, Rice &

Frijoles with Tortillas

**Dessert:** Churros

Coffee, Tea & Soft Drinks Included

During Chicago's period of growth, in the late 19th and early 20th centuries, women played a huge influential role by participating in the Underground Railroad, exhibiting the first Modern Art paintings, creating the juvenile justice system, and even foiling a plot to kill President Lincoln. This tour celebrates the achievements of women in Chicago's early history. The women you will learn about on this tour brought wealth and status, intelligence and energy, and a passion for ideas to build a better urban environment for all citizens. This tour also illustrates the influence of women on some of the city's most significant architecture; including buildings by Frank Lloyd Wright, Mies van der Rohe and H.H. Richardson. Please remember this is a walking tour, wear comfortable shoes and dress accordingly to the weather. Then, we're off to have lunch at Uncle Julio's.



### FITZGERALD'S FISH BOIL & TRISTAN CRIST MAGIC SHOW

Genoa City & Lake Geneva, WI

Wednesday, September 20th

10:15 a.m. to 4:45 p.m.

\$82.00 members / \$87.00 guests - **Trip Rate 2**

#### MENU

North Atlantic Cod

BBQ Chicken

Potatoes & Onions

Coleslaw, Slatel Rye Bread

**Dessert:** Apple Square

Coffee & Soft Drinks Included

Fitzgerald's is known for all-you-can-eat North Atlantic cod boiled in traditional outdoor kettles. It starts with boiling fresh potatoes and whole onions over a wood fire. Then fresh cod is added to each batch. As they stir the boiling kettles, they keep adding wood to the fire and simultaneously grill their locally famous BBQ chicken. Lunch will include North Atlantic cod and honey BBQ chicken. Following lunch, we will head over to the Tristan Crist Magic Theatre featuring a Vegas style, award winning show of magic, comedy and illusion performances.



### LITTLE SHOP OF HORRORS

Paramount Theatre, Aurora & Vai's Italian Inspired Kitchen

Wednesday, September 27th

10:15 a.m. to 5:45 p.m.

\$86.00 members / \$91.00 guests - **Trip Rate 2**

#### MENU

House Salad with Garlic Bread

#### **Entrée Choices:**

Chicken Milan, Roasted Salmon

or Vodka Eight Finger Cavatelli

**Dessert:** Tiramisu

Coffee, Iced Tea & Soft Drinks

Included

From songwriters Howard Ashman and Alan Menken, comes the doo-wop R&B sensation Little Shop of Horrors. Join us on Skid Row, as meek and mild Seymour Krelborn eeks out a living at the failing Mushnik's Flower Shop. Until one day, he discovers a strange and unusual plant he names Audrey II – one that feeds on human blood. Seymour becomes caught up in a wild scheme of trying to acquire fresh blood for his carnivorous plant – all while attempting to save the love of his life from her evil dentist boyfriend. Little Shop of Horrors is a wild ride filled with some of the catchiest songs including "Suddenly Seymour" and "Supertime." But remember...DON'T FEED THE PLANTS!

## 2024 Extended Trips



**Death Valley & Joshua Tree  
National Parks**  
January 17th to 25th  
9 Days



**Hawaii**  
January 30th to February 9th  
11 Days



**Florida Keys & Miami**  
February 5th to 12th  
8 Days



**St. Augustine, Florida**  
February 17th to 23rd  
7 Days



**Savannah & Charleston**  
March 5th to 12th  
8 Days



**Grand Mississippi River Cruise**  
March 17th to 26th  
10 Days



**New Orleans French Quarter**  
April 15th to 19th  
5 Days



**American Heritage &  
Chesapeake Bay**  
April 16th to April 24th  
9 Days

**Home pick up for all!**

All trips are being offered by American Classic Tours!  
You can receive flyers with complete information on any of these trips by calling  
MaineStreamers at 847-297-2510  
Or visit [mainetown.com](http://mainetown.com) and go to MaineStreamers to view flyers!

