

Happy Hanukkah



Wheeling Pavilion Senior Center

Wheeling Forward

December 2016

ATTENTION MEMBERS!

Whoever said there is no such thing as a free lunch? Bring somebody to lunch who has never been to lunch before and you will BOTH Receive a FREE lunch. Use the coupon below.

Bring a guest who is at least 60 years of age or better and has NEVER been to Lunch at the Pavilion and you will both receive a FREE lunch!

Name and phone # of Member _____

Name and Phone # of guest _____

Please call the Wheeling Pavilion at 847-459-2670 to make your lunch reservations.

Let Alysia know if you would be interested in any of these shows: and other trips:

Finding Neverland
Phantom of the Opera
Aladdin

The King and I
Something Rotten
Beautiful

Medieval Times
Cubs Game



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, Dolores Kelley, 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, Howard Grubman, 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 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.

DECEMBER BIRTHDAYS

3

- | | |
|------------------------|------------------------|
| 1 Alta Tan | 22 Barbara Pressburger |
| 1 Josie Cilia | 23 Toni Nettnin |
| 2 Corinne Strecker | 26 Gayle Stone |
| 4 Marilyn Falkin | 26 Rose Ann Vorreyer |
| 5 Joannie Purvin | 27 Dora Amezcua |
| 6 Emily Chan | 30 Kim Zolnier |
| 8 Yvonne Carlborg | 31 Eleanor Brzozowski |
| 9 Sharon Andrey | 31 Susan Watts |
| 9 Jeanne Annis | |
| 10 Eleanor Zeman | |
| 11 Geraldine Robertson | |
| 11 Marilyn Halls | |
| 15 Mary Weaver Gouwens | |
| 18 Carolyn Bisig | |
| 19 Howard Harris | |
| 20 Louise Bobker | |
| 20 Maureen Roberts | |
| 21 Czeslawa Gorka | |



Medicare Open Enrollment
October 15 - December 7



MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment appointments are available on Wednesdays and Thursdays from 10:00 A.M.—3:00 P.M. starting October 15, 2016 through December 7, 2016.

Call 847-459-2670 for an appointment.

Things to bring to your appointment:

- **List of medications and your dose(s) of each
- **Name and address of preferred pharmacy
- **Current prescription drug plan information
- ** Current insurance information and Medicare card.

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, 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
1:00-3:00	Volunteer Craft Group

WEDNESDAY

9:00-10:00	Stay Fit Fitness
9:30-10:00	Indian Trails Library Drop -Off and Pickup
10:00- 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

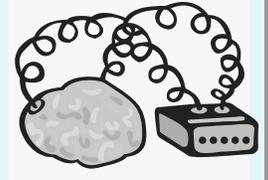
9:00-10:00	Stay Fit Fitness
10:00-3:00	SHIP by appointment
11:30-12:30	Lunch at Pavilion
12:30-3:30	Intermediate Bridge
1:00-3:30	Happy Hookers

FRIDAY

9:30-3:30	CJE Russian Speaking Social Worker by appt.
10:00-11:00	Brain Games (3rd FRI of the month)
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)

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, December 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.

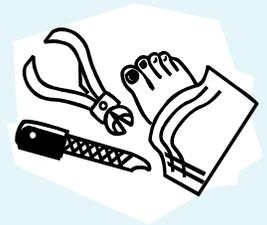
Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.

FOOT DOCTOR

First Friday of every 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 every 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 everyone 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 as to why you can't do something now. 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 – 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 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.



COUPON

This coupon is good for \$2 off any trip that is \$25 or more. Coupon expires December 14, 2016.

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

This coupon is not valid for restaurant trips.

Name of person using coupon

Date coupon was used

Staff initials

Trip used coupon for



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;
- 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.

