



Wheeling Pavilion Senior Center

# Wheeling Forward

## APRIL 2016

### HEALTHY SPRINGTIME ACTIVITIES FOR YOU

Spring has sprung! It's common nature for all of us to hunker down during those cold months as temperatures and hazardous traveling conditions keep us from unnecessarily venturing outside. Spring is the time to get out, breath fresh air, enjoy nature and reacquaint with friends. Here are some great springtime activities for you to keep moving:



As temperatures rise, and flowers bloom a walk outside is a must. Take nice deep breaths, the fresh air is good for you! Socializing and exercising go hand and hand, so grab a friend or two and walk together. Though open year round, local botanic gardens, forest preserves and park walking trails are especially beautiful in the spring. Many offer bike rentals if you prefer to cycle. Enjoy these groomed trails while temperatures are still mild and insects are at a minimum.

Sample all the fresh fruits and veggies that are now in season. Keep an eye out for when the local farmers markets will be opening up. There are several in the area, most start operating mid-June, but grocery stores will start carrying in-season produce much earlier.



Make sure to check out your local Park District. In Wheeling there is Hatha, Gentle and Chair Yoga throughout the year and a special Sunrise Yoga is offered in the summer. Water aerobics classes are offered year round but will be taught in the outdoor aquatic center when the weather allows. Heritage Park will be hosting a variety of events starting in April. These community events, ranging from Zumba parties to wine tastings, will run throughout the warm season.



## PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, George Hieber, Dolores Kelly, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Michael Dunn, Barbara Grossman, Marilyn Hams, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, Bobbie Sfondilis, Roberta Vollriede and Corky Weber for volunteering at the front desk.
- Flo Feiner, volunteer Sing-a-Long musical director.
- Lunch at Pavilion volunteers Lee Becker, Martha Crost, Michael Dunn, Kevin Frei, Czeslawa Gorka, Marilyn Hams, Darlene Kaplan, Marshall Kaplan, Barb LaHay, Anita Loewenstein, Smadar Mozes, Nurit Mozes, Joannie Purvin, Vilma Sanchez, Bobi Spiegel, and Carol Targun.
- Computer Learning volunteers Fritz Caspersen, Ed Walsh, Steve Rosengard, Gary Primack and Luda Zoob.
- Steven Meyer III for coordinating the Stitch and \*itch group.
- MaryAnn Marabella for coordinating the community volunteers



### ADVISORY COUNCIL

Geri Brockett  
 Bill Churchill  
 Kathy Gulyas  
 Marilyn Hams  
 Pat Hawkins  
 Marshall Kaplan  
 Gerald Malin  
 Pat Miller  
 Jackie Portnoy  
 Joannie Purvin  
 Bobi Spiegel  
 Roberta Vollriede  
 Corky Weber

## TRANSPORTATION RESOURCES

**VILLAGE OF WHEELING SUBSIDIZED CAB PROGRAM**  
 Discount (\$2 per voucher) by Village of Wheeling for Wheeling residents. To register, call the Senior Center at 847-459-2670. After receipt of enrollment card and vouchers you can make your own arrangements by calling American Cab Co. 847-253-4411 or 303 Cab Co. 847-537-0303.

### WHEELING TOWNSHIP DIAL-A-RIDE/SENIOR DISABLED TRANSPORTATION

This service is a scheduled bus service using small buses. Passengers are picked up at their homes and taken to their destinations. Fare is \$2 each way. Preregistration and reservations are required and must be made 2 business days in advance. Call 847-259-7743 for information.

### PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

Call PACE at 312-663-4357 to arrange for registration and an interview. Once certification process is completed, pre-arranged curb-to-curb service can be provided. The one-way fare for ADA Paratransit Services is \$3.00 for Cook County. If you need a companion with you, the companion rides free. **For handicapped riders only.**

### RTA FREE OR REDUCED RIDE PROGRAM

Applications available at Pavilion Senior Center for a special users travel card that allows senior residents to travel on any RTA funded form of transportation free or at a reduced rate. Call 847-459-2670 for information.

### PACE BUS SERVICE

PACE scheduled bus service with major destination stops at downtown Des Plaines, Mt. Prospect Metra Station, Randhurst Mall, Woodland Creek Apartments, Wheeling High School, Wheeling municipal complex, and Buffalo Grove terminal. Exact fare required. For information call the RTA Travel information center at 847-836-7000.

### ESCORTED TRANSPORTATION SERVICE NORTHWEST

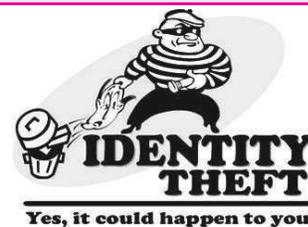
Program matches volunteer drivers with seniors 60 years of age and older who need a ride to and from their homes to doctor or dentist appointments. Call 847-222-9227. Donation of \$12 per round trip is suggested.

- 1 Martha Crost, Laraine Johnson, & Anita Loewenstein
- 3 Marina Doherty
- 5 Yong Lee
- 6 Eileen Halleck
- 7 Erna Auer, Harish Kothari, & Shrilekha Kothari
- 8 Ruth Purdy
- 15 Abdul Beg
- 17 Anthony Wawczak
- 23 Gwen Conlon
- 30 Sue Allen



## BE PREPARED TO NOT BE A VICTIM!

It is that time of year to settle up with the IRS. I wanted to remind you that identity theft can affect how your tax return is processed. An unexpected letter from the IRS can make anyone cringe; however, the IRS does not start contact with a taxpayer by sending an email, text or social media message that asks for personal information. If you get an email from the IRS do not reply-Instead, forward that email to [phishing@irs.gov](mailto:phishing@irs.gov) .



