



# Wheeling Pavilion Senior Center *Wheeling Forward*

MAY 2016

## 50/90 PARTY

Are you 90 years of age or better?

Are you married 50 years or more?

Do you know of any Wheeling residents that fall into these categories?



If you answered "YES" to any of these questions, please contact the Wheeling Pavilion Senior Center at 847-459-2670 to add your name to our invitation list for our annual 50/90 Party in June 2016.



*Sponsored by the Village of Wheeling Senior Citizens Commission.*



## 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.
- Pat Miller, volunteer SHIP counselor
- 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.

- 2 Erwin Pickard
- 3 Marilyn Chromy, Harley Halleck & Sharon Murray
- 4 Margo Ertman
- 5 Amelia Hopkins
- 7 Patricia Hudson
- 9 Christine Pettit
- 10 Richard McNulty
- 11 Alice Kiefer
- 12 Pinky Wennerstrom
- 15 Marie Clarkson & Lynne Dimaso
- 16 Elaine Carlson, Sheldon Fogel, Charlie Katz, & Gregory Stoyas
- 19 Laura Zeitlin
- 20 Hildegard Frey
- 25 Penny Boyer
- 26 Violet Lewis
- 27 Magdalena Velasquez & Bernadine Doherty
- 28 Christa Schulz & George Mucciante
- 30 Leonard Burk
- 31 Cindy Maes



## BE PREPARED TO NOT BE A VICTIM!

Today there is a lot of talk about the benefits from working from home, however, the flyer on the telephone pole or a flyer posted to a bulletin board is not one to look at. But driving past the stapled or pinned up flyers are easy to by-pass when you're on the go. But when these postings are now in your emails, promising you to make hundreds a week for typing; stuffing envelopes and the new job is only one phone call or mouse click away, the temptation is more powerful.

Remember the psychology of this type of scam works on a form of deception, false pretenses, coercion, and ultimately the loss of your money.

### The most common types of these scams are:

- Advance fee to assemble at home kits
- Mystery shopper—Counterfeit check scam
- Distributor—you're promised more money for recruiting more people, so you talk to your friends and family but in reality you're building upon a pyramid scheme
- Hired to re-ship merchandise or checks, to other potential victims
- Medical billing

### You can avoid and take the opportunity out of a crime when you:

- NEVER, NEVER, pay for a chance to work
- Check on the business before hand
- Beware of incredible claims
- Never reply to a spam



# 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

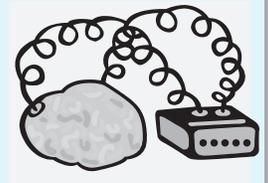
### FRIDAY

- 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, May 27, 2016

**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.

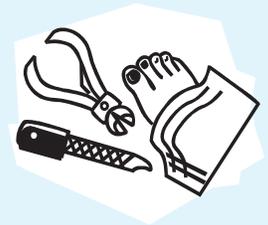
**Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.**

## 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.**

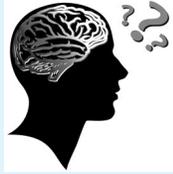
Services provided by the Wheeling Township nurse, Karen McNeir, R.N.



## MEMORY SCREENINGS AT THE PAVILION

### WHO SHOULD BE SCREENED?

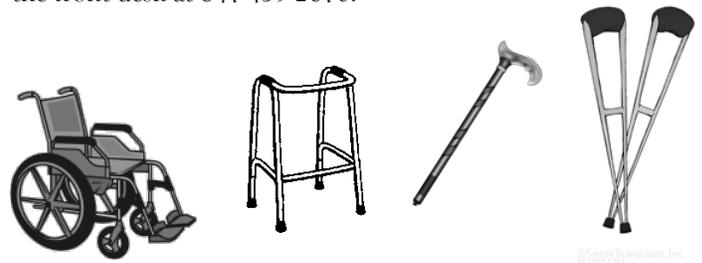
Memory screenings make sense for anyone who is concerned with memory loss or experiencing the warning signs of dementia. If family and friends have noticed changes; or those who believe they are at risk due to a family history of Alzheimer's disease or a related illness, screenings, and also testing, 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 30 days for wheelchairs and 60 days for all other medical equipment. 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 a 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 6 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**

