

Wheeling Forward

Wheeling Pavilion Programs

JANUARY, 2018

Happy New Year!

Welcome to the next exciting chapter of the Pavilion.

Exciting changes have come to the Pavilion programs!

Our afternoon programs have made a smooth transition to the Community Recreation Center.

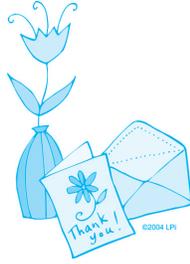
LUNCH AT PAVILION

Beginning January 2, 2018 the Lunch at Pavilion Congregate Dining Program will be moving to the St. Joseph the Worker Social Hall, 181 Dundee Road, Wheeling. There are no residency or membership requirements for participation in this program. Anyone 60 years of age or better is welcome to participate. Lunch punch cards and registration for future lunches will be done at the Social Hall during lunch hours of 10:30 am—1:30 pm with lunch served from 11:30 am—12:30 pm. To make reservations over the phone you can call the Senior Services number, previously the Senior Center number, at 847-459-2670 between 8:00 am and 2:00 pm. We look forward to seeing you there!



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, Dolores Kelley, Toni Nettnin, Joannie Purvin, and Corky Weber for assembling the Wheeling Forward newsletter.
- Renee Dicker, 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, 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 volunteer Steve Rosengard.
- 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
 MaryAnn Marabella
 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.

SCHEDULE AT A GLANCE

MONDAY

- 9:00–10:00 Stay Fit w/Video
- 9:30–3:30 CJE Russian Speaking Social Worker by appt.
- 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. *(Every other Tuesday.)*
- 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
- 10:30–11:30 Sing-a-Long
(1st, 2nd, & 3rd WED only)
- 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 *(Last FRI of the month)*
- 10:00–12:30 Russian Tea Time Support Group
(2nd & 4th FRI of the month)
- 11:30–12:00 Blood Pressure *(Last Friday of the month)*
- 11:30–12:30 Lunch at Pavilion
- 1:00–2:00 Book Club *(3rd Friday of the month)*
- 1:15–3:30 Canasta

BRAIN GAMES

Playing games that encourage you to think is one of many ways to keep your memory sharp. Brain Games will help improve your focus, concentration, and memory through a series of exercises and games. Join us for a thought -provoking program of games to keep your brain sharp.

Date: Friday, January 26, 2018

Time: 10:00 A.M. - 11:00 A.M.

Place: Community Recreation Center, 333 W. Dundee Rd.

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 Pavilion at 847-459-2670 to reserve your space for this exciting program.

JANUARY TRIVIA

January in the northern hemisphere is the seasonal equivalent to July in the Southern Hemisphere and vice versa.

On January 1, 1776, the first American flag, the “Grand Union” was presented. Betsy Ross later added the stars in place of the Union Jack.

In leap years, January always begins on the same day as April and July.

The History channel was launched on January 1, 1995.

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

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.



by appointment only (30 minutes)

Call the Wheeling Senior Services at 847-459-2670 to schedule an appointment.

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 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

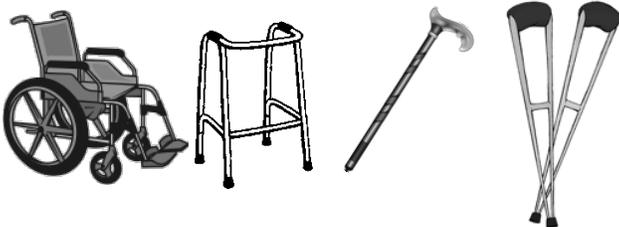
TELEPHONE REASSURANCE

"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 Senior Services at 847-459-2670.



LENDING CLOSET

Wheeling Senior Services 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 847-459-2670.



STATE OF IL BENEFITS FOR SENIORS

The benefits now available are:

- Seniors Free Transit Ride
- The Persons with Disabilities Transit Ride,
- Secretary of State License Plate Discount.