### WHAT IS TAX-RELATED IDENTITY THEFT?

Tax-related identity theft occurs when someone uses your stolen Social Security number to file a tax return claiming a fraudulent refund. You may be unaware that this has happened until you efile your return and discover that a return already has been filed using your SSN. Or, the IRS may send you a letter saying we have identified a suspicious return using your SSN.

### DEALING WITH TAX-RELATED IDENTITY THEFT

If you think someone used your SSN for a tax refund or a job – or the IRS sends you a notice or letter indicating a problem – contact the IRS immediately. Specialists will work with you to get your tax return filed, get you any refund you are due, and protect your IRS account from identity thieves in the future.

Contact the Internal Revenue Service.

**IRS Identity Protection Specialized Unit 1-800-908-4490**

- *File a complaint with the FTC at [identitytheft.gov](http://identitytheft.gov). and with the Wheeling Police Department*
- Contact one of the three major credit bureaus to place a ‘fraud alert’ on your credit records: Equifax, [www.Equifax.com](http://www.Equifax.com), 1-800-766-0008
- Experian, [www.Experian.com](http://www.Experian.com), 1-888-397-3742
- TransUnion, [www.TransUnion.com](http://www.TransUnion.com), 1-800-680-7289
- Contact your financial institutions, and close any financial or credit accounts opened without your permission or tampered with by identity thieves.

# 4 WEEKLY PROGRAMS AND INFORMATION

## SCHEDULE AT A GLANCE

### MONDAY

9:00-10:00	Stay Fit w/video
10:30-11:30	Wii Bowling & Games
11:30-12:30	Lunch at Pavilion
1:00-3:30	BUGS (computer user group)
1:15-3:30	Canasta and Pinochle

### TUESDAY

9:30-3:30	CJE Russian Speaking Social Worker by appt.
9:30-10:30	Stay Fit Fitness
10:00-12:00	Current Events
11:30-12:30	Lunch at Pavilion
12:30-3:30	Intermediate Bridge

### WEDNESDAY

9:00-10:00	Stay Fit Fitness
9:30-10:00	Indian Trails Library Drop Off and Pickup
10:30-11:30	Sing-a-Long (1st, 2nd, & 3rd WED only)
11:30-12:00	Blood Pressure (4th WED of the month)
11:30-12:30	Lunch at Pavilion
1:00-3:00	Stitch and *itch
1:00-4:00	Open Game Play

### THURSDAY

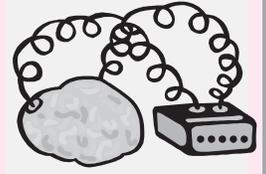
9:00-10:00	Stay Fit Fitness
10:00-3:00	SHIP by appt.
11:30-12:30	Lunch at Pavilion
12:30-3:30	Intermediate Bridge
1:00-3:30	Happy Hookers

### FRIDAY

9:00-3:30	CJE Russian Speaking Social Worker by appt.
10:00-11:00	Brain Games (3rd FRI for April)
10:00-12:30	Russian Tea Time Support Group (2nd & 4th FRI of the month)
10:30-11:30	Wii Bowling & Games
11:30-12:30	Lunch at Pavilion
1:00-2:00	Book Club (3rd Friday of the month)
1:15-3:30	Canasta

## BRAIN GAMES

Playing games that encourage you to think is one of many ways to keep your memory sharp. Brain Games will help improve your focus, concentration, and memory through a series of exercises and games. Join us for a thought provoking program of games to keep your brain sharp.



**Date:** Friday, April 15, 2016  
(please note this is the 3rd Friday this month)

**Time:** 10:00 a.m.

**Place:** Wheeling Pavilion Senior Center

**Cost:** *FREE* but reservations are requested in order to have enough materials for all in attendance.

**Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.**

## FOOT DOCTOR

### First Friday of each month

Dr. Nikola Ivancevic, DPM, comes to Pavilion Senior Center to provide foot care to Pavilion members. Medicare and most PPO insurance are accepted and will be billed by the doctor's office directly. Diabetic footwear also available.



**Call Laura at 630-782-6557 to schedule your Friday appointment.**

## BLOOD PRESSURE SCREENING

### Last Wednesday of Each Month

**11:15 a.m.**

Services provided by the Wheeling Township nurse, Karen McNeir, R.N.





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## MEMORY SCREENINGS AT THE PAVILION

### WHO SHOULD BE SCREENED?

Memory screenings make sense for anyone who is concerned with memory loss or experiencing the warning signs of dementia. If family and friends have noticed changes; or those who believe they are at risk due to a family history of Alzheimer's disease or a related illness, screenings, and also testing, are advised. For anyone who does not have a concern at this time, but who wants to establish a base line score for comparison in the future, testing is also available.



**Wheeling Pavilion Senior Center,  
199 N. 1st Street, Wheeling  
by appointment only (30 minutes)  
847-459-2671  
ask for Jan Christiansen, MSW**

## LENDING CLOSET

The Wheeling Pavilion Senior Center manages a lending closet of medical equipment available to Wheeling residents. Equipment is loaned out for a period of 3-6 months. If you or someone you know are in need of any equipment, call the front desk at 847-459-2670.



