

MORE FOR YOU!

The one thing that Senior's have in common, is that everyone is different, but that they share in wanting to spend their retirement years doing things that interest them. One important aspect is remaining active. We have added a few activities that we hope would be helpful to the mind, body, & spirit.



MONDAYS, TUESDAYS & THURSDAYS

11:00 A.M. | Noon | Weather Permitting

The Maggie Crotty Walking Path is open 7 days a week from sunup to sundown.

Our walking path is ideal for senior citizens who wish to get exercise by walking but do not wish to be alone on a long secluded path. Our walkway is approximately 1/4 mile long with high visibility for security, with rest stops along the way.

Join Dr. Michelle, our Youth & Family Wellness Center Director for a nice leisurely stroll and conversation along the beautiful setting on Maggie Crotty Walking Path.



WEDNESDAYS

11:00 A.M. | Noon | Building A

Chair yoga and other light Balance and Mobility exercises is a perfect way to stay fit and enjoy spending some time with your friends and neighbors.



THURSDAYS

1:00 P.M. – 2:00 P.M. | Wellness Center Building B or Café

Chats on Loneliness, Grief, Depression, Staying Young, Having Fun, are just some of the topics covered in chats with Dr. Michele. These informal chats are a great way to have conversations and establish relationships with others that share the same experiences.

Call our office at (708) 687-8220 or Dr. Michele at (708) 419- 4100 for more info.



SENIOR NEWSLETTER

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

Supervisor, Kathryn Straniero
Clerk, John D. Lord
Assessor, Willie A. Jones
Highway Commissioner, John P. Flaherty

Trustees

Carolyn R. Carter
Mary Catuara
Edward P. Maggio
John M. (Mike) Tatro



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.

Left to right: Highway Commissioner John Flaherty, Trustee Ed Maggio, Clerk John Lord, Trustee Carolyn Carter, Assessor Willie Jones, Trustee Mary Catuara, Trustee John M. (Mike) Tatro, Supervisor Kathryn Straniero

