



# THE SENIOR SENTINEL

**Bremen Seniors continue to contribute in many ways.**

It's a great time in human history to be a senior citizen!

All the numbers are on our side today, from lifespan to good health to retirement income. We keep our teeth longer through better dentistry, our eyesight sharp through cataract surgery (which became routine in 1957), our cholesterol and blood pressure under control through the miracles of modern healthcare. We live to an average of 75 for men and 80 for women, and a full 60% of us live past 80. Greeting card makers have created a line of products for the growing number of us hitting the magic 100 mark!

The numbers weren't so hopeful for our grandparents, those born around 1900. They could expect to live to about 50, and high infant mortality rates caused heartbreaking losses of many of their infant children. Leading cause of death for adults in the early 1900s was infectious disease: flu, pneumonia, tuberculosis, diphtheria, and gastro enteritis where diarrhea caused deadly dehydration. Today, we simply take a pill or get a vaccine to ward off those previously mortal dangers. Leading cause of death for this generation of senior citizens is heart disease and cancer, and effective life-extending treatments for both are readily available to all of us through an amazing Medicare/Medicaid system that just didn't exist for our grandparents.

In 1900 the average retirement income was about \$43 per month from various sources. Today, Social Security issues an average monthly check to seniors of about \$1,864. Granted, while that sounds

astounding it's often not enough to cover living costs in this new day, so many of us work part-time jobs both to supplement our income and to keep us engaged in life. It's not just about living longer today, it's living better! We get to meet our great grandchildren, hop on a plane to go someplace new and fun, play gentle sports well into our retirement years – and very few of us keep all our teeth in a water glass on the nightstand!

And that's where our township government comes in.

Bremen Township officials believe today's seniors have earned the right to truly golden years because of their lifelong hard work. We stand ready to support your lifestyle through many programs designed to celebrate you. We've expanded our Senior Division to provide transportation, lunch with friends, day trips, indoor activities, crafts with your grandchildren, and even some holiday parties with dancing.

The secret to a healthy retirement is to keep active, so please join us for these events. If you would like us to add anything else to our lineup, please call our Senior Department at (708) 687-8220 or email us at [info@brementownship.net](mailto:info@brementownship.net)

Sincerely,

*Kathryn Straniero*

Kathryn Straniero  
Bremen Township Supervisor





# SENIORS ON THE MOVE – COME JOIN

## Feeling Lucky????

One of our most popular destinations is the Four Winds Casino in New Buffalo Michigan, so we have scheduled additional day trips for your convenience.

Join us as we take a fun filled day trip to the beautiful Four Winds Casino. The cost of these trips is \$28.00 which includes motor coach transportation, a \$10.00 food voucher, along with a \$15.00 Instant Slot Credit. The food voucher can also be used at The Buffet – Kankakee Bar & Grill – Timbers Fast Food & Deli – Grab N Go.

*Wednesday, August 14*

*Wednesday, September 11*

*Wednesday, October 9*

*Wednesday, November 13*

*Wednesday, December 11*



## Enjoy a Dazzling Vegas-Style Equestrian Show

On **Wednesday, August 7th** we will be traveling to The Dancing Horses Theater. The Dancing Horse Theater is the home of the amazing Vegas style show in the area – a fabulous horse show in Lake Geneva! A talented team of creative, artistic and technical professionals has come together to create a magical experience. This dazzling spectacle features an array of horse breeds who perform along their trainers in this fantastic show of equestrian artistry. This show is performed in a state-of-the-art 300 seat theatre and is truly a must see. The entertainment roster includes performers who have worked for All the Kings Horses, Arabian Nights, Ringling Bros., Universal Orlando, and Walt Disney World.

The cost of this trip is \$100.00 which includes: Coach Transportation, Lunch (Chicken & BBQ Ribs, Potatoes & Corn, Salad & Dinner Roll, Strawberry Shortcake & Beverage) along with a “Behind the Scenes” experience. Discover how they train the performing horses, ask questions of the head trainer, and go backstage to visit the horses.



# JOIN US FOR OUR GREAT DAY TRIPS



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## Frankie Valli Tribute in Joliet

*September 25*

Travel with us to the Henry Jacob Mansion in Joliet to see the 4 C Notes perform the hits of Frankie Valli & the Four Seasons. Created by John Coppola, best known for his appearance in Chicago's long running production of the Broadway smash hit Jersey Boys, the Four C Notes are the Midwest's only tribute dedicated to recreating the music of Frankie Valli & the Four Seasons! The cost is \$75.00 which includes transportation, admission to the performance and lunch.

Lunch Menu: Pasta Trio – Cheese Manicotti, Fettuccini Alfredo & Spaghetti & Meatballs served with Garlic Bread.



## Let's Go to County Line Orchard

*Tuesday, October 1*

Get your fall fix in and join us for a trip to County Line Orchard. We will have a dedicated tour guide and tractor to take us on a scenic country ride through the fields where we will stop and pick our own apples and pumpkins. The cost of the trip is \$30.00 which includes transportation, admission, and apples & pumpkins. Lunch will also be available at a reasonable price and/or check out their famous bakery for fresh baked bread, pies, cookies and donuts.



## Craft Days at Bremen Township

*Tuesday, October 22 | Tuesday, November 19 | Tuesday, December 17*

Join us as we host these Craft Days where you can showcase your craft making skills and talents during the holiday season. All supplies and light refreshments will be provided by Bremen Township. These events will be held at the Maggie Crotty Senior/ Youth Complex (Building A) located at 15350 Oak Park Ave. in Oak Forest beginning at 11:00 A.M. There is no cost for all Bremen Seniors aged 55 years or older.



