

September & October 2019

Senior News of Forest Park

Dear Friends,

There is so much to look forward to in the next two months. We have sensational trips planned to take you into the Fall Season. Whether you enjoy our always-exciting Mystery Trip, the beauty of Mother Nature, music or the theater...we have it.

We open September with a mystery trip you won't want to miss out on! The following week we head to the much awaited day of Bingo & Baseball ~ with the White Sox against the Royals. Mid-month we're up north for a taste of Wisconsin. We wrap up September heading to South Haven, Michigan, with a U-Pick farm stop & a maritime filled day on tour, out to lunch and setting sail.

FILL IN EACH ROW, COLUMN AND EACH 3 X 3 BOX WITH THE DIGITS 1 TO 9 WITHOUT REPEATING

4	8	7	2			9		
5	2	3	4		1		8	
	1		8	7	3			
2	3				6			8
			3		7			
7			1				5	6
			6	1	8		4	
	6		9		2	7	1	3
		5			4	8	6	2

We kick off October with The Newsies in Aurora at The Paramount. Next, we head back to Muenster, Indiana & Theater at the center for the Pajama game...go ahead, wear your PJ's. Mid October, join us at The Fireside in Ft. Atkinson, WI for the Buddy Holly Story. October closes with The Annual Cindy Lyons Health Fair held at the Community Center, followed up by a cruise on Lake Geneva.

September also welcomes back the wonderful aroma of BBQ in the air, so be sure and join us at our *Annual Rib Fest at The Grove on September 7th*. There are also many festivities to be had on Madison Street.

Join the greatest group of people in the world, the Forest Park Senior Club, and sign up for our trips! Happy Harvest Everyone.

Love, *Karen Dylewski*



Rory Hoskins, Mayor
Karen Dylewski, Director
Denise Fullmer, Trip Coordinator







Howard Mohr Community Center
7640 Jackson Boulevard
Forest Park, IL 60130
708-771-7737

HAPPY BIRTHDAY

MARION FLIGHT	SEPT 11	CLEO ROBERSON	SEPT 24	JUDY FRANK	OCT 8	MARILYN SCHMIDT	OCT 18
DEE GALBRAITH	SEPT 15	CATHY MARSILI	SEPT 25	JAN BEHNKE	OCT 9	LORETTA ZAJAKALA	OCT 22
MARIAH MCCLAIN	SEPT 22	NANCY MAKAR	OCT 6	BARBARA VANDERORT	OCT 16	NARENDRA KUMAR	OCT 30
SHIRLEY ESENTER	SEPT 23	BARBARA SCHULTZ	OCT 7	STEPHANIE BUTLER	OCT 17	JOAN PETERSON	OCT 30
PHYLLIS BURRELL	SEPT 24			MARY HOGAN	OCT 17	ELAINE KOVARIK	OCT 31

Don't Forget!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 1	September 2 Community center Closed 	September 3 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	September 4 Senior MYSTERY trip	September 5	September 6 NO Senior Exercise	September 7 RIBFEST 
September 8 <u>Grandparents' Day</u>	September 9	September 10 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	September 11  →	September 12 Senior Movie 1 PM  Senior White Sox Trip	September 13 Senior Exercise 10:45am -11:30am	September 14
September 15	September 16	September 17 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	September 18 Senior Taste of Wisconsin Trip	September 19	September 20 Senior Exercise 10:45am -11:30am	September 21
September 22	September 23	September 24 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	September 25 Senior Michigan Maritime Trip	September 26  Senior Bingo	September 27 Senior Exercise 10:45am -11:30am	September 28
September 29 Rosh Hashanah Begins 	September 30	October 1 NEWSLETTER for <u>NOV/DEC</u> Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	October 2 Senior Newsies @ Paramount Trip	October 3	October 4 Senior Exercise 10:45am -11:30am	October 5
October 6	October 7	October 8 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm Yom Kippur Begins	October 9 Senior Pajama Game @ TAC Trip	October 10 Senior Movie <u>1 PM</u> 	October 11 Senior NO Senior Exercise	October 12
October 13	October 14 Community Center Closed 	October 15 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	October 16 Senior Buddy Holly @ Fireside Trip	October 17	October 18 Senior Exercise 10:45am -11:30am	October 19
October 20	October 21	October 22 Senior Citizen Club <u>9 am -1 pm</u> NO Senior Exercise	October 23 CINDY LYONS 	October 24  Last 2019 Senior Bingo	October 25 Senior Exercise 10:45am -11:30am	October 26 <u>CASKET RACES</u> <u>TRICK OR TREAT ON</u> <u>MADISON STREET</u> <u>ZOMBIE PUB CRAWL</u> 
October 27	October 28	October 29 Senior Citizen Club <u>9 am -1 pm</u> Senior Exercise 1pm	October 30 Senior Lake Geneva Trip	<u>October 31</u> TRICK OR TREAT 3-7 PM 		

