



# Wheeling Pavilion Senior Center Wheeling Forward

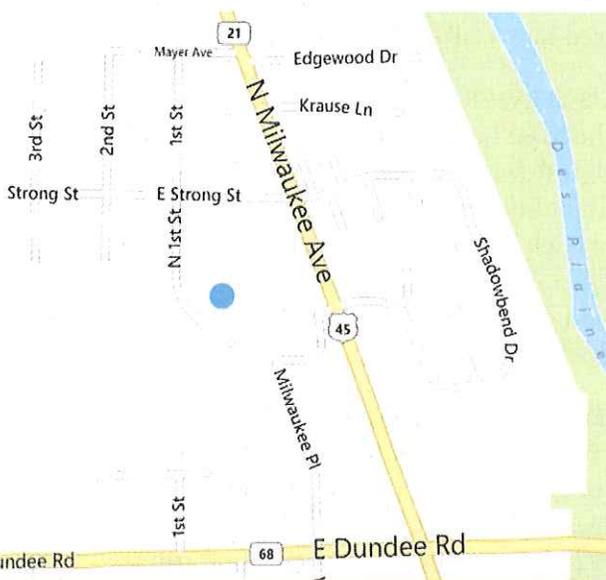
AUGUST 2014

## THE KING AND I

Attention theatre lovers! I am looking into scheduling a trip to the Marriott Lincolnshire Theatre to see "The King and I" on Wednesday, November 19, 2014. The cost of this trip would be approximately \$38 per person. This trip would include round trip transportation from the Senior Center to the theatre as well as your ticket to see the show. The individual cost of the ticket if you went on your own is \$45 so this is a substantial discount! We must have a minimum of twelve people interested in order to schedule this trip. If you would like to participate, you **MUST** let Alysia know by August 22, 2014. We must pay for the tickets when this trip is scheduled, so we need to be sure there is adequate interest.

## MONDAY MOVIES

Movies on Monday are being discontinued. In August we will have coffee and conversation. In September and October we will be having a 7-week "Take Charge of your Health" program. Details on this wellness program are on page 14 of this newsletter.



## 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, Barbara Grossman, Marilyn Hams, Tom Logan, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, 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, Martha Crost, Czeslawa Gorka, Pat Gouletas, Marilyn Hams, Barb LaHay, Thomas Logan, Pat Maziarka, Laura Nava, Joannie Purvin, Rich Richman, and Bobi Spiegel.



## ADVISORY COUNCIL

Bill Churchill  
 Kathy Gulyas  
 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

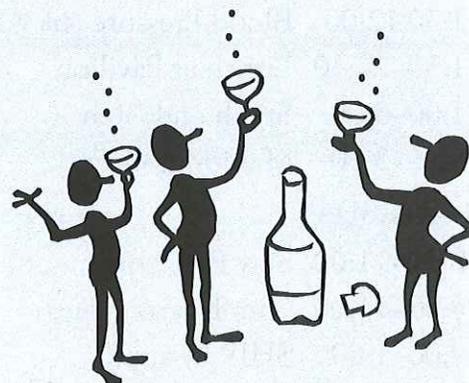
Program matches volunteer drivers with seniors 60 years of age and older who need a ride to and from their homes to doctor or dentist appointments 847-222-9227. Donation of \$12 per round trip is suggested.

# AUGUST BIRTHDAYS

3



- 1 Carey Brown & Dolores Kelley
- 3 Rose Ritter
- 4 Jerry Meyers
- 5 Linda Sosin
- 7 Joel Borak & Esther Meyers
- 8 Robert Berg
- 9 Dennis Evans & Bobi Spiegel
- 11 Romualda Jagusiak, Penny Nehring, & Doris Stein
- 12 Richard Geissinger
- 13 Milton Kipps
- 14 Darlene Kaplan
- 17 John Dickmann & Lew Golan
- 19 Patricia Connors & Marianna Soroborska
- 20 Joanne McGowan
- 21 Helen Mouzakis
- 22 John Janssen & MaryAnn Marabella
- 23 Mary Murphy
- 25 Murielle Camos
- 27 Nancy Romano
- 28 Marilyn Excell
- 29 Sherry Turner
- 30 Anne Griffin & Mariam Canon
- 31 Arthur Ebling & Bobbie Sfondilis



## 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 many volunteer opportunities. Shifts are typically 3-4 hours long, either weekly or periodically. Duties vary by position.