LUNCH AT PAVILION MENU

1% or fat free milk served with meal
 * Menu subject to change without notice*



December 2016

★ Please see reverse side for lunch events Wheeling Pavilion Senior Center 199 N. 1st Street Wheeling, IL 60090 847-459-2670

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Fruit Yogurt</p> <p>12 Breakfast for Lunch Buttermilk Pancakes Breakfast Sausage Glazed Apples Orange Juice Chilled Peaches</p> <p>19 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Peas & Onions Whole Wheat Roll Pineapple Tid Bits</p>	<p>6 Choice Day Chicago Style Hot Dog OR Turkey Pasta Salad/Shell Rigate Lettuce & Tomato Garnish Tomato Lentil Wheat Hot Dog Bun Gramina Apple Bar</p> <p>13 Choice Day Meatball Sub OR Spinach, Cheddar & Turkey Roll-up/Wheat Tortilla Lettuce & Tomato Garnish 15 Bean Soup Soft Hoagie Roll Banana</p> <p>20 Choice Day Fish Sandwich OR Caprese Pasta Salad W/Grilled Chicken Romaine & Tomato Garnish Split Pea Soup Wheat French Roll Chef's Choice Fruit</p> <p>27 Choice Day Chicken Cordon Bleu Poor Boy OR Deviled Egg Salad Sandwich Lettuce Tomato Garnish Tomato Soup Wheat French Roll Pea Salad</p>	<p>7 Tater Tot Casserole Green Beans Mixed Green Salad Corn Bread Fruit Cocktail</p> <p>14 Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chocolate Beet Cake</p> <p>21 BBQ Chicken Thigh Oven Fries Green Beans & Onions Wheat bread Fruit Jell-O</p> <p>28 Salisbury Steak/Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>1 Choice Day Summi Crab Cake Sandwich OR Turkey, Ino & Cheese Sub Sandwich Lettuce & Tomato Garnish Split Pea Soup Sliced Wheat Bun Banana</p> <p>8 Choice Day Hamburger OR Juliette Ham Greek Salad Lettuce & Tomato Garnish Duchess Cheese Soup Sliced Wheat Bun Fresh Melon</p> <p>15 Choice Day Chicken Tender Poor Boy/Herb & Aioli OR Egg Salad Sandwich Lettuce & Tomato Garnish Vegetable Barley Wheat French Roll Oatmeal Raisin Cookie</p> <p>22 Choice Day Broccoli Quiche OR Dill Shrimp Pasta Salad/ Shell Rigate Lettuce & Tomato Garnish Vegetable Gumbo Dinner Roll Fruit Yogurt</p> <p>29 Choice Day BBQ Ribs OR Chicken Baked Potatoes & Sour Cream Corn Coleslaw Dinner Roll Pie</p>	<p>2 Chicken Breast Parmesan Penne Pasta/Marinara Squash Medley French Bread Chilled Peaches</p> <p>9 Choice Day Potato Crusted Fish Filet OR Chicken Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding</p> <p>16 Chicken Tenders in Country Chicken Gravy Bread Stuffing Sweet Mashed Potato Northwest Blend Cran-Apple Sauce</p> <p>23 Swedish Meatballs/Gravy Mashed Potatoes Broccoli Multi Grain Bread Banana</p> <p>30 Cheese Ravioli W/Parmesan Marinara Sauce Zucchini W/ Red Peppers & Onions Butter Beans & Carrots Garlic Bread Peanut Butter Cookie</p>
<p>26 </p>				

Funds (in whole/part) for the Lunch at Pavilion program were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES. The Village of Wheeling does not discriminate in admission to programs or activities of treatment in compliance with appropriate State and Federal statutes.

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 December 2, 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 UNLESS OTHERWISE NOTED.*

TIM WILSEY: CHRISTMAS AROUND THE WORLD

Wednesday, December 7, 2016

Join Tim Wilsey as he discusses Christmas traditions from around the world.



GIANTS IN THE PARK PART III

Thursday, December 8, 2016

Lincoln Park, Chicago's largest and historically most important park, is decorated with giants of history and literature, celebrated in enduring bronze. Using historical photographs and book highlights, Part III presents the histories behind local monumental art. *This program is sponsored by the Indian Trails Public Library.*



BROOKDALE PROSPECT HEIGHTS BINGO

Wednesday, December 14, 2016

Join staff from Brookdale Prospect Heights for an afternoon of Bingo.



WELCOME WINTER

Thursday, December 15, 2016

Winter lasts from December to March so there is plenty of time to celebrate all the joys of the season-snow, sledding, skating, snowballs, coats, and wonderful wintry music. Join Heather Braoudakis as we welcome in this season.



SCAM UPDATE

Friday, December 16, 2016

Officer Laverd will be here to update us on the latest scams and ways we can protect ourselves from becoming victims of these scams.



