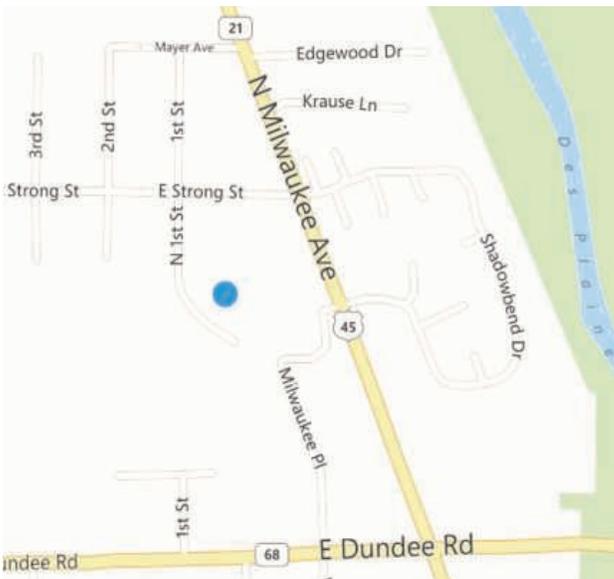
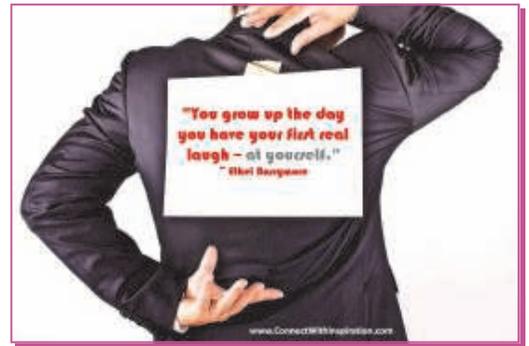




APRIL 2014

HAPPY SPRING!!

Now that the snow has hopefully stopped falling and, like it or not, the grass will get green and the trees will bud, I hope that you have come out of your winter hide-a-way and are enjoying Spring. The Wheeling Pavilion Senior Center has many great offerings, including neat trips and interesting speakers and performers to help you do just that! Check out this newsletter full of information on issues important to older adults. Our web pages on the Village of Wheeling website www.wheelingil.gov are also full of information including forms to sign up for our Senior Taxi Subsidy, Lunch at Pavilion Congregate Dining program, as well as tons of community resources. If you ever have a question regarding any of our programs or services or have ideas for anything new, please feel free to give us a call at 847-459-2670.



DIRECTIONS TO OUR CENTER

From Milwaukee Ave. North

- Milwaukee Avenue South to Strong Street (at the Starbucks)
- Turn right on Strong, travel one block to 1st Street.
- Turn left on 1st Street 1/2 block to the Pavilion Senior Center

From Milwaukee Avenue South

- Milwaukee Avenue North to Strong Street (at the Starbucks)
- Turn left on Strong, travel one block to 1st Street.
- Turn left on 1st Street 1/2 block to the Pavilion Senior Center

From Dundee East or West

- Take Dundee East or West to Milwaukee Avenue
- Turn North on Milwaukee (towards Walgreens) to Strong (at Starbucks)
- Turn left on Strong, drive one block to 1st Street
- Turn left on 1st Street 1/2 block to the Pavilion Senior Center

199 N. First Street • Wheeling, Illinois 60090 • 847-459-2670 •

PAVILION THANKS...

- Jeanne Annis, Renee Dicker, Marilyn Hams, George Hieber, Dolores Kelley, Jenny Levine, Joannie Purvin, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Judi Edelstein, Marilyn Hams, Tom Logan, Mary Ann Marabella, Alicia Ross-Rudolf, Bobbie Sfondilis, and Roberta Vollriede for volunteering at the front desk.
- Flo Feiner, volunteer Sing-a-Long musical director.
- Pat Miller, our SHIP (Senior Health Insurance Program) representative.
- Gloria Lederman, volunteer exercise instructor on Tuesday and Thursday for Wheeling Park District Stay Fit classes.
- Lunch at Pavilion volunteers Lee Becker, Hyun Cho, Martha Crost, Czeslawa Gorka, Pat Gouletas, Marilyn Hams, Rogelia Kramer, Barb LaHay, Thomas Logan, Pat Maziarka, Laura Nava, Joannie Purvin, Rich Richman, and Bobi Spiegel.