Free

To be determined eligible for these benefits, you must submit a **Benefit Access Application** : <https://www.illinois.gov/aging/BenefitsAccess/Pages/default.aspx> on the Internet. Paper applications are not available.

**Call Senior Services
at 847-459-2670 for an appointment.**



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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! Senior Services hosts meal service for anyone 60 years and better.

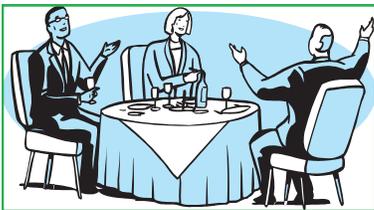
A nutritionally-balanced lunch is served **Monday thru Friday** from 11:30 a.m. until 12:30 p.m. Reservations are required and must be made by Wednesday for the following week. Each diner will receive written information regarding the cost of the meal and will have the opportunity to contribute to part 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 check in desk at the Lunch at Pavilion site. 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 Wheeling Senior Services 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 lunch site between 10:30 a.m.—1:30 p.m. Monday thru Friday.

(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 Senior Services by February 5, 2018. All future newsletters will be held for pickup at the front desk.

ROSCA DE REYES

Friday, January 5, 2018

Today we will have the “Rosca de Reyes”, a Spanish and Mexican pastry traditionally eaten to celebrate Epiphany. This pastry is traditionally eaten on “Dia de Reyes” which means “King’s Day”. King’s Day commemorates the arrival of the three Magi or Wise Men.



SCAM UPDATE

Tuesday, January 9, 2018

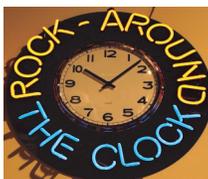
Join Officer Scott Laverd as he gives us tips on how to stay safe and avoid becoming the victim of a scam.



HEATHER BRAOUDAKIS

Tuesday, January 16, 2018

Celebrate the start of 2018 as Heather presents her Rock and Roll Eve. Hear songs such as “Rock Around the Clock”, “At the Hop”, “Splish Splash”, and many more.



MYTHS AND FACTS ABOUT BEREAVEMENT

Monday, January 22, 2018

This presentation will provide a service in normalizing bereavement. As we all know, there is no one “right” way to grieve. We will address myths such as: Grief and Mourning being the same experience, predictable and orderly progression for grief, moving away from grief, the stigma of open grieving as weakness, and the goal of “getting over” your loss. This program will identify strengths in labeling the truths of moving toward grief, everyone’s own individual “timeline”, the strength of tears, and how grief and mourning are different.



RANDY WALKER

Wednesday, January 24, 2018

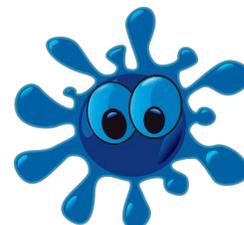
Join us for a delicious lunch followed by a musical program featuring Randy Walker



WINTER BLUES BUSTER PARTY

Monday, January 29, 2018

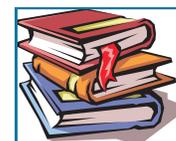
Forget about the cold weather and Sing and Dance those winter blues away with Sandy Haynes. You’ll warm up in no time!



BOOK CLUB

You are invited to join the Senior Center Book Club, which meets *at the Community Recreation 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!**

STITCH AND *ITCH

Come *itch with us and stitch away your troubles! Come join us for an afternoon of stitching at the Community Recreation 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:** CRC.
- 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.