MUSICAL MEMORIES: THE MAGIC OF A STORY

Monday, December 19, 2016

Music can be an important part of a story. Join Steve Justman as he explains how a story is conveyed through music.



HOLIDAY MUSIC

Friday, December 23, 2016

Jim Kendros will discuss and perform holiday music.



END OF YEAR PARTY

Thursday, December 29, 2016

Ring in the New Year at the Wheeling Pavilion Senior Center. Register for lunch then enjoy the music of Bobby Schiff.



WELCOME NEW MEMBERS

LILLIAN WILLIAMS
KAREN PETER
DOLORES PETER
CYNTHIA PACE
BEVERLY ROSSMAN

ROSA ROSENBERG
FREDERICK REYNOLDS
JACK CALDWELL



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 1:00–3:00 P.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 previous Friday before to assure a volunteer is available.

Other available classes

eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking

To be scheduled with instructor

Did you recently receive a Tablet or Smart Phone? 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 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.





MEDICARE SCAMS ARE SPREADING

Medical scams are a basic feature of Medicare fraud: Like a virus, they are constantly evolving, giving investigators all they can handle as they seek to keep them under control. These investigators are always looking for new scams. There is too much money to steal for them not to. When the heat gets turned up on one type of fraud, as it has with motorized wheelchairs and nutritional supplements, perpetrators shift gears and devise a new ploy. They ply their illegal trade by telephone and many other means. A scam will work in one region of the country, then be picked up by criminals elsewhere. The best way to protect yourself from being victimized is to be aware of the most recent types of fraud emerging around the country.

A simple bait-and-switch scam is making the rounds via telemarketing, TV commercials and pushy door-to-door salespeople. Medicare recipients are being targeted. They are promised relief from chronic joint discomfort, thanks to the new high-tech osteoarthritis braces specially designed for troubled knees, backs, ankles, hands, and elbows. Instead, you get Velcro braces and assorted knee and ankle wraps. Meanwhile, the supplier bills Medicare \$3,000 for state-of-the-art braces and splints.

Home health care scams are proliferating around the country. Federal prosecutors won criminal convictions against home health care fraudsters in Louisiana, Michigan, and Illinois. The new wrinkle is to sign up clients for services ranging from physical therapy to cooking and cleaning assistance. Companies then charge Medicare for professional caliber services, but provide either low-level care or nothing at all. They are very creative, probably the most creative people on the planet, second only to computer hackers!

Protect yourself: Beware of talking to door-to-door salesmen or talking on the phone to someone who is willing to give you something for almost nothing. That just is not going to happen. There is also a volunteer Medicare organization called Senior Medicare Fraud Patrol, and if you come across anyone trying to scam you into something, call Medicare and report them. Medicare does not always know when or where these scammers are working, so your input is vital!

Pat Miller, SHIP Counselor
Wheeling Pavilion Senior Center

Gleaned from "Real Possibilities," [AARP Bulletin](#), June 2015

WHEELING PAVILION SENIOR FOUNDATION



Wishing everyone a happy and safe holiday. To all our Jewish friends, wishing you happy Hanukkah.

Don't forget our Fannie Mae Candy Bars for an extra added treat for your guests, and stocking stuffers, for the upcoming holidays.

Hope your Carson's Coupon Books helped you for holiday gifts, with lots of valuable coupons that helped you save money.

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

Don't forget to save the date of February 21, 2017 for our Annual Meeting at 6:30 pm. More will follow later.

Again, may your holiday season be spent with family and friends and be happy and safe!

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

Community Appreciation Day

Sunday, December 4, 1-4 PM

Location: Community Recreation Center

Free

Come to the Community Recreation Center so we can say thank you for your continued patronage and support. Take this opportunity to learn more about the programs we offer by participating in some of our activities for free. Please check our Facebook page and website for a list of activities. Program staff will be on hand to answer your questions; meet instructors, coaches and leaders, too. On-site registration will be available as well. Enjoy refreshments and receive a free giveaway for attending.

For more information, call 847-465-3333.

Breakfast with Santa

Saturday, December 10, 10-11:30 AM

Location: Chevy Chase Country Club

Register by December 7.