*When registering directly with American Classic Tours, Inc, please mention you are a  
MaineStreamer Member. Also, please notify the MaineStreamers that you will be traveling.*



### Upcoming October Day Trips

**Titanic - Sunday Brunch**  
The Fireside Theatre, Fort Atkinson, WI  
Sunday, October 1st - **Trip Rate 1**  
8:30 a.m. - 6:30 p.m.  
\$116.00 members / \$121.00 guests

**Fall Shoreline Cruise Lake Delevan**  
**Lunch & Tour Featuring:**  
Frank Lloyd Wright Homes & Pearce's Farm  
Wednesday, October 11th - **Trip Rate 3**  
9:00 a.m. - 5:45 p.m.  
\$120.00 members / \$125.00 guests

**Illinois Railway Museum: Pullman Car Train Ride &  
Woodstock**  
Tuesday, October 17th - **Trip Rate 3**  
TBD

**Illinois Rock & Roll Museum on Route 66 & Old Joliet**  
**Prison Historic Tour**  
Juliet's Tavern, Joliet, IL  
Tuesday, October 24th - **Trip Rate 3**  
9:15 a.m. - 4:45 p.m.  
\$80.00 members / \$85.00 guests

### Upcoming November Day Trips

**Scrooge The Musical**  
The Fireside Theatre, Fort Atkinson, WI  
Friday, November 3rd - **Trip Rate 1**  
8:30 a.m. - 6:30 p.m.  
\$117.00 members / \$122.00 guests

**Behind the Scenes of Soldier Field Tour**  
Weber Grill, Chicago  
Wednesday, November 8th - **Trip Rate 3**  
8:30 a.m. - 5:30 p.m.  
\$100.00 members / \$105.00 guests

**Charlie and the Chocolate Factory**  
Paramount Theatre & VAI'S Italian Kitchen  
Wednesday, November 29th - **Trip Rate 2**  
10:15 a.m. - 5:45 p.m.  
TBD

**REFUND POLICY**

In order to receive a refund for programs, classes, special events, you must cancel at least one week prior.

**Fitness Classes****SENIOR AEROBICS**

(Feldman Center, 8800 Kathy Lane, Niles)  
Mondays, July 3rd to August 21st  
10:30 a.m. to 11:30 a.m. (8 classes)  
Cost: \$32.00 members / \$37.00 guests  
Instructor: Joann Kitching

This class will increase your strength, balance, flexibility, and coordination in sitting and/or standing position.

**Reg. Deadline: Mon., June 26th - Min. Students: 12**

**SENIOR AEROBICS**

(Feldman Center, 8800 Kathy Lane, Niles)  
Wednesdays, July 5th to August 23rd  
11:15 a.m. to 12:15 p.m. (8 classes)  
Cost: \$32.00 members / \$37.00 guests  
Instructor: Joann Kitching

This class will increase your strength, balance, flexibility, and coordination in sitting and/or standing position.

**Reg. Deadline: Wed., June 28th - Min. Students: 12**

**YOGA - (Town Hall)**

Mondays, July 3rd to August 21st  
6:00 p.m. to 7:30 p.m. (8 Classes)  
Cost: \$60.00 members / \$65.00 guests

Instructor: Diane McDonald

This class is taught at a relaxed pace, integrating breath work with deliberate muscle elongation, toning, and balance. Don't forget to bring a mat!

**Reg. Deadline: Mon., June 26th - Min. Students: 16**

**ZUMBA GOLD**

(Feldman Center, 8800 Kathy Lane, Niles)  
Thursdays, July 6th to August 24th  
10:15 a.m. to 11:15 p.m. (8 classes)  
Cost: \$44.00 members / \$49.00 guests  
Instructor: Regina Mundt

Zumba Gold fuses Latin rhythms and easy-to-follow moves for a great fitness program in a party-like atmosphere. So, get in shape while listening to fun music!

**Reg. Deadline: Thurs., June 29th - Min. Students: 12**

**If interested in trying a class please call:**

**Monika at 847-297-2510 Ext. 252 (Senior Aerobics & Zumba Gold)**

**Call Oksana at 847-297-2510 Ext. 275 (Yoga)**

**Educational Programs****COMPUTER CLASS - (Town Hall)**

Monday, July 31st  
2:00 p.m. to 3:30 p.m.  
Cost: \$10.00 members / \$15.00 guests  
Instructor: Lee Huber

**Topic: Windows 11**

Windows 11 was introduced last October, but updates have provided new features and capabilities. Attend the workshop to review the basics, top tips and tricks, and what's new that you just might use. Let's make it more user friendly.

