

Wheeling Forward

Wheeling Pavilion Senior Center

September 2016

National Senior Center Month

Find Balance at Your Center

Purpose

Fitness

Friendship

Learning

ncoa
National Institute of Senior Centers

September 2016

SEPTEMBER IS SENIOR CENTER MONTH

Celebrate fun and fellowship at our Senior Center. Each day we will have a scheduled activity in addition to the wide variety of groups we offer on a regular basis. Each time you attend a program or trip that is in **BOLD** lettering on our September calendar, you will receive a raffle ticket at the conclusion of the program. Write your name and phone number on the back of the ticket and place it in our raffle box. The winners will be drawn at random at our Senior Center Month Wrap-Up Party on Thursday, September 29, 2016 in conjunction with our Lunch at Pavilion Program.

Prizes are:

- ⇒ \$25 Senior Center Gift Certificate
- ⇒ \$10 Senior Center Gift Certificate
- ⇒ \$5 Senior Center Gift Certificate

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, 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
 Marilyn Hams
 Pat Hawkins
 Marshall Kaplan
 Michael Kohen
 Gerald Malin
 Pat Miller
 Kathy Pico
 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 Thomas Vollmer
- 8 Marcia Burk
- 8 Has Mukh Rami
- 9 Anjani Parikh
- 9 Ann Carol Banks
- 10 Karen Farber
- 10 Dianne Mucciante
- 13 Franziska Balcke
- 16 Lynn Gordon
- 16 Jane Johnson
- 18 Alan Leksander
- 19 Niru Rawal
- 19 Nicole Nowak
- 21 Lisette Lumsden
- 22 Jerry Falkin
- 26 Cipriano Delgado
- 27 Marshall Kaplan

- 28 Linda Belcher
- 30 Frank Bressett
- 30 Karen Jacobson
- 30 Bonnie Buhrke



ROTARY CLUB BIRTHDAY PARTY

Join us for this wonderful event featuring a great lunch and bingo provided by the Rotary Club to help celebrate their birthday. Birthday cake will be served.

THIS IS FREE TO THE FIRST 80 PEOPLE.

No exceptions. Tickets will be distributed on a first come first served basis beginning August 22, 2016. Tickets must be picked up in person or via pre-approved arrangements only.

Date: Friday, September 2, 2016

Time: Doors open at 11:00 A.M. Lunch will be served at 11:30 A.M.

Place: Wheeling Pavilion Senior Center

Cost: FREE, but advance registration is required.

Register for this program in person at the Front Desk at the Wheeling Pavilion Senior Center, 199 N. First Street, Wheeling or call 847-459-2670 for more information.

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



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
- 10:00-12:00 TLC (Technology Learning Center)
- 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

- 9:30-3:30 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.

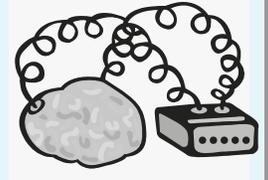
Brain Games will help improve your focus, concentration, and memory through a series of exercises and games. Join us for a thought provoking program of games to keep your brain sharp.

Date: Friday, September 23, 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.



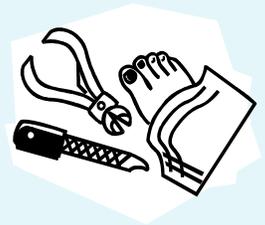
Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.

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?

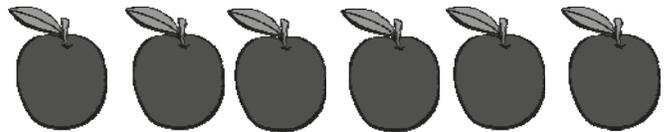
Memory screenings make sense for anyone who is concerned with memory loss or experiencing the warning signs of dementia. If family and friends have noticed changes, or those who believe they are at risk due to a family history of Alzheimer's disease or related illness, screenings and testing are advised. 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.



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 are 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 WheelinPavilion Senior Center at 847-459-2671.



WHEELING POLICE CRIME PREVENTION POST OF THE MONTH

Phone Scams:

The Wheeling Police receive many calls from people about telephone scams. Here are a few quick reminders that if you get an unexpected call from a “scammer” you will have the right tools to avoid being cheated out a few dollars to your life savings.