Forest Park Senior Trips

September & October 2019

September 4

WEDNESDAY, JOIN US ON OUR MYSTERY TRIP that you won't want to discover you missed your spot. A day that promises to build from one stop to the next.

Preset Menu

Cost:

Resident: \$95.00

Non Resident: \$99.00



Level of walking:



Pick Up 7:30 am Leave 8:00 am Approximate Return 6 pm **PAYMENT DUE MONDAY AUGUST 12** for the **September Mystery trip**

September 12

THURSDAY spend the afternoon full of food, fun, Bingo and baseball! Head to Guaranteed Rate Field and watch the Chicago White Sox take on the Kansas City Royals. Enjoy a 2-hour pregame all-you-can-eat buffet, Bingo in the patio area and lower level box ticket. Buffet lunch features Cajun chicken, fried chicken, hot dogs, BBQ ribs, hamburgers, salads, unlimited beer, wine and soft drinks. Motor coach transportation, Bingo, lunch buffet and game ticket included.

Cost: Resident: \$84.00

Non Resident: \$88.00



Level of walking:



Pick Up 9:30 am Leave 10:00 am Approximate Return 6:30 pm **PAYMENT DUE MONDAY, August 12** for **White Sox & Bingo**

September 18

WEDNESDAY travel with us to Milwaukee, the Burger & Custard Capital of the World. A step on guide will lead us on a Bus Tour where we'll Visit the custard stands that have been institutions throughout Milwaukee with a tour highlighting Milwaukee as the "custard capital of the world!" We'll begin with a classic Milwaukee dinner at Miss Katie's Diner, visit "Fonzie", then go on a "custard crawl" & be treated to several generously sized custard portions. We will visit the brand new National Bobblehead Hall of Fame & Museum. Then after all that...a stop at Mars Cheese castle on the way home.

Pre-Set Menu Cost: Resident: \$93.00

Non Resident: \$97.00



Level of walking:



Pick Up 8:30 am Leave 9 am Approximate Return 7 pm **PAYMENT DUE TUESDAY, AUGUST 20** for **Milwaukee Taste** trip

September 25

WEDNESDAY we travel up to South Haven, MI. Experience the rich maritime heritage of the Great Lakes by visiting Michigan's most distinguished institution of maritime research, preservation and education. We will enjoy a guided tour of the museum AND a sail on their tall ship. The tour will happen rain or shine so dress accordingly. We will have a picnic box lunch prior with our first stop of the day at Stover's farm for U-Pick or other delicious farm fresh treats.

Menu Selections: all include pickle spear, Greek pasta salad & cookie Cost: Resident: \$95.00

Non Resident: \$99.00



MARITIME DISTRICT SOUTH HAVEN

Level of walking:



- ☐ Grilled Chicken Caesar salad in a spinach tortilla wrap
- ☐ Ham & Pulled Pork Cuban with Swiss & Dijon on a pretzel roll
- ☐ Turkey & Provolone with maple sage Aioli on Multigrain bread
- ☐ Roast beef & Swiss with grilled red onions & dijonaise on a baguette



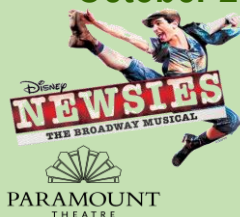
Pick Up 7:00 am Leave 7:15 am Approximate Return 7:30 pm **PAYMENT DUE TUESDAY AUGUST 27** for **Michigan Maritime** trip

The center provides door-to-door bus service, by appointment, for all Forest Park Senior Citizen and disabled residents by Appointment. Cost is \$1 each

Forest Park Senior Trips

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October 2



WEDNESDAY we travel back to Paramount Theater in Aurora, for Newsies, a story straight from the headlines of turn of the century New York, comes the true story that had Broadway roaring before it even opened, featuring unforgettable songs. Lunch at Cracker Barrel beforehand is included.

