

Wheeling Pavilion Senior Center *Wheeling Forward*

OCTOBER, 2017

MEDICARE OPEN ENROLLMENT: 5 THINGS YOU NEED TO DO

Routines help keep us focused, organized and even healthy. However, if your health routine doesn't include preparing for Medicare's Open Enrollment, now's the time to kick start a new healthy habit.

If you have a Medicare health or prescription drug plan, Open Enrollment runs October 15 through December 7 and is the time you can make changes to your plan. Even if you're happy with your current coverage, you might find something that's a better fit for your budget or your health needs. If you miss an Open Enrollment deadline, you'll most likely have to wait a full year before you can make changes to your plan.

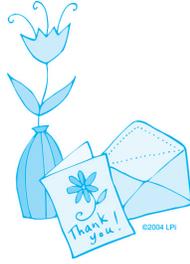
Here are five important things every Medicare beneficiary can do to get in the Medicare Open Enrollment routine:

1. Review your plan notice. Be sure to read any notices from your Medicare plan about changes for next year, especially your "Annual Notice of Change" letter. Look at your plan's information to make sure your drugs are still covered and your doctors are still in network.
2. Think about what matters most to you. Medicare health and drug plans change each year and so can your health needs. Do you need a new primary care doctor? Does your network include the specialist you want for an upcoming surgery? Is your new medication covered by your current plan? Does another plan offer the same value at a lower cost? Take stock of your health status and determine if you need to make a change.
3. Find out if you qualify for help paying for your Medicare. Learn about programs in your state to help with the costs of Medicare premiums, your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance and copayments and Medicare prescription drug coverage costs. You can do this by visiting Medicare.gov or making an appointment with a local State Health Insurance Assistance program (SHIP) counselor.
4. Shop for plans that meet your needs and fit your budget. Starting in October, you can use Medicare's plan finder tool at Medicare.gov/find-a-plan (Continued on page 15)



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, Dolores Kelley, Toni Nettnin, Joannie Purvin, and Corky Weber for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Michael Dunn, Marilyn Hams, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, Bobbie Sfondilis, Lee Solomon, Roberta Vollriede and Corky Weber for volunteering at the front desk.
- Flo Feiner, volunteer Sing-a-Long musical director.
- Lunch at Pavilion volunteers Lee Becker, Michael Dunn, Kevin Frei, Czeslawa Gorka, Howard Grubman, Marilyn Hams, Pat Horejs, Darlene Kaplan, Marshall Kaplan, Barb LaHay, Anita Loewenstein, Christine Pettit, Joannie Purvin, Vilma Sanchez, Bobi Spiegel, Carol Targun, and our group of Elders.
- 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

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 in 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.

New Members

Kathleen Hopkins
Rena Rich
Dikran Mishigian
Dennis Harkins



COMING SOON!

The Wheeling Pavilion Senior Foundation
Will be Selling Carson's Days coupon books.



SING A LONG GROUP

Rhythms restore you! Join us for the power of song and the joy of singing. No experience necessary.

Date: Wednesdays

Time: 10:30 a.m.

Place: Wheeling Pavilion

Cost: FREE

Call the Pavilion at 847-459-2670 for exact dates.



A NOTE ABOUT RESTAURANT OUTINGS:

Please be sure you sign up for our dinners. We love having you join us, but we need to know you are coming so we can save you a seat at the table. Your \$2 deposit will be returned to you at the restaurant, so you have nothing to lose and so much fun to gain from these events.



If you have a suggestion for a future restaurant outing, please let Alysia know.



4 WEEKLY PROGRAMS AND INFORMATION

SCHEDULE AT A GLANCE

MONDAY

9:00–10:00	Stay Fit w/Video
9:30–3:30	CJE Russian Speaking Social Worker by appt.
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. (<i>Every other Tuesday.</i>)
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
9:45–10:15	Indian Trails Library Drop -Off and Pickup
10:30–11:30	Sing-a-Long (<i>1st, 2nd, & 3rd WED only</i>)
11:30–12:30	Lunch at Pavilion
1:00–3:00	Stitch and *itch
1:00–4:00	Open Game Play