ADVISORY COUNCIL

Bill Churchill
 Kathy Gulyas
 Harley & Eileen Halleck
 Marilyn Hams
 Gerald Malin
 Pat Miller
 Joannie Purvin
 Roberta Vollriede

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 two business days in advance. Call 847-259-7743 for information.

PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

Call PACE at 312-663-4357 to arrange for registration and an interview. Once certification process is completed, pre-arranged curb-to-curb service can be provided. The one-way fare for ADA Paratransit Services is \$3.00 for Cook County. If you need a companion with you, the companion rides free. **For handicapped riders only.**

RTA FREE OR REDUCED RIDE PROGRAM

Applications available at Pavilion Senior Center for a special users travel card that allows senior residents to travel on any RTA funded form of transportation free or at a reduced rate. Call 847-459-2670 for information.

PACE BUS SERVICE

PACE scheduled bus service with major destination stops at downtown Des Plaines, Mt. Prospect Metra Station, Randhurst Mall, Woodland Creek Apartments, Wheeling High School, Wheeling municipal complex, and Buffalo Grove terminal. Exact fare required. For information call the RTA Travel information center at 847-836-7000.

ESCORTED TRANSPORTATION SERVICE NORTHWEST

Program matches volunteer drivers with seniors 60 years of age and older who need a ride to and from their homes to doctor or dentist appointments 847-222-9227. Donation of \$12 per round trip is suggested.

APRIL BIRTHDAYS



- 1 Martha Crost, Laraine Johnson
& Anita Loewenstein
- 3 Marina Doherty, & Pat Watson
- 5 Yong Lee
- 6 Al Cohen & Eileen Halleck
- 7 Erna Auer
- 8 Ruth Purdy & Mary Jo Rush
- 10 Kapila Patel
- 11 Jill Rossi & Jeanne Schultz
- 12 Julio Arroyo
- 13 Julia Sabsay
- 14 Lori Ericksen
- 18 Gayla Isaacson & Sharon McGowan
- 23 Gwen Conlon & Jean Weijhner
- 24 Kathleen Smith
- 30 Sue Allen



50/90 PARTY

Are you 90 years of age or better?

Are you married 50 years or more?

Do you know of any Wheeling residents that fall into these categories?

If you answered "YES" to any of these questions, please contact the Wheeling Pavilion Senior Center at 847-459-2670 to add your name to our invitation list for our annual 50/90 Party in May 2014.

Sponsored by the Village of Wheeling Senior Citizens Commission.



SCHEDULE AT A GLANCE

MONDAY

- 9:00-10:00 Stay Fit w/video
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 1:00-3:30 BUGS (computer user group)
- 1:00-3:30 Canasta and Pinochle

TUESDAY

- 9:30-3:30 CJE Russian Speaking Social Worker by appt.
- 10:00-12:00 Current Events
- 10:00-11:00 Stay Fit Fitness
- 12:30-3:30 Intermediate Bridge

WEDNESDAY

- 9:00-10:30 Stay Fit Fitness
- 9:30-10:00 Indian Trails Library Drop Off and Pickup
- 10:30-11:30 Sing-a-Long
(1st, 2nd, & 3rd WED only)
- 11:30-12:00 Blood Pressure *(4th WED of the month)*
- 11:30-12:30 Lunch at Pavilion
- 1:30-3:00 Stitch and *itch

THURSDAY

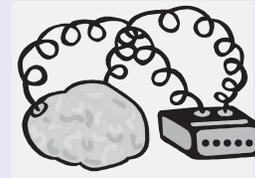
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 10:00-3:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

- 9:00-3:30 CJE Russian Speaking Social Worker by appt.
- 10:00-11:00 Brain Games *(4th FRI of the month)*
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 1:00-2:00 Book Club *(3rd Friday of the month)*

BRAIN GAMES

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



- Date:** Friday, April 25, 2014
- Time:** 10:00 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** **FREE** but reservations are requested in order to have enough materials for all in attendance.

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

FOOT DOCTOR

Dr. Nikola Ivancevic, DPM comes to Pavilion Senior Center to provide foot care to Pavilion members. Medicare and most PPO insurance are accepted and will be billed by the doctor's office directly. Diabetic footwear also available.

Call Laura at 630-782-6557 to schedule your Friday appointment.



BLOOD PRESSURE SCREENING

Last Wednesday of every month
11:15 a.m.