Some seem very friendly, calling you by your first name, making small talk even asking about your family. The caller may even claim to work for a company or the government to gain your trust. Once you receive an unplanned or unrequested call, the best thing to do is to simply say “No Thanks”. If the caller pressures you to give your personal information, credit card information or your social security number, it’s likely a scam. Hang up and report this activity to the Federal Trade Commission at ftc.gov/complaint.



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.



AMPLIFIED PHONE PROGRAM

Are you having trouble hearing on the phone? Illinois has a FREE amplified phone program that may be able to help. The Mayor's Office for People with Disabilities invites you to test the phones at the Wheeling Pavilion.

Date: Monday, September 19, 2016

Time: 9:30 A.M.—11:30 A.M.

Place: Wheeling Pavilion Senior Center, 199 N. First Street, Wheeling, Illinois

Reservations are required. Call the Pavilion at 847-459-2670 to reserve your space.

Remember to bring:

- 1.) The latest copy of your landline and/or cell phone bill.
- 2.) Proof of residency (driver's license or state ID), or a piece of mail with your name and address on it.

No age or income restrictions to participate in this program. To qualify you must no longer be able to use a standard telephone.



**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 September 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.*

Dave Byron

Thursday, September 1, 2016

Senior Center month kicks off with a performance by Dave Byron. Enjoy great music as Dave plays his acoustical guitar.

Rotary Club Birthday Party

Friday, September 2, 2016

Join us for an event in honor of the Rotary Club's Birthday! This is a free event, but you must have a ticket. See details on page 3.

Heather Braoudakis "Around the World in 60 Minutes"

Wednesday, September 7, 2016

Travel around the world in 60 minutes as Heather sings songs from many countries.

Bell Bottoms, Disco, Nylons: the 1970s

Monday, September 12, 2016

Historian Jim Gibbons presents life in the 1970s that is remembered as a time in history that shaped a different world for the future. *This program is sponsored by the Indian Trails Public Library.*

Medicare Open Enrollment : What You Need to Know

Tuesday, September 13, 2016

SHIP representative will help participants understand the need to evaluate your coverage every year.

The Beatles and Elvis!

Wednesday, September 14, 2016

Today's lunch will be a "blast from the past" as we enjoy a program of Beatles and Elvis music performed by Jerry Armstrong.

Jim Kendros

Thursday, September 15, 2016

Jim will be here to discuss "Easy Listening Music of the 1970s"

Mexican Independence Day Celebration

Friday, September 16, 2016

Celebrate Mexican Independence Day with Mariachi singer, Gabriel Estrada. *This program is sponsored by the Indian Trails Public Library.*

Songs of the American Railroads

Thursday, September 22, 2016

Take a trip on the rails of yesteryear as Steve Justman entertains us with "Songs of the American Railroads".

Honor Flight Presentation

Monday, September 26, 2016

Honor flight is an organization that seeks to honor Veterans by flying them to Washington, D.C. for a day of honor and remembrance. Learn ways to refer the veterans in your life and/or become involved in this organization.

Wheeling Police Crime Prevention Officer Scott Laverd

Friday, September 23, 2016

Officer Laverd will be here to discuss the latest scams and ways to prevent yourself from becoming a victim.

Chicago Sports Legends

Tuesday, September 27, 2016

Tim Wilsey will be here to discuss favorite Chicago sports legends.

The Roots of American Music

Wednesday, September 28, 2016

An overview of all the connecting elements to Americana music: Folk, Country, Bluegrass, Rockabilly, Rock and Roll, and Blues. *This program is sponsored by the Indian Trails Public Library.*

Senior Center Month Wrap -Up Party

Thursday, September 29, 2016

Sam Magdal will be here to entertain us with favorite songs. We will also be having our Senior Center Month raffle drawing.



WELCOME NEW MEMBERS

DOREEN LINETSKY
 BETTY GIAMBRONE
 MARILYM JEAN HALLS
 BARBARA KAMISH
 BARRY KAMISH



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.





