



Wheeling Pavilion Senior Center

Wheeling Forward

FEBRUARY, 2017

As many of you know, on Monday, January 16, the Village of Wheeling and the Wheeling Park District issued a joint statement announcing that during the next year, the two organizations will integrate their senior services. To ease the transition and ensure successful implementation, programs currently held at the Senior Center will be gradually relocated to the Park District's Community Recreation Center over the course of 2017. By January 1, 2018, all activities at the Pavilion will cease.

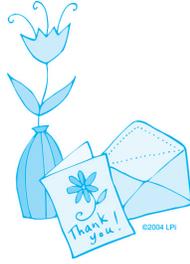
Our partners at the Park District are very excited to host the Senior Center community, and eager to introduce the many features their facility has to offer. It is important to understand that although Senior Center programming will be moving to the Community Recreation Center, all programs and services you are accustomed to will continue to be managed by the same Village staff from the Human Services Department.

Although the current building no longer meets our needs, the Pavilion has played an important role in the lives of Wheeling seniors since it opened its doors in 1985. The Village is committed to honoring the fondness that Wheeling seniors have for the facility, and also committed to listening to their voices as the integration of services moves forward.

In the interest of continuing the integration conversation and listening to your voices, we would like to remind you to join Senior Center members, Lunch at Pavilion participants, volunteers and Village and Park District representatives for lunch at the Pavilion at 11:30 a.m. on Tuesday, February 21, where we'll talk about the upcoming integration and answer any questions that you may have. Space is limited, so please call 847-459-2670 today to reserve your spot. We look forward to many productive discussions in the months to come about this exciting new chapter for Wheeling seniors!

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, 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.

FEBRUARY BIRTHDAYS

3

- | | | | |
|----|-------------------|----|-------------------|
| 2 | Frances Henderson | 20 | Marie Schram |
| 2 | Sofiya Zamskaya | 21 | Rita Vieth |
| 3 | Jenny Tomaszewski | 21 | Eileen Solsberger |
| 4 | Kathy Pico | 22 | Edward Delaney |
| 5 | Barbara Grossman | 22 | Gerald Malin |
| 6 | Paul Watts | 23 | Joseph Scarpelli |
| 6 | Rosemarie Zambuto | 24 | Paula Lovitz |
| 7 | Rich Richman | 24 | Marlene Arbetman |
| 7 | Nora Cools | 24 | Aniela Palkowska |
| 8 | Sydney Sue Grub | 26 | Karlene Belz |
| 8 | Thuy Schuster | 27 | Richard Gaskill |
| 8 | Larry Jasinek | 28 | Maureen Lieberman |
| 8 | Dean Stoyas | 28 | Marilyn Saletko |
| 10 | Jackie Portnoy | 28 | Suzana Sia |
| 10 | Roz Evans | 28 | Nesrin Arici |
| 10 | Shaindel Weil | | |
| 13 | Jerome Podolsky | | |
| 17 | Edward Malicki | | |
| 18 | Louis Belmonti | | |
| 18 | Edward Littel | | |



CHAIR YOGA

Chair Yoga is for those who do not feel comfortable getting on the floor to exercise on the yoga mat, but could still benefit from the techniques used in yoga. Learn techniques with personalized modifications while still sitting in a chair. No experience necessary to join!

Days: Fridays

Dates: March 3– April 21, 2017 (8 weeks)

Time: 9:30 a.m.—10:15 a.m.

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

Cost: \$68

Register at the Wheeling Park District
333 W. Dundee, Wheeling
847-465-3333



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

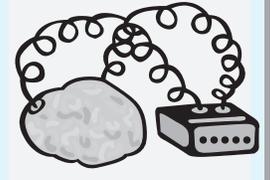
- 9:00-10:00 Stay Fit Fitness
10:00-3:00 SHIP by appointment
11:30-12:30 Lunch at Pavilion
12:30-3:30 Intermediate Bridge
1:00-3:30 Happy Hookers
1:30-3:30 Color for Calm

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

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, February 24, 2017

Time: 10:00 A.M.—11:00 A.M.