THURSDAY

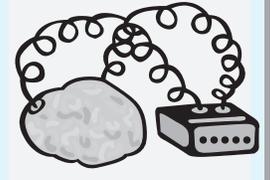
9:00–10:00	Stay Fit Fitness
10:00–3:00	SHIP by appointment
11:30–12:30	Lunch at Pavilion
12:30–3:30	Intermediate Bridge
1:00–3:30	Happy Hookers
1:30–3:30	Color for Calm

FRIDAY

9:30–3:30	CJE Russian Speaking Social Worker by appt.
10:00–11:00	Brain Games (<i>Last FRI of the month</i>)
10:00–12:30	Russian Tea Time Support Group (<i>2nd & 4th FRI of the month</i>)
10:30–11:30	Wii Bowling & Games
11:30–12:00	Blood Pressure (<i>Last Friday of the month</i>)
11:30–12:30	Lunch at Pavilion
1:00–2:00	Book Club (<i>3rd Friday of the month</i>)

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, October 27, 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. **We must have a minimum of 6 people registered in order to hold this program on this date.**

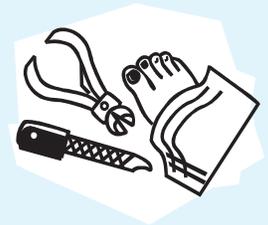
Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.

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 Friday of every month

11:15 a.m.

Services provided by the Wheeling Township nurse, Pam McVoy, 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)
Call the Wheeling Pavilion at 847-459-2670**



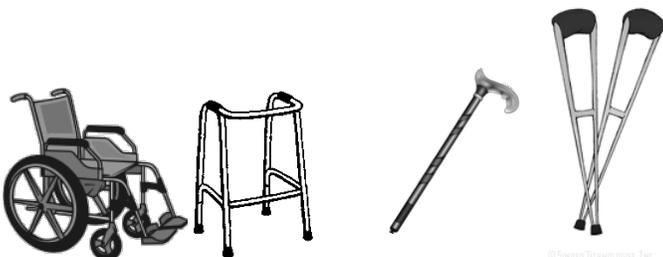
TELEPHONE REASSURANCE

“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 the Wheeling Pavilion at 847-459-2670.



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 is in need of any equipment, call the front desk at 847-459-2670.



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.**



COUPON

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



ATTENTION CHECKERS AND CHESS PLAYERS:

Are you interested in meeting for a game of checkers and/or chess on a monthly basis? If so, please contact Alysia at amiller-goldstein@wheelingil.gov or 847-403-4480.

If enough people are interested, we will add it to our schedule.



WALK WITH EASE PROGRAM

Improve your walking! Participate in The Walk With Ease program. Walk With Ease will help you motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina, and reduce pain and feel great.

Dates: Mondays and Fridays
Monday, October 2, 2017 to Friday, December 8, 2017
(Class will not meet on Monday, October 9th and Friday, November 24th.)

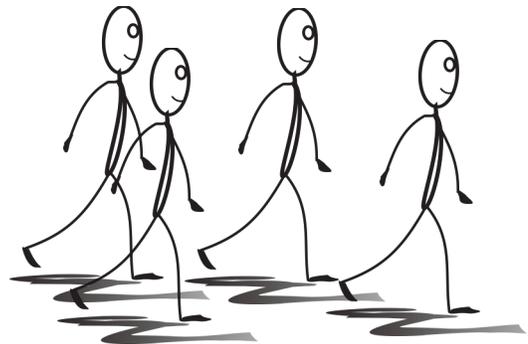
Time: 2:00 p.m.—3:00 p.m.

Place: Wheeling Pavilion, 199 N. First Street

Cost: \$20 members/\$35 non-members

Free Pedometer!

Attend at least 14 of the 18 classes and fill out the pre-test and post-test to receive a free pedometer.



Programs and services are funded in part by AgeOptions, the Suburban Area Agency on Aging, and White Crane Wellness Center.

STAY FIT FITNESS CLASSES

Please note: beginning with the new session, the Stay Fit Fitness classes will meet at the Community Recreation Center
333 W. Dundee, Wheeling



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.

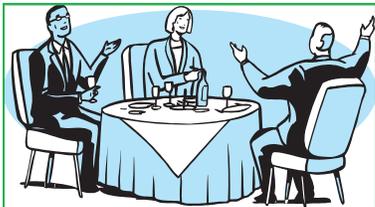
A nutritionally-balanced lunch is served **Monday thru Friday** from 11:30 a.m. until 12:30 p.m. Reservations are required and must be made by Wednesday for the following week. Each diner will receive written information regarding the cost of the meal and will have the opportunity to contribute to part 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 return it to the Pavilion by October 2, 2017. All future newsletters will be held for pickup at the front desk.