BE CAREFUL OF SUPPLEMENTS

Americans buy \$37 billion worth of nutritional supplements a year, ranging from simple vitamins and mineral pills to sleep aids, muscle powders, memory enhancers and self-proclaimed disease cures. Sales are rising, thanks to the boomers now facing age-related health conditions, including memory loss. A study published by researchers at the University of Chicago found the proportion of adults between ages 62 and 85 using supplements rose from 51.8 percent in 2005 to 63.7 percent in 2011.

Unlike prescriptions or over-the-counter medicines, supplements are regulated by the Federal government as food, not medicine, so manufacturers don't need to prove to regulators that their products are effective or safe before coming to market. Some supplement makers put claims on their labels that are false—and sometimes even dangerous. The problem often lies with the product's manufacturers. Regulators prohibit supplement manufacturers from making false or misleading claims, but they don't actively police the industry and usually take action only after getting consumer complaints. Tens of millions of dollars are being spent on ineffective or even dangerous supplements, which older adults can ill afford. Some of these users are missing out on approved treatment or remedies taking supplements with life-threatening ingredients or using in high-risk combinations with prescription drugs.

Targeting older consumers, a host of new products claim to boost memory with some even suggesting they can head-off or reverse dementia and Alzheimer's disease. These claims are starting to get attention from regulators and lawmakers. The Justice Department announced a nationwide sweep of more than 100 makers and marketers of supplements. The companies were accused of making unsubstantiated claims about everything from treatments for Alzheimer's to cures for people addicted to pain medications. The agency also settled charges against two supplement marketers who claimed their product could prevent gray hair and/or restore its natural color!

Your best resource is your own personal physician who knows how to treat you; in some cases, even certain pharmacists are able to tell you about any interactions with your prescriptions, since they also know what medicines you take. Do not be taken in by false claims that may even endanger your health. Be a knowledgeable consumer; your own health is at stake.

Pat Miller, SHIP Counselor
Wheeling Pavilion Senior Center
847-459-2670

Excerpted from AARP Bulletin "Real Possibilities" July/August 2016



THE WHEELING PAVILION SENIOR FOUNDATION

Are you planning a Labor Day week-end BBQ? If so, don't forget our Fannie Mae Candy Bars for an extra added treat for your guests. Here's hoping your Fourth Of July was great and spent with family and friends, watching Wheeling's Fireworks.

Need clothes, appliances or gifts? The WPSF will be selling Carson's Coupon Books with lots of valuable coupons to save you money. The coupon books will be on sale for \$5.00 each and the WPSF will get full profit from these books. Take advantage of these coupons that will go on sale in November.

We hope you are having a great summer so far, taking advantage of all the events and special things our Senior Center in Wheeling offers. Some of the great things are everyday lunch (Monday through Friday), 11:30-12:30, exercise classes and Book Club to mention a few.

You can join the WPSF and do not have to be a Wheeling resident. Also, residents can join the Senior Center for just \$10.00 annually and enjoy all it has to offer.

Take care, stay well.

Betty Giambrone, Secretary

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

GUEST APPRECIATION DAY

Wednesday, September 7

Location: Community Recreation Center (CRC)

Join us as we say thank you for your continued patronage and support. Enjoy special treats just for our special guests!

FALL INTO FITNESS AT A FALLAPALOOZA OF A PARTY

Sunday, September 18, 1 PM

Location: Heritage Park

This kick-off event sends you into two weeks of fitness fun – from September 18 to October 1.

FREE CLASSES – One FREE class each day for two weeks! Look for the schedule of FREE fitness classes posted at the Fitness Center and on our website starting September 1.

EXCLUSIVE OFFERS – Refer-a-Friend Raffle: Enter your name for a chance to win an annual fitness membership! Personal Training and Pilates Training discounts, too!

FOOD DRIVE - Help us reach our goal of 2,000 non-perishable food items in two weeks! Donations benefit the Wheeling Food Pantry.

FITNESS ACTIVITIES – Be on the lookout for special incentives including a contest, prizes, bragging rights, and more!

For more information, call (847) 465-2943.

FALLAPALOOZA

Sunday, September 18, 1-4 PM

Location: Heritage Park

Bring the grandkids to this FREE family event. Live music by Mason Rivers, petting zoo, pony rides, inflatables, and hayrides are just some of the activities you'll find in the line-up of entertainment just for you and your neighbors and family. Food and refreshments also are available for purchase. Admission is free.