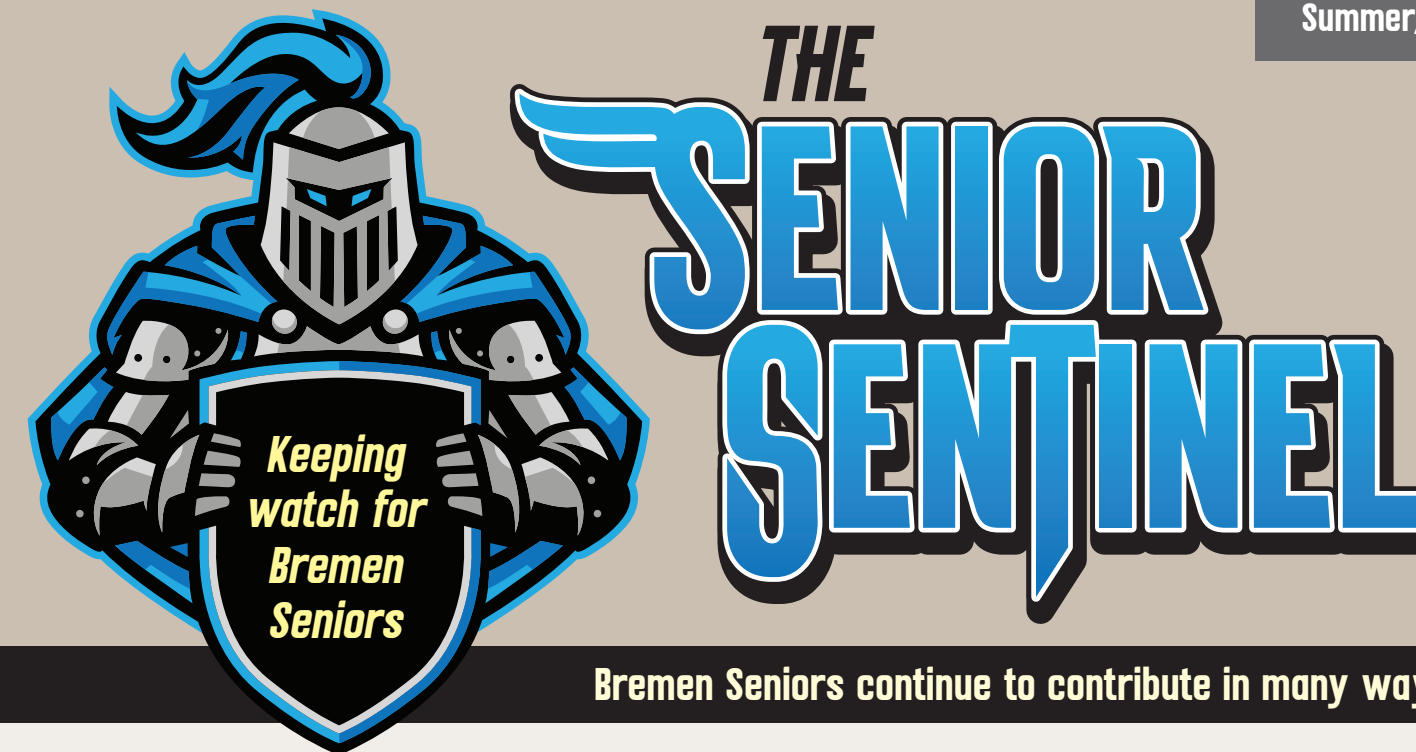
STAY CONNECTED With Us

Please send your email address to info@brementownship.net to get all the latest updates for programs and services and follow us on facebook.



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



Bremen Seniors continue to contribute in many ways.

Greetings Friends and Neighbors,

Bremen Township is fortunate to be comprised of all or parts of thirteen unique, vibrant and diverse communities that have literally withstood the test of time thanks in part to a group of residents that oftentimes are overlooked and taken for granted. These residents serve as the cornerstones and backbones of our communities that represent the very best in all of us. This group of individuals is our Senior Citizen community who share the common denominator of keeping their towns, villages or cities a great place for families to raise the next generation.

I, too, remember being young and thinking that I knew everything and did not value the wisdom that comes with age. Fast forward to today as a member of the baby boomers, I acknowledge the fact that a lifetime of experience serves as a source of unlimited insight, principles, substance and judgment. Today's Senior's are well informed and voice their opinions based on their past experiences along with the instant access to information through multiple venues 24 hours a day and are well versed in obtaining it.

Our Seniors continue to contribute to all of us in so many ways. Families depend on senior members to assist with housing, financial support, and are grateful to be playing a part in raising their grandchildren, by transporting them to school, practices, games and anywhere they can be helpful. Whether we need information, a favorite family recipe, or just some general advice, we look to those that came before us.

It is undeniable that so many recognize how valuable our senior population is, we are sought after employees in filling the gaps we currently see in the workforce because of their vast array of knowledge, dependability, and strong work ethics. Advertisers recognize us for our buying power and elected officials understand that our votes determine how we move forward. It makes sense that at least eight of our Presidents have been senior citizens.

Advances in medicine and life styles have made the days of sitting in rocking chairs during retirement obsolete. Today's Seniors demand to keep their independence, stay in their homes, volunteer and continue to make significant contributions longer than past generations. We should all be appreciative of those in the golden years who have paid their dues.

We at Bremen Township wish to share our appreciation by offering as many Senior Services, programs and activities as we can. This edition will highlight some of them. Our Senior Department is always looking for more ideas to expand what is provided. We welcome your input so please let us know what more we can do to better serve you.