**Registration Required - 20 Max.**

**AARP'S DEFENSIVE DRIVING - (Town Hall)**

Monday, August 14th  
&  
Wednesday, August 16th  
9:00 a.m. to 1:00 p.m.

**\$20.00 AARP members / \$25.00 non-members**  
**Make check payable to AARP and bring to class**  
**Instructor: Michael Fitzgerald**

Some drivers have never looked back since they got their first driver's license. Even the most experienced drivers can benefit from brushing up on their driving skills. Upon completion your automobile insurance company may offer a discount.

**Registration Required - 30 Max**

**COMPUTER SECURITY**

**Niles-Maine District Library will be presenting a free computer program in partnership with Maine Township**  
**The program will be held at Maine Township, Town Hall.**

**Wednesday, August 9th**  
**6:00 p.m. to 7:30 p.m.**

Learn the various measures you can take to make your computers, smartphones and tablets secure with antivirus software, web browsing, email, password best practices and much more.

**To Register, call 847-297-2510 Ext. 251**





## Recreational Programs



### JULY MOVIE "The Fabelmans"

Drama

2022 / PG-13 / 2h 30min

Tuesday, July 25th

Doors Open: 12:00 noon

12:30 p.m. to 3:00 p.m.

Cost: \$2.00 members / \$4.00 guests

A semi-autobiographical story loosely based on Steven Spielberg's adolescence and first years as a filmmaker. It's told through an original story of the fictional Sammy Fabelman, a young aspiring filmmaker. He explores how the power of films can help him see the truth about his dysfunctional family and those around him.

**Popcorn and Soda Included**  
**Registration Required – Max. 50**



### AUGUST MOVIE "80 for Brady"

Comedy / Drama

2023 / PG-13 / 1h 45min

Tuesday, August 29th

Doors Open: 12:00 noon

12:30 p.m. to 2:15 p.m.

Cost: \$2.00 members / \$4.00 guests

80 For Brady is inspired by the true story of four best friends (Jane Fonda, Rita Moreno, Sally Field and Lily Tomlin) living life to the fullest. They take a wild trip to the 2017 Super Bowl to see their NFL superstar hero Tom Brady play.

**Popcorn and Soda Included**  
**Registration Required – Max. 50**



### BINGO

Thursday, July 6th  
&

Thursday, August 3rd

Doors Open: 12:00 noon

Game Begins: 12:30 p.m.

Cost: \$6.00

Come and enjoy an afternoon of Bingo. Win a gift card as a prize and enjoy each other's company!

Refreshments Served

**Registration Required – Max. 45**



### DAY AT THE RACES

Tuesday, July 11th  
&

Wednesday, August 9th

Doors Open: 12:00 noon

Game Begins: 12:30 p.m.

Cost: \$6.00

Come and join us for a fun afternoon with horse racing. Enjoy refreshments while competing for prizes. Each participant gets an equal amount of wagers to bet on his or her favorite horse!

**Registration Required – Max. 40**

## Twilight Dining



### Silvers Bar & Grill

104 Euclid Ave., Park Ridge

Tuesday, July 11th

Doors Open: 5:00 p.m.

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

**\$33.00 members / \$35.00 guests**

Join the MaineStreamers for a local dining experience in Park Ridge that is often referred to as a hidden gem! Together we will enjoy good food, good service in a very relaxed atmosphere.

### Menu

Spring Green Salad with Fresh Bread

#### **Entrée Choice:**

Grecian Breast of Chicken

Broiled Salmon

Pasta Primavera

**Dessert:** Sorbet

Coffee, Tea & Soft Drinks Included

**Transportation on your own.**

**Registration / Cancellations by Wednesday, July 5th**

### OUTDOOR TAILGATE BINGO

Thursday, July 20th - (Rain Date – Thursday, July 27th)

Thursday, August 17th - (Rain Date – Thursday, August 24th)

6:00 p.m. to 7:30 p.m.