Place: Wheeling Pavilion Senior Center

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

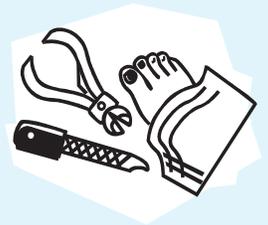
Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.

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:

Date: Friday, February 17, 2017
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 April 28, 2017*

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

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. Please note: the cost of this trip is for transportation only. Lunch is at your expense.

Date: Wednesday, March 29, 2017

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

Place: Chicago

Cost: \$15 members/\$30 non-members while space is available.



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

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

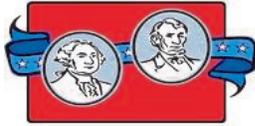
Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than February 2, 2017. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

TIM WILSEY: PRESIDENT'S DAY

Wednesday, February 1, 2017

Tim Wilsey will discuss lesser known facts about the Presidents.



BROADWAY BOUND

Tuesday, February 7, 2017

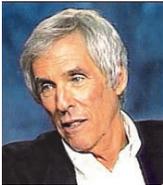
Sing along to popular Broadway hits with Take Two singers Leslie and Carrie. **Please note: this program will begin at 12:15 P.M.** *This program is sponsored by the Indian Trails Public Library.*



JOHN BODA PRESENTS BURT BACHARACH

Friday, February 10, 2017

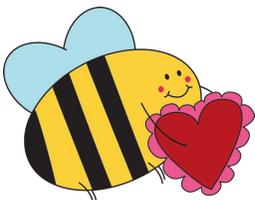
John Boda will talk about the life and music of Burt Bacharach. Bacharach had multiple Billboard top 100 hits including "This Guy's in Love With You", "Raindrops Keep Fallin' on My Head", "Arthur's Theme (Best You Can do)" and more!



VALENTINE'S DAY CELEBRATION

Tuesday, February 14, 2017

Sam Magdal will be here to entertain us with his Sinatra style of music. Enjoy favorite songs as we celebrate Valentine's Day. Feel free to wear red! *This program is sponsored by Asbury Communities.*



MRS. LINCOLN IN LOVE

Friday, February 17, 2017

Mary Todd Lincoln lived a life filled with triumphs and tragedies but few people know her story. Join actress Laura Keyes as she shares Mary's story in this entertaining and educational program. *This program is sponsored by the Indian Trails Public Library.*



HAMILTON: THE MAN, THE MYTH, THE MUSICAL

Wednesday, February 22, 2017

Historian Barry Bradford offers a unique look at the true story of Alexander Hamilton, a fascinating background to the production and an introduction to this wildly popular musical. **Please note: this program will begin at 12:15 p.m.** *This program is sponsored by the Indian Trails Public Library.*



STEVE JUSTMAN PRESENTS: ALL TIME FAVORITE FOLK TUNES

Friday, February 24, 2017

Join Steve as he entertains us with a program filled with favorite folk tunes as well as stories behind these songs.



WELCOME NEW MEMBERS

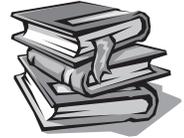
Lillian Williams
 Karen Peter
 Dolores Peter
 Cynthia Pace
 Beverly Rossman

Rosa Rosenberg
 Frederick Reynolds
 Jack Caldwell



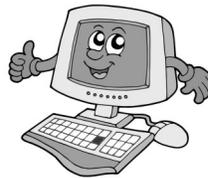
BOOK CLUB

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.





THE AGING PROCESS

We all know that as we age, we develop wrinkles and gray hair (maybe even lose it). But you should understand that the aging process will affect your overall general health, and you need to be aware of certain things to promote good health.