Bobby Diamond

Tuesday, October 10, 2017

Enjoy a musical program presented by *new* entertainer Bobby Diamond. This program comes to us via a grant form the Chicago Federation of Musicians.



Oktoberfest

Monday, October 16, 2017

Oktoberfest is a celebration of Bavarian culture and is typically held in the fall. Join the celebration at the Wheeling Pavilion Senior Center as we feast and enjoy the music of the “Die Musikmeisters German Band”.



Scott Hamilton

Tuesday, October 17, 2017

Enjoy favorite songs with Scott Hamilton on the guitar.



Officer Scott Laverd

Monday, October 23, 2017

Officer Laverd from the Wheeling Police Department will be here to update us on the latest scams and how to avoid becoming a victim of them.



John Boda

Thursday, October 26, 2017

Start your Halloween celebration early. John will be here to tell us about haunted Chicago.



Wreath Making Class

Monday, October 30, 2017

Join us for this project and create your own wreath to bring home. **Please note: this free class is by registration ONLY and is limited to five people.** Register at the front desk at the Wheeling Pavilion.



Halloween Party

Tuesday, October 31, 2017

Celebrate Halloween with entertainers Jan and Gino. Enjoy lunch and a Halloween themed musical program. Wear a costume for a chance to win a prize!

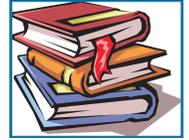


WOULD YOU LIKE TO KNOW WHAT IS HAPPENING AT THE SENIOR CENTER BETWEEN NEWSLETTERS? WOULD YOU LIKE TO RECEIVE UPDATES ON NEW PROGRAMS AND TRIPS? IF YOU ANSWERED YES, THEN SEND YOUR E-MAIL ADDRESS TO DIANA AT DMURILLO@WHEELINGIL.GOV



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



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 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

Date and Time

TECHNOLOGY LEARNING CENTER (Formerly BUGS).

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

Other available classes

eBay Basics, eBay Buying & Selling, Digital Camera, Skype.

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.



OCTOBER BIRTHDAYS

- | | |
|----------------------------|-----------------------|
| 1 Anant Rawal | 25 Malgorzata Musial |
| 2 Joan Unger | 26 Lorraine Brauer |
| 3 Harold LeVine | 26 Ana Kazinsky |
| 4 Nels Nelson | 26 Toby Elrod |
| 4 Carla Nochumson | 26 Elisabeth Slobins |
| 4 JoAnn Revak | 27 Vilma Sanchez |
| 6 Barry Tress | 27 Martha Rivera |
| 6 Maria Tumilowicz | 27 Rosanne VerPlancke |
| 6 Sybil Grossman | 27 Marvin Kenneth |
| 6 Stuart Sosin | 28 Barbara forke |
| 7 Linda Bressett | 28 Robert Gontarz |
| 7 Lauren Daynor | 28 Joan Holloway |
| 9 George Elliott | 29 Charles Brownfield |
| 10 Lucja Geppert | 30 Susan Keller |
| 10 Erica Young | 31 Leah Singer |
| 11 Vladimir Tyomkin | |
| 11 Rosa Rosenberg | |
| 13 John Yang | |
| 14 Robert Culver | |
| 16 Corrine Weber | |
| 16 Michael Kohen | |
| 17 Marilyn Naples | |
| 17 Leslie Lorenz | |
| 18 Paula Kramer | |
| 20 Olga Sluzker-Schullman | |
| 20 Kathy Cramer | |
| 20 Sylvia Arrocha de Perez | |
| 21 Linda Spear | |
| 22 Rita Toussaint | |
| 23 Lee Geoghegan | |
| 24 Aspasia Papas | |
| 24 Dimitrios Tsonis | |
| 25 Usha Ohri | |



INDIAN TRAILS PUBLIC LIBRARY

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:45-10:15 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 Walks



Feel good.... take a walk!

Every Saturday • 9:30 AM • Heritage Park

Wheeling Walks is FREE for all ages!



