



THE SENIOR SENTINEL

Bremen Seniors continue to contribute in many ways.

Salute a senior, show your respect

It has become quite commonplace today to see citizens approach men and women in military uniform with a warm smile and say, "Thank you for your service."

It's also become popular for a citizen in line at the coffee shop to pay for the beverage of a law enforcement officer also in line and say, "Thank you for protecting us."

I've seen people out for an evening walk who give a friendly wave to a police officer cruising by on patrol. Bakeries deliver a box of doughnuts to a local fire station, paid for by a citizen who wants to give the firefighters a pat on the back. During the Covid pandemic restaurants delivered countless meals to hospital workers, paid for by customers who wanted to show their gratitude to the medical staff who labored through the crisis.

It's a matter of strangers stopping to say "thanks" to the workers who form the backbone of our society, those we rely on in times of crisis at all levels of our government.

I'm thinking we should start another trend: "Salute a senior, show your respect."

In so many ways, senior citizens are the backbone of family, neighborhood, city and nation. They labored all of their lives to keep our country's businesses running, paid taxes to do everything from building schools to feeding the hungry. They funded Social

Security to guarantee a secure retirement for the generation before them. They produced, and educated, the next generation and the one after that as grandchildren came on the scene. Some seniors are raising those grandchildren when parents are not able to do it. Look at any volunteer activity going on in any community and count the seniors who are running that show. They are the ones buying canned goods for the local food pantry, a winter coat for a homeless child, diapers for a struggling single mom, or just planting pretty flowers along the walking path in the park. It is universal for little ones to say "Grandpa taught me to do that," or "Grandma made that for me."

Their compassion is profound. So many jokes are made about the conversation turning to medical conditions whenever senior citizens gather, but when you listen closely you realize seniors care deeply when they ask each other, "How are you doing?"

Most big movements start small. We can try telling just one senior today: 'You know, I just want to thank you for all you have done in your lifetime to build our nation.'

Who knows, it could become a thing!

Sincerely,

Kathryn Straniero
Bremen Township Supervisor



KEEP YOUR MOVING PARTS MOVING!



There is an old saying that says "use it or lose it. There is truth to that especially for our bodies as we grow older. Although our strength, stamina and flexibility diminish over time, it is still very important that we continue to keep moving and prevent our moving parts from rusting up. With that in mind, Bremen Township has added a couple of activities designed specifically for seniors.

At 11:00 A.M. on Mondays, we offer a Strength & Fitness session featuring gentle exercises and mobility drills. Additionally, during the same time slot, you can join our Chair Yoga Core class, allowing you to remain seated while engaging in light exercises for your arms, legs, and torso. Both of these sessions are free and makes it easy for everyone take advantage of, so come on by and

join us. Both of these sessions are in the West room at the Senior/Youth Complex located at 15350 Oak Park Ave. in Building A.

Our walking path, adjacent to the Senior Cafe is an excellent way for seniors to take a nice leisurely stroll. Many residents feel that other walking paths are a distance to much for them to finish and are secluded. Our path is approximately only $\frac{1}{4}$ of a mile with rest stations along the way with an open view for your safety & security. A covered shelter and benches are located at the beginning of the path for your convenience when you begin your walk on those nice days when you just want to sit and visit with your friends. Hopefully, this year we will complete our sun room and covered patio with outside comfort stations for use of our walkers.

BENEFIT ACCESS PROGRAM

This program offers License Plate Discount and/or RTA Free Card for either Seniors or Persons with Disabilities. Assistance and Applications are available at both of our facilities.

UPCOMING TRIPS & ACTIVITIES

Thursday is Bingo Day!

Come and join us for camaraderie, fun, prizes, and light refreshments every Thursday from 9:30 A.M. to 1 P.M. We've kept the cost affordable at just \$5.00, providing you with 25 chances to win fantastic prizes. Doors open at 9:00 A.M. in the East room of Building A (James Jesk Activity Center – 15350 Oak Park Ave.).