## LICENSE PLATE RENEWAL

Due to the budget impasse in Springfield, the Secretary of State's office is no longer sending out renewal reminders. Renewing your plates on time is your responsibility. Check to see when your plates expire. If you need to renew you can do so at the Secretary of State's office, at your local currency exchange, or by mail to the following address:

Secretary of State  
License Renewal  
3701 Winchester Road  
Springfield, IL 62707-9700

In the bottom left hand corner you must write: Plate Renewal  
Plate # \_\_\_\_ (your plate number)

More information is available at [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com)



## EMISSIONS TEST NOTIFICATION

Illinois EPA suspended the mailing of vehicle emissions test notices beginning in December 2015. Therefore, vehicle owners whose license plates expire at the end of March 2016 will be the first motorists who will not receive the vehicle emissions test notices.



As a result, Illinois Secretary of State Jesse White announced that he will temporarily allow license plate renewals for vehicle owners who have not yet passed the EPA emissions test. Beginning March 1st, motorists may renew their license plates, but will be informed they are still required to get the vehicle tested.

## COMING THIS SUMMER!

### DISCOVER HOW TO "TAKE CHARGE OF YOUR HEALTH" (AGAIN)

This program is a proven series of six sessions taught by two trained class leaders. Topics include:

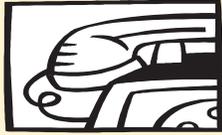
- ◆ Coping with fatigue, frustration, and isolation related to ongoing health conditions
- ◆ Exercising to maintain and improve strength and flexibility
- ◆ Using medications
- ◆ Communicating with family, friends, and health professionals
- ◆ Practicing good nutrition
- ◆ Evaluating new treatment options

If you are interested or have questions please call  
Jan Christiansen, MSW, at 847-459-2671

## EVERY DAY IS AN OPPORTUNITY TO MAKE HEALTHY CHOICES



*Sponsored by AgeOptions and  
the Village of Wheeling Human Services Department*



“Good morning”,  
“How are you this fine day”?  
asks the volunteer from the  
Wheeling Pavilion Senior Center.

**WHAT:** Telephone Reassurance Program

**WHEN:** Monday thru Friday before 9:00 a.m.  
each morning

**WHY:** Because we CARE about your well being

For more information, please call  
the Wheeling Pavilion Senior Center at 847-459-2671  
and ask for Jan Christiansen

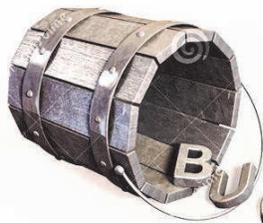
## SPECIAL NEEDS RESIDENT LIST



The Village of Wheeling Special Needs Resident Notification (IL Premise Alert Program Public Act 96-0788) is available to all Wheeling residents. The IL Premise Alert allows people with special needs to provide information to police, fire, and EMS personnel to be kept in a database. This information will be provided to responders dealing with situations involving the special needs individuals.

To let emergency personnel know about you or your family members' special needs, pick up a form at the Police Department or Pavilion Senior Center or download from the Village website under “Premise Alert”. Forms may be completed onsite, or you may send them to the Wheeling Police Department Communications Supervisor at 1 Community Boulevard, Wheeling, IL 60090. Your information will not be shared with anyone outside of the emergency personnel of the Village of Wheeling and any other agency needed to provide emergency response. The information provided on the list will not result in preferential treatment, or change the response of trained emergency personnel. Inclusion on the list will result in emergency responders being better prepared to assist individual residents with special needs.

Please contact either the Human Services Department at 847-459-2606 or the Wheeling Police Department Communications Supervisor at 847-459-2632 for further information



# BUCKET LIST

## YOUR CLOCK IS TICKING/BUCKET LIST

What do you want to do before you die? STOP procrastinating and making excuses why you can't do something. By creating a list of things you want to do before you “kick the bucket,” or just keep track of things that you have already done, you can focus on enjoying and fulfilling your life. AND, it's never too late to start one. JOIN US!!!!

This group will meet every THIRD FRIDAY of each month in 2016 – April 15; May 20; June 17; July 15; August 19; September 16; October 21; November 18 & December 16

**Place:** Wheeling Pavilion Senior Center  
199 N. First Street  
Wheeling, IL 60090

**Time:** 10:30 am – 11:30 am

**Group**

**Facilitator:** Jan Christiansen, MSW  
Social Services...1-847-459-2671

## STATE OF IL BENEFITS FOR SENIORS

The benefits now available are:

- Seniors Free Transit Ride
- The Persons with Disabilities Free Transit Ride
- Secretary of State License Plate Discount



To be determined eligible for these benefits, you must submit a Benefit Access Application on the Internet. Paper applications are not available.

Call the Wheeling Pavilion Senior Center  
at 847-459-2670 for an appointment.



## LIVING WITH OR LOVING SOMEONE WITH A MENTAL ILLNESS?

### FEELING CONFUSED, ALONE, WORRIED, DON'T KNOW WHERE TO TURN??

Please join us for a 6-week psycho-educational support group for relatives and/or friends living with or caring for a mentally ill loved one.

This group will meet every Wednesday and will start on Wednesday, April 6th and run for the next 6 weeks. (April 6, April 13, April 20, April 27, May 4, May 11).

Attendees must attend all of the sessions in order.