Services provided by the Wheeling Township Nurse, Karen McNeir, R.N.



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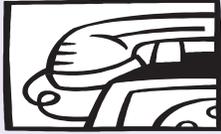
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**“Good Morning”,
“How Are You This Fine Day”?
asks the volunteer from the
Wheeling Pavilion Senior Center.**

WHAT: Telephone Reassurance Program

WHEN: Monday thru Friday before 9:00 a.m.
each morning

WHY: Because we CARE about your well being

**For more information,
please call the Wheeling Pavilion Senior Center
at 847-459-2671
and ask for Jan Christiansen**

EconomicCheckUp and BenefitsCheckUp are a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

ABOUT ECONOMICCHECKUP

Many adults over 55 need help making ends meet, but may not know where to find resources that can help. EconomicCheckUp asks a series of questions to help identify benefits that could save you money, find ways to cut expenses and develop a concrete plan to achieve greater economic security. The type of help available through EconomicCheckUp includes:

- Money management and budgeting
- Housing
- Health
- Employment & training
- Debt & credit management

ABOUT BENEFITSCHECKUP

BenefitsCheckUp is a free service of the National Council on Aging (NCOA) a nonprofit service and advocacy organization in Washington, D.C.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you MAY get help from. You can apply for many of the programs online or you can obtain a printable application form by calling the Wheeling Pavilion Senior Center, 847-459-2670.

Here are the types of expenses you MAY get help with:

- Medications
- Food
- Utilities
- Legal
- Health care
- Housing
- In-home services
- Taxes
- Transportation
- Employment Training

from National Council on Aging (NCOA) website, www.ncoa.org

STATE OF ILLINOIS 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, 847-459-2670 for an appointment.

WISHED, FELT & DREAMED

Wednesday, April 23, 2014, 2:00 p.m.

Guest speaker and member Anne Pasiaka will present a program entitled *Wise Owls*.

For more information call group facilitator, Jan Christiansen, MSW, at 847-459-2671.



YOUR CLOCK IS TICKING

*"Life is like a box of chocolates.
You never know what you're going to get."*

–Tom Hanks, Forest Gump

But for those who make critical decisions, life can be different.

Enjoy your life NOW. Your life should be about aspirations and inspirations, not about waiting until the grass turns greener in your life. Learn to experience the greatest things life has to offer, the incredible achievements you want to make. This group will meet the THIRD FRIDAY of each month.

Date: Friday, April 18, 2014
Place: Wheeling Pavilion Senior Center
Time: 10:30 a.m. – 11:30 a.m.
Group Facilitator: Jan Christiansen, MSW, Social Services
 847-459-2671


IMPROVING FAMILY CAREGIVER KNOWLEDGE
YOU ARE NOT ALONE...
PLEASE JOIN OUR NEW GROUP FOR 2014


The role and importance of family caregivers is growing. There are as many as 90 million family caregivers in the U.S. today who are caring for a loved one with a chronic condition, disability, special needs or the frailties of old age. As a caregiver you assume additional responsibilities, absorb stress, and often minimize its impact. This group will provide reliable resources and helpful tips to take care of your loved ones and yourself. Remember to give yourself credit for doing the best you can in one of the toughest jobs there is!

This group will meet every FOURTH THURSDAY of each month.

Date: Thursday, April 24, 2014
Place: Wheeling Pavilion Senior Center
Time: 6:00 p.m. – 7:30 p.m.
Group Facilitator: Jan Christiansen, MSW, Social Services
 847-459-2671

WANTED: HOUSES SEEKING CURB APPEAL!

The 27th Annual Community Paint-A-Thon will be held on Saturday, September 13, 2014. While the date is a long way off, applications are now available. If the exterior of your house needs to be painted due to peeling, fading or worn paint, consider applying. The program provides for the painting of the exterior of single family homes at no cost to those who qualify.

To qualify, homes must be owned and occupied by people with limited financial resources and the owners must be at least 60 years of age or have a permanent disability that hinders them from doing the work themselves. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting of the house. The Community Paint-A-Thon covers ten townships including Barrington, Elk Grove, Hanover, Maine, New Trier, Nilus, Northfield, Palatine, Schaumburg and Wheeling.

If you or someone you know needs their home painted, please contact Catholic Charities at 847-253-5500.