JANUARY BIRTHDAYS

- | | |
|-----------------------|-----------------------|
| 1 Fran Bentley | 17 Barbara Pintz |
| 1 M Ann Holie | 19 Peter Farveni JR |
| 1 Jerome Usvolk | 19 William Glickin |
| 1 Katerina Angelova | 20 Maria Chiang |
| 1 Rich Bentley | 21 Alan Dietze |
| 2 Lucy Rosset | 23 Arlene Ogden |
| 3 Morton Glazer | 23 Laura Patur |
| 4 Arthur Spreckman | 24 Renee Gasner |
| 5 Joanne Teslik | 25 Nicholas Macheca |
| 5 Juliana Hickey | 25 Linda Reading |
| 5 Karl Krueger | 29 Carl Finger |
| 6 Al Hembd | 29 Delphine Perkowski |
| 6 Eugene Levin | 29 Donald Lavalle |
| 7 Bob Schuppe | 29 Alla Ashkinazi |
| 7 Lillian Williams | 30 Kathryn Farmer |
| 9 Renee Dicker | 30 Wendy Dietze |
| 9 Susan Labow | 30 Donna Zoske |
| 9 Al Sosa | |
| 9 Geri Illy | |
| 10 Christine Rakow | |
| 10 Ira Sitnick | |
| 11 Urszula Malinowski | |
| 12 Roberta Vollriede | |
| 12 Sue Korte | |
| 12 Karen Peter | |
| 13 James Kyle | |
| 14 Geri Brockett | |
| 14 Ravil Safarbakov | |
| 14 Cindy Nowaczyk | |
| 15 Gwen Kukla | |
| 15 Shirley Turbov | |
| 16 Marge Kokkekenberg | |
| 16 Jean Kujat | |
| 17 Anne Koehler | |



FITNESS CENTER

Special Offer

Sign up for an annual
FITNESS MEMBERSHIP
 from January 1 - 31
 and your first month is FREE.

Promotional pricing available 1/1/18-1/31/18 for new members only. No refunds and no membership freezes permitted during the first three months of membership. No other promotion or discounted pricing can be combined with this promotion.



Get reimbursed for working out!
 For more information, contact
 Beth Harrington at
 847-465-7673.



Winter PICKLEBALL

Tournament

**Saturday, January 27 and
 Sunday, January 28**

Partner up for the all-day tournament featuring Men's Doubles, Women's Doubles and Mixed Doubles in a round-robin format with both competitive and recreational levels.

Tournament games will be held at the CRC.

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



Winter WONDERFEST



Sunday, January 14, 1-4 PM
 Chevy Chase Country Club

1000 N. Milwaukee Avenue • Wheeling
FREE

Bring the family to Chevy Chase and celebrate the winter season with the Wheeling Park District! Fun activities for all ages include arts and crafts, winter-themed games and more. Enjoy snacks and hot cocoa, too. If weather permits, we also will build snowmen and create snow paintings.



For more information, call
 847-465-3333.



Wheeling Walks



Walking is more fun with friends!

Join **Wheeling Walks** - our FREE community walking/running club.

**Every Saturday
 9:30 am
 Heritage Park**

In case of inclement weather, meet fellow walkers on the CRC indoor walking track.

Feel good... take a walk!

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: Wednesday, January 17, 2018

Time: Meet at the Community Recreation Center at 10:30 a.m. The bus will leave at 10:45 a.m.

Place: Chicago

Cost: \$15 residents/\$20 non-residents while space is available.

**DENGEO'S DINNER OUT**

Join us for an evening of delicious food and fun conversation at Dengeo's in Buffalo Grove.

Date: Thursday, January 25, 2018

Time: Meet at Dengeos at 5:00 P.M.

Place: 195 W. Dundee Road, Buffalo Grove

Cost: The actual cost of this event will depend on what you decide to order at the restaurant.

Please note: Contact Alysia at 847-403-4480 to reserve your space.

**GRAND VICTORIA CASINO**

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

Date: Wednesday, January 31, 2018

Time: Meet at the Community Recreation Center at 10:00 A.M. The bus will leave at 10:15 A.M.

Place: Elgin, Illinois

Cost: \$16 residents \$21 non-residents by January 5, 2018
\$21 residents/\$26 non-residents until all spaces are full

Please note: No registration, refunds, or credits after January 12, 2018.

**PORTILLO'S DINNER OUT**

Enjoy a delicious dinner and camaraderie with fellow Pavilion participants at Portillo's in Buffalo Grove. (Don't forget to save room for their famous chocolate cake!)

