

## Bremen Township Senior Services

15350 S. Oak Park Avenue

Oak Forest, IL 60452

708-687-8220

[www.brementownship.net](http://www.brementownship.net)

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M. Maggie Crotty ~ *Supervisor*

John D. Lord ~ *Clerk*

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# BREMEN TOWNSHIP

JULY - DECEMBER 2017 ISSUE

# Senior Newsletter



## SPRIT OF CHICAGO

Join us on **Tuesday, August 8, 2017** as we head to Navy Pier to board the "Spirit of Chicago." We will enjoy Cabaret Entertainment and a Buffet Lunch beginning at 12:00 noon. The ship will cruise from 12:30 until 2:30. We will leave the Senior Center: 15350 Oak Park Ave. at 10:30 a.m. and return about 3:30 p.m.

The cost is **\$60.00** which includes coach transportation. The money is due no later than July 10th. No refunds after this date.

## BREMEN TOWNSHIP SENIOR NEWSLETTER JULY - DECEMBER 2017 ISSUE

### A WONDERFUL LIFE

Join us as we head to the Theater at the Center in Munster, IN on Wednesday, December 20th to see "A Wonderful Life". Pulitzer Prize and Tony Award-winner Sheldon Harnick (Fiddler on the Roof) captures the magic of the Frank Capra holiday film. George Bailey's Christmas Eve is transformed by an angel eager to earn his wings by showing the guiding influence one person has on so many others. Filled with the beauty of the season, Bedford Falls bursts on stage with yuletide spirit (despite Old Man Potter's miserly plans) for a musical that applauds the true meaning of Christmas.

We will enjoy lunch that consist of Broccoli Cheese Soup, Baked Glazed Ham OR ½ Baked Chicken, Mashed Sweet Potatoes, Corn O'Brien w/red and green peppers and Chocolate Raspberry Cake. We will leave the Senior Center, 15350 Oak Park Ave., at 11:00 a.m. and return about 5:00 p.m. The cost is \$65.00, due no later than November 28th. NO refunds after this date.



## Bremen Township SENIOR LUNCHEON PROGRAM In Partnership with AgeOptions

### Great Food & Great Company!

- Monday thru Friday at Noon
- The Senior Center, 15350 Oak Park Avenue
- Lunch is Open to Seniors Age 60 & Older
- Reservations are requested 1 week in advance.  
**Call 708-687-8220**
- Requested Donation: \$4.00
- Bremen Township Senior Transportation waives the fare for seniors 60 & over who need a ride to or from our Senior Lunch
- Look for the link to our monthly menus on the Bremen Township Website: [www.brementownship.net](http://www.brementownship.net)



**RULES OF THE ROAD  
REVIEW COURSE**

This course is designed to give drivers (especially senior citizens and persons with disabilities) the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam. It lasts approximately 2 hours. This course is free of charge. It will be held at the Senior Center: 15350 Oak Park Ave., Oak Forest on Tuesday, September 12th from 10:00 a.m. until 12:00 noon. Please call to sign up (708) 687-8220.

**FOUR WINDS CASINO**

Try your luck at the Four Winds Casino in New Buffalo, MI. We are offering 2 dates this year: Wednesday July 12, (money due no later than June 29) and Wednesday, October 4 (money due no later than September 20th). No refunds after these dates.

The cost of each trip is \$26.00, which includes motor coach transportation, \$10.00 Food Voucher and \$15.00 Instant Slot Credit. The food voucher can be used at the follow outlets:

- The Buffet
- Hard Rock Cafe
- Timbers Fast Food and Deli
- Grab N Go

There is no seating time for any of the food outlets. You may eat at your leisure. We will leave the Senior Center, 15350 Oak Park Ave. Oak Forest at 8:30 a.m. and return approximately at 4:30 p.m.

*Bremen Township*  
**SENIOR WHEELS**

**Attention Seniors! Do you need a ride?**

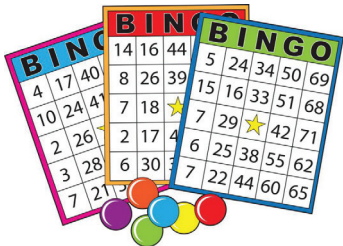
Let the Bremen Township Senior Wheels help you. We will take you to the doctor, grocery store, beauty shop or just to visit a friend. We stay within the boundaries for all non-medical trips and outside the township for medical appointments only.

