

Wheeling Pavilion Senior Center *Wheeling Forward*

AUGUST 2016

Greetings!

Over the last several years, we have learned Senior Adults have changed their focus in relation to computers and associated technology. Nowadays, most computer learners at the Senior Center bring their own devices and are looking for personalized attention with their own technology. This has led us to make cosmetic changes to the room and program, while still offering technology Senior Adults require. The new specifics of our Technology Center are listed below.

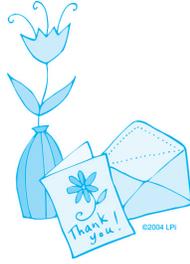
- *Laptops are available for use throughout the building by securing one at the front desk. Users must not leave the building with them and must also leave either their car keys or a current valid ID.
- *One desktop computer is also available for use in the computer room when there is not another group or tutoring session in progress. This is available to any village resident over 55.
- *Technology learning opportunities will be available on a one-on-one tutoring basis with advanced registration at a convenient time to both student and tutor. There is no longer a charge for this service. We ask that students consider making a donation of their choice to be dedicated to technology upgrades.
- *BUGS has changed to the Technology Learning Center and will be available on Mondays from 10:00 am to 12:00 noon. We ask that you notify front desk staff if you will be attending by the previous Friday. Membership in the Senior Center is no longer necessary for this program.
- *When there is no technology learning taking place, the computer room will be used for other programs, as space is at a premium at the Senior Center. We ask for your patience and cooperation.

We would like to take this opportunity to thank our very dedicated group of volunteers who have worked so hard over the many years of this program. Next time you see one of our Technology volunteers, Steve, Gary, Ludmila, or Ed, thank them!



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, Dolores Kelly, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Michael Dunn, 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.
- Technology learning volunteers Gary Primack, Steve Rosengard, Ed Walsh, and Ludmila Zoob.
- Steven Meyer III for coordinating the Stitch and *itch group.
- MaryAnn Marabella for coordinating the community volunteers



SENIOR CITIZENS ADVISORY COMMISSION

Geri Brockett
 Martha Crost
 Kathy Gulyas
 Marilyn Hams
 Pat Hawkins
 Marshall Kaplan
 Michael Kohen
 Gerald Malin
 Pat Maziarka
 Pat Miller
 Kathy Pico
 Jackie Portnoy
 Joannie Purvin
 Bobi Spiegel

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 Dolores Kelley
- 2 Maria Woodward
- 5 Linda Sosin
- 7 Esther Meyers
- 8 Robert Berg
- 9 Bobi Spiegel
- 9 Dennis Evans
- 11 Romualda Jagusiak
- 11 Doris Stein
- 12 Betty Viti
- 13 Milton Kipps
- 14 Darlene Kaplan
- 14 Margaret Johnson
- 16 Marilyn Stark
- 19 Marianna Soroborska
- 20 Joanne McGowan
- 22 John Janssen

- 22 MaryAnn Marabella
- 22 Richard Ertman
- 23 Mary Murphy
- 23 Myles Pierce
- 27 Nancy Romano
- 29 Sherry Turner
- 30 Anne Griffin
- 31 Arthur Ebeling
- 31 Sudershan Ohri
- 31 Bobbie Sfondilis



Congressman Dold

Bring your questions for our Congressional Legislative Update!!

To extend constituent services, our U.S. Congressman, Bob Dold, is coming to the Wheeling Pavilion Senior Center.

Congressman Dold will brief us on what's happening in Washington D.C. and address the many questions received at his legislative office on Social Security, Medicare, health and long term care programs, as well as resources of interest to Seniors. Most importantly, he is seeking your input, so this is your opportunity to share your concerns face to face with the Congressman on all Federal issues. If you wish to submit your questions early to our front desk, we will group them by like topics.

Date: Wednesday, August 10, 2016

Time: 12:00 P.M.

