

WHEELING FORWARD >>>

Wheeling Pavilion Programs



NOVEMBER—DECEMBER 2018



SENIORS IN THE KNOW

logaster.com

Are there topics you want to learn more about?
Don't have time to go on the Internet?
Can't find what you are looking for?
Want to share something interesting with others?

Please join us, after the Congregate Dining Program for "Seniors In The Know". Each month there will be at least one, if not more, "Seniors In The Know" educational topics facilitated by the Village of Wheeling Human Services Department. You may join us for lunch or you may just come for the program which will be from *12-12:30 p.m.* Please RSVP either way at 847-459-2670. Check your newsletters for the dates and topics. We hope to see everyone there. If you have any suggestions for topics of interest, please contact Angela Burrell at 847-459-2640.

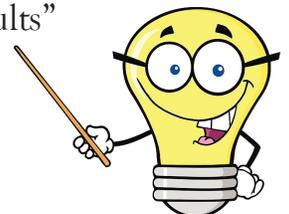
Upcoming Programs

Tuesday, November 6th, 2018 : "Winter Preparedness"

Tuesday, November 13th, 2018 : "Memory Loss/Memory Screenings".

Thursday., December 13, 2018 : " Winter Fun"

Thursday, December 18th, 2018 : "Financial Exploitation of Older Adults"





We are happy to announce our new Heritage Series coming in January 2019.

We will be celebrating national heritage months throughout the 2019 year, during Lunch at Pavilion. Stay tuned and don't miss out.

Rules of the Road Class

Date :Wednesday, November 7, 2018

Time : 10:00 a.m. - 12:00 p.m.

Place: Wheeling Park District

100 Community Boulevard

Wheeling, IL 60090

Room : 205



The Rules of the Road Review Course is designed to give drivers – especially senior citizens and persons with disabilities – the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam.

Registration is required please contact Wheeling Senior Services at 847-459-

If you receive a call from Somerville, MA 617-440-3505 rest assured it's the Wheeling Senior Services Department calling you with an important message. In order to better serve our community, we will be conducting robocalls with valuable information pertaining to any program provided by the Village of Wheeling

Senior Services. If for any reason the message did not sound clear or cut off please give us a call at 847-459-2670

Somerville, MA
617-440-3507



HELP WANTED

VOLUNTEERS

Part-time rewarding experience with flexible hours. Excellent opportunity to meet new friends, be part of a great team, and have a giggle. No experience required. Please call Senior Services at 847-459-2670 for information.



SENIOR SERVICES THANKS...



- Marilyn Hams, Dolores Kelley, Toni Nettnin, Yeun Kim and Corky Weber for assembling the Wheeling Forward newsletter.
- Lunch at Pavilion volunteers Lee Becker, Marina Doherty, Kevin Frei, Czeslawa Gorka, Howard Grubman, Marilyn Hams, Darlene Kaplan, Marshall Kaplan, Barb LaHay, Anita Loewenstein, MaryAnn Marabella, Pat Rizzo, Vilma Sanchez, Bobi Spiegel, and Carol Targun, Betty Obiazi, Ernestina Salgado, Amelia Moreno and Jackie Song.
- Technology learning volunteer Steve Rosengard.
- Stephen Meyer III for coordinating the Stitch and *itch group.
- MaryAnn Marabella for coordinating the Community Volunteers.

SENIOR CITIZENS COMMISSION



Pat Hawkins
 Marshall Kaplan
 Michael Kohen
 Gerald Malin
 MaryAnn Marabella
 Pat Miller
 Jackie Portnoy
 Bruce Sembach
 Roberta Vollriede

Meetings held at Village Hall the first Thursday of each month at 10a.m. For more information including agendas and minutes, please go to www.wheelingil.gov/179/Senior-Citizen-Commission

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.



Village of Wheeling Social Services

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 Human Services at 847-459-2670 to schedule an appointment.

STATE OF IL BENEFITS FOR SENIORS

The benefits 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** : <https://www.illinois.gov/aging/BenefitsAccess/Pages/default.aspx> on the Internet. Paper applications are not available.

Call Wheeling Human Services at 847-459-2670 for 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

LENDING CLOSET

Wheeling Human 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.



MEDICARE OPEN ENROLLMENT:

***DEADLINE IS DECEMBER 7TH ***

WHAT YOU CAN DO TO PREPARE

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. **6**

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 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 2018 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. The Village of Wheeling SHIP counselor will be available Wednesdays and Thursdays for appointments during open enrollment. Call 847-459-2670 for an appointment. Take charge of your health care and expenses!