As you age, your heart rate becomes slightly lower and your heart may become bigger. Your blood vessels may become stiff which makes it harder to pump blood throughout your body. Include physical activity in your daily routine, like walking, swimming, or other activities you enjoy. Eat a healthy diet by choosing vegetables, fruits, whole grains, high-fiber foods and lean sources of protein. Limit foods high in saturated fats and sodium. **DON'T SMOKE!** This can contribute to hardening of your arteries. Try to manage stress; stress can also take a toll on your heart, so learn steps to reduce stress. Get adequate amounts of calcium to promote bone, joint and muscle health. Also get adequate amounts of vitamin D, even though you will absorb some vitamin D from the sun. Avoid substance abuse, and don't drink more than two alcoholic drinks a day. Maintain a healthy weight; if you're overweight, try to lose some extra pounds. Stay mentally active, since this stimulates activity in your brain and keeps it in shape. Be social—social interaction helps ward off depression which can contribute to memory loss.

If you are concerned about any of the above recommendations, consult your doctor. Keeping your body healthy at any age—but more importantly as we age—keeps the frequency of doctor visits down and may even affect your insurance premiums! Many of these suggestions can be solved at the Pavilion Senior Center, so be sure to check the monthly newsletter to see if there are any programs which could help you achieve some of these recommendations.

Pat Miller
SHIP Representative
Pavilion Senior Center



The Wheeling Pavilion Senior Foundation (WPSF) is currently accepting membership applications. As a member, you or your business will be supporting the work of the foundation. The foundation contributes to the health, enrichment, social and supportive services of Wheeling residents ages 50 and older.

The Foundation was established in April, 2010 as a charitable 501 C3 organization. Funds collected by the Foundation are distributed in support of important programs and projects. We help build better services and programs for seniors in Wheeling.

If you like volunteering we can use you help on the board and in fundraising. For membership applications, or volunteer positions please contact WPSF 847-459-2670.



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

“Get Reimbursed for Working Out!”



The Wheeling Park District Fitness Center accepts Silver Sneakers.

Many health-care providers offer discounts, or even full reimbursements, for gym memberships. Call your insurance company today to find out if you are eligible. In addition to Silver Sneakers, the Wheeling Park District Fitness Center participates in Prime and Healthy Contributions reimbursements. **Call Beth Harrington for more information at 847-465-7673.**

Take another look at our Fitness Center memberships. We've added more value at no extra cost. All Group Fitness classes are included in Fitness Center memberships. Our friendly, clean 4,100+ square-foot facility contains everything you need to get started, and more. We offer 40+ Group Fitness classes each week. Stop by the Fitness Center today and see for yourself. We are conveniently located in the Community Recreation Center. **For more information, call 847-465-2943.**

**Chair Yoga at the Pavilion Senior Center
Fridays, March 3-April 21, 9:30-10:15 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 the eight-class session

Registration Code: 115703-04

For more information, call 847-465-3333.

**Chair Yoga at the CRC
Fridays, March 10-April 27, 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: 115703-02

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.

FEBRUARY EVENTS

RABBI GORDON PRESENTS TU B'SHEVAT

Tu B'Shevav is a minor holiday that marks the "New Year of the Trees". Customs for this holiday include planting trees and eating dried fruits and nuts, especially figs, dates, raisins, carob, and almonds.

Date: Monday, February 6, 2017

Time: 3:00 p.m.

Place: Wheeling Pavilion Senior Center

Cost: FREE

Please call the Pavilion at 847-459-2670 to reserve your space.



TUESDAY EVENING AT PAVILION

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

Date: Tuesday, February 21, 2017

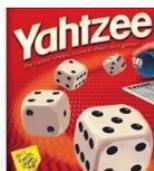
Time: 6:00 p.m. – 8:00 p.m.

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!



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 participants 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.