Place: Wheeling Pavilion Senior Center
199 N. First Street

Wheeling, Illinois 60090

847-459-2670



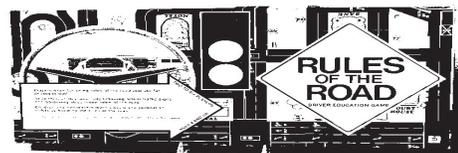
Mobile Driver Super Senior Event **Wednesday, September 21, 2016**

Rules of the Road Class 9:30 A.M.
Drivers' License and State ID renewal
10:00 A.M. – 2:00 P.M.

They can have a photo taken and vision screening. Road tests will NOT be available.

Super Seniors is a convenient and voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam. The Rules of the Road Review Course also includes a review of safe driving techniques and Illinois driving laws.

A Secretary of State Mobile Driver Services Unit will be available for participants to renew their driver's licenses. An identification card can be obtained for \$20.00; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore they must visit a [Driver Services Facility](#).



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
- 9:00- 3:00 SHIP by appointment
- 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 appointment
- 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.

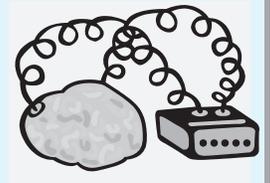
Brain Games will help improve your focus, concentration, and memory through a series of exercises and games. Join us for a thought provoking program of games to keep your brain sharp.

Date: Friday, August 26, 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.



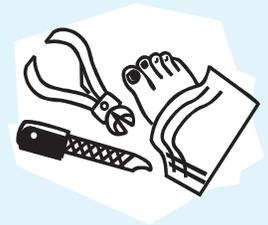
Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.

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 related illness, screenings and 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 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.



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 – 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

TELEPHONE REASSURANCE



“How You Doing?” Register for our telephone reassurance program and answer that question for us when we call you on Monday-Friday mornings before 9:00 A.M.

For more information, or to register, please call Jan at the Wheeling Pavilion Senior Center at 847-459-2671.

Basic Summer Heat Safety Tips

*During the hottest hours of the day, stay inside, preferably in an air conditioned building. The hottest hours of the day are typically from mid morning until mid afternoon.

*Drink plenty of water, especially when temperatures climb over 90 degrees.

*Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high as they can lead to dehydration.

*Seek medical care right away if you become nauseous, start vomiting, or experience cramps.

*Keep blinds and curtains closed from morning until late afternoon to block extra direct heat from sunlight.

*Never leave a person or pet in the car in hot conditions while you run to do a quick errand. People and animals can succumb to heat exposure and death very quickly in a hot car. Cars can become overheated quickly and when overheated become like ovens. It's never safe.

Signs of heat exhaustion:

Breathing that is shallow and fast; clammy skin; dizziness; dry mouth; excessive sweating; fainting; loss of color in skin; nausea; pale complexion; pulse that is fast and weak; skin that feels moist and cool when touched; sweating; tiredness; vomiting.

If you see any of the above exhaustion signs, get out of the heat immediately. The person experiencing symptoms should be given plenty of cool fluids and be wiped down with cool cloths. If rapid improvement isn't seen, call 911 immediately.

Signs of Heat Stroke:

The signs of major heat exposure, also known as heat stroke, include the following: dizziness; extremely high body temperature (over 103 degrees F); headache that is throbbing; lack of sweating; nausea; rapid pulse that is strong; and red skin that is hot and dry when touched.

Heat stroke always requires medical attention. If you see any of the above exposure signs, get the person out of the heat immediately and take them to the nearest hospital or call 911.

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

STATE OF IL BENEFITS FOR SENIORS



The benefits now available are:

- Seniors Free Transit Ride;
- The Persons with Disabilities Free Transit Ride, and
- 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.

SCHOOL SUPPLY DRIVE TO HELP NEEDY FAMILIES

July 15-August 17, 2016

Please bring new school supplies to the
Wheeling Pavilion Senior Center
199 N. First Street

between the hours of 8:00am and 4:00pm.