333 W. Dundee Road • Wheeling
wheelingparkdistrict.com • 847-465-3333

Wine and YOGA

"Wine & Unwind"
Friday, November 3, 6-8 PM
Chevy Chase Country Club
 \$20 WPD Residents
 \$25 General Public
Light appetizers will be served.
Register today online or at the
CRC Guest Service Desk.
 Code: 315714-01



EXPLORE THE OUTDOORS

with L.L. Bean

Sunday, October 15, 2-4 PM
Heritage Park Performance Pavilion
\$5/family

L.L. Bean's Outdoor Discovery School leads participants on a morning adventure through beautiful Heritage Park. Pick up your "passport" and explore the outdoor stations including Leave No Trace, Basics of Birding, How to Read a Map and Knot Tying. Take a hike and test your knowledge in a fun challenge. Bring the whole family to learn to appreciate and take care of our beautiful world.

Register today online or at the CRC
Guest Service Desk.
CODE: 313814-01

Pickleball FALL FLING Tournament

SUNDAY, NOVEMBER 12 • CRC GYM

Partner up for this all-day pickleball tourney featuring Men's Doubles, Women's Doubles and Mixed Doubles in a round-robin format with both competitive and recreational levels.
\$30

For more information and to register, contact
Dana Joseph
 847-404-3174 • Dsj2@comcast.net

OPERA IN FOCUS

Experience a Halloween “Spooktacular” at Opera in Focus. Enjoy excerpts from Boris Godunov’s “Mussorgsky”, Faust’s “Gounod”, and Andrew Lloyd Weber’s “The Phantom of the Opera”.

Date: Wednesday, October 18, 2017

Time: Meet at the Wheeling Pavilion at 2:45 P.M. The bus will leave at 3:00 P.M.

Place: Rolling Meadows

Cost: \$19 members/\$34 non-members

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

**SARANELLOS DINNER OUT**

Enjoy a delicious dinner out with friends from the Pavilion! We will have a “Prix fix” dinner. Participants will have a choice of Caesar salad or Parmesan-stuffed mushrooms for an appetizer, a choice of Pasta or chicken for dinner, and a choice of Vanilla Gelato or Chocolate Mascarpone pie for dessert.

Date: Monday, October 30, 2017

Time: Meet at Saranello’s at 5:30 p.m.

Place: 601 N. Milwaukee Ave., Wheeling

Cost: \$35 members/\$50 non-members

Please note: Payment for this dinner out will be collected at the time of registration and MUST be paid in advance in order to be a part of this dinner. No refunds, vouchers, or other credits will be given after October 23, 2017 as we must give a final count and payment to the restaurant at that time.

**42ND STREET**

In this beloved Broadway classic, Peggy Sawyer lands a bigger break in New York City than expected. When the leading lady injures her ankle, Peggy gets the chance of a lifetime to rise from showgirl to star. With show-stopping tap numbers and hits such as ‘We’re in the Money’, and “Lullaby of Broadway”, there’s no question that 42nd Street will dazzle you! The cost of this trip includes round trip transportation, your choice of beef or fish for lunch, and a ticket to the production.

Date: Thursday, November 2, 2017

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

Place: Drury Lane Theatre in Oakbrook Terrace

Cost: \$82 members/\$97 non-members while tickets are available.

No refunds, vouchers, or credits after October 2, 2017 as we must give the final payment to the venue at that time.

**KICKS ON 66**

Hit the road with Susan Williams on historic Route 66! Travel this American highway singing special songs at every stop. Enjoy the delicious and famous chicken meal that **White Fence Farm** is known for.

Date: Wednesday, November 8, 2017

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

Place: White Fence Farm in Romeoville, Illinois

Cost: \$59 members/\$74 non-members

Please note: we must have a minimum of ten (10) people registered by October 2, 2017 in order to run this trip. No refunds, vouchers, or credits after October 2, 2017 as we must give a final count and payment to the venue at that time.



MANNYS DELI

By popular demand we are adding another Manny's trip! 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: Monday, November 13, 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.



RAM DINNER OUT

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: Tuesday, November 21, 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.



THANKSGIVING LUNCHEON

Kick off the holiday season by joining us for this event. We will begin by gobbling up a delicious turkey lunch followed by high energy musical entertainment by Frank Rossi.