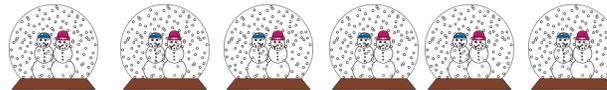
Date: Thursday, February 16, 2017

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

Place: Mundelein

Cost: \$52 members/\$72 non-members

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



THE RAM

Join us for a Really Amazing Meal at the Ram, located at 700 N. Milwaukee, Wheeling. We will meet at the restaurant at 5:30 P.M. Meet new friends, enjoy your current friends, and have a fun evening.

Date: Thursday, March 2, 2017

Time: Meet at the RAM at 5:30 P.M.

Place: 700 N. Milwaukee, Wheeling

Cost: There will be separate checks for everybody so the cost of this event depends on what you order at the restaurant.

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.



FEBRUARY AND MARCH EVENTS

RABBI GORDON PRESENTS PURIM

Purim is a Jewish holiday that commemorates the deliverance of the Jewish people of the ancient Persian Empire from Haman's plot to annihilate them, as recorded in the Biblical Book of Esther.

Date: Monday, March 6, 2017

Time: 3:00 P.M.

Place: Wheeling Pavilion Senior Center

Cost: FREE

Please call the Pavilion at 847-459-2670 to reserve your space.



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

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.



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, IN

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.



THE GARBO THE MUSICAL

"The Garbo the Musical" is an original one-woman musical on the enigmatic Swedish film star, Greta Garbo. Considered by many the greatest film actress of all time her image was that of androgynous glamour. This production contains thirteen scintillating songs and humorous monologues that make this one-woman musical insightful, fun, and compelling. The cost of this trip includes round-trip transportation, lunch (chicken vesuvio, roasted potatoes, peas, salad, pasta, dessert, coffee, tea, lemonade, soft drinks) and the show.

Date: Wednesday, April 5, 2017

Time: Meet at the Wheeling Pavilion at 10:30 A.M.

The bus will leave at 10:45 A.M.

Place: Trattoria Peppino in Elmwood Park

Cost: \$65 members/\$80 non-members

Please note: We must have a minimum of 11 people registered by February 13, 2017 in order to run this trip.



CHICAGO THE MUSICAL

Set in the legendary city during the roaring 20s, *Chicago* tells the story of two rival vaudevillian murderesses locked up in Cook County Jail. Nightclub star Velma is serving time for killing her husband and sister after finding the two in bed together. Driven chorus girl Roxie's been tossed in the joint for bumping off the lover she has been cheating on her husband with. Not one to rest on her laurels, Velma enlists the help of prison matron Mama Morton and slickster lawyer Billy Flynn, who turns Velma's incarceration into a murder-of-the-week media frenzy, thus preparing the world for a splashy showbiz comeback. But Roxie has some of her own tricks up her sleeve. The cost of this trip includes round-trip transportation, your choice of pecan crusted tilapia or chicken breast mediterranean for lunch, and a ticket to the performance.

Date: Wednesday, April 19, 2017
 Time: Meet at the Pavilion at 10:15 A.M. The bus will leave at 10:30 A.M.
 Place: Oakbrook Terrace
 Cost: \$81 members/\$96 non-members by March 1, 2017
 \$86 members/\$101 non-members March 2 – March 9, 2017
 No refunds or credits after March 1, 2017.



PATTY WASZAK SHOW AT WHITE FENCE FARM

The Patty Waszak show is a high energy, heart warming variety show featuring a wide variety of music including big band favorites, polkas, 50s' and 60's Rock 'N' Roll, country music, 70's disco, show tunes, patriotic music, hits of the 80's and 90's and more! This trip includes the famous **White Fence Farm** chicken lunch, round-trip transportation, and the show.

Date: Tuesday, May 16, 2017
 Time: Meet at the Pavilion at 10:00 a.m. The bus will leave at 10:15 a.m.
 Place: White Fence Farm in Romeoville
 Cost: \$66 members/\$81 non-members by April 3, 2017

No refunds or credits after April 27, 2017



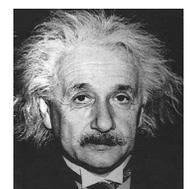
RELATIVITY AT NORTHLIGHT THEATRE

A reporter interviews Albert Einstein about a mysterious piece of his past, revealing shocking secrets about his family and his personal life. Unexpected answers lead to the question: to be a great man, does one first need to be a good man?