School supplies collected will be provided to needy families in the Village of Wheeling and throughout Wheeling Township. Items needed this year include:

highlighters, colored pencils, markers, and pencil cases.

Questions or for more information call, 847.459.2606.

**LIVING OR LOVING SOMEONE WITH A MENTAL ILLNESS?
FEELING CONFUSED, ALONE, WORRIED, AND DON'T KNOW
WHERE TO TURN?**

Please join us for a 6-week Psycho-educational Support Group for relatives living with and/or caring for their mentally ill loved one. Learn to understand symptoms, effects of medications, self-care and much more. Program run by experienced Village of Wheeling Social Service staff.

The group will start September 14th and run for six Wednesdays. (September 14, 21, 28, October 5, 19 and conclude on October 26th) Attendees must attend all of the sessions.

Meetings will take place from 7-8:30pm at the Wheeling Pavilion Senior Center, 199 North First Street in Wheeling.

Space is limited. Please call for more information and to reserve your spot in the group by August 31st to Angela Burrell, Police Social Worker at 847-459-2640.

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 August 1, 2016. All future newsletters will be held for pickup at the front desk.

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 PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.

Senior Jeopardy

Tuesday, August 2, 2016

Join Julie Gange from Home Instead for an interesting and entertaining afternoon of trivia.

Keep Your Fork, There's Pie!

Monday, August 8, 2016

Celebrate this famous dessert with Paula Haney, owner of the Chicago pie shop, Hoosier Mama Pie Company and author of *Hoosier Mama Book of Pie*. Haney will share tips and demonstrate how to make a pie crust. Samples will be given. This program is sponsored by the Indian Trails Public Library.

Jim Kendros

Tuesday, August 9, 2016

Join Jim as he discusses favorite hits from the 1960's.

Congressman Bob Dold

Wednesday, August 10, 2016

Congressman Dold will brief us on what's happening in Washington, DC and address the many questions received at his legislative office on Social Security, Medicare, health and long term care programs, as well as resources of interest to seniors. Most importantly, he is seeking your input, so this is your opportunity to share your concerns face to face with the Congressman on all federal issues. If you wish to submit your questions early to our front desk, we will group them by like topics.

Anniversary Party

Wednesday, August 17, 2016

The Wheeling Pavilion Senior Center will be celebrating 31 years of great times. Join us as we celebrate the fun we have shared. Frank Rossi will be here to entertain us after lunch.

Jennifer Silk

Thursday, August 18, 2016

Back by popular demand and via a grant from the Chicago Federation of Musicians, Jennifer Silk will be here to entertain us with her music and humor.

Maureen Christine

Friday, August 19, 2016

Join Maureen as she discusses, tells stories about, and sings songs from the Great Composers.

Scam Update

Monday, August 22, 2016

Officer Laverd from the Wheeling Police Department will be here to discuss the latest scams and how to prevent yourself from becoming a victim.

Through the Eyes of the Hubble Space Telescope

Thursday, August 25, 2016

The Hubble Space Telescope has had more impact on astronomy than any other telescope in history. Michelle Nichols from the Adler Planetarium will present some of the images and science from the last 25 years of Hubble's mission. This program is sponsored by the Indian Trails Public Library.

John Boda

Monday, August 29, 2016

John will be here to take us on a journey down the "Yellow Brick Road". Learn stories about this well known musical as only John can tell them.





WELCOME NEW MEMBERS

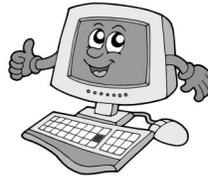
Yeum Kim
June Huska
Marguerite Huff

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



**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 your talent!

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



Computer Learning Center

TECHNOLOGY LEARNING CENTER (Formerly BUGS).