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 Huizar, and she will gladly assist you. Meals are catered by Hoffman House. Lunch is often followed by a presentation, a speaker, or musical entertainment.

Telephone Reassurance



Our Telephone Reassurance Program is designed to help homebound elderly to remain independent in their own homes for as long as possible by providing reassuring telephone calls, social support, and safety checks. Our program strives to reduce isolation and help residents feel safer and more connected to their community.

**SIGN UP TODAY BY CALLING:
THE VILLAGE OF WHEELING
HUMAN SERVICES
DEPARTMENT
847-459-2606**



If you would like to add your

birthday to our

Lunch at Pavilion

Birthday Club board, please call

Senior Services

847-459-2670



November 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1% or Fat Free Milk served with every meal.</p> 	<p>**MENU SUBJECT TO CHANGE WITH OUT NOTICE**</p> <p>**Lettuce & Tomato Garnish</p>	<p>1 CHOICE DAY- PROGRAM</p> <p>___ Chicken Tender Poor Boy/ Herbed Aioli ___ OR ___ Egg Salad Tomato Florentine Wheat French Roll Cran Applesauce</p>	<p>2- PROGRAM</p> <p>Cheese Ravioli Alfredo Zucchini w/Red Peppers & Onions Italian Green Beans Multi Grain Dinner Roll Fruit Cup & Cookie</p>	
<p>5- PROGRAM</p>	<p>6 CHOICE DAY- PRO-GRAM</p> <p>___ Fish Sandwich OR ___ Caprese Pasta Salad w/ Grilled Chicken Split Pea Soup Wheat French Roll Chef's Choice Fruit</p>	<p>7</p> <p>BBQ Chicken Thigh Oven Fries Green Beans & Onions Wheat Bread Fruit Jello</p>	<p>8 CHOICE DAY</p> <p>___ Broccoli Quiche OR ___ Dilled Shrimp Pasta Salad Vegetable Gumbo Dinner Roll Fruit Yogurt</p>	<p>9- PROGRAM</p> <p>Swedish Meatballs/Gravy Mashed Potatoes Broccoli Multi-Grain Bread Fresh Melon</p>
<p>12 CHOICE DAY</p> <p>___ Pork Roast w/Cinnamon Apples OR ___ Chicken Au Gratin Potatoes Peas & Carrots Wheat Bread & Pumpkin Bar</p>	<p>13 CHOICE DAY</p> <p>___ Cheeseburger OR ___ Deviled Egg Salad Sandwich Tomato Soup Sliced Wheat Bun Pea Salad</p>	<p>14</p> <p>Salisbury Steak/Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>15 PROGRAM</p> <p>Roast Turkey w/Dressing Mashed Potatoes /Gravy Peas & Carrots Cranberry Jell-O Pumpkin Pie</p>	<p>16</p> <p>Classic Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie</p>
<p>19</p> <p>Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>20 CHOICE DAY-Program</p> <p>___ Spinach Swiss Soufflé OR ___ Chicken Caesar Salad Lumberjack Soup Multi-Grain Bread Ranger Cookie</p>	<p>21</p> <p>Spaghetti & Meatball Marinara Mixed Salad Greens w/ Chick Peas French Bread Warm Peach Cobbler</p>	<p>22 CLOSED</p>	<p>23 CLOSED</p>
<p>26</p> <p>Hot Roast Beef Mashed Potatoes/Gravy Northwest Blend Medley Wheat Bread Fresh Orange</p>	<p>27 CHOICE DAY</p> <p>___ BBQ Ribblet/Bun OR ___ Chicken Salad Cream of Potato Soup Rye Bread Cinnamon Apples</p>	<p>28</p> <p>Turkey Divan Vegetarian Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie</p>	<p>29 CHOICE DAY-Program</p> <p>___ Surimi Crab Cake Sandwich OR ___ Turkey Trio & Cheese Sub Sandwich Split Pea Soup Sliced Wheat Bun Banana</p>	<p>30</p> <p>Chicken Breast Parmesan Penne Pasta/Marinara Squash Medley French Bread Chilled Peaches</p>



Lunch at Pavilion Events 9

If you are not registering for lunch, please register for any of these events by calling Wheeling Senior Services (847)459-2670.

Thursday November 1, 2018
Blood Pressure Presentation



Please join an after-lunch brief presentation on blood pressure followed by blood pressure screening. Blood pressure control is very important to our health. Nearly 1 in 3 adults in the US have high blood pressure. Many don't even know they have it!