Bring the whole family for this wonderful holiday tradition featuring a delicious buffet breakfast and entrainment by the madrigal carolers. All children meet, and have a photo taken with, Santa. New this year is a performance by "Those Funny Little People".

Fee: \$25/person for residents; \$30/person for non-residents

Children 4-10 years: \$15

Children three years and under: \$8

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

Chair Yoga now offered at the Pavilion Senior Center!

Fridays, January 6-February 24, 8:30-9:30 AM

Location: Pavilion Senior Center

Not comfortable getting on the floor to exercise on a Yoga mat? Sit in a chair and get the benefits of Yoga. Learn the techniques with personalized modifications. No experience necessary!

Register today at the CRC Guest Service Desk. Fee: \$68 for eight-class session

Registration Code: 115703-03

For more information, call 847-465-3333.

Chair Yoga also offered at the CRC!

Fridays, January 13-March 3, 10:30-11:30 AM

Location: Community Recreation Center

Instructor: Nancy Rabenau

Get the benefits of yoga without getting down on the floor! Learn the techniques with personalized modifications while sitting in a chair. No experience necessary!

Register today at the CRC Guest Service Desk.

Member/Resident/Fee: \$68/\$76/\$84 for eight-class session; Registration Code: 115703-01

If you are not completely satisfied with the first scheduled class, refunds will be issued. After the second class meeting, refunds issued with a physician's note.

For more information, call 847-465-3333.

Wheeling Walks

Every Saturday at 9:30 AM

Location: Heritage Park, 333 W. Dundee Road in Wheeling

FREE

Join our community walking club! Walking is more fun with friends! Meet at the Heritage Park Performance Pavilion, weather permitting. In case of inclement weather, meet fellow walkers on the CRC indoor walking track. *Wheeling Walks is offered in cooperation with the Village of Wheeling Board of Health.*

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

MANNY'S DELI

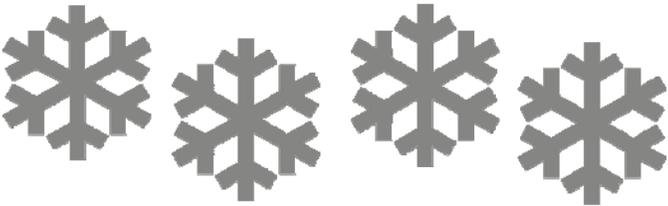
Enjoy one of the best corned beef sandwiches around at the famous Manny's Deli in Chicago. Many other deli treats are available as well. The cost of this trip includes a \$15 gift card to be used for lunch.

DATE: Monday, December 5, 2016

Time: Meet at the Wheeling Pavilion Senior Center at 10:30 a.m. The bus will leave at 10:45 a.m.

Location: Chicago

Cost: \$29 members/\$44 non-members until the trip is full.

**Rabbi Gordon Presents Channukah**

Channukah, also known as the Festival of Lights, is an eight day Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt of the 2nd century BCE. Join Rabbi Gordon as he discusses the customs and traditions of this holiday.

Date: Monday, December 5, 2016

Time: 3:00 P.M.

Place: Wheeling Pavilion Senior center

Cost: FREE, but reservations are requested so we know how many people to expect.

**MIX AND MINGLE PIZZA PARTY**

Join others for an evening of camaraderie, conversation and pizza. Enjoy meeting others and make new friends. Pizza will be provided. When you register, please specify whether you will be bringing an appetizer, side dish, or dessert.

Date: Tuesday, December 6, 2016

Time: 4:30 p.m. – 6:30 p.m.

Place: Wheeling Pavilion

Cost: \$12 members/\$27 non-members

We must have a minimum of 10 people registered in order to run this program.

**CHRISTMAS ONCE MORE**

Join guitarist Dave Byron and Legacy Girl Renee Hein as they celebrate the season with all of your favorites and a few surprises. The cost of this trip includes round -trip transportation, lunch, and a ticket to the show.

Date: Friday, December 9, 2016

Time: Meet at the Pavilion at 10:15 a.m. The bus will leave at 10:30 a.m.

Place: Chandler's Chophouse
Schaumburg

Cost: \$58 members/\$73 non-members

Please note: No refunds, credits, or vouchers available for this trip.