Date and Time

Every Monday from 10:00 a.m. to 12:00 p.m. Please sign-up at the front desk by the Friday before to assure a volunteer.

Other available classes

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 a donation to our Technology Replacement Fund. 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.





WHAT IS SHIP?

SHIP (SENIOR HEALTH INSURANCE PROGRAM) was initiated in July of 1988 by the Illinois Department of Insurance (now a part of the Illinois Department on Aging) in response to the needs of Illinois' senior citizens regarding their health insurance. It is strictly voluntary and coordinators and counselors receive no pay. Although coordinators and counselors cannot give any legal advice to seniors, they have several agencies and contacts who may be able to help. The organizational structure of **SHIP** consists of:

The Illinois Department on Aging which provides initial training, continuing education, and ongoing support of **SHIP** counselors. This **SHIP** division is now part of the Illinois Department of Aging;

The sponsoring organization which provides coordinators, counselors, office space and office support services, such as the Wheeling Pavilion Senior Center;

The counselor who meets with clients individually to provide information about health insurance, advocacy assistance, or referral if appropriate.

The state is divided geographically into four separate **SHIP** regions: Cook County, Northern Illinois, Central Illinois, and Southern Illinois. Within each region, counselors are organized into units that service a specific geographic area, usually designated by counties. Each state has its own **SHIP** program.

Pat Miller, Coordinator/Volunteer Counselor
Wheeling Pavilion Senior Center
(847) 459-2670

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: 1:30–3:30 p.m.

Place: Wheeling Pavilion Senior Center

Cost: \$8 members/\$23 non-members

Advance registration is required.

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



THE WHEELING PAVILION SENIOR FOUNDATION

Summer greetings from the Wheeling Pavilion Senior Foundation!

In August, we're getting ready for our big Carson's coupon book sale. The books will be available starting in September and will be redeemable for several days during October. Remember, you get back \$5 by using the coupon with any purchase of \$5 or more and we, the Wheeling Pavilion Senior foundation, get \$5 for every book sold. Also, there are many other coupons in the book and great sales in every department. It's a great opportunity to save and get your holiday shopping done early. You can pick up Carson coupon books at the Wheeling Pavilion Senior Center or through Mary Papantos.

We hope you are enjoying the end of summer. Buy some Fannie Mae chocolate bars to celebrate the season. The dark chocolate mint cookie bars are especially refreshing during the dog days of summer.

Please consider membership in the Wheeling Pavilion Senior Center. Your membership supports our senior center. Friends and family are also invited to join as you need not be a Senior or a Wheeling resident to become a member. The Wheeling Pavilion Senior Foundation has purchased needed items and helped support some of the activities offered to reduce the cost to the members of our center.

We look forward to seeing you at the Wheeling Pavilion Senior Foundation annual General Meeting in February.

Enjoy the last days of a lovely season.

Sincerely,
Betty Giambone
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

FREE Friday “Headliner” Concert: HI INFIDELITY

Date: August 5

Time: 7 PM

Location: Heritage Park Performance Pavilion, 333 W. Dundee Road, Wheeling

Bring a blanket or lawn chair for seating. Coolers allowed. No outside alcohol permitted. Beer/wine available for purchase.

FREE Sunday “Sounds of Summer” Concerts

Dates: August 7 (Breakfast Club), August 14 (Wild Daisy), August 21 (Buffalo Grove Jazz Band), and August 28 (Bill O’Connell’s Chicago Skyliners Big Band)

Time: 5 PM

Location: Heritage Park Performance Pavilion, 333 W. Dundee Road, Wheeling

Bring your blanket or lawn chair for seating and enjoy show-stopping music.

FREE Thursday Movie in the Park: Disney Inside Out

Date: August 18

Time: 8 PM

Location: Heritage Park Performance Pavilion, 333 W. Dundee Road, Wheeling

Bring a blanket or lawn chair for seating and see a showing of Disney’s Inside Out.