**Place:** Wheeling Pavilion Senior Center  
199 N. First Street  
Wheeling, IL 60090

**Time:** 7:00–8:30 p.m.

**Group Facilitator:** Angela Burrell  
Social Services...1-847-459-2640



**Space is limited.**

**Please call Angela Burrell at 847-459-2640 by April 1st  
to reserve your spot in the group.**

## MEDICARE “EXTRA HELP”

Making ends meet should not mean going without your medications. If you have limited income and resources, you may qualify for Extra Help to pay for some health care and prescription drug costs. Drug costs in 2016 for most people who qualify for Extra Help will be no more than \$2.95 for each generic drug and \$7.40 for each brand-name drug. The Centers for Medicare & Medicaid Services estimates that more than 2 million people with Medicare may be eligible for Extra Help, but aren't currently enrolled to take advantage of these savings. A recent law changed how your income and assets are counted:

- Life insurance policies don't count as resources.
- Any help you get from relatives, friends, and others to pay for household expenses—like food, mortgage, rent, heating fuel or gas, electricity, water, and property taxes—doesn't count as income.

### MANY PEOPLE QUALIFY AND DON'T KNOW IT

Even if you were previously turned down for Extra Help due to income or resource levels, you should reapply. If you qualify, you'll get help paying for Medicare prescription drug coverage premiums, copayments, and deductibles. To qualify, you must make less than \$17,655 a year (or \$23,895 for married couples). Even if your annual income is higher, you may still qualify for some Extra Help. Your resources must also be limited to \$13,640 (or \$27,250 for married couples). Resources include bank accounts, stocks, and bonds, but not your house or car.

### THERE'S NO COST OR OBLIGATION TO APPLY

It's easy and free to apply for Extra Help. You, a family member, trusted counselor, or caregiver can apply online at [socialsecurity.gov/il1020](http://socialsecurity.gov/il1020) or call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778. You can also get help at the Wheeling Pavilion Senior Center. Just call 847-459-2670 to make an appointment with a SHIP counselor.



# LUNCH AT PAVILION

9

Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, and table service — you can't beat it! The Senior Center hosts meal service for anyone 60 years and better.

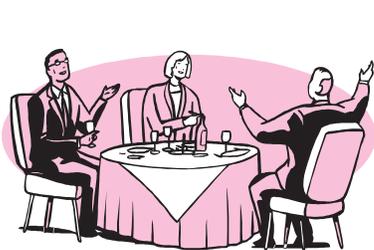
A nutritionally-balanced lunch is served **Monday thru Friday** from 11:30 a.m. until 12:30 p.m. Reservations are required and must be made by Wednesday for the following week. Each diner will receive written information regarding the cost of the meal and will have the opportunity to contribute to part or all of the cost. Social activities and informational programs are included as part of this program.

Funds (in whole/part) for the Lunch at Pavilion program are provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.

The Village of Wheeling does not discriminate in admission to programs or activities or treatment of employment in compliance with appropriate State and Federal statutes.

Each time you check in for lunch, we ask that you present your card to have the meal card marked for that day's meal. The Lunch at Pavilion program is committed to providing meals to all older adults 60 and better, regardless of ability to pay. If you are financially unable to purchase a punch card, please see Shari or Alysia, and they will gladly assist you. Meals are catered by Hoffman House. Lunch is often followed by a presentation, a speaker, or musical entertainment.

For more information regarding how to register or volunteer, please contact the Wheeling Pavilion Senior Center at 847-459-2670 and ask for Jesus Delgado.



## PLEASE LET US KNOW IF YOU WOULD PREFER TO PICK UP YOUR NEWSLETTER

\_\_\_\_\_ I prefer to pick up my newsletter at the Wheeling Pavilion Senior Center  
(or indicate below name of person who will pick up newsletter for you)

Signature of Member

Name of person who will pick up newsletter for me

**Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than April 7, 2016. All future newsletters will be held for pickup at the front desk.**

Funds (in whole/part) for the Lunch at Pavilion program were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES. *THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.*

### JOHN BODA

Friday, April 1, 2016

John will be here to present a program "The Sound of Their Music", a program featuring the work of of Rogers and Hammerstein.

### DEAN ROLANDO

Wednesday, April 6, 2016

Enjoy the energetic piano playing of Dean Rolando.

### THE GOLDEN SONGS OF THE SILVER SCREEN

Monday, April 11, 2016

Enjoy as singer/guitarist Steve Askins performs many of the most loved songs of the cinema including the music of Cole Porter, Irving Berlin, George M. Cohan, Rogers and Hammerstein, Elvis Presley, Bobby Darin and many more. *This program is sponsored by the Indian Trails Public Library.*

### A BEGINNER'S GUIDE TO THE GOLDEN AGE OF RADIO

Monday, April 18, 2016

Steve Darnall, host of WDCB's Those Were the Days and the publisher of *Nostalgia Digest*, will talk about how radio was not only the first mass media in America, but also how it established itself as a "Theater of the Mind." He'll discuss shows such as The Bob Hope Show, The Jack Benny Show, The Shadow, and others that inspired the imaginations of listeners everywhere. *This program is sponsored by the Indian Trails Public Library.*

### COUPONS AND COOKIES

Wednesday, April 20, 2016

Come find out what Alysia has in store for the next several months. Enjoy the presentation and take home coupons for future trips. Stay and have refreshments while you socialize with others.