Date: Thursday, February 15, 2018

Time: Meet at Portillo's at 5:00 P.M.

Place: 806 Dundee Road, Buffalo Grove

Cost: The actual cost of this event will depend on what you decide to order at the restaurant.

Please note: Contact Alysia at 847-403-4480 to reserve your space.



LUNCH AND TOUR AT THE WELLSHIRE

Join us for a tour and lunch at the Wellshire in Lincolnshire. We will have the opportunity to tour the community and learn about the various amenities available to residents followed by lunch.

Date: Monday, February 26, 2018

Time: Meet at the Community Recreation Center at 9:45 a.m.

Place: Lincolnshire

Cost: Contact Alysia at 847-403-4480 to reserve your space.

Space is limited. Reservations will be taken on a first come first served basis.



JOLIET ROCKS

Nick Miller has been keeping the “King” alive for over ten years. His love for Elvis began with a family trip to Graceland that led to watching Elvis movies and listening to his music. Nick then began singing in his basement every day and decided that he wanted to share his love for Elvis with others with a tribute act. The cost of this trip includes round trip transportation, lunch, and the performance.

Date: Tuesday, March 20, 2018

Time: Meet at the CRC at 9:45 a.m. The bus will leave at 10:00 a.m.

Place: Joliet

Cost: \$80 residents/\$95 non-residents

No registration, refunds, or credits after February 14, 2018



JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Join Israel’s favorite son, Joseph, through his tumultuous ascent to the top in this timeless reminder of the unquenchable thirst of a man with a dream who had the courage to forge the destiny of a people and its powerful message of hope. The classic story of Joseph is paired with exuberant music featuring favorites such as “Close Every Door”, “Go, Go, Go Joseph”, “Any Dream Will Do”, and many more. The cost of this trip includes round trip transportation, your choice of chicken or fish for lunch, and a ticket to the performance.

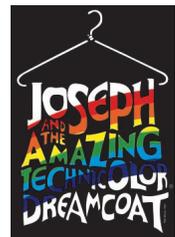
Date: Thursday, February 22, 2017

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

Place: Drury Lane Theatre in Oakbrook Terrace

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

No refunds, vouchers, or credits after January 2, 2018 as we must give the final payment to the venue at that time.



Rules of the Road

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

Date: Wednesday, March 28, 2018

Time: 10:00 a.m. – 12:00 p.m.

Place: Community Recreation Center

Cost: **Free** but **advance registration is required** in order to have enough materials for all in attendance.



WINDY CITY BULLS

Have a ball with the Pavilion as we watch the Windy City Bulls. The Windy City Bulls are an American Professional basketball team of the NBA G League and an affiliate of the Chicago bulls of the National Basketball Association. The cost of this event includes round trip transportation, ticket to the game, and your choice of a voucher for a hotdog or pizza meal.

Date: Wednesday, March 7, 2018

Time: Meet at the CRC at 4:45 p.m.

Place: Hoffman Estates

Cost: \$49 residents/\$64 non-residents



SOUTH PACIFIC

This Rogers and Hammerstein landmark musical proves that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. The cost of this trip includes round trip transportation, your choice of Sauteed Tilapia or Bistro Steak for lunch, and a ticket to the performance.

Date: Wednesday, April 11, 2018

Time: Meet at the Community Recreation Center at 10:15 a.m.

Place: Drury Lane Theatre, Oakbrook Terrace

Cost: \$85 residents/\$90 non-residents

Please note: no refunds, credits, or vouchers after March 5, 2018 as we must give a final count, meal selections, and payment to the venue at that time.



PATTY WAZAK SHOW

Head over to White Fence Farm for their famous chicken lunch followed by a performance by Patty Wazak. Patty will have you singing and clapping along to her variety show. The cost of this trip includes round trip transportation, a delicious lunch and the show.

Date: Tuesday, May 16, 2018

Time: Meet at the Community Recreation Center at 10:00 a.m.