For more information, call (847) 465-3333

Passport to the World International Festival

Date: Saturday, August 27

Time: 4-8 PM

Location: Heritage Park Performance Pavilion

Fee: FREE

Celebrate cultures from around the world with ethnic music, dance, and an eclectic range of food for purchase and unique arts and crafts, representing Wheeling’s tremendous diversity.

For more information, call 847-465-3333.

Outdoor AquaFit

Saturdays, through August 20

Time: 9-10 AM

Location: Family Aquatic Center*

Before the Family Aquatic Center opens to the public, get your workout in with the low-impact benefits of water resistance. *Class meets at the Artic Splash indoor pool at 68 degrees and/or inclement weather. No registration required. Purchase a Class Pass at the CRC Guest Service Desk. For more information, call 847-465-3333.

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!

Every Saturday at 9:30 A.M.

Location: Heritage Park Performance Pavilion

Age: All ages

Bring the whole family. Take the 1/2 mile stroll along the lake or walk the 1-mile path around the lake; there is also 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

RABBI GORDON PRESENTS TISHA B'AV

Tisha B'Av is an annual fast day named for ninth day (Tisha) of the month of Av in the Hebrew calendar. The fast commemorates the destruction of the First and Second Temples in Jerusalem, which occurred about 656 years apart, but on the same date.

Date: Monday, August 1, 2016

Time: 3:00 P.M.

Place: Wheeling Pavilion Senior Center

Cost: FREE, but registration is requested.



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



WA PA GHETTI'S DINNER OUT

Join us for dinner at Wa Pa Ghetti's. We will have a separate room to enjoy delicious food and conversation. There just may be a few after dinner surprises as well.

Date: Thursday, August 11, 2016

Time: Meet at Wa Pa Ghetti's at 5:30 P.M.

Place: 208 McHenry Road, Wheeling

Cost: The cost of this event depends on what you order for dinner. Separate checks will be available.

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.

GERSHWIN AND BERNSTEIN CELEBRATION AT RAVINIA



Enjoy the music of George Gershwin and Leonard Bernstein in the beautiful Ravinia Park. We will arrive in time to find a great place on the lawn to set up our chairs. (Either bring your own or rent one there.) We will then enjoy a picnic with food you bring from home or purchase in the Ravinia Food Court. Enjoy fresh air and camaraderie before the concert begins.

Date: Wednesday, August 3, 2016

Time: Meet at the Pavilion at 4:00 p.m.
The bus will leave at 4:15 p.m.

Place: Highland Park, IL

Cost: \$25 members/\$40 non-members
by July 6, 2016;
\$30 members/\$45 non-members
July 7, 2016 or later if tickets are available.

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

No refunds or credits after July 1, 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, August 16, 2016

Time: 6:00 P.M. – 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!



COLE PORTER CELEBRATION AT RAVINIA

Enjoy the music of Cole Porter in the beautiful Ravinia Park. We will arrive in time to find a great place on the lawn to set up our chairs. (Either bring your own or rent one there.) We will then enjoy a picnic with food you bring from home or purchase in the Ravinia Food Court. Enjoy fresh air and camaraderie before the concert begins.

Date: Wednesday, August 17, 2016
Time: Meet at the Pavilion at 4:00 p.m.
 The bus will leave at 4:15 p.m.
Place: Highland Park, IL
Cost: \$25 members/\$40 non-members
 by July 6, 2016;
 \$30 members/\$45 non-members
 July 7, 2016 or later if tickets are available.
Call the Senior Center at 847-459-2670
to reserve your space.

No refunds or credits after July 1, 2016



ANNIVERSARY PARTY

The Wheeling Pavilion Senior Center will be celebrating 31 years of great times. Join us as we celebrate the fun we have shared. Frank Rossi will be here to entertain us after lunch.