### THE MAKING OF A LEGEND: GONE WITH THE WIND

Wednesday, April 27, 2016

Seventy-five years after its blockbuster premiere in 1939, the film *Gone with the Wind* continues to inspire passionate devotion. This illustrated talk uses photographs and short clips from the movie to explore how the film was made. Learn about the casting of the movie, the special effects used, and the incredible public reaction. How we account for this movie's remarkable way we can understand the America's South and the Civil War. *This program is sponsored by the Indian Trails Public Library.*





## WELCOME NEW MEMBERS

Ann Carol Banks  
 Maria Chiang  
 Wendy and Alan Dietze  
 Harold and Jill LeVine  
 Karen Notaro  
 Diane Mucciante  
 Corinne Strecker

## BOOK CLUB

You are invited to join the Senior Center Book Club, which meets *in the library room at the Wheeling Pavilion Senior Center* the third Friday of every month at 1:00 p.m. Please join us!  
**Contact Diana at 847-459-2670**



**WOULD YOU LIKE TO KNOW WHAT IS HAPPENING AT THE SENIOR CENTER BETWEEN NEWSLETTERS? WOULD YOU LIKE TO RECEIVE UPDATES ON NEW PROGRAMS AND TRIPS? IF YOU ANSWERED YES, THEN SEND YOUR E-MAIL ADDRESS TO DIANA AT [DMURILLO@WHEELINGIL.GOV](mailto:DMURILLO@WHEELINGIL.GOV)**



**10:00 too early for you?  
 We're sorry!  
 Tuesday a bad day for you?**



## STOP!

**Just get here. Drag your poor body to the Wheeling Pavilion Senior Center. We'll provide the coffee.**

## CURRENT EVENTS

**WE'LL BE LOOKING FOR YOU!**

## WANTED!

A few good men and women for a weekly game of either Gin or Hearts. The group plays every Thursday from 9:00 - 11:00 a.m.  
 If you are interested, please contact the Wheeling Pavilion Senior Center at 847-459-2670.



**ARE YOU INTERESTED...  
 in Mah Jong Lessons  
 or Bridge lessons?  
 If so, please contact Alysia  
 at 847-459-2670**



## STITCH AND \*ITCH

Come \*itch with us and stitch away your troubles! Come join us for an afternoon of stitching at the Wheeling Pavilion Senior Center. Bring your projects and join the fun. No experience necessary. Just bring on your talent!



**Dates:** Wednesday afternoons  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE

Computer Learning Center	Date and Time
BUGS	Every Monday from 10:00 a.m. to 3:00 p.m. Open to all Senior Center members
Computer Topics	Wednesdays, 10:00 a.m. to noon. Call the front desk at 847-459-2670 for class schedule
<b>Other available classes</b>	
eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking	To be scheduled with instructor

## Did you recently receive a Tablet? Get off to the right start by learning how to use it!

Tablets have many features of laptop computers with an easier learning curve. They are extremely portable in your pocket or purse and simple to use for email, texting, Internet searching, learning and taking great pictures and movies. Enjoy the new technology without fear. Coaching is available for 3 sessions of 2 hours each at \$10 per session, and can begin the first WED, THU, or FRI of each month at 1:00 p.m. Schedule will be arranged with you by the instructor. Sign up at the front desk and surprise your grandchildren with your newfound technical knowledge. You will also be surprised at how easy it is to enjoy this new device. Applies to iPad and Android devices.





## SENIOR HEALTH INSURANCE NEWS

### CHOOSING YOUR DOCTORS

The next time you leave your doctor's office, ask yourself whom you want to thank for your visit. If you cannot think of anyone, you may want to change physicians. The closer your relationship is with your doctor, the better your care will be—less costly procedures, tests, and referrals to specialists. The longer period you have with your doctor, the more effective your annual exams are since he has all your health history and base line results.

Many physicians book 20–25 patients per day which works out to be about 25 minutes per patient. You should not have to wait more than 20 minutes in the waiting room; if it is longer than that, since emergencies do arise, he should explain why he is late. Just because we are seniors does not mean we cannot ask for and receive the health care we deserve. If your doctor overbooks multiple patients, it might be time again to look for another doctor. Nothing is a substitute for proper face time with your doctor.

If you are unhappy with your primary care physician and want to find another doctor, it is polite to write a personal letter to the doctor explaining your reasons for changing practices—it may also be helpful to him with his other patients; also include a medical release request from your new doctor. Many doctors today work as a “team” and it is not unusual to seek this kind of medical treatment if you are not happy with your present physician.

Do not be satisfied with poor quality for your health care—it helps you to get what you need and it reminds the doctors that they may have to improve their methods. You are paying for your treatment, and the doctors are being paid for their services!

Pat Miller  
SHIP Counselor  
847-459-2670

Excerpted from an insert in *Parade Magazine*, *Chicago Tribune*.



## THE WHEELING PAVILION SENIOR FOUNDATION

Don't forget to sign up for our Second Annual Hamburger Fest Tuesday, May 17, 2016 at the WPSC. Please give your name and money to Diana or Sharon as we need to know in advance how many to prepare for. Be there at 6 p.m. The cost is still only \$5. It promises to be a night of great food and fun. All are invited!

More about our Annual Meeting. It's a “New Year” for the WPSF. We got off to a wonderful beginning with delicious food, raffle, and lovely table decor at the 6<sup>th</sup> Annual Meeting. A special thanks to Sam at Market Square. A big thank you to Ed and Georgia Delaney for their wonderful surprise that enhanced our fantastic meal. The food was terrific! A special thank you to Braulio and Shari for set up and clean up. Their help was invaluable. We thank the Wheeling Pavilion senior volunteers and Shari for the lovely flowers that graced the tables.

Just a reminder to send in your annual dues if you haven't already done so. Address checks to Wheeling Pavilion Senior Foundation and mail to P.O. Box 222, Wheeling, IL 60090. Also, if you have not yet joined, you may do so at any time. Just send a check for \$20 for a single membership or \$35 per couple to the address given. We appreciate your support.

Please order all the Fannie Mae candy bars you want before summer, as they are not shipped during the hot months. All the bars are so delicious to have on hand for grandkids, company, and ourselves.

See you at Hamburger Fest.