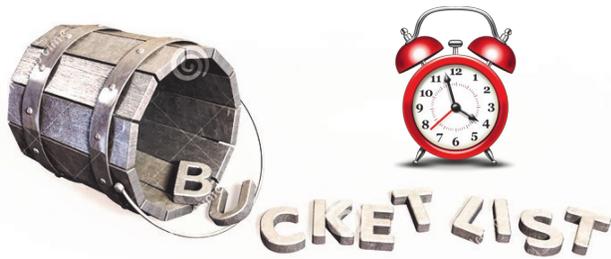
## SPECIAL NEEDS RESIDENT LIST



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



## 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 – 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 a.m.-11:30 a.m.

**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.**



## Wanted: Houses Seeking Curb Appeal



The 29th Annual Community Paint-A-Thon will be held on Saturday, September 17, 2016. While the date is a long way off, applications are now available and homeowners are encouraged to apply! If the exterior of your home and/or garage needs a fresh coat of paint due to peeling, fading, or worn paint, please consider applying. The program provides for the painting of the exterior of single family homes at no cost to those who qualify.

To qualify, homes must be owned and occupied by people with limited financial resources. The owner must be at least 60 years of age or have a permanent disability or be a veteran of any age. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming, and painting of the house. The Community Paint-A-Thon covers 10 townships including Barrington, Elk Grove, Hanover, Maine, New Trier, Niles, Northfield, Palatine, Schaumburg and Wheeling Townships. Current homeowners insurance is also required.

If you or someone you know could benefit please contact Catholic Charities at 847-253-5500 for an application or for additional information.

The Paint-A-Thon is a major community-wide event. Teams of volunteers are recruited from businesses, churches, social and civic groups. If you are interested in volunteering, please contact Annette Sommer at HandsOn Suburban Chicago at 847-228-1320.



## DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is an 8-hour program designed to help you understand the effects of aging on your driving and learn driving strategies that take into account the changes we experience as we age. Completion of this program may entitle you to receive discounts on your auto insurance. Attendance on both days is required to receive a certificate that may reduce your auto premiums. **Checks should be made payable to AARP.** Registration and payment must be received by June 9, 2016.

**Dates:** Monday, June 20 and 27, 2016  
**Time:** 8:30 a.m. – 12:30 p.m.  
**Place:** Wheeling Pavilion Senior Center  
 199 N. First Street, Wheeling  
**Cost:** \$15 for AARP members;  
 \$20 for non-AARP members

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

**Checks should be made payable to AARP.**

## 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

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 May 11, 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.*

#### CINCO DE MAYO CELEBRATION

Thursday, May 5, 2016

Celebrate Cinco de Mayo with the music of Dave Byron.

#### MOTHERS DAY CELEBRATION

Friday, May 6, 2016

Celebrate all the Moms in your life as you sing and dance along with Sandi Haynes.

#### HEATHER BRAOUDAKIS "AT THE HOP"

Tuesday, May 10, 2016

Take a trip back in time as Heather Braoudakis entertains us with her **NEW** "At the Hop" program featuring songs of the 50's.

#### THE JAMES BOND PHENOMENON

Wednesday, May 11, 2016

Everything you want to know about James Bond 007, straight from Raymond Benson, the third official continuation author and first American commissioned by the Ian Fleming Estate to write original Bond novels (between 1996-2002). *This program is being sponsored by the Indian Trails Public Library.*

#### WOVEN HOT PAD WORKSHOP

Fridays, May 13 and 20, 2016

Member and artist Pat Hawkins will teach us how to make a woven hot-pad. Be amazed at your creativity!

Please note: you must attend both sessions in order to complete this project. Separate registration is required in order to have enough supplies for all participants.