Date: Wednesday, August 17, 2016
Time: 11:30 A.M.
Place: Wheeling Pavilion Senior Center
Cost: Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois Department of Aging. 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.**
 Come in to the Wheeling Pavilion to make your reservation or call us at 847-459-2670.

Reservations must be made by August 8, 2016.

PLEASANT PRAIRIE OUTLET CENTER

Attention bargain hunters!
 The Wheeling Pavilion Senior Center is heading to the Pleasant Prairie Outlet Center in Pleasant Prairie, WI. Enjoy a fun day away shopping and finding that special item that you "just can't live without"! **Please note: lunch will be at your own expense.**

Date: Tuesday, August 30, 2016
Time: Meet at the Pavilion Senior Center at 9:00 a.m. The bus will leave at 9:15 a.m. The expected return time is 4:30 p.m., depending on traffic.
Location: Pleasant Prairie, WI
Cost: \$15 members/\$30 non-members
 by August 1, 2016;
 \$20 members/\$35 non-members
 August 2, 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 August 1, 2016 in order to run this trip.

No refunds or credits after August 1, 2016.



RULES OF THE ROAD

The Wheeling Pavilion Senior Center will be offering a Rules of the Road Class in preparation for the test. Come and refresh your memory so you can "Ace" your exam!

Date: Wednesday, August 31, 2016
Time: 10:00 a.m. – 12:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: **Free** but advance registration is *required*

Please register for this program at the Wheeling Pavilion Senior Center, 199 N. 1st Street, Wheeling or call 847-459-2670 for more information.

LITTLE TRAVELER

Journey with us to Geneva, Illinois for a day at the Little Traveler. With many departments featuring clothes, shoes, jewelry, toys, Christmas items, collectibles, and more there is certain to be something for everyone. The cost of this trip includes round trip transportation and a \$15 gift card to use for lunch or shopping.

Date: Thursday, September 8, 2016

Time: Meet at the Wheeling Pavilion at 9:15 A.M.

The bus will leave at 9:30 A.M.

Place: Geneva, Illinois

Cost: \$29 members/\$44 non-members by August 8th
\$34 members/\$49 non-members August 9th or later until all spaces are filled.

No refunds or credits after August 18, 2016.



SMOKEY JOE'S CAFE

Smokey Joe's Café features nearly 40 of the greatest songs ever recorded, covering the classic themes of love won, lost, and imagined, blended with hilarious set-pieces and slice of life emotions. Some of the many songs featured include "Hound Dog", "Love Potion #9", "Yakety Yak", "Charlie Brown", and "Jailhouse Rock". This production will have you singing, clapping, and dancing along with the performers. The cost of this trip includes transportation, your choice of Pecan Crusted Tilapia or Chicken Breast Marsala for lunch, and theatre ticket.

Date: Thursday, October 13, 2016

Time: Meet at the Wheeling Pavilion at 10:15 A.M.

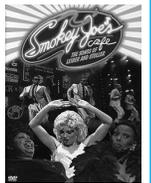
The bus will leave at 10:30 A.M.

Place: Drury Lane Theatre in Oakbrook Terrace, Illinois

Cost: \$76 members/\$91 Non-members by September 8, 2016

\$81/\$96 September 9 - 19, 2016 if space is available

No reservations, refunds, vouchers after September 8, 2016



MOTOWN AND MORE

Enjoy a delicious lunch at White Fence Farm followed by a performance of Motown and More. Don't miss a fabulous performance of your favorite 60's and 70's hits! Get ready to sing and dance to the Motown beat with sensational vocalist Paula Williams. Now you can be one of the Temptations, Pips, and the Supremes!

Date: Wednesday, October 19, 2016

Time: Meet at the Wheeling Pavilion Senior Center at 10:15 A.M. The bus will leave at 10:30 A.M.

Place: Romeoville, Illinois

Cost: \$56 members/\$71 non-members by September 6 2016

\$61 members/\$76 non-members September 7 - September 16, 2016

No refunds or credits after September 6, 2016



THE BRITISH ARE COMING!