Please note: this trip does **NOT** include lunch. Be sure to eat before the trip. **(Lunch at Pavilion is available with separate registration. The suggested donation for the lunch is \$4.00 per meal.)**

Date: Wednesday, May 24, 2017
 Time: Meet at the Senior Center at 12:00 p.m. The bus will leave at 12:15 p.m. The show begins at 1:00 p.m.
 Place: Skokie
 Cost: \$55 members/\$70 non-members by March 23, 2017
 \$60 members/\$75 non-members March 24 or later if space is available.

NO refunds or credits after May 1, 2017.



HOLLYWOOD CASINO

Are you feeling lucky? Take a break from your routine and journey with us to the Hollywood Casino in Aurora for an exciting day out. Try your luck at the slots and table games. Enjoy their delicious buffet **at your expense.**

Date: Tuesday, April 25, 2017
 Time: Meet at the Wheeling Pavilion at 10:00 a.m. The bus will leave at 10:15 a.m.
 Place: Aurora
 Cost: \$16 members/\$21 non-members while space is available.
Please note: No refunds or credits after April 3, 2017.



LUNCH AT PAVILION MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6★ Pork Roast W/Hunter Sauce <u>OR</u> Chicken Au Gratin Potatoes Peas and Carrots Wheat Bread Pumpkin Bar</p>	<p>7 Choice Day ★ Chicken Cordon Bleu Poor Boy <u>OR</u> Deviled Egg Salad Sandwich Lettuce Tomato Garnish Tomato Soup Wheat French Roll Pea Salad</p>	<p>1★ BBQ Chicken Thigh Oven Fries Green Beans & Onions Wheat bread Fruit Jell-O</p>	<p>2 Choice Day Broccoli Quiche <u>OR</u> Dill Shrimp Pasta Salad / Shell Rig ate Lettuce & Tomato Garnish Vegetable Gumbo Dinner Roll Fruit Yogurt</p>	<p>3 Swedish Meatballs Mashed Potatoes Broccoli Multi Grain Bread Banana</p>
<p>13 Roast Turkey & Gravy Baked Sweet Potatoes Broccoli Bread Stuffing Chef's Fruit</p>	<p>14 Choice Day★ Spinach Swiss Soufflé <u>OR</u> Chicken Caesar Salad Lettuce & Tomato Garnish Lumberjack Soup Multi Grain Bread Ranger Cookie</p>	<p>8 Salisbury Steak/Gravy Mashed Potatoes Harvard Beets Multi- Grain Dinner Roll Pineapple Tidbits</p>	<p>9 Choice Day Chicago Style Hot Dog/Bun <u>OR</u> Chef Salad Wrap Lettuce & Tomato Garnish Navy Bean Soup Dinner Roll Fresh Melon</p>	<p>10★ Cheese Ravioli W/Parmesan Marinara Sauce Zucchini W/ Red Peppers & Onions Butter Beans & Carrots Garlic Bread Peanut Butter Cookie</p>
<p>20  Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Fruit Yogurt</p>	<p>21 Choice Day ★ BBQ Rib let /Bun <u>OR</u> Chicken Lettuce & Tomato Garnish Cream of Potato Soup Rye Bread Cinnamon Apples</p>	<p>22★ Turkey Divan Vegetable Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie</p>	<p>23 Choice Day Sunni Crab cake Sandwich <u>OR</u> Turkey Trio & Cheese Sub Sandwich Lettuce & Tomato Garnish Split Pea Soup Sliced Wheat Bun Banana</p>	<p>24★ Chicken Breast Parmesan Penne Pasta/Marinara Squash Medley French Bread Chilled Peaches</p>
<p>27 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Fruit Yogurt</p>	<p>28 Choice Day Chicago Style Hot Dog <u>OR</u> Turkey Pasta Salad/Shell Rig ate Lettuce & Tomato Garnish Tomato Lentil Wheat Hot Dog Bun Apple Bar</p>	<p>15 Spaghetti & Meatball Marinara Mixed Salad Greens w/ Chick Peas French Bread Warm Peach Applesauce</p>	<p>16 Choice Day ★ Chicken Parmesan Sandwich <u>OR</u> Tuna Spinach Salad, Hard Boiled Egg. Lettuce, Tomato Garnish Cream of Broccoli Wheat French Roll Tri Bean Salad</p>	<p>17★ Hamburger Chop Suey Vegetable Fried Rice Oriental Blend Chow Mein Noodles Diced Melon Fortune Cookie</p>
<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 of employment in compliance with appropriate State and Federal statutes</p>				