MaryAnn Marabella, Secretary  
Wheeling Pavilion Senior Foundation



## INDIAN TRAILS PUBLIC LIBRARY

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:30–10:00 a.m. If you would like specific materials from the library, call the library and ask them to send it on Wednesday morning. You can then pick up your materials the next time you come into the Senior Center. Don't know what to read? Stop in and speak with the library representative and ask for suggestions! Stop in and browse the books that library staff bring in each week. You just may find a new favorite author. Call the Senior Center at 847-459-2670 for details.



## WHEELING PARK DISTRICT

### CHAIR YOGA

New session starts April 1!

**Fridays, 4/1–5/20**

**Location:** CRC

**Instructor:** Nancy Rabenau

**Time:** 10:30–11:30 a.m.

**Fee/Resident/Fitness Center Member:** \$84/\$76/\$68

Chair Yoga is for those who do not feel comfortable getting on the floor to exercise on the Yoga mat but could benefit from the techniques used in this strength and body awareness practice. Personalized modifications help you get the most out of this class. No experience necessary! Pre-registration is required. For more information, call 847-465-3333.

### H2O FLOW

**Monday and Wednesday**

**10:05–11 a.m.**

**Location:** Arctic Splash indoor pool at the CRC

Get stronger without stress on your joints. This class includes flowing, gentle, full-range movements and light cardio and strength exercises. *No need to register; drop-in when it's convenient for you. Purchase a Class Pass at the CRC Guest Service Desk. For more information, call 847-465-3333.*

### PICKLEBALL

**Every Tuesday and Thursday morning (9 a.m.–12 p.m.); Friday evening (6–9 p.m.)**

**Resident / Non-Resident Fee:** \$3 / \$4

**Location:** Community Recreation Center (CRC) gymnasium, 333 W. Dundee Road, Wheeling

A combination of tennis, ping-pong, and badminton, it's a great game, fantastic exercise, and not nearly as taxing on your body as a lot of other racquet sports. Played on a smaller court than tennis using solid paddles and brightly-colored [whiffle balls](#). This is a drop-in program; come when it's convenient for you! Some equipment is provided but you can bring your own, too.

**NEW! Pickleball Memberships and outdoor court rentals now available! For more information, contact Scott Paddock at 847-913-2072.**

### MOTHER'S DAY BRUNCH

**Sunday, May 8**

**11 a.m.–1 p.m.**

**Location:** Chevy Chase Country Club

Treat mom to brunch in the newly-remodeled and historic Grand Ballroom. For more details or to reserve your table, call 847-465-2311.



## COLOR FOR CALM

Join the new relaxation craze for adults! Enjoy the camaraderie and fun of —Coloring for Calm. We will provide the sophisticated pages to color as well as colored pencils. You bring your imagination!



**Dates:** Thursdays, March 10-April 28, 2016  
**Time:** 1:30 p.m. – 3:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$2 members/\$17 non-members

**Advance registration is required.**  
**Call the Senior Center at 847-459-2670**  
**to reserve your space.**

## PORTILLO'S DINNER OUT

Join friends from the Wheeling Pavilion for a delicious meal and conversation. This month we will dine at Portillo's. Enjoy your choice of hamburger, hot dog, salad, and more from their menu. Each participant will have the opportunity to select dinner, at their own expense.



**Date:** Thursday, April 7, 2016  
**Time:** Meet at Portillo's at 5:30 p.m.  
**Place:** 806 W. Dundee Road, Arlington Heights  
**Cost:** The cost of this event will depend on what you order at the restaurant

**Call the Wheeling Pavilion at 847-459-2670**  
**to reserve your space.**

**When you register, we will be asking for**  
**a \$2 cash deposit to reserve your space.**  
**The deposit will be returned to you at the restaurant**



## CHICAGO PREMIUM OUTLETS

Attention Bargain Hunters!

The Wheeling Pavilion Senior Center will be heading to the Chicago Premium Outlets in Aurora. Enjoy finding that special item at outlet prices! Check out the new stores! Lunch will be at your own expense.



**Date:** Tuesday, April 5, 2016  
**Time:** Meet at the Wheeling Pavilion Senior Center at 8:45 a.m. to check in. The bus will leave at 9:00 a.m. The expected return time is 4:30 p.m., depending on traffic.  
**Place:** Aurora, IL

**Cost:** \$15 members/\$30 non-members by March 14, 2016;  
 \$20 members/\$35 non-members March 14, 2016 or later if space is available.

**We must have a minimum of 11 people registered by March 14, 2016 in order to run this trip.**

**Call the Senior Center at 847-459-2670**  
**to reserve your space.**



## ARTHRITIS EXERCISE PROGRAM

Join us for a gentle 12-week exercise program designed for anyone with joint stiffness/pain or limited range of motion. Learn about how arthritis affects the body and what can be done to help reduce pain, techniques to manage symptoms, appropriate exercises to maintain and improve fitness, and skills for relaxation and better sleep.



**Dates:** Fridays, April 15, 2016–July 1, 2016  
**Time:** 1:15 p.m.–2:15 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$12 members/\$27 non-members for the 12-week session.

**Advance registration is required.**

**Call the Senior Center at 847-459-2670**  
**to reserve your space.**

## TUESDAY EVENING AT PAVILION

The Wheeling Pavilion Senior Center will be open for games and conversation with friends. Please bring your favorite games and your own snacks, if desired. There is NO CHARGE for this event, but we ask that you register so we know how many people will be attending.