Tuesday, January 30th | 11:00 A.M.

Valentine Craft Day

Enjoy making Valentine Crafts with your friends & neighbors – all supplies will be furnished by Bremen Township.

Wednesday, February 14th | Noon

Senior Valentine Dance

Join us and enjoy the afternoon listening and dancing to your music with our DJ. A photo booth will be on site and light refreshments will be served.

Tuesday, March 5th | 11:00 A.M.

St. Patrick Day Craft Day

Everybody is Irish for our first St. Patrick Craft Day. Supplies & light refreshments will be provided.

Wednesday, March 13th | 8:30 A.M. – 3:30 P.M.

Four Winds Casino Trip

Join us for one of our most popular day trips to Four Winds Casino in New Buffalo Michigan – Call our office for more information and reserve your seat.

Wednesday, March 27th | 1:00 – 3:00 P.M.

Spring Fling with Grandchildren

Enjoy an afternoon of dancing and other fun filled activities with your grandchild and preserve your memory in our photo booth. This event fills up fast, so call our office now to secure your reservation.

Wednesday, April 10th | 8:30 A.M. – 3:30 P.M.

Four Winds Casino Trip

On the road again to Four Winds Casino in New Buffalo Michigan.

Tuesday, April 16th | 11:00 A.M.

Spring Craft Day

Another fun filled day making crafts for the Spring season – Supplies & light refreshments will be provided.

Wednesday, May 8th | 8:30 A.M. – 3:30 P.M.

Four Winds Casino Trip

Again to one of your favorite destinations.

Tuesday, May 14th | 8:30 A.M. – 3:30 P.M.

Shipshewana Road Trip

Enjoy the day visiting the Amish shops and world famous flea market.

Tuesday, May 21st | 11:00 A.M.

Plant & Go Event

Back by popular demand! It's time again for our annual event when our seniors do a planting of their favorite flower and take it home with them. All supplies are provided.

Wednesday, June 12th | 8:30 A.M. – 3:30 P.M.

Four Winds Casino Trip

This may be your chance to get lucky!

Tuesday, June 18th | 9:30 A.M. – 3:30 P.M.

Starved Rock Trip

Enjoy a great lunch river boat cruise in beautiful Starved Rock State Park.

Wednesday, July 10th | 8:30 A.M. – 3:30 P.M.

Four Winds Casino Trip

Once again to try your luck.

Note: All activities are at our Oak Forest facility in the Maggie Crotty Senior/Youth Complex (15350 Oak Park Ave. – Building A). These trips and activities fill up fast so please make your reservations as soon as you can.

You may get more information and details from our staff at (708) 687-8220.

THANK YOU TO OUR VOLUNTEERS



The Bremen Township elected officials and staff, wish to extend our heartfelt appreciation to all of our volunteers who help our operations be the success that they are. Whether it be packing and distributing fresh fruit & vegetables on Produce Day, calling Bingo, serving senior lunches, participating in our food drive, or assisting with decorating for events, your value is immeasurable.

The efforts of our volunteers on Produce Day, during the past year have distributed over 54 tons of food to those in need. Our partnership with the Bremen High School STUFF THE BUS food drive collected and distributed 12,500 pounds of food to local food pantries during the holiday season. The overwhelming of support of our Bingo players contributed significantly to making this event the success it was.



The volunteer staff from N.A.M.I.(National Alliance of Mental Illness) continues to provide care and guidance throughout the year hosting seminars, meetings, offering guidance and support to individuals and families affected by mental health issues. For more information call Marianne Bithos @ (708) 852-9126.



Our Friends of the Indian Boundary Prairies will be enhancing our walking path this Spring with plantings of natural flowers and grasses in various locations along our walking path. This dedicated group of volunteers maintains the 5 natural prairies within Bremen Township and ensures and helps preserve the natural beauty and habitat for generations to come. If interested in learning more or joining this group who love the great outdoors please contact us @ (708) 687-8220 or email info@brementownship.net.