The Paint-A-Thon is a major community-wide event. Teams of volunteers are recruited from businesses, churches, social and civic groups. If you are interested in volunteering, please contact Annette Sommer at HandsOn Suburban Chicago at 847-228-1320.



LUNCH AT PAVILION

Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, 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, Wednesday, and 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. The suggested donation per meal is \$4.00. Social activities and informational programs are included as part of this program.

Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois 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.

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 Catholic Charities. Lunch is often followed by a presentation, a speaker, or musical entertainment.

For more information regarding how to register or volunteer, please contact the Wheeling Pavilion Senior Center at 847-459-2670 and ask for Jesus Delgado.



PLEASE LET US KNOW IF YOU WOULD PREFER TO PICK UP YOUR NEWSLETTER

_____ I prefer to pick up my newsletter at the Wheeling Pavilion Senior Center
(or indicate below name of person who will pick up newsletter for you)

Signature of Member

Name of person who will pick up newsletter for me

Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than April 11, 2014. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

9

Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois 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.** **THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.**

HOORAY FOR HOLLYWOOD

Wednesday, April 2, 2014

Reminisce about your favorite classic movies through the magic of their music. This program will be presented by Heather Braoudakis and will feature much loved songs such as “When you Wish Upon a Star”, “Somewhere Over the Rainbow”, “Lullaby of Broadway”, and many more.



SENIOR SCAMS

Friday, April 4, 2014

Come and learn how to protect yourself from fraud. Officer Swanson from the Wheeling Police Department will be sharing tips on how to stay safe and protect yourself from criminals online and in person. She will share information on common scams and the latest tricks that criminals are using to defraud people.



COUPONS AND COOKIES

Wednesday, April 9, 2014

What’s going on at the Wheeling Pavilion Senior Center? Join us for our Coupons and Cookies program and find out! We will begin the afternoon with a presentation on the upcoming events at the Senior Center followed by cookies and socializing. Coupons will be available *ONLY* to those who attend the presentation.



DON’T LEAVE HOME WITHOUT IT! Carry a Senior Medical I.D. Card

Friday, April 11, 2014

New York Life Insurance Company cares about keeping its seniors safe. Come receive your FREE Senior Medical I.D. Card featuring a photo, digital fingerprints, list of medications, allergies and key physician information. Please bring pertinent information that you would like on your ID Card. Cards will be made during this event and you will take it with you when you leave. There is no obligation to purchase any products or services to receive an ID card. *Sponsored by New York Life Insurance Company: The Company You Keep®*



CRISP! MOBILE PRODUCE PRESENTATION

Friday, April 18, 2014

Crisp! Offers quality produce at affordable prices and delivers them to your home. Don’t have a grocery store nearby or just don’t feel like taking a trip to the store? No problem. Crisp! Will deliver to you. You can select your items individually or you can order one of our seasonal recipe bundles that include the ingredients and recipe card to prepare a delicious meal that is good for you too. Crisp! Also offers a variety of smoothie bundles that feature fruits and vegetables that are in season. The best part is that proceeds from your purchase go to helping people in need, as it is a partnership with Catholic Charities. To make purchasing easy we accept credit, debit, or SNAP/LINK.



SENIOR JEOPARDY

Wednesday, April 25, 2014

It’s the game where the question is the answer. You’ve seen the game on television, now come play it at the Wheeling Pavilion Senior Center. This is a special version of this trivia game that will be sure to bring a laugh and smile to everybody’s face. Try your luck at answering questions or just come to cheer on your fellow attendees. Come see the surprises that await you! This program is being presented by AP Lifeline.

Ask Question	Bank Points	Win Embroidered	Win Prizes	Win Lot
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500

CLASSIC ROCK AND ROLL SHOW

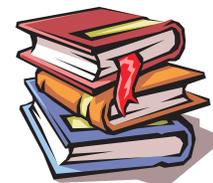
Wednesday, April 30, 2014

Enjoy an energetic blast from the past in this exciting collection of 1950’s rock and roll! Featuring favorite selections, including: Rock and Roll is Here to Stay, Happy Days, Shake it at the High School Hop, and more, presented by Paul Vogrin!



BOOK CLUB

You are invited to join the Senior Center book club, which meets *in the Library Room at the Pavilion Senior Center* the third Friday of every month at 1:00 p.m. Would you like to join? Contact Diana at 847-459-2670



CURRENT EVENTS DISCUSSION GROUP

Wanted:

Do you love to discuss what is happening in the world? Do you love to discuss what is happening in your neighborhood? Do you love to interact with others? If you answered YES, then you will enjoy our Current Events group. Join us at 10:00 a.m. on Tuesday mornings at the Wheeling Pavilion Senior Center to discuss the topics of the day. Share what you have heard on the news, read in the newspapers and online.