Cost: \$5.00 per person

Enjoy a summer evening outdoors. Pull into the Maine Township parking lot, pull out your own lawn chair and play Bingo! Feel free to bring your own refreshments and snacks. Prizes will include gift cards from local restaurants. Bingo cards will be provided.

**Registration Required**

**Sponsored By:**

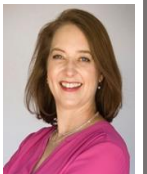


## Informative, Health & Special Programs

### Becoming Queen Elizabeth II



In this new historical portrayal, historian Leslie Goddard, Ph.D., explores the life of Britain's famous monarch; from her childhood, the abdication of her uncle, her marriage to a navy officer named Philip, her World War II service, and her struggle to balance her roles as queen and mother. Get to know the woman behind the images: her sense of humor and savvy intelligence with which she meets her demanding obligations. Prior to the presentation, lunch will include: cream of chicken rice soup and a garden salad. The main entree will be served family style, Chicken Francaise and Tilapia served with vegetable medley, garlic mashed and a brownie sundae. Coffee, tea and soft drinks included.



#### **INFORMATIVE LUNCHEON (New Location)**

Becoming Queen Elizabeth II

The Fairway - 6676 West Howard Street, Niles

Friday, July 21st

Doors Open: 11:30 a.m.

Lunch: 12:00 noon to 1:30 p.m.

Presentation By: Leslie Goddard

1:30 p.m. to 2:30 p.m.

Cost: \$45.00 members / \$50.00 guests

**Transportation on your own - Registration / Cancellation by Friday, July 14th**



#### **INFORMATIVE - (Town Hall)**

"The Mystery of Bob Marley"

Presenter: Gary Wenstrup

Friday, August 25th

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

Cost: \$ 7.00 members / \$9.00 guests

Bob Marley was much more than a famous Jamaican musician. He was a man with deep religious convictions, who rose from poverty to become a global musical and cultural icon – a pop prophet. Even though he survived an assassination attempt, he ultimately died of cancer at age 36. Using performance and interview clips, we'll trace the path of Bob's career from "One Love" and "Jamming" to "I Shot the Sheriff" and "Redemption Song." Bob Marley is the world's most popular reggae artist beloved for his universal hymns of freedom.

**Registration / Cancellation by August 18th**

## Health Programs



#### **Back Pain & Disorders - (Town Hall)**

Understanding Symptoms, Diagnosis  
and Treatment Options

Thursday, July 13th

12:00 noon to 1:00 p.m.

Back pain is a leading cause of pain and disability worldwide. Learn about a variety of cervical, thoracic, and lumbar spine issues and what can be done to alleviate pain and disability, presented by IBSI Spine Surgeon Steven J. Fineberg, MD. He is a fellowship-trained orthopedic spine surgeon, specializing in complex and minimally-invasive surgery of the cervical, thoracic and lumbar spine.

**No Charge – Registration Required**

## Creative Corner



#### **FLORAL DESIGN - (Town Hall)**

Instructed by Robert's Floral Design Studio

Monday, August 28th

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

Cost: \$31.00 members / \$33.00 guests

Learn how to create stunning, custom-made flower arrangements with Robert Neri, a Chicago artist and florist. You will go home with knowledge about the world of flower design. All your flowers and containers will be provided. In this class, you will learn how to keep flowers alive for weeks, instead of days. Everyone will go home with their own flower arrangement. The cost includes all materials and instructions.

**Registration Required – Min. 10 Participants**



#### **Bone Health - (Town Hall)**

Maintaining Bone Health as we Age

Tuesday, August 1st

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

Join us to learn about maintaining bone health as we age! We will discuss how aging affects our bones, how we can prevent deterioration, and gain strength! Denise Mudronja, physical therapist and VP of Operations for HealthPro Heritage, will discuss overall bone health, some common bone health issues in the aging population, and how we can overcome these symptoms and be the strongest people we can be.