- Date:** Tuesday, April 19, 2016  
**Time:** 6:00 - 8:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but registration is requested

**Call the Senior Center at 847-459-2670  
to reserve your space.**

**We must have a minimum of 6 people registered  
in order to keep the center open!**

## A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

With music and lyrics by Stephen Sondheim, "Forum" takes comedy back to its roots, combining situations from time-tested, 2000-year-old comedies of Roman playwright Plautus with the infectious energy of classic vaudeville. This is one of Broadway's greatest farces: it is light, fast paced, witty, irreverent, and one of the funniest musicals ever written. The cost of this trip includes transportation, a ticket for the show, and a gift card to use at the restaurant Seasoned for dinner before the show. Use your gift card towards anything on the menu.



- Date:** Thursday, May 12, 2016  
**Time:** Meet at the Senior Center at 4:45 p.m.  
The bus will leave at 5:00 p.m.  
**Place:** Lake Forest, IL  
**Cost:** \$65 members/\$70 non-members  
by April 11, 2016;  
\$70 members/\$75 non-members  
April 12, 2016 or later if space is available.

**Call the Senior Center at 847-459-2670  
to reserve your space.**

**No refunds or credits after April 11, 2016**



## MOTHER'S DAY CELEBRATION

Celebrate all the mothers in your life at our Mother's day celebration. Sandi Haynes will entertain us with her high energy musical performance.



- Date:** Friday, May 6, 2016  
**Time:** Immediately after Lunch at Pavilion  
(approximately noon)  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** *Funds (in whole/part) for the Lunch at Pavilion program are provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.*

**Call the Senior Center at 847-459-2670  
to make your lunch reservation.**

## MUSEUM OF BROADCAST COMMUNICATIONS/ JOHNNY CARSON EXHIBIT



Remember laughing with Johnny Carson? Remember the "Good Old Days" of radio and television? Join us for a memorable trip to the Museum of Broadcast Communications. We will begin our day with lunch on the 4<sup>th</sup> floor of the Museum. Following lunch we will have a docent-led tour of the Johnny Carson exhibit. The day will conclude with free time to explore the various other exhibits at the Museum. When you register for this trip, please specify your sandwich choice: albacore tuna salad, tasty turkey, Nova lox, or Thintastic chicken pesto.

- Date:** Wednesday, May 4, 2016  
**Time:** Meet at the Wheeling Pavilion at 10:15 a.m.  
The bus will leave at 10:30 a.m.  
**Place:** Chicago, IL  
**Cost:** \$45 members/\$50 non-members April 6, 2016;  
\$50 members/\$55 non-members  
April 7, 2016 or later if space is available.

**Call the Senior Center at 847-459-2670  
to reserve your space.**





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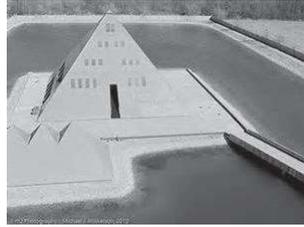


**HOLIDAY  
SPECIAL**



## PYRAMID HOUSE

This tour will include a look inside the public areas of the Pyramid House, a walk through the replica of King Tut's Tomb, and an interesting and exciting presentation about the Pyramid and its history. After the tour we will stop in the Pyramid gift shop to browse the Egyptian items for sale.



- Date:** Wednesday, May 25, 2016
- Time:** Meet at the Senior Center at 8:15 a.m.  
The bus will leave at 8:30 a.m.
- Location:** Wadsworth, IL
- Cost:** \$35 members/\$50 non-members by April 18, 2016;  
\$40 members/\$55 non-members April 19, 2016 or later if space is available

**No refunds or credits after July 13, 2016.**

**Call the Senior Center at 847-459-2670 to reserve your space**



## MANNY'S DELI

Enjoy one of the best corned beef sandwiches around at the famous Manny's Deli in Chicago. Many other deli treats are available as well. The cost of this trip includes a \$15 gift card to be used for lunch.



- Date:** Tuesday, May 31, 2016
- Location:** Chicago, IL
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:30 a.m. The bus will leave at 10:45 a.m.
- Cost:** \$29 members/\$44 non-members by May 2, 2016;  
\$34 members/\$49 non-members May 3, 2016 or later if space is available

**Call the Senior Center at 847-459-2670 to reserve your space.**



## HOLLYWOOD CASINO

Try your luck at the Hollywood Casino in Joliet, IL. Play the slots, table games and more. Take a break and enjoy the buffet, which is included in the cost of this trip.

- Date:** Friday, June 3, 2016
- Time:** Meet at the Wheeling Pavilion at 9:30 a.m. to check in. The bus will leave at 9:45 a.m.
- Place:** Joliet, IL
- Cost:** \$32 members/\$37 non-members by May 12, 2016;  
\$37 members/\$42 non-members May 13 or later if space is available

**Call the Senior Center at 847-459-2670 to reserve your space.**

**No refunds or credits after May 12, 2016.**



## SINGIN' IN THE RAIN

See the greatest movie musical of all time live on the Fireside stage. Singin' In the Rain is a fun-filled, high-stepping spoof of the days when Hollywood first learned to talk. Enjoy great songs such as "Good Morning", "Make 'Em Laugh", "Singin' In the Rain", and many more! Enjoy a delicious lunch, browse the unique shops at the Fireside, and this classic show.