HELP WANTED!

Are you a friendly person? Do you like to help others? The Wheeling Pavilion Senior Center is looking for volunteers to staff our reception desk. Shifts are typically 3-4 hours long, one day per week. Duties include (but are not limited to) greeting people as they arrive, answering the phone, directing calls to the appropriate staff member, helping people check in when they enter, and phone call reminders.

If you are interested, please contact Alysia at 847-459-2670.



STITCH AND *ITCH

Attention experienced stitchers! Come join us for an afternoon of stitching at the Wheeling Pavilion Senior Center. Bring your projects and join the fun.

Dates: Wednesday afternoons
Time: 1:30 P.M. - 3:30 p.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE



WANTED!

A few good men and women for a weekly game of either Gin or Hearts. The group plays every Thursday from 9:00-11:00 a.m.

If you are interested, please contact the Wheeling Pavilion Senior Center at 847-459-2670.



COMPUTER LEARNING CENTER – APRIL CLASS SCHEDULE

Day	Class	Time	Dates
Monday	BUGS	10:00 a.m. to 3:30 p.m.	4/28-5/19
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	4/29 & 5/13
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	5/6 & 5/20
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	4/30 - 5/21
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	5/1 & 5/8
Friday	Skype	10:00 a.m. to 12:00 p.m.	5/2 & 5/9
Tuesday or Thursday afternoon	Online Banking	TBD with instructor	TBD with Instructor

SENIOR HEALTH INSURANCE NEWS



WHAT IS SHIP?

SHIP (SENIOR HEALTH INSURANCE PROGRAM) was initiated in July of 1988 by the Illinois Department of Insurance (now a part of the Illinois Department on Aging) in response to the needs of Illinois' senior citizens regarding their health insurance. It is strictly voluntary and coordinators and counselors receive no pay. Although coordinators and counselors cannot give any legal advice to seniors, they have several agencies and contacts who may be able to help. The organizational structure of **SHIP** consists of:

- The Illinois Department of Insurance which provides initial training, continuing education, and ongoing support of **SHIP** counselors. This **SHIP** division is now part of the Illinois Department of Aging;
- The sponsoring organization which provides coordinators, counselors, office space and office support services, such as the Wheeling Pavilion Senior Center;
- The coordinator, who is responsible for the administrative aspects of the **SHIP** program which includes publicizing **SHIP** services, recruiting volunteers, scheduling counseling sessions and responding to counselors' needs;
- The counselor who meets with clients individually to provide information about health insurance, advocacy assistance, or referral if appropriate. In some cases, the coordinator and the counselor are one in the same as it is at the Pavilion Senior Center.

The state is divided geographically into four separate **SHIP** regions: Cook County, Northern Illinois, Central Illinois, and Southern Illinois. Within each region, counselors are organized into units that service a specific geographic area, usually designated by counties. Each state has its own **SHIP** program and the latest report shows that Illinois is 7th in the nation for serving our seniors!

Pat Miller, Coordinator/Volunteer Counselor
Wheeling Pavilion Senior Center
(847) 459-2670

SOMETHING YOU SHOULD KNOW:



The Annual Meeting of the Wheeling Pavilion Senior Foundation (WPSF) was held at D'Agostino's Pizzeria and Pub in Wheeling on February 20, 2014. During the meeting the existing board was re-elected by unanimous voice vote. We enjoyed a delicious meal due to the generous assistance from D'Agostino's and the famous cookies from Market Square Restaurant in Wheeling.

This year we had some amazing raffle prizes which were donated by MB Financial Bank, Pam Cavanaugh, and Windy City Flyers at Chicago Executive Airport. The raffle along with the sale of Carson's Community Days coupon books was the start of the WPSF fundraising for 2014.

We were delighted to announce that our Building Enhancement Fund to date has raised \$1,000.00. Through donations of sponsors and members and with aggressive fundraising we look forward to the continued growth of this fund.

You can now like us on Facebook (www.facebook.com/wpsfoundation). Be part of the future, join today. Contact Mary Papatos at (847) 537-2346 for Foundation membership information.

Once again, thank you to all of the sponsors and members.