Date: Thursday, November 16, 2017
 Time: 11:30 a.m.
 Place: Wheeling Pavilion

Cost: This event is part of our Lunch at Pavilion program. Lunch at Pavilion is funded partially with funds granted by AgeOptions, 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.**

Reservations for lunch are required at least one week in advance in order to have the proper number of meals for this event.

THE CHRISTMAS SCHOONER

Enjoy this heart-warming story of the first Christmas tree ship and the family who risked their lives to fill Chicago with the Christmas spirit. This production features a powerful, moving story and an exquisite score of original music and holiday favorites.

Date: Thursday, November 30, 2017
 Time: Meet at the Pavilion at 1:00 P.M.
 Place: Mercury Theatre, Chicago
 Cost: \$43 members/\$58 non-members by November 1, 2017.
Please note: no refunds, credits, or vouchers after November 1, 2017 as we must give the final count and payment to the venue at that time.

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.)**



MANNYS DELI

By popular demand we are adding yet another Manny's trip! 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: Thursday, December 21, 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.



SAVE THE DATE!

Registration is **NOT** available yet, but we want you to know about **some** of the exciting events coming in 2018!

January 31, 2018 Grand Victoria Casino

February 14, 2018 Valentine's Day Celebration

March 20, 2018 Joliet Rocks!

April 11, 2018 South Pacific

And So Much More!

2018



To see what other plans are offered in your area. A new plan may:

- A. Cost Less
- B. Cover your drugs
- C. Let you go the providers you want, like your doctor or pharmacy.

If you find that your current coverage still meets your needs, then you're done. Remember, during Medicare Open Enrollment you can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you're already in a Medicare Advantage Plan, you can switch back to Original Medicare.

- 5. Check your plan's star rating before you enroll. The Medicare Plan Finder has been updated with the 2016 Star Ratings for Medicare health and prescription drug plans. Plans are given an overall quality rating on a 1 to 5 star scale, with 1 star representing poor performance and 5 stars representing excellent performance. Use the

Star Ratings to compare the quality of health and drug plans being offered.

These are a few easy ways to get a jump start on your Medicare Open Enrollment. For more information you can call 1-800-MEDICARE (1-800-633-4227) and say "Agent". TTY users should call 1-877-486-2048. Help is available 24 hours a day, including weekends. If you need help in another language other than English or Spanish, let the customer service representative know the language. You can also visit a local State Health Insurance Assistance Program (SHIP) counselor! SHIP counselors provide free, one-on-one, non-biased Medicare assistance. Get free personalized health insurance counseling by calling your SHIP. Here at the Wheeling Pavilion Senior Center, we will be making appointments on Tuesdays and Thursdays during open enrollment. . Call 847-459-2670 for an appointment.





October 2017

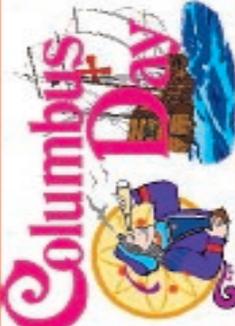
★ Please see reverse side for lunch events