### HOW DO I SIGN UP?

To register for any trips, events or more information – Please contact our Senior Services Department at (708) 687- 8220 or email [ssmith@brementownship.net](mailto:ssmith@brementownship.net).



# SENIOR SERVICES



## Senior Wheels

Our most popular services is our Senior Wheels Department which continually grows with Bremen Township now providing over 1,200 rides per month to destinations within the township. Medical related trips are not restricted to township boundaries and serves as a lifeline to many homebound seniors. We keep it affordable with a round trip ticket costing only \$4.00 with a 10 ride ticket available for discounted price of \$16.00. Handicap accessible vans and busses are also available for your convenience. When scheduling your trip please indicate if you need to use a handicap vehicle. Let us do the driving by calling (708) 687-8220 and our friendly staff will be happy to assist you.

## Our Lunch Program

Monday thru Thursday lunch is served in our Senior Café. These lunches not only serve delicious, healthy lunches but is also a great way to share in the camaraderie of your neighbors and friends and make new friends. To see our monthly menu, visit our web site at [www.brementownship.net](http://www.brementownship.net) or call our office at (708) 687-8220. A \$4.00 donation is requested.

## Bingo

Every Thursday Bremen Township hosts Bingo at our Senior Center at 9:30 A.M. with doors opening at 9:00 A.M. The cost is \$5.00 for 23 games, with light refreshments being provided. If you want to play but lack transportation our Senior wheels Department will pick you up & take you home on our BINGO BUS. (normal trip charges apply) To schedule your ride please call our office by Tuesday prior to bingo day.

## Free Produce Day

With the cost of groceries continuing to rise, many families struggle to purchase just the basic necessities. Bremen Township along with our partners, the Greater Chicago Food Depository and Together We Cope distributes Free Produce on the 2nd. Friday of each month. Our staff of volunteers will load your vehicle in our drive thru beginning at 10:30 A.M. till Noon at our Markham facility (16361 Kedzie Parkway).



# WHATS NEW & NEWS YOU CAN USE!



## Butterfly Garden

This past June, the Friends of the Indian Boundary Prairies planted a butterfly garden along the western edge of our award winning walking path. We wish to express our sincere thanks for the efforts put forth in making this a reality which will be there for generations to come.



## Chair Yoga

*Every Monday & Wednesday – 11:00 A.M. – Building A*

Join us as we do light stretching & exercises on our comfortable chairs. This is a great way to keep fit and your parts moving while meeting with your neighbors and making new friends. Call Dr. Michele at our Wellness Center for more details – (708)419-4100



## Four Season Room Coming Soon

We will soon be breaking ground for the addition of a four season room adjacent to the Senior Café. It will also include a covered patio, along with exterior washrooms that will be connected to our award winning Maggie Crotty Walking Path.



## Annual Food Drive

*Monday, September 2*

The annual food drive, which we partner with Bremen High School's STUFF THE BUS begins on September 2nd. This drive is sponsored by the National Honor Society and Student Council of Bremen High School, District 228 and helps prevent anyone going hungry during the holiday season. Canned goods and non-perishable food items can be dropped off at either of our facilities. (16361 Kedzie in Markham and/or 15350 Oak Park in Oak Forest) please join us in participating in this very worthwhile event.



## Women's Walk for Wellness

*Saturday, October 19*

Save the date for our inaugural Women's Walk for Wellness Day! This event is for women of all ages, so tell your daughters and granddaughters to please join in. Also included will be representatives and displays from many women service organizations dedicated to the wellness of women in mind, body & spirit, along with local woman orientated vendors. This event is free of charge with light refreshments supplied by Bremen Township. The food truck from Oak Forest's Nicky V's will also be on site serving their great menu for your convenience.



Presorted Standard  
US Postage  
**PAID**  
Bridgeview, IL  
Permit No. 318

## SENIOR NEWSLETTER

Maggie Crotty Senior/  
Youth Complex  
15350 Oak Park Ave.  
Oak Forest, Illinois 60452  
www.bremementownship.net

### MAHJONG IS BACK!

*Staying cool & testing your skills.*

Popular board game Mahjong (American Version) players meet every Tuesday morning from 9:30 – 11:30 in our Senior Café to play this fun game. We are always seeking new players – call Sue @ (708) 687-8220 for more info.

## MEET SOME OF OUR SENIOR WHEELS STAFF

Left to right:  
Warren Lenczycki  
Leonard (Len) Colangelo  
David (Dave) Stupp  
Robert (Bob) Bulthuis  
Donald (Don) Huisenga  
Cathy Koppers  
Arlene Neely  
Shelly Smith (Senior Services Director)  
Sandra (Sandy) Piksrys

### *Thank you for letting us serve you!*

Your input is valuable to us and we are here to serve you. If you don't see any activities or programs or services that interest you, please let us know & we will make every effort to include them.

Kathryn Straniero - Supervisor  
John D. Lord - Clerk  
Willie A. Jones - Assessor  
John P. Flaherty - Highway Commissioner  
Carolyn Carter - Trustee  
Mary Catuara - Trustee  
Edward Maggio - Trustee  
John M. (Mike) Tatro - Trustee

BREMEN



TOWNSHIP

ADMINISTRATIVE OFFICE  
16361 Kedzie Parkway  
Markham, IL 60428  
708.333.9530

SENIOR/YOUTH COMPLEX  
15350 Oak Park Avenue  
Oak Forest, IL 60452  
708.687.8220