Sincerely,

Kathryn Straniero

Kathryn Straniero
Bremen Township Supervisor



SENIOR WHEELS PROGRAM



Our Senior Wheels program is one of the most popular services that we provide. Bremen Township Seniors, aged 55 or older use this service as a lifeline to the outside world. We can take you shopping, take you to your doctor appointments, bring you to lunch, or just take you to visit a friend, or any other destination in the township. Medical related trips are not bound by township boundaries as we go as far North as 95th St. and as far South as Rt. 30, with our Eastern boundary to Halsted Ave. and as far West to 108th Ave.

Each month we provide approximately 875 rides for our seniors, with about 50% of them medically related.

Our service is provided Monday thru Friday with the first pick up at 8:30 A.M. with the last returning trip at 3:30 P.M. Handicap accessible vans and buses are also available if needed. The cost of a round trip fare is \$4.00 or with a discounted rate of \$16.00 for a ten ride ticket.

Please call our office at (708) 687-8220 and one of our friendly staff will be happy to schedule and assist you.



Come For The Food... STAY FOR THE FUN

One of the best ways to stay healthy is to eat healthy!

Our partnership with Age Options provides delicious nutritional meals in our Senior Café at noon Monday thru Thursday. This is a great opportunity for our seniors to not only enjoy a great meal, but also a chance to socialize, get together with friends and meet new ones. In order to make this affordable to seniors, a \$4.00 donation is requested but not required.

Each month Age Option prepares a menu that will fit everyone's taste which you can view on our web site at www.brementownship.net or by calling our office at (708) 687-8220 and make your reservation.

This fall we are considering having Pizza Fridays based on the interest and participation of our seniors. Please call our lunch coordinator Sue Ernst at (708) 687-8220 to let her know that you are interested.

For those that don't drive, our Senior Wheels Department is available to pick up, drop off and return you home.



BINGO!!!

Every Thursday | 9:30 A.M. – 1:00 P.M.

Enjoy the fun, light refreshments, and prizes

\$5.00 for 25 games

Doors open at 9:00 A.M.



SENIORS ON THE MOVE

STARVED ROCK

Tuesday, August 15th

Transportation, lunch & 50's / 60's tribute rock & roll tribute band - \$100.00

Come with us as we visit one of the premier State Parks of Illinois and view some of the most breathtaking landscapes and beautiful rock formations in the state. Lunch and a show featuring a 50's & 60's tribute band will be hosted in their beautiful lodge.

JACOB HENRY MANSION IN JOLIET

Thursday, September 28th

Transportation, lunch along with Frankie Valil & 4 Seasons Tribute Band - \$65.00

Join us as we visit this historic mansion & enjoy the famous family hospitality with a homemade meal and be entertained with a show featuring the Four C Notes performing the hits of Frankie Valli & the Four Seasons

COUNTY LINE ORCHARD

Wednesday, October 4th

Apple & Pumpkin Picking - \$30.00

What a great way to get your Fall Fix with our day trip to the Beautiful County Line Orchard. While there don't forget to visit the Beverage Barn for the homemade apple cider and their famous bakery featuring homemade pies, fudge, caramel apples and their donuts that are to die for.

These trips fill up quickly so please secure your reservation at (708) 687-8220.

FOUR WINDS CASINO

Wednesday, October 11th

Transportation, \$10.00 slot credit & \$15.00 food credit - \$27.00 (Need we say more?)

REMEMBERING MARSHALL FIELDS

Wednesday, November 15th

No Christmas is complete without reliving a visit to Marshall Fields Department Store. This illustration traces the store's holiday traditions, including the Walnut Room Christmas tree. Transportation, lunch & presentation \$70.00

JACOB HENRY MANSION

Wednesday, December 13th

For decades, Christmas in Chicago meant a trip or two to State Street to see the big department stores. And the stores went all - out for Christmas. This illustrated talk traces the history of Christmas celebrations on State Street. Photographs, ads, postcards, menus and memorabilia trace cherished traditions – from the animated window displays and the Christmas parade to beloved characters like Uncle Mistletoe, the Cinnamon Bear, and of course, Rudolph the red-nosed reindeer.