* Menu subject to change without notice *

Monday	Tuesday	Wednesday	Thursday	Friday	
2 CHOICE DAY Pork Roast w/Cinnamon Apples <u>OR</u> Chicken Au Gratin Potatoes Peas & Carrots Wheat Bread Pumpkin Bar	3 CHOICE DAY Cheese Burger OR Deviled Egg Salad Sandwich Tomato Soup Sliced Wheat Bun Pea Salad Chilled Peas and Cranberries	4 Salisbury Steak/Gravy Mashed Potatoes Harvard Beets Multi Grain Dinner Roll Pineapple Tidbits	5 CHOICE DAY Chicago Style Hot Dog OR Chef Salad Wrap Navy Bean Soup Dinner Roll Fresh Melon Banana	6 Cheese Ravioli w/Parmesan Marinara Sauce Zucchini w/red peppers & Onions Butter Beans & Carrots Garlic Bread Fruit Cup & Peanut Butter Cookie	
9  Columbus Day	10 CHOICE DAY ★ Spinach Swiss Soufflé OR Chicken Caesar Salad Lumberjack Soup Multi Grain Bread Ranger Cookie Ambrosia Fruit Custard	11 Spaghetti & Meatball Marinara Mixed Salad Greens w/Chick Peas French Bread Warm Peach Cobbler	12 CHOICE DAY Chicken Parmesan Sandwich OR Tuna Spinach Salad hard Boiled Egg Cream of Broccoli Soup Wheat French Roll Tri Bean Salad & Mandarin Orange	13 CHOICE DAY Fish Taco or Chicken Spanish Rice Pinto Beans Shredded Lettuce Flour Tortilla Fresh Melon	
16 ★ Hot Roast Beef Mashed Potatoes Gravy Northern Bean & Tomato Medley Wheat Bread Fresh Orange	17 CHOICE DAY ★ BBQ Riblet/Bun OR Chicken Salad Cream of Potato Soup Rye Bread Cinnamon Apples Chef's Choice	18 Turkey Divan Vegetable Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie	19 CHOICE DAY Surimi Crab Cake Sandwich OR Turkey Trio & Cheese Sub Sandwich Split Pea Sliced wheat Bun Banana Cranberry Juice	20 Chicken Breast parmesan Penne Pasta/Marinara Squash Medley French Bread Chilled Peaches	
23 ★ Sliced Bavarian Style Bratwurst Diced Parslised Potatoes Carrots Rye Bread Fresh Melon	24 CHOICE DAY Chicago Style Hot Dog/Bun <u>OR</u> Turkey Pasta Salad/Shell Rigate Tomato Lentil Wheat Hot Dog Bun Gramma Apple Bar Pineapple Orange Salad	25 Beef & Cabbage Casserole Green Beans Mixed Green Salad Corn Bread Fruit Cocktail	26 CHOICE DAY ★ Cheese Burger OR Julienne Ham Greek Salad Duchess Cheese Soup Sliced Wheat Bun Fresh Melon Coleslaw	27 CHOICE DAY Potato Crusted Fish Filet or Chicken Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding	
30 ★ Buttermilk Pancakes Breakfast Sausage Glazed Apples Orange Juice Chilled Peaches	31 CHOICE DAY ★ Skeleton BBQ Ribs or Ghos Chicken Monster Baked Potatoes Creepy Calico Corn Ghostly Coleslaw Hangman's Know Dinner Roll Jack Lantern Pumpkin Pie Casper Sour Cream	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>1% or Fat Free Milk served with every meal.</p> </div> </div>			<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>**Lettuce & Tomato Garnish Included on Tuesdays & Thursdays</p> </div> </div>
<p><i>Funds (in whole/part) for the Lunch at Pavilion program were provided through an award from Age-Options 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</i></p>					

ACTIVITY CALENDAR

OCTOBER 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 : Exercise Video 10:00 TLQJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p>	<p>3</p> <p>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>4</p> <p>9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: Stitch and Nitch 1:00 Open Game Play</p>	<p>5</p> <p>10:00: Commission on Aging 10:00 Computer Class by appt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>6</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>8</p>  <p>Columbus Day</p>	<p>10</p> <p>10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:00 Bobby Diamond 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>11</p> <p>9:30 : Indian Trails Library Drop Off 10:30 : Sing-A-long 11:30 : Lunch at Pavilion 12:00: Stitch and Nitch 1:00 Open Game Play</p>	<p>12</p> <p>10:00 Computer Class by appt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>13</p> <p>10:00 : Computer Class by appt. 10:30: Russian Tea Time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>16</p> <p>9:00 : Exercise Video 10:00 TLQJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 OKTOBERFEST 1:15 Canasta/Pinochle</p> 	<p>17</p> <p>10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:00: Scott Hamilton 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>18</p> <p>9:30 : Indian Trails Library Drop Off 11:30 : Lunch at Pavilion 12:00: Stitch and Nitch 1:00 Open Game Play 3:00 Opera In Focus</p> 	<p>19</p> <p>10:00: Commission on Aging 10:00 Computer Class by appt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p>	<p>20</p> <p>10:00 : Computer Class by appt. 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Book Club 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>23</p> <p>9:00 : Exercise Video 10:00 TLQJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Scott Laved 1:15 Canasta/Pinochle</p> 	<p>24</p> <p>10:00: Computer Class by apt 10:00: Current Events 10:15 : Manny's Deli 11:30: Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p> 	<p>25</p> <p>9:30 : Indian Trails Library Drop Off 11:30 : Lunch at Pavilion 12:00: Stitch and Nitch 1:00 Open Game Play</p>	<p>26</p> <p>10:00: Commission on Aging 10:00 Computer Class by appt. 11:30 : Lunch at Pavilion 12:00 John Boda 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by appt 10-3</p> 	<p>27</p> <p>10:00 : Computer Class by appt. 10:00 Brain Games 10:30: Russian Tea Time Support Group 11:00 Wii Bowling 11:15: Blood Pressure Check 11:30 : Lunch at Pavilion 1:00: Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>30</p> <p>9:00 : Exercise Video 10:00 TLQJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Wreath Making Class 1:15 Canasta/Pinochle 5:30 : Saranello's Dinner Out</p> 	<p>31</p> <p>10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion Halloween Party 12:30 Bridge 1:00 : Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p> 			