**No Charge – Registration Required**

Therese Tully – Assistant Director  
Oksana Bukaczuk – Program Coordinator  
Marie Dachniewsky – Director  
Monika Jaroszewicz – Senior Program Coordinator

## MaineStreamers Staff

Kimberly Jones, Trustee  
Kelly Horvath, Trustee  
James Maher, Trustee  
Asif Malik, Trustee  
Peter Gialamas, Clerk  
Susan Moylan Krey, Assessor  
Ed Beauvais, Hwy. Commissioner

Karen J. Dimond, Supervisor

MAINE TOWNSHIP  
1700 BALLARD ROAD, PARK RIDGE, IL 60068  
(847) 297-2510 – FAX (847) 297-1335  
[www.maintown.com](http://www.maintown.com)



Maine Township MaineStreamers  
1700 Ballard Road  
Park Ridge, IL 60068

FIRST CLASS MAIL

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# July & August Registration Form

Complete form, print name, phone number, membership number and return the entire registration form. If you are signing up another member, we must also have their registration form.

**\*\*\*Refund Policy: In order to receive a refund for programs, classes, special events, you must cancel at least one week prior\*\*\***

**Mail Only (No walk-ins or phone reservations) to:** **Maine Township MaineStreamers (M.T.M.S)**  
**1700 Ballard Rd.**  
**Park Ridge, IL 60068**

Enclose a check for the events and make checks payable to M.T.M.S.

## Recreational

Members Attending	Guests Attending	Activity Name	Date	Cost Per Person	Amount
		Bingo	Thursday, July 6th	\$6.00	
		Day at the Races	Tuesday, July 11th	\$6.00	
		Twilight Dining - Silvers Choose Entrée: <u>          Grecian Breast of Chicken          </u> <u>          Broiled Salmon          </u> <u>          Pasta Primavera          </u>	Tuesday, July 11th	\$33.00 members / \$35.00 guests	
		Movie of the Month "The Fabelmans"	Tuesday, July 25th	\$2.00 members / \$4.00 guests	
		Bingo	Thursday, August 3rd	\$6.00	
		Day at the Races	Wednesday, August 9th	\$6.00	
		Movie of the Month "80 for Brady"	Tuesday, August 29th	\$2.00 members / \$4.00 guests	

## 2 Month Fitness Classes (July through August)

Members Attending	Guests Attending	Activity Name	Days	Cost Per Person	Amount
		Senior Aerobics	Monday - 8 classes	\$32.00 members / \$37.00 guests	
		Yoga	Monday - 8 classes	\$60.00 members / \$65.00 guests	
		Senior Aerobics	Wednesday - 8 classes	\$32.00 members / \$37.00 guests	
		Zumba Gold	Thursday - 8 classes	\$44.00 members / \$49.00 guests	

## Educational & Informative Programs / Special Events

Members Attending	Guests Attending	Activity Name	Date	Cost per Person	Amount
		Back Pain & Disorders	Thursday, July 13th	No Charge, Registration Required	N/A
		A Silk Art Experience- Shibumi	Tuesday, July 18th	\$43.00 members / \$45.00 guests	
		Outdoor Tailgate Bingo	Thursday, July 20th	\$5.00 per person	
		"Becoming Queen Elizabeth II" Presenter: Leslie Goddard (The Fairway)	Friday, July 21st	\$45.00 members / \$50.00 guests	
		Cabaret Under the Stars Featuring: The Flat Cats	Wednesday, July 26th	\$52.00 per person	
		Computer Class "Windows 11"	Monday, July 31st	\$10.00 members / \$15.00 guests	
		Bone Health	Tuesday, August 1st	No Charge, Registration Required	N/A
		Defensive Driving Class - AARP	August 14th & 16th \$20.00 AARP members / \$25.00 non-members *Payable on the first day of class to AARP*		****
		Outdoor Tailgate Bingo	Thursday, August 17th	\$5.00 per person	
		"The Mystery of Bob Marley" Presenter: Gary Wenstrup (Town Hall)	Friday, August 25th	\$7.00 members / \$9.00 guests	
		Floral Design - Roberts Design Studio	Monday, August 28th	\$31.00 members / \$33.00 guests	
		Outdoor Summer Concert "Second Hand Soul"	Wednesday, August 30th	\$20.00 per person	
			Check# _____	Total	

