

Mama Luigi's

7500 S. Harlem
Bridgeview, IL 60455

www.mamaluigis.com

PRESORTED
STANDARD
U.S. POSTAGE
PAID
CHICAGO, IL
PERMIT #4358



**Platinum Plate
Award Winner
"Best Italian
Restaurant"**

What Does A Picture Perfect Wedding Look Like?

**It Looks Like
Your Imagination
Set Free!**

Everything you dream comes true.
No restrictions.
What you want the way you want it.

Can you see the picture in your head?

You've seen it a thousand times.
You know exactly how it looks.

How do you turn it into reality?
A clear vision of what you want.
Careful planning of each detail.
Knowledgeable help each step of the way.

Transform the vision in
your head into the
masterpiece of your dream
wedding one stroke at a
time with the expertise of the
"Wedding Masters" at

Mama Luigi's
Restaurant

**Complete
Wedding
Package Start at
Just \$24 Total
Per Person**

**Make An
Appointment Now And
Set Your Imagination
Free!
708-496-0900**

THE FLORENTINE ROOM



European Elegance
Imported Crystal Chandeliers, Beautifully Appointed Oak
Walls With French Doors And Beveled Mirrors, A
Spacious Dance Floor, Full Service Bar And Round Table
Seating. An Unsurpassed Tradition Of Excellence,
Individual Attention To The
Smallest Details And The Highest Quality Cuisine .
FREE Wedding Cake WITH THIS AD

Join Our Royalty Program and Save Every Time You Dine With US!
Mama Luigi's 7500 S. Harlem Ave. Bridgeview 708-496-0900
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Mother's Day
is
Right Around
the
Corner

Champagne Brunch And Dinner Buffet
Sunday May 10th

Reservations are a must. Call 708-496-0900
Limited Dinner Menu Also Available in Dining Room



April Calendar of Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|--|
| | | | 1 Parmigiano Paesano Wednesday | 2 Meaty Lasagna Thursday | 3 Chicken Vesuvio Fiesta Weekend Fruitti Di Mare Friday | 4 Chicken Vesuvio Fiesta Weekend |
| 5 Chicken Vesuvio Fiesta Weekend Kids Eat Free from kids menu (with 2 adult dinners) | 6 <i>Half Price House Wine with Dinner</i> | 7 Ravioli Revolution Tuesday | 8 Parmigiano Paesano Wednesday | 9 Meaty Lasagna Thursday | 10 Fruitti Di Mare Friday | 11 <i>Fresh Fish Every Day Always ...</i> |
| 12 Easter Sunday Brunch | 13 <i>Half Price House Wine with Dinner</i> | 14 Ravioli Revolution Tuesday | 15 Parmigiano Paesano Wednesday | 16 Meaty Lasagna Thursday | 17 Fruitti Di Mare Friday | 18 <i>Fresh Fish Every Day Always ...</i> |
| 19 Kids Eat Free from kids menu (with 2 adult dinners) | 20 <i>Half Price House Wine with Dinner</i> | 21 Ravioli Revolution Tuesday Psychic Night 6 to 9 pm 🌐 | 22 Parmigiano Paesano Wednesday | 23 Meaty Lasagna Thursday | 24 Fruitti Di Mare Friday | 25 <i>Fresh Fish Every Day Always ...</i> |
| 26 Kids Eat Free from kids menu (with 2 adult dinners) | 27 <i>Half Price House Wine with Dinner</i> | 28 Ravioli Revolution Tuesday | 29 Parmigiano Paesano Wednesday | 30 Meaty Lasagna Thursday | | |

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A three-year old put his shoes on by himself. His mother noticed the left was on the right foot. She said, "Son, your shoes are on the wrong feet." He looked up at her with a raised brow and said, "Don't kid me, Mom. I KNOW they're my feet."

Happenings

Chicken Vesuvio Fiesta Weekend

April 3rd, 4th and 5th

Sundays are:

Prime Rib Sunday

Our Signature Gourmet Boneless Prime Rib Roast is absolutely intoxicating with its aroma of juices, and roasted perfect texture. Cut from the heart of the rib, our rib roast makes a magnificent presentation, and more importantly, deliver a memorable dining experience. Limited availability. Served with choice of soup or salad, choice of potato and fresh vegetable.

PLUS

Kids Eat Free from kids meal (adult dinners)



Mondays are:

HALF PRICE HOUSE WINE MONDAYS

Tuesdays are:

Ravioli Revolution Tuesday

with a different and interesting ravioli and sauce selection every Tuesday. includes a beverage and special dessert all in one price.

Tuesday April 21st

Psychic Night 6 to 9

Wednesdays are:

Parmigiano Paesano Wednesday

Where we have a distinctive Parmigiano entrée each week. includes a beverage and special dessert all in one price.

Thursdays are:

Meaty Lasagna Thursdays

Layers of fresh pasta, Bolognese and Parmigiana, topped with Mozzarella and baked. includes a beverage and special dessert all in one price.

