

Bremen Township Senior Services
15350 S. Oak Park Avenue
Oak Forest, IL 60452

Presort Standard
U.S. Postage
PAID
Permit 382
Zip Code 60473

Bremen Township Senior Services
15350 S. Oak Park Avenue, Oak Forest, IL 60452 ~ 708-687-8220
www.bremontownship.net

Joan Trafficanta ~ <i>Director</i>	
M. Maggie Crotty ~ <i>Supervisor</i>	Keith Gomillia ~ <i>Trustee</i>
John D. Lord ~ <i>Clerk</i>	Norman F. (Norm) Pestlin ~ <i>Trustee</i>
Willie A. Jones ~ <i>Assessor</i>	Larry G. Sargis ~ <i>Trustee</i>
John P. Flaherty ~ <i>Highway Commissioner</i>	Kathryn Straniero ~ <i>Trustee</i>

BREMEN TOWNSHIP SENIOR NEWSLETTER
JULY-DECEMBER 2016

CRAZY FOR YOU

Cozy up this winter at “Drury Lane” with Crazy for You on Wednesday, November 30th. This romantic Gershwin musical comedy follows a New York banker with a craving for show business, who is sent to foreclose on a theatre in a small mining town. After falling in love with a local girl, he vows to put on a show to save the failing theatre. Crazy for You takes memorable Gershwin tunes like “I Can’t Be Bothered Now,” “I got Rhythm,” and “Someone to Watch Over Me,” and brings a new life into them. A vivacious night filled with mistaken identity, plot twists, and fabulous dance numbers that you are sure to enjoy.

We will enjoy lunch that consists of your choice of Grilled Boneless Pork Chop OR Traditional Roast Turkey, Soup of the Day, Potato, Vegetable and Dessert. We will leave the Senior Center at 10:15 a.m. and return at about 4:30 p.m. The cost is \$70.00. Money is due now later than November 2nd. No refunds after this date.



B R E M E N T O W N S H I P

Senior
NEWSLETTER

JULY - DECEMBER 2016 ISSUE

Bremen Township
Senior Lunch 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.bremontownship.net



ageless *Grace*[®]
Timeless Fitness for the Body & Mind

AISHLING HOME CARE
presents Ageless Grace

Ageless Grace is a cutting edge fitness program based on neuroplasticity that activates all 5 functions of the brain; analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination, and simultaneously addresses all 21 physical skills needed for lifelong optimal function. This six week program is Tuesdays. It runs August 16th thru September 20th from

11:00 a.m.-12 Noon at Bremen Township Senior Center, 15350 Oak Park Ave., Oak Forest. Pre-Registration Required. Please call to reserve a spot. (708)687-8220 No Walk-ins.

CAREGIVERS SUPPORT GROUP

We invite you to be a part of this group to share and receive information and talk about your experiences. As you may know, we learn from each other. From time to time we will invite professional guest speakers that will offer helpful information. This group will hopefully help to reduce and manage your stress. Mary Taffe from Catholic Charities will be heading the group. We will meet on the 2nd Tuesday of each month from 1:00 - 3:00 p.m., Bremen Township Senior Center 15350 Oak Park Ave. For more information, you may call Mary at (708) 271-6245 or Joan at (708) 687-8220.



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 13th from 10:00 a.m. until 12:00 noon. Please call to sign up (708) 687-8220.

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, soda 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.



SPIRIT OF CHICAGO CRUISE

Join us on **Tuesday August 9, 2016** 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 8th. No refunds after this date.

SHOW & TELL THURSDAYS

Come and enjoy lunch on Thursdays and bring your items of interest that you would like to share.

PUMP BOYS AND DINETTES

We are headed to The Theater at the Center in Munster, IN on **Wednesday October 5th** to see the musical comedy "Pump Boys and Dinettes". This is a toe-tapping, totally entertaining, musical tribute to life along the open road. The pump boys sell high octane fuel on North Carolina's Highway 57 and the sassy dinettes run the ever popular Double Cupp diner next door. Between changing tires and baking pies, the gang performs a rousing, down-home mix of country western, rock 'n' roll and blue grass in this charming tale of friendship, romance and life's simple pleasures.

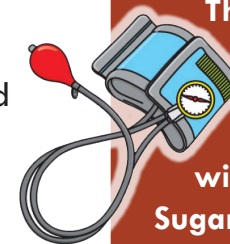
We will enjoy lunch that consist of Cream of Tomato Soup, Chicken Fried Steak **OR** Meat Loaf, Whipped Potatoes, Green Peas and Apple Pie.

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. The money is due no later than September 21st. NO refunds after this date.

TAI CHI

Tai Chi for Arthritis and Fall Prevention was developed by Dr. Paul Lam of the Tai Chi for Health Institute, has been designated by the National Council on Aging and

American Society on Aging as a "highest level" evidence-based health program. Tai Chi has been found to significantly improve range of motion, strength, flexibility, and relaxation among its practitioners. Tai Chi also aims to improve posture, which in turn positively influences balance. Increased feelings of mental clarity, a reduction in stress levels, increased feelings of positivity, and better judgement have been reported. This six week class is Mondays and Wednesdays. It runs November 7th thru December 14th from 10:30 a.m. thru 11:30 a.m. at Bremen Township Senior Center, 15350 Oak Park Ave. Oak Forest. Pre-Registration Required. Please call to reserve a spot. (708) 687-8220 No Walk-ins.



WELLNESS EVENTS

Cornerstone Home Healthcare will be here: 15350 Oak Park Ave., Oak Forest on July 8th, September 9th and November 4th from 10:00 a.m. - 11:30 a.m.

They will be offering Blood Pressure Checks, Blood Sugar Screening and Balance Screenings. *You will need to fast for the Blood Sugar Screening.* This service is **FREE** of charge.

FOUR WINDS CASINO

Back by popular demand, we will try our luck at the Four Winds Casino in New Buffalo, MI. on Wednesday, September 14, 2016. The cost of the 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
- Willowbrook Café
- 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. Money is due no later than August 31, 2016. No refunds after this date.



Due to the late return, senior wheels will not be available



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.**