PLEASE REMEMBER: SUPPORT OUR SPONSORS!



LIBRARY

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:30-10:00 a.m. If you would like specific materials from the library, call the library and ask them to send it on Wednesday morning. You can then pick up your materials the next time you come into the Senior Center. Don't know what to read? Stop in and talk to 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.



WHEELING PARK DISTRICT EVENTS

GENTLE YOGA

New session starts April 14!

Day: Monday **Dates:** 4/14-5/19 **Time:** 5-6 PM **Location:** CRC
Fee/Resident/Fitness Center Member: \$63/\$57/\$51
Instructor: Nancy Rabenau

The focus on balance, flexibility, and stress reduction benefits all ages and abilities. Basic poses, alignment principles, and breathing techniques are taught at a pace that allows everyone to follow. No prior Yoga experience necessary.

Pre-registration is required. For more information, call (847) 465-3333.

EASTER BREAKFAST

Sunday, April 20 **9 AM-12 PM**
Location: Chevy Chase Country Club

A wide variety of breakfast dishes are beautifully presented in the historic Grand Ballroom.

Only \$18.95 per person; \$9.95 for children age 5-14 yrs; free for children under 5 yrs

Prepaid reservations required. Call (847) 465-2311 today to make reservations.

BALLROOM DANCING

Wednesday, April 23 **7:00-10:30 PM**
Location: Chevy Chase Country Club

Dance the night away to the Dick Elliott Orchestra on the 5,000-square-foot dance floor in the beautiful Grand Ballroom. Tango dance lesson at 7 PM with Bob and Penny Urbon of Ballroom Chicago is included in the \$14 admission price. Cash bar and snacks are available. For more information, call (847) 465-2311.

COMMUNITY SALE

Saturday, April 26 **8 AM-12 PM**
Location: Community Recreation Center Gym
Fee: \$10 for 10'x10' space

Celebrate Earth Day Week by recycling, reusing, and repurposing at the Community Sale! Buyers and sellers are welcome as well as crafters and vendors. Clean out your attic, cellar, and garage; unload baby clothes, toys, games, collectibles, and anything else you no longer need. What you think is junk may be someone's treasure.

Registration is required to reserve a selling space. Sign up today! Space is limited and offered on a first-come, first-served basis. Participants are provided with a table and chair. Non-profit organizations are invited to participate at no charge. Shoppers are admitted for free!

RABBI GORDON PRESENTS:

PASSOVER

Passover is a Jewish holiday that commemorates the Feast of the Unleavened Bread, the Exodus from Egypt and the liberation of the Israelites from slavery. Rabbi Gordon will be here to discuss this holiday and answer your questions about the customs of Passover.

- Date:** Monday, April 7, 2014
Time: 3:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: **FREE**, but reservations are requested so we will know how many people will be joining us for this presentation.



COLUMBIAN EXPOSITION

John Boda will be here to give a presentation on the Columbian Exposition. The Columbian Exposition is considered the ultimate “grand daddy” of all world’s fairs and a huge influence and point of major transition from the old world into the modern era. It opened in May, 1893 in Jackson Park and ran through October, 1893. The award winning best seller “The Devil in the White City” is all about this fair and the events that took place there. *This program is being sponsored by the Indian Trails Public Library.*



- Date:** Thursday, April 10, 2014
Time: 1:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: **FREE**, but reservations are requested.

Call the Senior Center at 847-459-2670 to reserve your space.

TUESDAY EVENING
AT PAVILION

The Wheeling Pavilion Senior Center will be open for games and conversation with friends. Please bring your favorite games and your own snacks, if desired.

There is **NO CHARGE** for this event, but we ask that you call 847-459-2670 to register so we know how many people will be attending this event.

- Date:** Tuesday, April 15, 2014
Time: 6:00 – 8:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: **FREE**, but registration is required

Please note: We must have a minimum of 6 people registered in order to keep the center open!



RULES OF THE ROAD

The Wheeling Pavilion Senior Center 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, April 16, 2014
Time: 10:00 a.m. – 12:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: **FREE**, but advance registration is *required*

Please register for this program at the Wheeling Pavilion Senior Center, 199 N. 1st Street, Wheeling or call 847-459-2670 for more information.

EARTH DAY BINGO



“Green Bingo”. What is it? Join your friends for a great afternoon of Bingo and celebration of Earth Day 2014. Lots of bingo prizes in an Earth Day theme sure to delight! This event is sponsored by Manor Care of Northbrook.