TRIP AND PROGRAM CANCELLATION POLICY

Generally, if you cancel your reservation 7 business days or more before the event, we will work with you to fill your space with someone from the waiting list. If we can fill it, you will either be issued a credit voucher or you can work out an exchange with the person filling your space.

Please note: Due to dates we must make final payments, the refund deadline for trips will vary.

Check specific information for each trip.

If cancellations are made less than 7 business days before the event or after final payment date posted, a credit will not be given.

AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

When traveling with the Wheeling Pavilion Senior Center, it is expected that the participant will arrive with the group, stay with the group, and travel back to the Senior Center with the group. In addition, it is expected that the participant will go directly from the bus into the venue as directed by the activity coordinator. **No Exceptions!** **Program credits will be given in full for programs or trips cancelled by the Senior Center.**

HELPFUL HINTS TO MAKE SURE A FUN TIME IS HAD BY ALL !

- Please be sure to REGISTER EARLY TO AVOID DISAPPOINTMENT.
- We need to make monetary commitments to our venues at least 6 weeks in advance. If we don't have enough advance reservations, we may be forced to cancel a trip.
- If there is a menu option, please specify your choice when you register for the trip or program. Please note: menu options cannot be changed. *Be sure to read the menu carefully if you have any allergies or dietary needs. Contact Alysia if you need dietary accommodations.*
- Please carefully read the refund policy, the waiver, and caregiver policy before signing up for a trip. If you cannot "keep up" with the trip requirements, someone needs to accompany you as the trip coordinator cannot split up her time to care for individual needs.
- Please arrive on time for a trip as indicated as the bus cannot wait more than 5 minutes past the indicated time. If there are any questions regarding when to arrive for a trip, please ask someone at the reception desk or call Alysia at 847-459-2670 between the hours of 8:00 a.m. and 4:00 p.m.

TRIP ETIQUETTE

Please respect your trip coordinator, bus driver, dining staff, theatre/venue staff, and all those who work very hard to make your experience a pleasant one. If there is free time, please arrive back at the bus or designated area at the time and place assigned by the trip coordinator. Please be respectful of your peers on the trip. If you go on a trip and it is deemed that a caregiver is needed for future trips, you will be asked to provide one before registering for more Senior Center trips. Unacceptable behavior will not be tolerated and will be reported to the Senior Center director who will assess whether or not the individual may attend future Senior Center trips.

CAREGIVER POLICY

It is the intent of the Senior Center to provide travel opportunities that are educational and stimulating for a wide variety of interests. Due to the time and intensive nature of supervising such an event, our staff cannot be responsible for providing personalized caregiver attention to individuals, i.e. assisting with ambulation, toileting, dining, cognitive impairment assistance, etc. Therefore, the Senior Center reserves the right to deny a travel registration if it is determined that caregiving of this nature is required for a traveler. If the traveler has a caregiver accompanying them, the caregiver MUST complete his/her own registration form and payment.



VILLAGE OF WHEELING
PAVILION SENIOR CENTER
199 N. First Street
Wheeling, IL 60090-0567

The Wheeling Pavilion Senior Center is committed to accessibility for individuals with disabilities. The Pavilion's policy is to reasonably accommodate people with disabilities in accordance with the Americans with Disabilities Act (ADA). If you should require special accommodations at one of our functions call the Pavilion at (847) 459-2670 in advance.

VILLAGE OF WHEELING
BOARD OF TRUSTEES

Patrick Horcher, *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*
Diana Murillo, *Secretary*
Sharon Greenberg, *Clerk*
Braulio Hernandez, *Custodian*
Jesus Delgado, *Dining Coordinator*