- Date:** Wednesday, August 24, 2016
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:15 a.m. to check in. The bus will leave at 8:30 a.m. (Please note the travel time each way is approximately 2 hours, depending on traffic.)
- Place:** Fireside Theatre in Fort Atkinson, WI
- Cost:** \$119 members/\$134 non-members by July 13, 2016

**Call the Senior Center at 847-459-2670 to reserve your space.**

**We must have a minimum of 12 people registered by July 13, 2016 in order to run this trip.**

**No refunds or credits after July 13, 2016.**



**This trip is rated 3 shoes due to the length of the trip. There is actually very little walking involved.**



APRIL 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle 3:00 Rabbi Gordon "Passover"</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>5</b></p> <p>9:30 Exercise 9:30 Outlet Center Trip 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p><b>6</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:00 Dean Rolando, Piano 1:00 Stitch and *fich 1:00 Open Game Play</p>	<p><b>7</b></p> <p>9:00 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm (March 10-April 28) 5:30 Portillo's Dinner</p> <p>SHIP by appt 10-3</p>	<p><b>1</b></p> <p>9:15 Foot Care 10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 John Boda "Rogers &amp; Hammerstein" 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p><b>11</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Steve Askins "Golden Songs of the Silver Screen" 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>12</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p><b>13</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Stitch and *fich 1:00 Open Game Play</p>	<p><b>14</b></p> <p>9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm 5:00 Hershey Felder Trip</p> <p>SHIP by appt 10-3</p>	<p><b>15</b></p> <p>10:00 Brain Games 10:00 Computer Class by appt. 10:30 Your Clock is Ticking 10:30 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club 1:00 Canasta 2:00 Arthritis Exercise Program</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p><b>18</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 10:30 Wii Bowling 11:30 Lunch at Pavilion 12:00 Steve Darnall "Beginners Guide to the Golden Age of Radio" 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>19</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p><b>20</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Coupons and Cookies 1:00 Stitch and *fich 1:00 Open Game Play</p>	<p><b>21</b></p> <p>9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p><b>22</b></p> <p>10:00 Computer Class by appt. 10:00 Russian Tea Time 10:30 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p><b>25</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 10:30 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>26</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p><b>27</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Blood Pressure 11:30 Lunch at Pavilion 12:00 Making of a Legend: Gone With the Wind 1:00 Stitch and *fich 1:00 Open Game Play</p>	<p><b>28</b></p> <p>9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p><b>29</b></p> <p>10:00 Computer Class by appt. 10:30 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>

## TRIP AND PROGRAM CANCELLATION POLICY

Generally, if you cancel your reservation **7 business days or more** before the event, we will work with you to fill your space with someone from the waiting list. If we can fill it, you will either be issued a credit voucher or you can work out an exchange with the person filling your space.

Please note: **Due to dates we must make final payments, the refund deadline for trips will vary.**

Check specific information for each trip.

**If cancellations are made less than 7 business days before the event or after final payment date posted, a credit will not be given.**

## AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

When traveling with the Wheeling Pavilion Senior Center, it is expected that the participant will arrive with the group, stay with the group, and travel back to the Senior Center with the group. In addition, it is expected that the participant will go directly from the bus into the venue as directed by the activity coordinator. **No Exceptions!** **Program credits will be given in full for programs or trips cancelled by the Senior Center.**

## HELPFUL HINTS TO MAKE SURE A FUN TIME IS HAD BY ALL !

- Please be sure to REGISTER EARLY TO AVOID DISAPPOINTMENT.
- We need to make monetary commitments to our venues at least 6 weeks in advance. If we don't have enough advance reservations, we may be forced to cancel a trip.
- If there is a menu option, please specify your choice when you register for the trip or program. Please note: menu options cannot be changed. ***Be sure to read the menu carefully if you have any allergies or dietary needs. Contact Alysia if you need dietary accommodations.***
- Please carefully read the refund policy, the waiver, and caregiver policy **before** signing up for a trip. If you cannot "keep up" with the trip requirements, someone needs to accompany you as the trip coordinator cannot split up her time to care for individual needs.
- Please arrive on time for a trip as indicated as the bus cannot wait more than 5 minutes past the indicated time. If there are any questions regarding when to arrive for a trip, please ask someone at the reception desk or call Alysia at 847-459-2670 between the hours of 8:00 a.m. and 4:00 p.m.

## TRIP ETIQUETTE

Please respect your trip coordinator, bus driver, dining staff, theatre/venue staff, and all those who work very hard to make your experience a pleasant one. If there is free time, please arrive back at the bus or designated area at the time and place assigned by the trip coordinator. Please be respectful of your peers on the trip. If you go on a trip and it is deemed that a caregiver is needed for future trips, you will be asked to provide one before registering for more Senior Center trips. Unacceptable behavior will not be tolerated and will be reported to the Senior Center director who will assess whether or not the individual may attend future Senior Center trips.

## CAREGIVER POLICY

It is the intent of the Senior Center to provide travel opportunities that are educational and stimulating for a wide variety of interests. Due to the time and intensive nature of supervising such an event, our staff cannot be responsible for providing personalized caregiver attention to individuals, i.e. assisting with ambulation, toileting, dining, cognitive impairment assistance, etc. Therefore, the Senior Center reserves the right to deny a travel registration if it is determined that caregiving of this nature is required for a traveler. If the traveler has a caregiver accompanying them, the caregiver **MUST** complete his/her own registration form and payment.



VILLAGE OF WHEELING  
PAVILION SENIOR CENTER  
199 N. First Street  
Wheeling, IL 60090-0567

*The Wheeling Pavilion Senior Center is committed to accessibility for individuals with disabilities. The Pavilion's policy is to reasonably accommodate people with disabilities in accordance with the Americans with Disabilities Act (ADA). If you should require special accommodations at one of our functions call the Pavilion at (847) 459-2670 in advance.*

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