Date: Tuesday, April 22, 2014

Time: 1:00 p.m.

Cost: \$2.00

Limited space available.

Call the Senior Center at 847-459-2670 to reserve your space.

CHICAGO HISTORY MUSEUM



Chicago is such a great city it has its own museum dedicated to its history! Join the Wheeling Pavilion Senior Center for a day at the Chicago History Museum. View various exhibits relating to the city. Enjoy a delicious lunch that can be purchased with the voucher included in the cost of this trip.

Date: Thursday, April 24, 2014

Time: Meet at the Senior Center at 9:30 a.m. The bus will leave at 9:40 a.m.

Place: Chicago, Illinois

Cost: \$48 members/\$63 non-members by March 24, 2014

Please note: we must have a minimum of ten people registered by March 24, 2014 in order to run this trip.



THE RED GLOVE LADIES MUSICAL REVUE



The Red Glove Ladies Musical Revue is a group of volunteer women under the direction of a professional musical director/choreographer. The mission of the group is to entertain and make each audience member feel special while they interact with each other and enjoy nostalgia.

Date: Thursday, May 1, 2014

Time: 1:30 P.M.

Place: Wheeling Pavilion Senior Center

Cost: FREE, but reservations are requested.

Please note: We must have a minimum of 20 people registered by April 1, 2014 in order to run this program.

GREEK LUNCH

Join us for a delicious Greek themed lunch. Frances from the Greek American Rehabilitation and Care Centre will be our hostess this afternoon.

Date: Thursday, May 8, 2014

Time: 11:30 A.M.

Place: Wheeling Pavilion Senior Center

Cost: \$4 members/\$19 non-members

Please note: We must have a minimum of twenty people registered by April 24, 2014 in order to run this event.



BINGO AWAY!

Join Pauline Mintz, of Manor Care Northbrook for a lovely day out. Transportation to and from Northbrook, lunch and great Bingo included in the package.



Date: Tuesday, May 20, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 9:30 a.m.
 The bus will leave at 9:45 a.m.
Place: 10:00am-11:30am Bingo at Manor Care Northbrook
 11:30am Lunch & more
 Back at Senior Center by 1:15-1:30pm.
Cost: \$2.00

Limited space available.
Call the Senior Center at 847-459-2670
to reserve your space.

**OPERA IN FOCUS**

The Kungsholm Puppets bring back fond memories for many people. In celebration of the 73rd anniversary of the opening of Chicago's Kungsholm Miniature Grand Opera, Opera in Focus is offering a flashback to the legendary theatre by presenting Giuseppe Verdi's masterpiece, Aida, in its near-entirety! After the performance, you will have the opportunity to view some of the original Kungsholm puppets, photos, menus, and more!



Date: Wednesday, May 28, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 2:45 P.M.
 The bus will leave at 3:00 P.M.
Place: Rolling Meadows, Illinois
Cost: \$19 members/\$34 non-members by April 21, 2014
 \$24 members/\$39 non-members April 22 - April 28, 2014

Please note: We must have a minimum of 12 people registered by April 21, 2014 in order to run this trip.

No refunds or credits after April 28, 2014

**HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING**

The Wheeling Pavilion Senior Center will be heading to the theatre to see this entertaining show. Power, sex, ambition, greed...it's just another day at the office. This satirical look at big business follows the rise of one "J. Pierrepont Finch" who uses a little "How to..."handbook to climb the corporate ladder from lowly window washer to high-powered executive. Follow our hero as he navigates the dangers of the aggressively compliant "company man," the office party, backstabbing co-workers, caffeine addiction and, of course, true love.

Please eat before you come to the Senior Center. Lunch is not included in this trip.

Date: Thursday, May 29, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 11:30 A.M.
 The bus will leave at 11:45 A.M.
Place: Stage 773 in Chicago, Illinois
Cost: \$56 members/\$71 non-members by April 21, 2014
 \$61 members/\$76 non-members April 22-April 30, 2014

No reservations, refunds, or credits after April 30, 2014
as we must give a final count and payment to the venue at that time.