DENGEOS DINNER OUT

Take a break and join us for dinner out at Dengeos. This is a great way to enjoy a meal with friends and forget about winter for a while.

Date: Thursday, December 15, 2016

Time: Meet at Dengeos at 5:30 P.M.

Place: 195 W. Dundee, Buffalo Grove

Cost: Since this is a counter service restaurant, the cost of this event is determined by 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.



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, December 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!



END OF YEAR PARTY

Wow! It's hard to believe but 2016 will be coming to an end in just a few months. Ring in 2017 at the Wheeling Pavilion Senior Center's End of Year Party. The celebration will begin with a delicious meal followed by entertainment by Bobby Schiff. A countdown to the New Year followed by a toast will conclude the program.

Date: Thursday, December 29, 2016

Time: 11:30 A.M. (The entertainment will begin at approximately noon.)

Place: Wheeling Pavilion Senior Center

Cost: This party will take place as part of the Lunch at Pavilion Program. 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 IL 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.

Please make your reservation for lunch at least one week in advance.



WINTER BLUES BUSTER PARTY

Chase your "Winter Blues" away at the Wheeling Pavilion Senior Center. We will enjoy a warm cup of coffee, tea, or hot chocolate as we enjoy the music of Dave Byron.

Date: Thursday, January 26, 2017

Time: 11:30 A.M. (The entertainment will begin at approximately noon.)

Place: Wheeling Pavilion Senior Center

Cost: This party will take place as part of the Lunch at Pavilion Program. 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 IL 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.

Please make your reservation for lunch at least one week in advance by calling 847-459-2670.



GRAND VICTORIA CASINO

Grand Victoria Casino

Take a break from the Winter Blues and try your luck at the Grand Victoria Casino in Elgin, Illinois. Try your luck at the slots and table games. Enjoy their delicious buffet lunch, at your expense.

Date: Tuesday, January 31, 2017

Time: Meet at the Wheeling Pavilion Senior Center at 10:00 A.M. The bus will leave at 10:15 A.M.

Place: Elgin, Illinois

Cost: \$16 members/\$21 non-members by January 5, 2017
\$21 members/\$36 non-members until all spaces are full

Please note: No registration, refunds, or credits after January 5, 2017.



Saturday Night Fever

Grab your bell-bottoms and take a trip back in time with *Saturday Night Fever*. Based on the 1977 hit film, *Saturday Night Fever* follows Brooklyn teen, Tony Manero, in his attempt to escape his tribulations by spending weekends at the local discotheque. Watch as Tony tries to win the admiration of the crowd as well as his heartthrob, Stephanie Mangano, with his electric moves. Featuring your favorite Bee Gees songs from the movie such as “Stayin’ Alive”, and “More Than a Woman”, *Saturday Night Fever* is a nostalgic classic that will have you dancing in the aisle! The cost of this trip includes round trip transportation, your choice of Traditional Roast Turkey or Pecan Crusted Tilapia for lunch, and a ticket to the show.

Date: Thursday, March 9, 2017

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: \$79 members/\$94 non-members by February 1, 2017
\$84 members/\$99 non-members February 2 – February 8, 2017 if space is available

No Refunds or credits after February 2, 2017 as we must give a final count and payment to the venue at that time.



PATTERSON GLASS

Join us for a unique experience where you can make your choice of a ring holder, a note holder, or a pen holder.

We will begin this event by learning about glass and how it is made followed by safety instructions and the opportunity to create your own piece. Please note: the glass studio requires that participants wear long pants such as blue jeans with no holes. No nylon clothing. Socks must cover the ankles, and participant must wear closed shoes and a cotton shirt. A copy of the dress code will be provided at the time of registration. Anyone who does not conform to the dress code will not be able to participate in the event.

Date: Thursday, February 16, 2017

Time: Meet at the Pavilion at 1:15 P.M. The bus will leave at 1:30 P.M.

Place: Mundelein, Illinois

Cost: \$52 members/\$67 non-members by January 16, 2017

\$57 members/\$72 non-members January 17 – January 24, 2017 if space is available

We must have a minimum of 12 people registered in order to run this trip. No refunds or credits after January 16, 2017.