NURSES CLOSET

If you are in need of medical equipment such as wheel chairs, walkers, crutches etc. we have them available at both of our facilities for free use with a small refundable deposit.



Join our Team!

We are always welcoming others to join our team of volunteers. Volunteering is a great way to get out of the house, meet new people, and give back to your community, and we are always looking for new members. This Spring are looking forward to starting a garden club and a walking club along our walking path – the only thing missing is you. If you are interested in these or any other activities that we sponsor, please pick up the phone and give us a call at (708) 687-8220 or (708) 333-9530 or email us @ info@brementownship.net.

10,864 SENIORS CAN'T BE WRONG!!!

Our Senior Wheels program, a highly sought-after service, has successfully delivered over 900 rides monthly in the past year. These rides cater to seniors, assisting them in reaching various destinations, including doctor appointments, shopping, hairdresser visits, lunch outings, and social visits within our township boundaries, spanning from 135th St. to 183rd St. and from Western Ave. to Harlem Ave.

Medical related trips encompass about 55% of our trips but are not restricted to township boundaries and we have added to our fleet more handicap accessible vehicles

for your convenience if needed. We provide transportation to doctor appointments from 95th St. in the North to Rte. 30 in the South, and from Halsted Ave. in the East to 108th Ave. in the West.

Our senior lifeline is incredibly affordable at just \$4.00 per round trip, and we offer a discounted 10-ride ticket for only \$16.00. Operating from Monday to Friday, our service begins pickups at 8:30 A.M. and completes return pickups at 2:30 P.M. For scheduling your ride, please reach out to our Senior Services Office at (708) 687-8220, where our friendly staff is ready to assist you.

STAYING HEALTHY

AGE OPTIONS PARTNERSHIP

Bremen Township's partnership with Age Options has proven to be a great resource for seniors in eating tasty, nutritious meals in our senior café. These lunches not only provide great tasty lunches but also provide seniors the opportunity to enjoy the company and camaraderie of their friends and neighbors. This past year we have served close to 4,000 of these meals to seniors ensuring that they have healthy meals. This program is available to any Bremen Township resident aged 55 years or older and our Seniors Wheels Program waives the fee for transportation to & from lunch. Carry out lunches are also available. In order to keep this program affordable for seniors with a limited income, a \$4.00 donation is requested but not required.

We offer daily lunches from Monday to Thursday, starting at 11:00 A.M. at the Maggie Crotty Senior/Youth Complex (15350 Oak Park Ave. in Oak Forest – Building C). Feel free to join us for lunch and enjoy the fun, camaraderie, and conversations with both old and new friends.

The monthly menus are posted on our website at www.brementownship.net or you can call our office at (708) 687-8220 and our staff will assist you. We urge our seniors to take advantage of this wonderful program for a great lunch and the opportunity to meet new friends.

HEALTHY EATING

Another popular program we sponsor in partnership with The Greater Chicago Food Depository and Together We Cope is our FREE PRODUCE DAY which is held on the 2nd Friday of each month. With grocery prices rising, sometimes fresh fruits and vegetables are reduced or eliminated for many on limited budgets. This program has supplemented over 2,700 families and individuals throughout the past year. All township residents of any age are welcome to take part in this program.

Distribution starts at 10:30 A.M. and continues until our supplies are exhausted at our Markham facility, situated at 16361 Kedzie.

For more info call our office at (708) 333-9530.



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SENIOR NEWSLETTER

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

MAHJONG IS BACK!

Staying warm & 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.

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

IF YOU HAVE NOT RECEIVED THIS IN THE MAIL PLEASE CALL OUR OFFICES AT (708) 687-8220 OR (708) 333-9530 OR SEND AN EMAIL WITH YOUR MAILING ADDRESS TO info@brementownship.net SO WE CAN ADD YOU TO OUR MAILING LIST.

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. 

BREMEN



TOWNSHIP
HELPING OUR FUTURE

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