For more information, call (847) 465-3333.

PICKLEBALL

Every Tuesday and Thursday morning (9 AM-12 PM) and Friday evening (6-9 PM)

Location: CRC gym, 333 W. Dundee Road, Wheeling

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

The game is played using solid paddles and a brightly-colored whiffle ball on a hard surface. Enjoy this drop-in program when it's convenient for you. Some equipment is provided or bring your own.

For more information, call (847) 465-3333.

WHEELING WALKS

Every Saturday at 9:30 AM

Location: Heritage Park Performance Pavilion

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!

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, indoor restrooms, and water fountains are available along the way. For more information, call 847-465-3333.

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

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

No refunds or credits after August 18, 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, September 20, 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!



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

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

No refunds or credits after August 15, 2016.



MOBILE DRIVERS SUPER SENIOR EVENT

A representative from the Secretary of State's office will be at the Wheeling Pavilion Senior Center to assist Seniors with Driver's License and State ID applications and renewals. Attendees will also have the opportunity to purchase License Plate Stickers, Register to Vote (with renewal of Driver's License/State Id). Proper identification will be needed for these services. A Rules of the Road class will be offered in the morning.

Date: Wednesday, September 21, 2016
Time: 9:30 A.M. - 2:00 P.M.
Place: Wheeling Pavilion Senior Center
 199 N. First Street, Wheeling
Cost: FREE, but advance registration is requested.



COUPON

This coupon is good for \$2 off any trip that is \$25 or more.

Coupon expires October 31, 2016

This coupon can only be used once. This is not valid for previous registration and can only be used for trip.

This coupon is not valid for restaurant trips.

Name of person using coupon _____

Date coupon was used and staff initials _____

Trip used for _____

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



MI MEXICO DINNER OUT

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

Date: Tuesday, September 6, 2016

Time: Meet at Mi Mexico at 5:30 P.M.

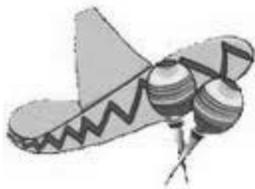
Place: Mi Mexico Restaurant

220 Milwaukee Avenue, Buffalo Grove

Cost: The cost of dinner will depend on what you order.

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.

Call the Senior Center at 847-459-2670 to reserve your space and to let us know you will be joining us.



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, 2015

No refunds or credits after September 6, 2016



FOUR WINDS CASINO

Date: Thursday, October 27, 2016
 Time: Meet at the Wheeling Pavilion Senior Center at 8:45 A.M. The bus will leave at 9:00 A.M.
 Place: New Buffalo, Michigan
 Cost: \$42 members/\$57 non-members by September 29, 2016
 \$47 members/\$62 non-members September 29 – October 3, 2016 if space is available
 Please note: No reservations or refunds after September 29, 2016 as we must give a final count and payment to the venue at this time.
 Expected return time is approximately 6:00 P.M. depending on traffic.
 Enjoy a day away as we journey to New Buffalo, Michigan to try our luck at the Four Winds Casino. The cost of this trip includes round trip transportation, a \$10 food credit, and \$15 instant slot credit.
 **If you already have a card for Four Winds Casino, please provide that number when you register for this trip.



ILLINOIS HOLOCAUST MUSEUM

Learn about the this period in our history. We will have a docent led tour of this museum.

Date: Thursday, November 3, 2016
 Time: Meet at the Wheeling Pavilion at 11:45 A.M.
(Please eat before the trip.)
 Place: Skokie, Illinois
 Cost: \$20 members/\$35 non-members until all spaces are filled.

We must have a minimum of 10 people registered by October 3, 2016 in order to run this trip.



FIRESIDE CHRISTMAS

Travel with us to the Fireside Theatre in Fort Atkinson, Wisconsin for lunch and a production of “A Fireside Christmas”. This tradition has made The Fireside the number one choice for Christmas entertainment for guests around the nation and world. This show will re-ignite the Christmas spirit in all of us. Enjoy a delicious lunch featuring fresh from the oven breads, salad, beef and chicken, vegetables, and dessert. Find that special gift for that special someone in the Fireside’s unique shops.