#### TIM WILSEY "JACKIE KENNEDY"

Monday, May 16, 2016

Tim Wilsey will be here to discuss the clothes and jewelry of Jackie Kennedy.

#### MEET LUELLA PARSONS

Thursday, May 19, 2016

Martina Mathisen is Luella Parsons, Hollywood's most dynamic and powerful gossip columnist. Called the Queen of Hollywood, Luella could make or break a career with a few taps of her typewriter. You will be temporarily transported and transfixed to feel a part of the old Hollywood insider's club while hearing about triumphs and transgressions of some of the era's biggest stars. *This program is being sponsored by the Indian Trails Public Library.*

#### ORGANIZE YOUR PAPERS, TIME AND HOUSE

Tuesday, May 24, 2016

Lynn Gooding, Certified Professional Organizer and ICD Master Trainer, is the founder and owner of Order in the House, Inc. She has been a professional organizer since 2002, and specializes in residential organizing. Lynn will be presenting on organizing the three main areas where people seem to need the most help: How to manage and minimize the amount of paper/paperwork in our lives/home (e.g., school projects, junk mail, important household paperwork); how to best manage our time, (giving us time to "spare" for actual living); and how to best organize and maintain a clutter free-home to the best of our abilities. *This program is being sponsored by the Indian Trails Public Library.*





## WELCOME NEW MEMBERS

Alla Ashkinazi  
 Bonnie Burhrke  
 Harold & Rosalind Chaet  
 Alan & Wendy Dietze  
 Jane Johnson

## 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.



## 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

## ARE YOU INTERESTED...

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



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.





### MEDICARE HELPS COVER DIABETES SUPPLIES AND SERVICES TO HELP KEEP YOU HEALTHY

- ◆ Screenings for people at risk
- ◆ Diabetes self-management training
- ◆ Medical nutrition therapy services
- ◆ Hemoglobin A1c tests
- ◆ Glucose monitors, test strips, lancets, insulin, some insulin pumps (Part B)
- ◆ Antidiabetic drugs (Part D)
- ◆ Supplies for insulin (like syringes) (Part D)
- ◆ Glaucoma tests
- ◆ Foot exams, foot treatment, and therapeutic shoes



#### Medicare helps cover diabetes supplies and services to help keep you healthy.

Things to ask your doctor or other health care professional **at your next visit:**

- ⇒ How to sign up for diabetes self-management training
- ⇒ What kind of nutrition plan you need (medical nutrition therapy services)
- ⇒ How to find a program to quit smoking
- ⇒ If you need a pneumococcal shot

Things to do **at each visit:**

- ⇒ Go over your blood glucose readings
- ⇒ Find out your A1c level
- ⇒ Get your feet checked
- ⇒ Get your weight and blood pressure checked

Things to get **at least once a year:**

- ⇒ A flu shot
- ⇒ A dilated eye exam
- ⇒ A foot exam (including check of circulation and nerves)
- ⇒ A test to check your kidneys
- ⇒ Cholesterol and lipid tests

Remember, talk to your doctor or other health care professional any time you have questions or concerns about diabetes.

For a free copy of "Medicare Coverage of Diabetes Supplies and Services," visit [Medicare.gov/publications](http://Medicare.gov/publications).

The National Diabetes Education Program has more information to help you manage your diabetes. Visit [ndep.nih.org](http://ndep.nih.org)



### THE WHEELING PAVILION SENIOR FOUNDATION

The WPSF is getting ready for our big Second Annual Hamburger Fest on May 17 at the WPSC at 6:00 p.m. Please let Diana or Sharon know that you are coming if you have not already done so. All are invited! The cost is only \$5. Please pay Diana or Sharon. The evening promises to be full of fun and good food from Sam at Market Square Restaurant.

Fannie May candy bars are still available. Buy some now. Don't miss out.

We hope that all of you are enjoying the Spring weather and looking forward to a pleasant Summer.

Looking forward to seeing you all at Hamburger Fest!