Fridays are:

Fruitti Di Mare Fridays

Shrimp, Clams Calamari and Mussels sautéed in a red wine marinara, served over linguini with garlic toast

Stress Management Benefits of Laughter

Hormones: Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone. It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters. Laughter increases the number of antibody-producing cells and enhances the effectiveness of T cells. All this means a stronger immune system, as well as fewer physical effects of stress.

Physical Release: Have you ever felt like you "have to laugh or I'll cry"? Have you experienced the cleansed feeling after a good laugh? Laughter provides a physical and emotional release.

Internal Workout: A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart. **Distraction:** Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way than other mere distractions.

Perspective: Studies show that our response to stressful events can be altered by whether we view something as a 'threat' or a 'challenge'. Humor can give us a more lighthearted perspective and help us view events as 'challenges', thereby making them less threatening and more positive.

Social Benefits of Laughter: Laughter connects us with others. Also, laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you to laugh more, and realize these benefits as well. By elevating the mood of those around you, you can reduce their stress levels, and perhaps improve the quality of social interaction you experience with them, reducing your stress level even more!

How To Use Laughter: Laughter is one of my all-time favorite stress management strategies because it's free, convenient, and beneficial in so many ways. You can get more laughter in your life with the following strategies:

T.V. and Movies: There's no shortage of laughter opportunities from the entertainment, both at the theater and in the aisles of the video stores, as well as at home with T.V. comedies. While wasting your time watching something marginally funny may actually frustrate you, watching truly hilarious movies and shows is an easy way to get laughter into your life whenever you need it.

Laugh with Friends: Going to a movie or comedy club with friends is a great way to get more laughter in your life. The contagious effects of laughter may mean you'll laugh more than you otherwise would have during the show, plus you'll have jokes to reference at later times. Having friends over for a party or game night is also a great setup for laughter and other good feelings.

Find Humor In Your Life: Instead of complaining about life's frustrations, try to laugh about them. If something is so frustrating or depressing it's ridiculous, realize that you could 'look back on it and laugh.' Think of how it will sound as a story you could tell to your friends, and then see if you can laugh about it now. With this attitude, you may also find yourself being more lighthearted and silly, giving yourself and those around you more to laugh about. Approach life in a more mirthful way and you'll find you're less stressed about negative events, and you'll achieve the health benefits of laughter. (See this article on maintaining a sense of humor.)

'Fake It Until You Make It': Just as studies show the positive effects of smiling occur whether the smile is fake or real, faked laughter also provides the benefits mentioned above. So smile more, and fake laughter; you'll still achieve positive effects, and the fake merriment may lead to real smiles and laughter.

The Laughing Cure

By Elizabeth Scott, M.S.

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Mama Luigi's



Jim Talerico

morso di amore ! (a bite of love!)

April 2009

Easter Brunch and Buffet Dinner

Our Easter Branch ALWAYS sells out, it's one of our most popular branches, so don't wait until the last minute and be forced to dine elsewhere and settle for 2nd best where they have lots of extra seats!

(I wonder why?)

Complimentary Champagne – Dozens of Breakfast and Lunch Entrees
Many New Appetizers and Salads

Fresh Fruit – Pastries

Chocolate Fountain

Sunday, April 12th

Toy Filled Easter Eggs

For The Kids!!!

18.99 Adults

7.99 Kids

Reservations recommended. Don't Wait. Make Them Now!



10am - 2pm Brunch

2pm - 7pm Buffet Dinner

DOUBLE POINTS FOR ROYALTY MEMBERS!!!

708-496-0900
Dinner Menu Available

DOUBLE POINTS FOR ROYALTY MEMBERS!!!

HALF PRICE FRIDAY NIGHTS Girl Stuff

"Meet Me At Mama's" Girls Night Out
Every Friday Night in the lounge "Girls Rule" with
half price drinks and appetizers so you can have
all the fun at half price

PLUS FREE JUKE BOX

Royalty Member Specials for April

6 ounce Flat Iron Steak
Dinner Deal 9.99

2 - 5 ounce Pork Chops
Dinner Deal 11.99

Meatball & Sausage Combo
Dinner Deal 9.99

When a car skidded on wet pavement and struck a telephone pole, several bystanders ran over to help the driver. A woman was the first to reach the victim, but a man rushed in and pushed her aside. "Step aside, lady," he barked. "I've taken a course in first-aid!"

The women watched for a few minutes, then tapped him on the shoulder. "Pardon me," she said. "But when you get to the part about calling a doctor, I'm right here."

With the economic news getting more and more dismal we feel stronger than ever to give you the best dining experience possible at a price that returns good value. Join our Royalty Rewards Program, it's FREE and you'll earn points for every dollar spent on food and beverages including banquets and catering. Your points will earn you reward certificates that you can use in our restaurant. FREE dinner on your birthday. A FREE dinner on your anniversary. Special offers all year long.

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