Date: Wednesday, November 9, 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, Wisconsin
 Cost: \$117 members/\$132 non-members by September 23, 2016
 Please note: We must have a minimum of 12 people registered by September 23, 2016 in order to run this trip.

No refunds or credits after September 23, 2016 as we must give a final count and payment to the venue at that time. (This trip is rated “4 shoes” to the length of the trip. There is actually very little walking involved)



AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is an eight 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 October 17, 2016.

Dates: Mondays, November 7 and 14, 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
Checks should be made payable to AARP.

SEPTEMBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00 : Dave Byron 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>2</p> <p>9:15 : Foot Doctor 10:00 : Computer Class by Appt 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00: Rotary Club Birthday 1:00: Canasta CJE Russian Speaking Social Worker by apt</p>
<p>5</p> 	<p>6</p> <p>9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group 5:30 : Mi Mexico Dinner Out</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>7</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: Heather Braoudakis- Around the World in 60 Minutes. 12:00: Stitch and *itch 1:00 Open Game Play</p>	<p>8</p> <p>9:00 : Exercise 9:15: Little Traveler 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>9</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 apt</p>
<p>12</p> <p>9:00 Exercise Video 10:00 TLC(formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00: Bell Bottoms, Disco, Ny-lons: the 1970s 1:15 Canasta/ Pinochle</p> <p>Begginer Computer Tutoring by appt</p>	<p>13</p> <p>9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30 : Lunch at Pavilion 12:00: Open Enrollment: What you need to know. 12:30 Bridge 1:00 : Community Volunteer Group CJE Russian Speaking Social Worker by appt</p>	<p>14</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: The Beatles and Elvis 12:00: Stitch and *itch 1:00 Open Game Play</p>	<p>15</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00 Jim Kendros 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>16</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 Mexican Independence Day Celebration Mariachi. 1:00: Book Club 1:00: Canasta CJE Russian Speaking Social Worker by apt</p>
<p>19</p> <p>9:00 Exercise Video 9:30: Amplified Phone Program 10:00 TLC(formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle 3:00 : Rabbi Gordon: The High Holidays</p> <p>Begginer Computer Tutoring by appt</p>	<p>20</p> <p>9:00: The British Are Coming 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30 : Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group 6:00 Tuesday Evening at Pavilion CJE Russian Speaking Social Worker by appt</p>	<p>21</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 11:30: Blood Pressure 11:30 : Lunch at Pavilion 12:00: Stitch and *itch 1:00 Open Game Play 1:00: Mobile Drivers Super Senior Event</p>	<p>22</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00: Songs of the American Railroads 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>23</p> <p>10:00 : Computer Class by Appt 10:00: Brain Games 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00: Office Laverd 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by apt</p>
<p>26</p> <p>9:00 Exercise Video 10:00 TLC(formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00: Honor Flight Presentation 1:15 Canasta/ Pinochle</p> <p>Begginer Computer Tutoring by appt</p>	<p>27</p> <p>9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30 : Lunch at Pavilion 12:00: Chicago Sports Legends 12:30 Bridge 1:00 : Community Volunteer Group 6:00: Tuesday Evening at Pavilion CJE Russian Speaking Social Worker by appt</p>	<p>28</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00 : The Roots of American Music 12:00: Stitch and *itch 1:00 Open Game Play</p>	<p>29</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00: Senior Center Month Wrap-up Party 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>30</p> <p>10:00 : Computer Class by Appt 10:00: Brain Games 10:30: Russian Tea Time Support Group 10:30: Yesterday Once More 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Book Club 1:00: Canasta CJE Russian Speaking Social Worker by apt</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

Dean S. Argiris, *President*
Kenneth Brady, *Trustee*
Mary Krueger, *Trustee*
Ray Lang, *Trustee*
Mary Papantos, *Trustee*
Joe Vito, *Trustee*
David Vogel, *Trustee*
Elaine Simpson, *Village Clerk*

SENIOR CENTER STAFF

Shari Matthews Huizar, *Director of Human Services*
Alysia Miller-Goldstein, *Program Planner*
Jan Christiansen, *Social Worker*
Diana Murillo, *Secretary*
Sharon Greenberg, *Clerk*
Braulio Hernandez, *Custodian*
Jesus Delgado, *Dining Coordinator*