Enjoy a delicious lunch at the Jacob Henry Mansion followed by a performance of the "Cavern Beat" a well-known Beatles tribute band. Close your eyes and you will believe that George, Paul, Ringo, and John are on stage performing just for you!

Date: Tuesday, September 20, 2016

Time: Meet at the Wheeling Pavilion at 9:00 a.m.
The bus will leave at 9:15 a.m.

Place: Jacob Henry Mansion in Joliet, IL

Cost: \$68 members/\$83 non-members by August 17, 2016;
\$73 members/\$88 non-members August 18th or later, if space is available.

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

No refunds or credits after August 15, 2016.



AUGUST 2016 CALENDAR OF EVENTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle 3:00 Rabbi Gordon: Tisha B'Av</p> <p>Beginner Computer Tutoring by appt</p>	<p>2</p> <p>9:30: Exercise 10:00: Computer Class by appt 10:00: Current Events 11:30 Lunch at Pavilion 12:00 Senior Jeopardy 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>3</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: Stitch and "itch 1:00 Open Game Play 4:00: Gershwin & Bernstein Celebration at Ravinia</p> <p>SHIP by appt 10-3</p>	<p>4</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 10:00: Advisory Council 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>5</p> <p>9:15 : Foot Doctor 10:00 : Computer Class by Appt 10:30 : Manny's Deli #2 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>8</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 : Paula Haney : Hoosier Mama Pie Company 1:15 Canasta/ Pinochle</p> <p>Beginner Computer Tutoring by appt</p>	<p>9</p> <p>9:30: Exercise 10:00: Computer Class by appt 10:00: Current Events 11:30: Lunch at Pavilion 12:00 : Jim Kendros : Hits of the 60s 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>10</p> <p>9:00: Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:15 : Congressman Bob Dold 12:00: Stitch and "itch 1:00 Open Game Play</p> <p>SHIP by appt 10-3</p>	<p>11</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 5:30: Wa Pa Getti's Dinner</p> <p>SHIP by appt 10-3</p>	<p>12</p> <p>10:00 : Computer Class by Appt 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>15</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle</p> <p>Beginner Computer Tutoring by appt</p>	<p>16</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>6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>17</p> <p>9:00: Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: 31st Anniversary Party 1:00 Open Game Play 4:00 : Cole Porter Celebration At Ravinia</p> <p>SHIP by appt 10-3</p>	<p>18</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00 Music Federation Program - Jennifer Silk 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>19</p> <p>10:00 : Computer Class by Appt 10:30: Your Clock is Ticking Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00: Maureen Christine : Great Composers 1:00: Book Club 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>22</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Officer Laverd-Scam Update 1:15 Canasta/ Pinochle</p> <p>Beginner Computer Tutoring by appt</p>	<p>23</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>24</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: Stitch and "itch 1:00 Open Game Play</p> <p>SHIP by appt 10-3</p>	<p>25</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00 Through the eyes of the Hubble Space Telescope 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>26</p> <p>10:00 : Computer Class by Appt 10:00: Brain Games 10:30: Russian Tea Time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Book Club 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>29</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 John Boda: The Wizard of Oz 1:15 Canasta/ Pinochle</p> <p>Beginner Computer Tutoring by appt</p>	<p>30</p> <p>9:00: Pleasant Prairie Outlets 9:30: Exercise 10:00: Computer Class by appt 10:00: Current Events 10:00 -12:00 Rules of the Road 11:30 : Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>31</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:00-12:00 : Rules of the Road 11:30: Blood Pressure 11:30 : Lunch at Pavilion 12:00: Stitch and "itch 1:00 Open Game Play</p> <p>SHIP by appt 10-3</p>	<p>Save the date! Motown and More October 19,2016</p> 	<p>Save the date Four Winds Casino October 27</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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