

Bremen Township Senior Services

15350 S. Oak Park Avenue
Oak Forest, IL 60452
708-687-8220
www.brementownship.net

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BREMEN TOWNSHIP

JULY - DECEMBER 2018 ISSUE

Senior Newsletter



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 four week program is Tuesdays and Thursdays. It runs from August 7th thru August 30th from 10:30 a.m.-11:30 a.m. at Bremen Township Senior Center at 15350 Oak Park Ave. Oak Forest. Pre-Registration Required. Please come in to reserve a spot. (708)687-8220. The cost is **\$15.00** for residents and **\$20.00** for non-residents.

BREMEN TOWNSHIP SENIOR NEWSLETTER JULY - DECEMBER 2018 ISSUE

MIRACLE ON 34TH STREET

Get in the Christmas Spirit with us at The Theater at the Center in Munster, IN. on Wednesday, December 19th. Inspired by the beloved 1947 film, audiences will enjoy the gift of music and laughter. As the real Kris Kringle is hired as Macy's Santa, he encounters a skeptical little girl and a message about the importance of believing is made clear to all. "It's Beginning to Look a Lot Like Christmas" became famous from this joyous favorite for all ages.

We will enjoy lunch that consists of *Cream of Potato soup w/ Cheese Garnish, Roast Sirloin of Beef OR Shrimp Skewer, Duchess Potatoes, Broccoli Spears, and Carrot Cake.*

We will leave the Senior Center at 10:30 a.m. and return at about 4:30 p.m. The cost is **\$65.00**, due no later than November 28th. No Refund 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

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 11th from 10:00 a.m. until 12:00 noon. Please call to sign up (708) 687-8220.

FOUR WINDS CASINO

Bring your lucky charms and come along with us to Four Winds Casino in New Buffalo, MI. on Wednesday, October 3rd. 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
- 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. Money is due no later than September 19th. No refunds after this date.

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.



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.)

CHALLENGE YOUR BRAIN

Presented by: Molly Hofer, Family Life Educator

Date: Mondays: Aug. 20, Sept. 17, Oct. 15, & Nov. 19

Time: 10:30 a.m. -12:00 p.m.



Keeping your brain active by exercising it, can be very beneficial especially as one grows older. 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.

BLOOD PRESSURE CHECK

Caring Hands Home Health Care will be here on the 2nd Friday of each month from 10:30 till 12:00 noon for a free blood pressure check.



SPIRIT OF CHICAGO CRUISE

Ready to Sail?!? Join us on **Tuesday, July 10th**, as we head to Navy Pier to board the "Spirit of Chicago." We will enjoy Cabaret Entertainment, Dancing 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 **10:15 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 June 26th. No refunds after this date.

NOTE: Please note that as of April 1st, the cruise line can no longer accept cash but will still be accepting credit/debit for any purchases made on board during your cruise. For example: Bar drinks & photos.



HAPPY FEET! DR. JAY PARSONS IS COMING!

Doctor Parsons 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.**