Place: White Fence Farm in Romeoville

Cost: \$58 residents/\$63 non-residents by April 10, 2018

Please note: no refunds, credits, or vouchers after April 3, 2018.





JANUARY 2018

★ Please see reverse side for lunch events

Phone Number _____

Date _____

Monday	Tuesday	Wednesday	Thursday	Friday
1  Hot Roast Beef Mashed Potatoes Gravy Northern Bean & Tomato Medley Wheat Bread Fresh Orange	2 CHOICE DAY ___ Spinach Swiss Souffle OR ___ Chicken Caesar Salad Lumberjack Soup Multi Grain Bread Ranger Cookie Ambrosia Fruit custard	3 Spaghetti & Meatball Marinara Mixed Salad Greens w/Chick Peas French Bread Warm Peach Cobbler	4 CHOICE DAY ___ Chicken Parmesan Sandwich OR ___ Tuna Spinach Salad hard Boiled Egg Cream of Broccoli Soup Wheat French Roll Tri Bean Salad & Mandarin Orange	5 CHOICE DAY Fish Taco OR Chicken Spanish Rice Pinto Beans Shredded Lettuce Flour Tortilla Fresh Melon
8 Sliced Bavarian Style Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	9 CHOICE DAY ___ BBQ Riblet/Bun OR ___ Chicken Salad Cream of Potato Soup Rye Bread Cinnamon Apples Chef's Choice	10 Turkey Divan Vegetable Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie	11 CHOICE DAY ___ Surimi Crab Cake Sandwich OR ___ Turkey Trio & Cheese Sub Sandwich Split Pea Sliced wheat Bun Banana & Cranberry Juice	12 Chicken Breast parmesan Penne Pasta/Marinara Squash Medley French Bread Chilled Peaches
15 Sliced Bavarian Style Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	16 CHOICE DAY ___ Chicago Style Hot Dog/Bun OR ___ Turkey Pasta Salad/ Shell Rigate Tomato Lentil Wheat Hot Dog Bun Gamma Apple Bar Pineapple Orange Salad	17 Beef & Cabbage Casserole Green Beans Mixed Green Salad Corn Bread Fruit Cocktail	18 CHOICE DAY ___ Cheese Burger OR ___ Jullienne Ham Greek Salad Duchess Cheese Soup Sliced Wheat Bun Fresh Melon Coleslaw	19 CHOICE DAY ___ Potato Crusted Fish Filet OR ___ Chicken Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding
22 BREAKFAST DAY Buttermilk Pancakes Breakfast Sausage Glazed Apples Orange Juice Chilled Peaches	23 CHOICE DAY ___ Meatball Sub OR ___ Spinach, Cheddar & Turkey Roll-up Wheat Tortilla 15 Bean Soup Soft Hoagie Roll Banana & Apple Sauce	24 Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chilled Pears Ranger Cookie	25 CHOICE DAY ___ Chicken Tender Poor Boy/Herb Aioli OR ___ Egg Salad Sandwich Tomato Florentine Wheat French Roll Can Applesauce Pea Salad	26 VEGETARIAN DAY Hearty Vegetable Stew Rotini Marinara Hot Bean Medley Garlic Bread Fruit Cup
29 Baked Meatloaf w/ Country Gravy Cauliflower Mashed Potatoes Peas & Onions Whole Wheat Roll Pineapple Tidbits	30 CHOICE DAY ___ Fish Sandwich OR ___ Caprese Pasta Salad w/ Grilled Chicken Split Pea Soup Wheat French Roll Chef's Choice Fruit & Coleslaw	31 BBQ Chicken Thigh Oven Fries Green Beans & Onions Wheat Bread Fruit Jello	** Lettuce & Tomato Garnish Included on Choice Days 	1% or Fat Free Milk served with every meal. 

**** MENU SUBJECT TO CHANGE WITH OUT NOTICE ****

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 Village of Wheeling does not discriminate in admission to programs or activities of treatment of employment in compliance with appropriate State and Federal statutes.