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CHICAGO PREMIUM OUTLETS



Attention Bargain Hunters: The Wheeling Pavilion Senior Center will be heading to the Chicago Premium Outlets in Aurora, IL. Enjoy finding that special item at outlet prices! **Lunch will be on your own and is not included in the cost of this trip.**

- Date:** Tuesday, June 10, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:45 A.M. to check in. The bus will leave at 9:00 A.M. The expected return time is 4:30 P.M. depending on traffic.
- Place:** Aurora, Illinois
- Cost:** \$14 members/\$29 non-members by May 12, 2014
\$19 members/\$34 non-members May 13, 2014 or later if space is available.

Please note: We must have a minimum of 11 people registered by April 10, 2014 in order to run this trip.



OPERA IN FOCUS

By popular demand we will be making a return trip to Opera in Focus. Today's performance will consist of excerpts from Lakme, La Gioconda, Thais, and Fiddler on The Roof. These miniature actors and actresses are so amazing that by the end of the show you will forget that they are not real life people!

- Date:** Wednesday, June 18, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 2:45 P.M. The bus will leave at 3:00 P.M.
- Place:** Rolling Meadows, IL
- Cost:** \$19 members/\$34 non-members by May 19, 2014
\$24 members/\$39 non-members May 20 - May 23, 2014

Please note: We must have a minimum of 12 people registered by May 19, 2014 in order to run this trip.

No refunds or credits after May 19, 2014



SEASONS AT GLENVIEW PLACE

Join the Wheeling Pavilion Senior Center as we explore the Seasons at Glenview Place. The Seasons at Glenview Place offers Independent and Assisted Living with many amenities. Experience the Seasons by touring the facility and enjoying lunch in their dining room. You will have an opportunity to ask questions as well.

- Date:** Thursday, June 26, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:30 A.M.
- Place:** Glenview, Illinois
- Cost:** \$3 members/\$18 non-members

Please note: We must have a minimum of ten (10) people registered by June 4, 2014 in order to run this trip.

No refunds or credits after June 19, 2014



APRIL 2014 CALENDAR OF EVENTS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<p>1</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>2</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 Sing-a-long</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Hooray for Hollywood – Heather B.</p> <p>1:30 Stitch and *tch</p>	<p>3</p> <p>9:00 GinHearts Group</p> <p>10:00 Exercise</p> <p>10:00 Advisory Council Meeting</p> <p>10:00 Digital Camera Class</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHP by appt.</p>	<p>4</p> <p>9:15 Foot Care</p> <p>10:00 Computer Class</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>7</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Movie</p> <p>1:00 Canasta/Pinochle</p> <p>3:00 Rabbi Gordon - Passover</p> <p>Beginner Computer Tutoring by appt.</p>	<p>8</p> <p>9:30 Museum of Science and Industry Trip</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>9</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 Sing-a-long</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Coupons and Cookies</p> <p>1:30 Stitch and *tch</p>	<p>10</p> <p>9:00 GinHearts Group</p> <p>10:00 Exercise</p> <p>10:00 Digital Camera Class</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>1:00 John Boda - Columbian Exposition</p> <p>SHP by appt.</p>	<p>11</p> <p>10:00 Computer Class</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 New York Life Medical ID Cards</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>14</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Movie</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>15</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>16</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:00 Rules of the Road Class</p> <p>10:30 Sing a Long</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 New Member Meet & Greet</p> <p>1:30 Stitch and *tch</p>	<p>17</p> <p>9:00 GinHearts Group</p> <p>10:00 Exercise</p> <p>10:00 Digital Camera Class</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHP by appt.</p>	<p>18</p> <p>10:30 Your Clock is Ticking</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Crisp Mobile Produce presentation</p> <p>1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>21</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Movie</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>22</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>1:00 Earth Day Bingo</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>23</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>11:30 Lunch at Pavilion</p> <p>1:30 Stitch and *tch</p> <p>2:00 Wished, Felt, Dreamed</p>	<p>24</p> <p>9:00 Chicago History Museum Trip</p> <p>9:00 GinHearts Group</p> <p>10:00 Exercise</p> <p>10:00 Digital Camera Class</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHP by appt.</p>	<p>25</p> <p>10:00 Brain Games</p> <p>10:00 Skype Class</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Senior Jeopardy</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>28</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wifi Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Movie</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>29</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>11:30 Volunteer Appreciation Lunch</p> <p>12:00 Kim Frankoveglia</p> <p>12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>30</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>11:15 Blood Pressure Check</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Classic Rock & Roll – Paul Vogrin</p> <p>1:30 Stitch and *tch</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.
- 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.

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