MaryAnn Marabella, Secretary  
Wheeling Pavilion Senior Foundation

### 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

**Advance registration is required.**

**Contact us at 847-459-2670 to reserve your space.**

## 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

### MOTHER'S DAY BRUNCH

Sunday, May 8

11 a.m.–1 p.m.

**Location:** Chevy Chase Country Club, 1000 N. Milwaukee Avenue, Wheeling

Treat mom to cuisine fit for a queen in the newly-renovated, elegant and historic Grand Ballroom. The champagne brunch features all of mom's favorite menu items including a wide assortment of breakfast options, entrees, and salads.

**Reservations are required; call 847-465-2311 today.**

### PICKLEBALL

Every Tuesday and Thursday mornings 8–9 a.m. (competitive), 9 a.m.–12 p.m. (recreational), and Friday evening 6–9 p.m.

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

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

\*Weather permitting, pickleball moves to the new outdoor courts at Chamber Park (131 N. Wolf Road in Wheeling), May through September. Please check our website for dates and details. [wheelingparkdistrict.com](http://wheelingparkdistrict.com)

Pickleball is the racquet sport that seniors made popular! A combination of tennis and ping-pong, it is badminton with a whiffle ball. It's also the newest medal sport in the National Senior Games. No matter how you describe it, pickleball is a great game, fantastic exercise, and not nearly as taxing on your body as a lot of other racquet sports. It is played using solid paddles and a brightly-colored whiffle ball on a hard surface.

Play at the Wheeling Park District. No need to register. This is a drop-in program so come when it's convenient for you. Some equipment is provided but you can bring your own, too.

Try it any Tuesday or Thursday morning or Friday evening! Or, just come and watch the fun!

For more information, contact Scott Paddack at 847-913-2072.

### WHEELING WALKS

Join our NEW community walking/running club and improve your health one step at a time. It's easy, fun and free, and you'll never walk alone!

Saturdays at 9:30 a.m.

May 21–October 1

**Location:** Heritage Park Performance Pavilion

**AGE:** All ages

Bring the whole family. Take the ½-mile stroll along the lake or walk the 1-mile path around the lake; there also is a 1.5-mile path around the lake and athletic fields and a 2-mile route to Wolf Road along the pedestrian overpass and back to the lake path. Choose whichever option works best for you. Walk leaders are on hand to guide you. Benches, restrooms, and water fountains are available along the way.

100 milers: Register for an official Wheeling Walks log and water bottle. Log 100 miles and receive a special t-shirt. Fee: \$10 (Register at the CRC Guest Service Desk. Code 215712-04)

For more information, call 847-465-3333.

Wheeling Walks is offered in cooperation with the Village of Wheeling Board of Health.



## MUSEUM OF BROADCAST COMMUNICATIONS AND 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  
 by 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.**



## COLOR FOR CALM

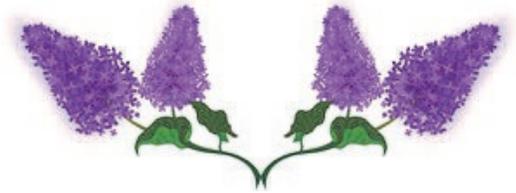
Join the new relaxation craze for adults! Enjoy the camaraderie and fun of —Coloring for Calm. We will provide the sophisticated pages to color as well as colored pencils.

You bring your imagination!



- Dates:** Thursdays, May 5, 2016 thru  
 December 29, 2016  
 (the group will not meet on  
 November 24, 2016)  
**Time:** 1:30 p.m. – 3:30 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$8 members/\$23 non-members

**Advance registration is required.  
Contact us at 847-459-2670 to reserve your space.**



## 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.**

## 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 comedies 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. Join us for dinner at Seasoned before the show.



- 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**



## 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, May 17, 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!**

## 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 8:00 a.m. The bus will leave at 8:15 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

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

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



## SPEARS DINNER OUT

Join us for a delicious dinner and conversation at Spears restaurant. Meet new friends, enjoy your current friends, and have a fun meal together.