ACTIVITY CALENDAR

JANUARY 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Happy New Year!	2 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group CJE Russian Speaking Social Worker by apt	3 11:30 : Lunch at Pavilion 12:00: Stitch and 'tch	4 10:00: Commission on Aging 10:00 Computer Class by apt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3	5 10:00 : Computer Class by apt. 11:30 : Lunch at Pavilion –Rosca De Reyes 1:00: Canasta  CJE Russian Speaking Social Worker by apt
8 10:00 TLC(formerly BUGS) 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle	9 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion—Scam Update 12:30 Bridge 1:00 : Community Volunteer Group  CJE Russian Speaking Social Worker by apt	10 11:30 : Lunch at Pavilion 12:00: Stitch and 'tch	11 10:00 Computer Class by apt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3	12 10:00 : Computer Class by apt. 10:30: Russian Tea Time Support Group 11:30 : Lunch at Pavilion 1:00: Canasta CJE Russian Speaking Social Worker by apt
15 10:00 TLC(formerly BUGS) 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle	16 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion—Heather Braundakis 12:30 Bridge 1:00 : Community Volunteer Group  CJE Russian Speaking Social Worker by apt	17 11:30 : Lunch at Pavilion 12:00: Stitch and 'tch	18 10:00 Computer Class by apt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3	19 10:00 : Computer Class by apt. 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Book Club 1:00: Canasta CJE Russian Speaking Social Worker by apt
22 10:00 TLC(formerly BUGS) 11:30 Lunch at Pavilion—Myths & Facts about Bereavement 1:15 Canasta/ Pinochle 	23 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group CJE Russian Speaking Social Worker by apt	24 11:30 : Lunch at Pavilion –Randy Walker 12:00: Stitch and 'tch 	25 10:00 Computer Class by apt. 11:30 : Lunch at Pavilion 12:30 : Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt 10-3	26 10:00 : Computer Class by apt. 10:30: Russian Tea Time Support Group 11:00 Wii Bowling 11:30 : Lunch at Pavilion 1:00: Canasta CJE Russian Speaking Social Worker by apt
29 10:00 TLC(formerly BUGS) 11:30 Lunch at Pavilion— Winter Blues Buster Party 1:15 Canasta/ Pinochle 	30 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:30 Bridge 1:00 : Community Volunteer Group CJE Russian Speaking Social Worker by apt	31 9:30 : Indian Trails Library Drop Off 11:30 : Lunch at Pavilion 12:00: Stitch and 'tch	***LUNCH AT PAVILION and program's after Lunch are held at ST. Joseph Banquet Hall 181 W Dundee Rd. Wheeling, IL 60090 <u>Check in starts at 10:30 Am</u>	