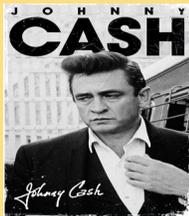
Friday November 9, 2018
Scam Update- Scott Laverd



Officer Scott Laverd will be giving us information on the latest Scams and ways to prevent becoming a victim.

Friday November 2, 2018
"The Musical Influence of Johnny Cash"

Steve Justman is honoring the legendary Johnny Cash. His mix of music and history is always a crowd-pleaser!



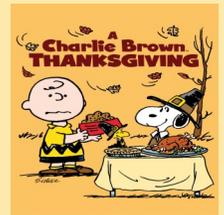
Tuesday November 13, 2018
"Memory Loss/Memory Screening"



Please join us for a presentation regarding memory loss and memory screening.



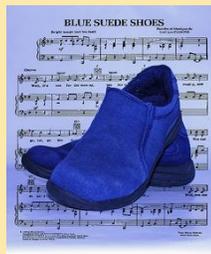
Thursday November 15, 2018
Thanksgiving Luncheon & Movie



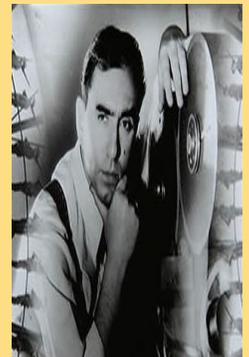
Enjoy a delicious Thanksgiving lunch followed by a classic movie, Charlie Brown Thanksgiving

Monday November 5, 2018
"Blue Suede Shoes"

Heather Braoudakis steps in to the shoes of the king of Rock 'n' Roll as she performs rocking' and cherished Elvis Presley hits.



Tuesday November 20th, 2018
"Busby Berkeley Director Extraordinaire"



Join John Boda as he discusses Busby Berkeley. His life and career will be seen along with clips of his fantastic dances he directed featuring songs such as "Whoopie", "42 Street", "We're in the Money", "I Only Have Eyes for You" and many more!



Tuesday November 6, 2018
"Winter Preparedness"

Please join us to hear Lt. Steve Mella from the Wheeling Fire Department talk about how to be ready for cold weather and winter.



Thursday November 29, 2018
Greek American Lunch



Join us for a delicious lunch catered and sponsored by The Greek American Rehabilitation Center. Max of 40 guests don't miss out!





December 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sliced Bavarian Style Bratwurst Diced Parslised Potatoes Carrots Rye Bread Fresh Melon	4 CHOICE DAY ___ Chicago Style Hot Dog OR ___ Turkey Pasta Salad/Shell Rigate Tomato Lentil Wheat Hot Dog Bun Gramma Apple bar	5 Texas Chili Mac & Cheese Country Blend Vegetable Corn Bread Fruit Cocktail	6 CHOICE DAY ___ Cheeseburger OR ___ Julienne Ham Greek Salad Duchess Cheese Soup Sliced Wheat Bun Fresh Melon	7-PROGRAM * Potato Crusted Fish Filet Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding
10 Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chilled Pears Ranger Cookie	11 CHOICE DAY PROGRAM * ___ Meatball Sub OR ___ Spinach, Cheddar & Turkey Roll-up/Wheat Tortilla Bean Soup Soft Hoagie Roll Banana	12 Spaghetti & Meatball Marinara Chef's choice vegetable Garlic Bread Chilled Peaches	13 CHOICE DAY PROGRAM * ___ Chicken Tender Poor Boy/Herbed Aioli ___ OR ___ Egg Salad Tomato Florentine Wheat French Roll Cran Applesauce	14 PROGRAM * Cheese Ravioli Alfredo Zucchini w/Red Peppers & Onions Italian Green Beans Multi Grain Dinner Roll Fruit Cup & Cookie
17 Baked Meatloaf w/ Country Gravy Cauliflower Mashed Potatoes Peas & Onions Whole Wheat Roll Pineapple Tid Bits	18 CHOICE DAY Program * ___ Fish Sandwich OR ___ Caprice Pasta Salad w/ Grilled Chicken Split Pea Soup Wheat French Roll Chef's Choice Fruit	19 Program * BBQ Chicken Thigh Oven Fries Green Beans & Onions Wheat Bread Fruit Jello	20 CHOICE DAY ___ Broccoli Quiche OR ___ Dilled Shrimp Pasta Salad Vegetable Gumbo Dinner Roll Fruit Yogurt	21 PROGRAM * Lasagna w/ Marinara Sauce Italian Blend Vegetables Caesar Salad Garlic Bread Lemon Bar
24 CHOICE DAY ___ Pork Roast W/Cinnamon Apples OR ___ Chicken Au Gratin Potatoes Peas & Carrots Wheat Bread & Pumpkin Bar	25 CLOSED 	26 Salisbury Steak/Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	27 CHOICE DAY ___ Chicago Style Hot Dog OR ___ Chef Salad Wrap Navy Bean Soup Dinner Roll Fresh Melon	28 Classic Lasagna w/Meat Sauce Broccoli Chef's Choice Vegetable Oatmeal Raisin Cookie
31 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	<p>** MENU SUBJECT TO CHANGE WITHOUT NOTICE **</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>1% or fat free milk served with every meal.</p> </div> <div style="text-align: center;">  <p>**Lettuce & Tomato Garnish Included on Choice Days</p> </div> </div>			