MY WAY: A MUSICAL TRIBUTE TO FRANK SINATRA

Relive the legendary career of Frank Sinatra as four actors share more than 50 of his beloved hits. “Fly Me to the Moon”, “Chicago”, “New York, New York”, “The Way You Look Tonight”, and “That’s Life” are just some of the tunes showcased in this musical tribute to the iconic success story of Ol’ Blue Eyes. This trip includes round trip transportation, lunch, and a ticket to the show.

Date: Wednesday, March 15, 2017

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

Place: Theatre at the Center in Muenster, Indiana

Cost: \$76 members/\$91 non-members by February 1, 2017

\$81 members/\$96 non-members

February 2 – February 9, 2017

No refunds or credits after February 1, 2017.



DECEMBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY															
<p>NOTICE TO ALL PARTICIPANTS IN PROGRAMS AND EVENTS</p> <p>FOR YOUR HEALTH AND SAFETY</p> <p>If school district 214 and/or 21 are closed in Wheeling because of severe weather, the programs and events at the Pavilion Senior Center will also be cancelled. The Senior Center will be opened for operations unless there is a Village mandated closure.</p> <p>When in doubt, before venturing out, please call us.</p>  <p>5 9:00 Exercise Video 10:00 TLC (formerly BUGS) 10:30 AM Manny's Deli 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle 3:00 Rabbi Gordon's Talk Chanukah Beginner Computer Tutoring by apt</p>	<p>6 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 4:30 : Meet and Mingle Pizza Party CJE Russian Speaking Social Worker by apt</p> 	 <p>7 9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10-3 SHIP by apt. with Pat Miller 11:30 : Lunch at Pavilion 12:00 Tim Wilsey : Christmas Around the World 12:00: Stitch and 'itch 1:00 Open Game Play</p>	<p>1 9:00 : Exercise 10:00 Computer Class by Apt 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3</p>	<p>2 9:15 : Foot Doctor 10:00 : Computer Class by Apt 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta CJE Russian Speaking Social Worker by apt</p>	<p>12 9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle Beginner Computer Tutoring by apt</p>	<p>13 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 CJE Russian Speaking Social Worker by apt</p>	<p>14 9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10-3 SHIP by apt. with Pat Miller 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00 Brook Dale Bingo 12:00: Stitch and 'itch 1:00 Open Game Play</p> 	<p>15 9:00 : Exercise 10:00 Computer Class by Apt 11:30 : Lunch at Pavilion 12:00 : Heather Broadbent : Welcome Winter 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3</p> 	<p>16 10:00 : Computer Class by Apt 10:30 : Your Clock is Ticking Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00 : Officer Laver 1:00: Book Club 1:00: Canasta CJE Russian Speaking Social Worker by apt</p> 	<p>19 9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:30 : Steve Justman 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle Beginner Computer Tutoring by apt</p>	<p>20 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30 : Lunch at Pavilion 12:00 : Those Wacky Game Shows 12:30 Bridge 1:00 : Community Volunteer Group 6:00 : Tuesday Evening at Pavilion CJE Russian Speaking Social Worker by apt</p> 	<p>21 9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10-3 SHIP by apt. with Pat Miller 10:30 : Sing-A-long 11:00 Sears Hom. Sing a Long Group Performance 11:30 : Lunch at Pavilion 12:00: Stitch and 'itch 1:00 Open Game Play</p> 	<p>22 9:00 : Exercise 10:00 Computer Class by Apt 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3</p>	<p>23 10:00 : Computer Class by Apt 10:00: Brain Games 10:00: Russian Tea Time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00 : Jim Kendros : Holiday Music 1:00: Book Club 1:00: Canasta CJE Russian Speaking Social Worker by apt</p> 	<p>26 Beginner Computer Tutoring by apt</p>  <p>Senior Center Closed</p>	<p>27 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 CJE Russian Speaking Social Worker by apt</p>	<p>28 9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10-3 SHIP by apt. with Pat Miller 11:30: Blood Pressure 11:30 : Lunch at Pavilion 12:00: Stitch and 'itch 1:00 Open Game Play</p>	<p>29 9:00 : Exercise 10:00 Computer Class by Apt 11:30 : Lunch at Pavilion 12:00 : End of the Year Celebration: Bobby Schiff 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3</p> 	<p>30 10:00 : Computer Class by Apt 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta CJE Russian Speaking Social Worker by apt</p>
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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*