FEBRUARY 2018

★ Please see reverse side for lunch events

Phone Number

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 CHOICE DAY</p> <p>___ Pork Roast w/ Cinnamon Apples OR ___ Chicken</p> <p>Au Gratin Potatoes</p> <p>Peas & Carrots</p> <p>Wheat Bread & Pumpkin Bar</p>	<p>6 CHOICE DAY</p> <p>___ Cheese Burger OR ___ Deviled Egg Salad Sandwich</p> <p>Tomato Soup</p> <p>Sliced Wheat Bun</p> <p>Pea Salad</p> <p>Chilled Pears and Cranberries</p>	<p>7</p> <p>Salisbury Steak/Gravy</p> <p>Mashed Potatoes</p> <p>Harvard Beets</p> <p>Multi Grain Dinner Roll</p> <p>Pineapple Tidbits</p>	<p>1 CHOICE DAY</p> <p>___ Broccoli Quiche</p> <p>___ Dill Shrimp Pasta Salad</p> <p>Vegetable Gumbo</p> <p>Dinner Roll</p> <p>Fruit Yogurt</p> <p>Fresh Orange</p>	<p>2</p> <p>Swedish Meatballs/Gravy</p> <p>Mashed Potatoes</p> <p>Broccoli</p> <p>Multi Grain Bread</p> <p>Fresh Melon</p>
<p>12</p> <p>Roast Turkey & Gravy</p> <p>Baked Sweet Potatoes</p> <p>Broccoli</p> <p>Bread Stuffing</p> <p>Chef's Fruit</p>	<p>13 CHOICE DAY</p> <p>___ Spinach Swiss Souffle OR ___ Chicken Caesar Salad</p> <p>Lumberjack Soup</p> <p>Multi Grain Bread</p> <p>Ranger Cookie</p> <p>Ambrosia Fruit Custard</p>	<p>14</p> <p>Spaghetti & Meatball Marinara</p> <p>Mixed Salad Greens w/Chick Peas</p> <p>French Bread</p> <p>Warm Peach Cobbler</p>	<p>15 CHOICE DAY</p> <p>___ Chicken Parmesan Sandwich OR ___ Tuna Spinach Salad hard Boiled Egg</p> <p>Cream of Broccoli Soup</p> <p>Wheat French Roll</p> <p>Tri Bean Salad & Mandarin Orange</p>	<p>16</p> <p>Fish Taco or Chicken</p> <p>Spanish Rice</p> <p>Pinto Beans</p> <p>Shredded Lettuce</p> <p>Flour Tortilla</p> <p>Fresh Melon</p>
<p>19 CLOSED</p>	<p>20 CHOICE DAY</p> <p>___ BBQ Riblet/Bun OR ___ Chicken Salad</p> <p>Cream of Potato Soup</p> <p>Rye Bread</p> <p>Cinnamon Apples</p> <p>Chef's Choice</p>	<p>21</p> <p>Turkey Divan</p> <p>Vegetable Rice Pilaf</p> <p>Broccoli</p> <p>Chef's Fruit</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookie</p>	<p>22 CHOICE DAY</p> <p>___ Surimi Crab Cake Sandwich OR ___ Turkey Trio & Cheese Sub Sandwich</p> <p>Split Pea</p> <p>Sliced wheat Bun</p> <p>Banana & Cranberry Juice</p>	<p>23</p> <p>Chicken Breast parmesan</p> <p>Penne Pasta/Marinara</p> <p>Squash Medley</p> <p>French Bread</p> <p>Chilled Peaches</p>
<p>26</p> <p>Sliced Bavarian Style Brat-wurst</p> <p>Diced Parsliled Potatoes</p> <p>Carrots</p> <p>Rye Bread</p> <p>Fresh Melon</p>	<p>27 CHOICE DAY</p> <p>___ Chicago Style Hot Dog/Bun OR ___ Turkey Pasta Salad/Shell Rigate</p> <p>Tomato Lentil</p> <p>Wheat Hot Dog Bun</p> <p>Gamma Apple Bar</p> <p>Pineapple Orange Salad</p>	<p>28</p> <p>Beef & Cabbage Casserole</p> <p>Green Beans</p> <p>Mixed Green Salad</p> <p>Corn Bread</p> <p>Fruit Cocktail</p>	<p>**Lettuce & Tomato Garnish Included on Choice Days</p>	<p>1% or Fat Free Milk served with every meal.</p>

**** MENU SUBJECT TO CHANGE WITH OUT NOTICE ****

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 Seniors, it is expected that the participant will arrive with the group, stay with the group, and travel back 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 Senior Services.

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 at 847-403-4480 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 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 trips. Unacceptable behavior will not be tolerated and will be reported to the Senior Services director who will assess whether or not the individual may attend future Senior trips.

CAREGIVER POLICY

It is the intent of Senior Services 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, Senior Services 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

SENIOR SERVICES

1 Community Blvd.
Wheeling, IL 60090

The Village of Wheeling Senior Services 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 SERVICES STAFF

Shari Matthews Huizar, *Director of Human Services*
Alysia Miller-Goldstein, *Program Planner*
Diana Murillo, *Secretary*
Braulio Hernandez, *Lunch at Pavilion Custodian*
Jesus Delgado, *Dining Coordinator*