FEBRUARY 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinoodle 3:00 : Rabbi Gordon : Tu B'Shevat</p> <p></p> <p>Beginner Computer Tutoring by appt</p>	<p>7</p> <p>9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:00 : Broadway Bound" 12:30 Bridge 1:00 : Community Volunteer Group</p> <p></p>	<p>1</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:00-3 SHIP by appt. 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00 : Tim Wilesey :President's Day 12:00: Stitch and 'tich 1:00 Open Game Play</p> <p></p>	<p>2</p> <p>9:00 : Exercise 10:00 Computer Class by appt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Haggly Hookers 1:30: Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>3</p> <p>9:15 : Foot Doctor 10:00 : Computer Class by apt 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>13</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinoodle</p> <p>Beginner Computer Tutoring by appt</p>	<p>14</p> <p>9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30 : Lunch at Pavilion 12:00 : A Valentinea Day w/ Sam Magdal 12:30 Bridge 1:00 : Community Volunteer Group CJE Russian Speaking Social Worker by appt</p> <p></p>	<p>8</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:00-3 SHIP by appt. 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00 : Stitch and 'tich 1:00 Open Game Play</p>	<p>9</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Haggly Hookers 1:30: Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>10</p> <p>10:00 : Computer Class by appt 10:00 Russian Tea-time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00 : John Boda: Burt Bacharach 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p> <p></p>
<p>27</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinoodle</p> <p>Beginner Computer Tutoring by appt</p>	<p>28</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</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>22</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:00-3 SHIP by appt. 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00 : Hamilton: The Man the Myth, The Musical 12:00: Stitch and 'tich 1:00 Open Game Play</p> <p></p>	<p>23</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Haggly Hookers 1:30: Color for Calm</p> <p>SHIP by appt 10-3</p>	<p>24</p> <p>10:00 : Computer Class by appt. 10:00: Brain Games 10:30: Russian Tea Time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 12:00 : Steve Justman: All Time Favorites Folk Tunes 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p> <p></p>
<p>13</p> <p>9:00 Exercise Video 10:00 TLC (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinoodle</p> <p>Beginner Computer Tutoring by appt</p>	<p>14</p> <p>9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30 : Lunch at Pavilion 12:00 : A Valentinea Day w/ Sam Magdal 12:30 Bridge 1:00 : Community Volunteer Group CJE Russian Speaking Social Worker by appt</p> <p></p>	<p>15</p> <p>9:00 : Exercise 9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 10:00-3 SHIP by appt. 1:30 : Lunch at Pavilion 12:00: Stitch and 'tich 1:00 Open Game Play</p>	<p>16</p> <p>9:00 : Exercise 10:00 Computer Class by Appt 11:30 : Lunch at Pavilion 12:00 : Patterson Glass 12:30 : Bridge 1:00 Haggly Hookers 1:30: Color for Calm SHIP by appt 10-3</p> <p></p>	<p>17</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 : Mrs. Lincoln in love 1:00: Book Club 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p> <p></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*