Lunch at Pavilion Events

If you are not registering for lunch , please register for any of these events by calling Wheeling Senior Services (847)459-2670.

Friday December 7, 2018
"Video Trivia "
-Sponsored by Indian Trails Public Library



It's the fun game where you don't just hear a trivia question about a movie or song. You actually see a clip of the movie or hear a clip of the song. Join us for a fun afternoon of trivia and reminiscence.



SENIORS IN THE KNOW

Tuesday, December 18, 2018
"Financial Exploitation of Older Adults "

Please join us for a presentation by Officer Scott Laverd on financial exploitation. Learn what it looks like, how it may impact you and what can be done to assist you if this is taking place.



Tuesday, December 11, 2018
Scam Update- Officer Scott Laverd

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.



Wednesday, December 19, 2018
"The Sound of Music"-John Boda

This presentation will look at one of the most popular musicals of all time that one 5 Academy Awards in 1965! It will cover the origins and beginning with pictures and trivia into the Broadway show of 1960. But mostly focusing on the classic film version of 1965 with Julie Andrews and Christopher Plummer.



SENIORS IN THE KNOW



Thursday, December 13, 2018

Please join us for Hot Chocolate, Frosty the Snowman and decorating cookies to eat during movie watching, take home for later or some of both.

Friday December 21, 2018
End of the year party
-Italian Style

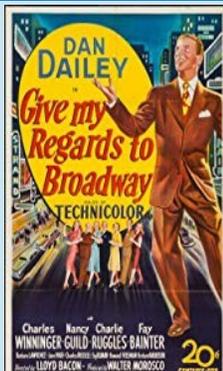


We've come to the end of another great year! Celebrate the end of 2018 Italian style with performance by Maureen Christine. Participants can join in on the fun and dress like a mobster.



Friday, December 14, 2018
"Give my Regards to Broadway"
Heather Braoudakis

Give my Regards to Broadway is a 1948 American Musical Film starring Dan Dailey and directed by Loyd Bacon . Enjoy all the great music this film has to offer.



FREE DROP-IN PROGRAMS



Join us at the Community Recreation Center Monday through Friday for a variety of free, drop-in programs. See the chart below for a complete listing of the day, time, program name and room number; all rooms are located on the second level of the CRC.

*Please be aware that other programs may be scheduled in these rooms prior to the one you are attending.
Thank you in advance for your patience.*

Questions?

Contact Bella at ilicciardello@wheelingparkdistrict.com.

<u>Day</u>	<u>Time</u>	<u>Program</u>	<u>Rooms</u>
Monday	12:00-3:30 pm	Canasta & Pinochle	203
Tuesday	11:30 am-3:00 pm	Inter. Bridge	203
Tuesday	10:00 am-12:00 pm	Current Events	203
Tuesday	1:00-3:00 pm	Volunteer Craft Group	201/202
Wednesday	12:30-3:00 pm	Stitch & Itch	201/202
Wednesday	1:00-3:00 pm	Open Card Game Play	203
Thursday	11:30 am-3:30 pm	Inter. Bridge	203
Thursday	1:00-3:30 pm	Color for Calm	201/202
Thursday	1:00-3:30 pm	Happy Hookers	201/202
Friday (last Fri of the month)	10:00 am-11:00 am	Friday Brain Games	201/202
Friday	12:00-3:45 pm	Canasta & Pinochle	201/202
Friday (2nd Fri of the month)	10:00-11:00 am	Social Hour	201/202
Friday (3rd Fri of the month)	1:00-2:00 pm	Book Club	201/202

MOVIE & POPCORN

Friday, November 9 • 1:00-3:30 pm • Free • The Greatest Showman

Preregister so that we know how many people to expect. Registration Code: 312552-01

This award-nominated movie, starring Hugh Jackman, is a musical spectacular about the life of P.T. Barnum, the ultimate showman.