We are open Monday through Friday from 8:30 a.m. until 4:00 p.m. Our first ride is at 8:30 each morning and the last pickup return is 3:00 p.m. The fare is \$2.00 each way. A 10-Ride Ticket is available for \$16.00 and can be purchased from our drivers. Leave the driving to us. Give us a call at 708-687-8220. Our staff will be happy to assist you.



**BINGO!**

Come join us every Friday for Bingo at the Senior Center, 15350 Oak Park Ave, Oak Forest.



Enjoy pastries, coffee and friends. The cost is \$3.00. Doors open at 8:45 a.m. Bingo starts at 9:30 a.m. and ends approximately 12:00.

**Bremen Township Wellness Series  
ADULT COLORING**

Heard of it but haven't tried it? We supply everything! Just come and color your worries away; Free coffee too!

**Tuesday, June 20th, 11:00 a.m. @ Senior Café.**

More info and registration call 687-8220. Ask for Joan or Sue

**SHARE YOUR MEMORIES**

Come and enjoy lunch and bring items of interest that you would like to share (on days marked on our monthly lunch menu.)

**FAMILY LIVING WORKSHOPS**

*Presented by: Molly Hofer, Family Life Educator*

**Wits Fitness Workshops**

**Date: Mondays: Aug. 28th, Sept. 25th,  
Oct. 23rd, Nov. 27th**

**Time: 10:30 a.m. - Noon**

Challenging the brain, especially as one grows older, can be beneficial. Join the Wits Fitness group as we get together once a month to work on puzzles, word games and other activities to help keep our wits fit! Call to Register: 708-687-8220



**A PLACE FOR EVERYTHING AND  
EVERYTHING IN ITS PLACE!**

**Date: Thursday, September 21st**

**Time: 10:00 a.m. - Noon**

Does the clutter in your house cause you stress?  
Does it cause conflict with other family members?

Do you want less clutter but you don't know where or how to begin? Attend this session to learn ways to organize your life in order to clear the clutter and de-stress. Making a plan for distributing personal possessions will also be highlighted. Call to register: 708-687-8220



**PATTY WASZAK CHRISTMAS SHOW**

It's not too early to get in the holiday spirit. We are heading to White Fence Farm in Romeoville on **Thurs., Nov. 16, 2017**

to see Patty Waszak perform her Christmas Show. She is making a special trip from Pigeon Forge, Tennessee. Patty is a dynamic vocalist, phenomenal musician and hilarious comedienne.

We will enjoy lunch that consist of Chicken or Fried Shrimp (to be chosen at the restaurant) corn fritters, coleslaw, cottage cheese, kidney bean salad, pickled beets, baked potato, ice cream and a choice of one soft drink.

We will leave the Senior Center, 15350 Oak Park Ave., at 10:15 a.m. and return about 3:45 p.m. The cost is **\$50.00** which includes coach transportation. The money is due no later than October 26th. NO REFUNDS after this date.



**HAPPY FEET!  
DR. PAHOLAK IS  
COMING!**

Doctor Paholak comes on the 2nd Friday of the month during bingo session to trim nails, remove calluses, check for disease and a general foot examination. Just call to sign up and **bring your Medicare card.**

**WELLNESS EVENTS**

Cornerstone Home Healthcare will be here: 15350 Oak Park Ave., Oak Forest on July 14, September 8 and November 10, 2017 from 10:00 a.m. - 11:30 a.m. They will be offering Blood Pressure Checks. This service is **FREE** of charge.

**WALK WITH EASE**

Walk with Ease is an exercise program developed by the Arthritis Foundation (AF) that is designed to decrease disability, reduce discomfort, and build confidence in the ability to be physically active. Overall, the program focuses on helping older adults who have arthritis, or other chronic conditions. While walking is the central activity, "Walk with Ease" is a multi-component program that also includes health education, stretching, strengthening exercises, and motivational strategies. This program will be instructed by Tim Vu of White Crane Wellness Center.

This nine week class is on Tuesdays and Thursdays. It runs June 13th thru August 15th. Pre-registration is required. The cost is free to Bremen Township residents and \$20.00 for non-residents.