**Print Your Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**(Please complete the above information)** **Membership #:** \_\_\_\_\_

(Located above your name on address label)



**Day Trip Registration**



# August & September 2023 Day Trips Registration Form

**PLEASE NOTE: A SEPARATE CHECK NEEDS TO BE MADE OUT FOR EACH DAY TRIP. When registering for August trips payment must be included, for September trips payment must be received by July 13th.**

**Make checks payable to: M.T.M.S.**

## SPECIAL REQUESTS

Please limit your request to sit with one person only and indicate this on your Registration Form below. Also, if you need any special assistance, such as wheelchair access, special menu, etc... indicate this on the Registration Form.

**PLEASE NOTE: DEPARTURE POINT - SABEEL CENTER, 8800 BALLARD RD., DES PLAINES**

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

2. On Day Trips please seat me with (Limit 1) \_\_\_\_\_

3. Special Needs: Wheelchair Accessibility, Special Menu, Visual/Audio aids, etc. \_\_\_\_\_

Please Specify \_\_\_\_\_

## August Day Trips

Payment(s) due with Registration

Members Attending	Guests Attending	Trip Name	Date	Cost Per Person
		<b>Mystery Trip</b> Choose Entrée: <input type="checkbox"/> Lasagna <input type="checkbox"/> Eggplant Parmesan <input type="checkbox"/> Ravioli <input type="checkbox"/> Italian Sausage with marinara <b>Trip Rate 3</b>	Monday, August 7th	\$112.00 members / \$117.00 guests
		<b>Chicago Dogs Baseball &amp; Fireworks</b> <b>Trip Rate 2</b>	Thursday, August 10th	\$70.00 members / \$75.00 guests
		<b>Route 66 (Part II, Dwight to Atlanta, IL)</b> <b>Trip Rate 3</b>	Tuesday, August 15th	\$85.00 members / \$90.00 guests
		<b>Hidden Gems &amp; Fire Boat Tour</b> Choose Entrée: <input type="checkbox"/> White Fish <input type="checkbox"/> Lemon Butter Chicken <input type="checkbox"/> Rigatoni with Sausage <input type="checkbox"/> Vegetarian Cavatelli with Mushrooms <b>Trip Rate 3</b>	Thursday, August 31st	\$116.00 members / \$121.00 guests

## September Day Trips

Payment(s) due by July 13th

Members Attending	Guests Attending	Trip Name	Date	Cost Per Person
		<b>Cash Ring of Fire</b> Choose Entrée: <input type="checkbox"/> Chicken Piccata <input type="checkbox"/> Parmesan Crusted Cod <input type="checkbox"/> Pomodoro Pasta Florentine <b>Trip Rate 1</b>	Wednesday, September 6th	\$124.00 members / \$129.00 guests
		<b>Graceland Cemetery: Women of Influence</b> <b>Trip Rate 3</b>	Monday, September 11th	\$87.00 members / \$92.00 guests
		<b>Fitzgerald's Fish Boil &amp; Tristan Crist Magic Show</b> <b>Trip Rate 2</b>	Wednesday, September 20th	\$82.00 members / \$86.00 guests
		<b>Little Shop of Horrors</b> Choose Entrée: <input type="checkbox"/> Chicken Milan <input type="checkbox"/> Roasted Salmon <input type="checkbox"/> Vodka Eight Finger Cavatelli <b>Trip Rate 2</b>	Wednesday, September 27th	\$86.00 members / \$91.00 guests

## DAY TRIP INFO

**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 some stairs.**

**Rate 3 - "Difficult" means that there are at least two stops, stairs, and possibly heavy walking.**

## CANCELLATION POLICY

When cancelling, there will be a \$3.00 cancellation fee per ticket, if we are able to resell your ticket.

If the ticket is not resold there is no refund.

## GUEST POLICY

If the trip indicates that guests are allowed, the policy is for ONE guest per paid member.

Therefore, paid couples can have a maximum of TWO guests.