RECEIVE OUR NEW ELECTRONIC NEWSLETTER STARTING JANUARY 2019

To get announcements, updates and important information via email, submit your email to Bella at ilicciardello@wheelingparkdistrict.com

Wheeling Walks



Feel good.... take a walk!

Every Saturday
9:30 AM
Performance Pavilion at Heritage Park

FREE

Join us for a walk around beautiful Lake Heritage. *In case of inclement weather, meet at the*

WHEELING WALKS FALL KICKOFF · September 22 · 9:30 AM
·Heritage Park Come for the treats; stay for the fun!

PICKLEBALL

Tennis, ping pong and badminton are rolled into one fun sport. It's a great way to stay active and meet new people. Some equipment is provided or bring your own.

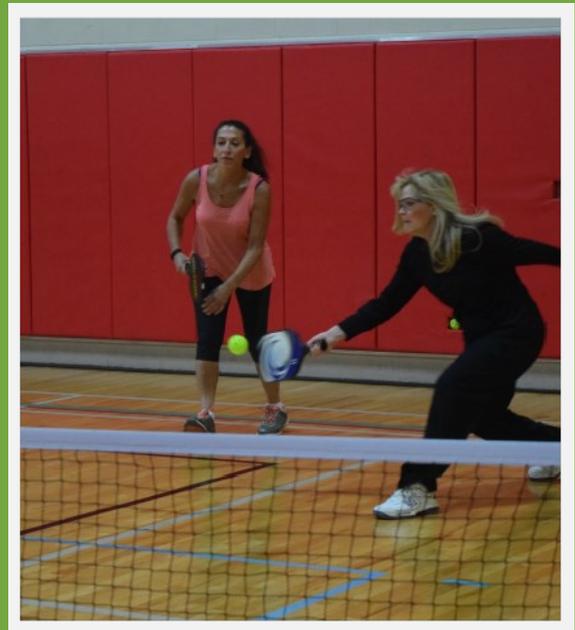
Drop-in: Tuesday and Thursday, 9 am-12 pm

Friday, 6-9 pm

Location: CRC

Daily Fee: \$4/resident; \$5/non-resident

For more information, call 847-465-3333.



WINTER PICKLEBALL TOURNAMENT

Sunday, November 11, at the CRC

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

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

GET YOUR SILVERSNEAKERS ON AND KEEP MOVING!

NEW low-impact training for all fitness levels



SILVERSNEAKERS CLASSIC CLASSES

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Classes are free with your Wheeling Park District Fitness Center membership, or purchase a Group Fitness Class Pass at the Fitness Center Desk.

MONDAY

9:00-9:45 AM

with Georgette in Room 201

TUESDAY

11:30 AM-12:15 PM

with Kathy in Room 102

For more information, call 847-465-2943.

Wheeling Park District Fitness Center
100 Community Boulevard
Wheeling, IL 60090

www.wheelingparkdistrict.com



TAKE A TRIP



BEAUTY AND THE BEAST

Wednesday, 11/14, 10:15 AM

Location: Oakbrook Terrace, IL

Fee: \$85/resident; \$90/non-resident

Registration Code: 312551-03

Activity Level: Light

This “tale as old as time” is the story of beautiful heroine who risks everything to break a spell imprisoning a castle of enchanted misfits and a terrifying beast. Ticket and lunch (choose turkey or fish) are included. *Meet at the CRC. Expected return time is between 6:00 pm and 6:30 pm.*



IT'S CHRISTMAS

Thursday, 12/6, 9:45 AM

Location: Romeoville, IL

Fee: \$59/resident; \$64/non-resident

Registration Code: 312551-04

Activity Level: Light

Enjoy the famous White Fence Farm chicken meal with side dishes and dessert. A musical performance by Denny Diamond takes place after lunch. *Meet at the CRC. Expected return time is between 4:00 pm and 4:30 pm.*



CHRISTMAS AROUND THE WORLD

Wednesday, 12/12, 8:45 AM

Location: Chicago, IL · **Activity Level:** Heavy

Fee: \$48/resident; \$53/non-resident

Registration Code: 312551-02

See the Museum of Science and Industry's famous display of holiday trees, decorations and customs from around the world and the Pixar exhibit. Lunch is on your own at the food court. *Meet at the CRC. Expected return time is between 4:30 pm and 5:00 pm.*

Three Ways to Register

Walk-In: Community Recreation Center, 100 Community Boulevard, Wheeling

By Phone: Call 847-465-3333 *Pay by phone with credit card*

Online: www.wheelingparkdistrict.com

SPECIAL EVENTS



Thanksgiving Community Feast

Sunday, November 18 • 1:00 pm-3:00 pm • Chevy Chase Country Club • Free

The Wheeling Park District Board of Commissioners invite residents and their families to a free feast featuring a traditional Thanksgiving-style meal, musical entertainment and arts and crafts.