- Date:** Thursday, May 26, 2016
- Time:** Meet at Spears at 5:30 p.m.
- Place:** Spears 723 N. Milwaukee Avenue, Wheeling
- Cost:** The cost of dinner will depend on what you order. The restaurant has asked that there be a minimum of four people per check, so please keep this in mind when participating in this event.

**Call the Senior Center 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 the evening of the dinner.**

## 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, included in the cost of this trip.



- Date:** Friday, June 3, 2016
- Time:** Meet at the Wheeling Pavilion Senior Center 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.**



## THE RAM



Join us for a Really Amazing Meal at the Ram in Wheeling. We will meet at the Restaurant at 5:30 p.m. Meet new friends, enjoy your current friends, and have a fun evening.

- Date:** Wednesday, June 15, 2016
- Time:** Meet at the RAM at 5:30 p.m.
- Place:** 700 N. Milwaukee, Wheeling
- Cost:** There will be separate checks for everybody so the cost of this event depends on what you order at the restaurant.

**Call the Senior Center 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 the evening of the dinner.**



## COMPANY

It's Bobby's 35<sup>th</sup> birthday, and he's still single, trying to find a way to have a serious relationship without a serious commitment. But as his friends—all couples at different stages in their marriages—impose their unique perspectives of relationship function and dysfunction on him, Bobby is forced to consider relaxing his determined grip on bachelorhood and begin exploring one of life's greatest questions—what does it mean to be alive? We will be having dinner at Cibo before the show. The cost of this meal is NOT included in the cost of this trip.



- Date:** Tuesday evening, June 28, 2016
- Time:** Meet at Wheeling Pavilion at 4:15 p.m. The bus will leave at 4:30 p.m.
- Place:** Glencoe, IL
- Cost:** \$66 members/\$71 non-members

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

**The cost of dinner is NOT included in the cost of the trip. No refunds or credits after May 3, 2016**



## Emerson Creek Pottery and Tearoom

Enjoy the peace and quiet of the country as we spend time at Emerson Creek Pottery and Tearoom. We will begin our visit with a fresh and delicious lunch in the Tearoom. (Lunch is at your expense.) After lunch we will have an opportunity to walk around their grounds and shop for unique hand-made items in their shop.



- Date:** Friday, July 8, 2016
- Time:** Meet at Wheeling Pavilion at 9:15 a.m. The bus will leave at 9:30 a.m.
- Place:** Oswego, IL
- Cost:** \$14 members/\$29 non-members by June 8, 2016; \$19/\$34 June 9, 2016 or later if space is available

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

**We must have a minimum of 10 people registered by June 8, 2016 in order to run this trip. No refunds or credits after June 8, 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", "Singing' 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. 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

**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.**

**Please note: this trip is rated 3 shoes due to the length of the trip. There is actually very little walking involved.**