Food Selections:

Cost:

Resident: \$85.00

Non Resident: \$89.00

The country dinner plate section with choice of
One meat entrée and choice of 2 country vegetables.

Non alcoholic beverage, side salad as a starter and cobbler dessert

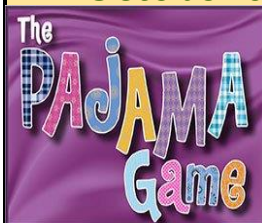


Level of walking



Pick Up 9:30 am Leave 10:00 am Approximate Return 6:00 pm **PAYMENT DUE TUESDAY SEPTEMBER 3** for **Paramount Theater** trip

October 9



WEDNESDAY we travel back to Muenster, IN to one of our favorite venues ~Theater at the Center ~ for Pajama Game. This Tony Award winning musical inspired the film starring Doris Day. There's trouble at Sleep-Tite pajama factory when workers demand a raise of 7 1/2 cents. Both sides are standing firm, but when the head of the Union Grievance Committee meets her new supervisor, love changes the game. Lunch includes Minestrone Soup, Linguini Marinara, sautéed zucchini, Spumoni Ice-cream and Beverages

Level of walking:



-Menu Selections:

☐ Chicken Parmesan
☐ Veal Parmesan

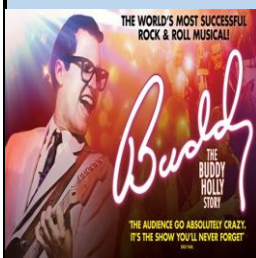
Cost: Resident: \$84.00

Non Resident: \$88.00



Pick Up 9:45 am Leave 10:15 am Approximate Return 6:00 pm **PAYMENT DUE TUESDAY, SEPTEMBER 10** for **Pajama Game** trip

October 16



WEDNESDAY, we head back to The Fireside in Ft. Atkinson, WI. To see Buddy Holly. Before the Beatles and the Rolling Stones ever played a note, popular music was forever changed by a bespectacled kid from Lubbock, Texas! You'll witness his story explode onto the Fireside stage in a toe-tapping, hand-clapping extravaganza, which will have you up and dancing. Lunch includes Butternut Squash Soup, Artisan Breads, Roast Boneless Pork Chop, Stuffing, Sauerkraut, Jones Original Recipe Sausage, Whipped Yukon Gold Potatoes, Pork Gravy, Corn O'Brien, our crafted Cinnamon Apple Sauce and Beverages. Dessert is an Almond Lace Basket of Fresh Fruits, Crème Anglaise & Fresh Whipped Cream. A stop at Jones Market on the way home

Level of walking:



Preset Menu: Cost: Resident: \$93.00 Non Resident: \$97.00



Pick Up 7:15 am Leave 8 am Approximate Return 7 pm **PAYMENT DUE TUESDAY, SEPTEMBER 17** for **FIRESIDE** trip

October 23



The annual Cindy Lyons Health Fair will be held this WEDNESDAY at the Community Center from 11am to 2pm. The fair hosts a variety of information booths, several health screenings at no charge. All is a first come first serve basis. Just come in and sign up at the door. All the Village of Forest Park Departments will be represented to answer any question. Call the Center for further information 708-771-7737.

October 30



WEDNESDAY, JOIN as we close out summer. There is no better way to experience Lake Geneva than on board a narrated boat tour & a delicious sit-down plated meal with Lake Geneva Cruise Line. Lunch includes Fresh fruit platter, chef-selected side, vegetable, fresh rolls, "Stone Manor" Chicken Parmesan - Breaded chicken breast with Marinara sauce over pasta topped with Mozzarella and Parmesan cheese, dessert and coffee or tea.

Level of walking:



Preset menu: Cost: Resident: \$82.00 Non Resident: \$86.00

Pick Up 8:00 am Leave 8:30 am Approximate Return 6:00 pm **PAYMENT DUE TUESDAY, SEPTEMBER 24** for **LAKE GENEVA** trip

- ❖ Payment for trips are due on or before date noted.
 - ❖ We ask that you please reserve the first four rows of seats on the bus for passengers with limited mobility
 - ❖ No refunds of trips unless we are able to find someone to take your place
- "There is a wonderful mythical law of nature that the 3 things we crave most in life--happiness, freedom & peace of mind--are always attained by giving them to someone else." ~ Peyton Conway March

'Looking forward to you joining us!

-Denise