The event is free but canned food and cash donations are accepted. Donations benefit the Wheeling Food Pantry and Wheeling Park District Financial Assistance Program.

THIS EVENT IS OPEN TO WHEELING PARK DISTRICT RESIDENTS ONLY.

To make a reservation, call 847-465-3333.



Breakfast with Santa

Saturday, December 8

10:00 am-12:00 pm

Fee: \$20/adult Age 11 years+

\$10/child Age 4-10 years

\$5/child Age 3 years and under

Registration Code: 313602-01

Registration Deadline: 12/5

Bring the grandkids to Chevy Chase Country Club to enjoy a delicious buffet breakfast while carolers entertain you. All children have the opportunity to meet with Santa and have photos taken.

The event concludes with a show from "Those Funny Little People." Reserve your spot today as this event sells out!

Register by December 5 online or at the CRC.



FUN AND GAMES!



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	5				9	1		6
			7	4				3
		3		6	1	4	8	7
	4	1	6					
6		9		7				
	3				5			
			8	9				
	7	6		1			5	

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DIFFICULTY: ★☆☆☆

LAUGH OUT LOUD

By the time you're 80 years old, you've learned everything. You only have to remember it.

— George Burns

8	5	6	3	1	2	9	7	4
9	6	1	7	4	5	2	8	6
2	4	2	6	7	8	9	1	3
4	1	4	9	5	2	6	7	8
5	3	5	8	4	7	1	6	2
9	7	9	2	8	3	6	4	5
7	8	7	4	1	6	3	9	2
3	9	3	5	6	1	4	8	7
6	1	2	8	9	3	4	5	7

Answer to Sudoku



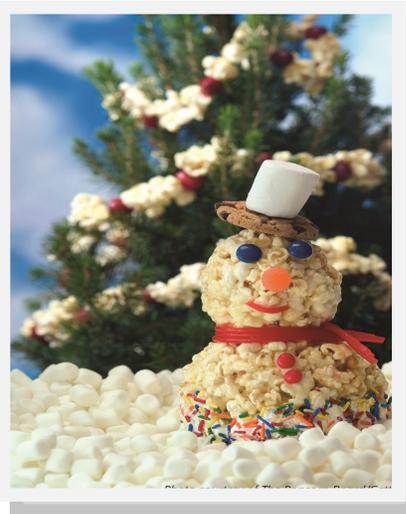
Cooking with the grandkids..



'Tis the season to pop up some holiday fun! Gather the grandkids and craft a festive, edible decoration.

At 30 calories a cup, whole-grain, freshly popped popcorn offers a nutritious alternative to traditional holiday party nibbles. (Find more creative holiday recipes at popcorn.org.)

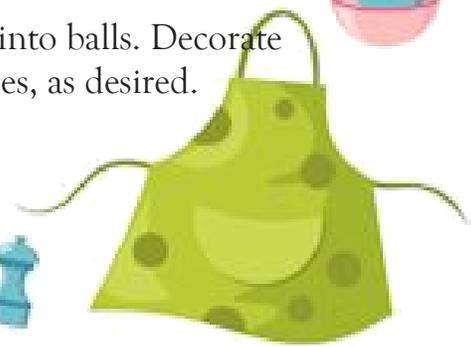
Holiday Popcorn Snowman



- Yield: 5 Snowman
- 1 package (1 pound) large marshmallows
- 1/4 cup (1/2 stick) butter or margarine, plus additional
- 1 teaspoon vanilla
- 10 cups popped popcorn
- Sprinkles (optional)
- Licorice (optional)
- Gum drops (optional)
- Cinnamon candies (optional)

In large saucepan, melt marshmallows and 1/4 cup butter. Remove from heat and stir in vanilla. Let stand 5 minutes.

Pour over popcorn and stir. Butter hands well and form into balls. Decorate with sprinkles, licorice, gum drops, and cinnamon candies, as desired. (Courtesy of Family Features)



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.

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