MAY 2016 CALENDAR OF EVENTS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>2</b></p> <p>9:00 Exercise/Video 10:00 BUGS/Computers 11:00 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p>	<p><b>3</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bldge 1:00 Community Volunteer Group</p>	<p><b>4</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 9:45 Museum of Broadcast Communications Trip 10:00 Computer Topics Class 10:30 Srgr-a-Long 11:30 Lunch at Pavilion 1:00 Stewardship 1:00 Open Game Play</p>	<p><b>5</b></p> <p>9:00 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:00 Cinco de Mayo Celebration with Dave Byron 12:30 Bldge 1:00 Happy Hookers 1:30 Color for Calm (March 10 - April 28 )</p>	<p><b>6</b></p> <p>9:15 Foot Care 10:00 Computer Class by appt. 11:00 W/Bowling 11:30 Lunch at Pavilion 12:00 Mother's Day Celebration with Sarah Haynes 1:00 Canasta</p>	<p>Beginner Computer Tutoring by appt.</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>SHIP by appt 10-3</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>CJE Russian Speaking Social Worker by appt</p>
<p><b>9</b></p> <p>9:00 Exercise/Video 10:00 BUGS/Computers 11:00 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p>	<p><b>10</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Heather Braoudakis "At the Hop" 12:30 Bldge 1:00 Community Volunteer Group</p>	<p><b>11</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Srgr-a-Long 11:30 Lunch at Pavilion 12:00 The James Bond Phenomenon 1:00 Stewardship 1:00 Open Game Play</p>	<p><b>12</b></p> <p>9:00 Exercise 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:30 Bldge 1:00 Happy Hookers 1:30 Color for Calm (March 10 - April 28 ) 4:45 A Funny Thing Happened on the Way to the Forum Trip</p>	<p><b>13</b></p> <p>10:00 Computer Class by appt. 10:00 Russian Tea Time Support Group 11:00 W/Bowling 11:30 Lunch at Pavilion 12:00 Woven Hotpad Workshop with Pat Hawkins 1:00 Canasta</p>	<p>Beginner Computer Tutoring by appt.</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>SHIP by appt 10-3</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>CJE Russian Speaking Social Worker by appt</p>
<p><b>16</b></p> <p>9:00 Exercise/Video 10:00 BUGS/Computers 11:00 W/Bowling 11:30 Lunch at Pavilion 12:00 Tim Wilsey Jacob/Kersey - Cornes &amp; Jewey 1:15 Canasta/Pinochle</p>	<p><b>17</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bldge 1:00 Community Volunteer Group 5:00 Foundation Hamburger Fest 6:00 Tuesday Evening at Pavilion</p>	<p><b>18</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Srgr-a-Long 11:30 Lunch at Pavilion 1:00 Stewardship 1:00 Open Game Play</p>	<p><b>19</b></p> <p>9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:00 Meet Luella Parsons 12:30 Bldge 1:00 Happy Hookers 1:30 Color for Calm</p>	<p><b>20</b></p> <p>10:00 Computer Class by appt. 10:30 Your Clock is Ticking 10:30 W/Bowling 11:30 Lunch at Pavilion 12:00 Woven Hotpad Workshop with Pat Hawkins 1:00 Book Club 1:00 Canasta</p>	<p>Beginner Computer Tutoring by appt.</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>SHIP by appt 10-3</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>CJE Russian Speaking Social Worker by appt</p>
<p><b>23</b></p> <p>9:00 Exercise/Video 10:00 BUGS/Computers 10:30 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p>	<p><b>24</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Organize Your Papers, Time &amp; House 12:30 Bldge 1:00 Community Volunteer Group</p>	<p><b>25</b></p> <p>8:15 Pyramid House Trip 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Srgr-a-Long 11:30 Blood Pressure 11:30 Lunch at Pavilion 1:00 Stewardship 1:00 Open Game Play</p>	<p><b>26</b></p> <p>9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:00 RTA Presentation 12:30 Bldge 1:00 Happy Hookers 1:30 Color for Calm 5:00 Dinner Out at Spears</p>	<p><b>27</b></p> <p>10:00 Brain Games 10:00 Computer Class by appt. 10:00 Russian Tea Time 10:30 W/Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p>	<p>Beginner Computer Tutoring by appt.</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>SHIP by appt 10-3</p>	<p>CJE Russian Speaking Social Worker by appt</p>	<p>CJE Russian Speaking Social Worker by appt</p>
<p><b>30</b></p> <p>Senior Center Closed</p>  <p>Memorial DAY</p>	<p><b>31</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 10:30 Manny's Deli Trip 11:30 Lunch at Pavilion 12:30 Bldge 1:00 Community Volunteer Group</p>				<p>Beginner Computer Tutoring by appt.</p>	<p>CJE Russian Speaking Social Worker by appt</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.*

VILLAGE OF WHEELING  
BOARD OF TRUSTEES

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Jan Christiansen, *Social Worker*  
Jeanne Schultz, *Administrative Secretary*  
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