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



# 4 WEEKLY PROGRAMS AND INFORMATION

## SCHEDULE AT A GLANCE

### MONDAY

- 9:00-10:00 Stay Fit w/video
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 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
- 1:00-3:00 Stitch and \*itch
- 1:00-3:30 Mahjongg Group

### THURSDAY

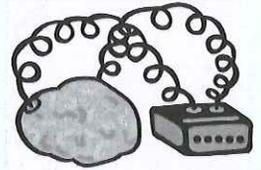
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 9:00-1:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

### 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
- 12:30-3:30 Mahjongg Instruction
- 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 us for a thought provoking program of games to keep your brain sharp.



**Date:** Friday, August 22, 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.

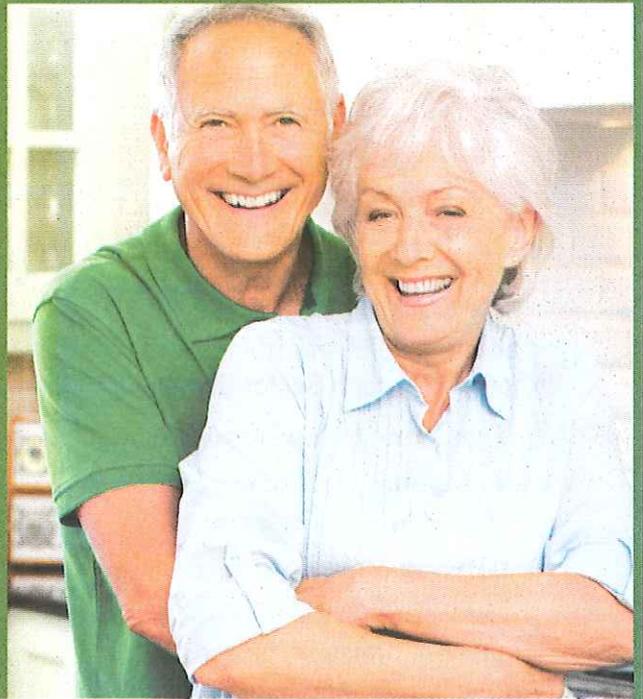
Services provided by the Wheeling Township nurse, Karen McNeir, R.N.



# Northwest Community Healthcare SENIOR SERVICES

Northwest Community Healthcare is dedicated to providing comprehensive healthcare to our older adult patients, as well as maintaining the overall health and wellness of our senior community.

- Health seminars and support groups for patients and caregivers (Stroke, Parkinson's and Cancer)
- Palliative Care and home health services
- Senior physical fitness screenings, Walkers' Club, balance testing and more
- Smoking cessation program
- Partnerships with skilled facilities to ensure high-quality outcomes after hospitalization
- Animal-assisted therapy during hospitalization



Join our **FREE Emerald Circle Senior Services club** at [nch.org/emeraldcircle](http://nch.org/emeraldcircle)



When recovering from an injury, illness or surgery, sometimes, even the simplest tasks can seem monumental.

**ManorCare**   
at Arlington Heights

Comprehensive skilled nursing and rehabilitation services  
**847.392.2020**

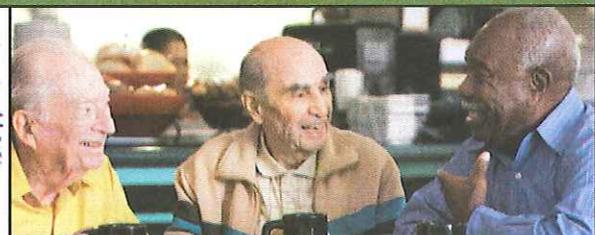
*Your best way home is through our doors.*

Experience Makes a Difference.

**Kolssak**  
FUNERAL HOME

Celebrate Life

**847-537-6600**



CHURCH CREEK SENIOR LIVING -

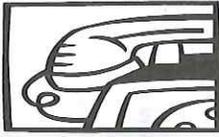
*Care-free Living*  
FOR  
ARLINGTON HEIGHTS SENIORS

- OFFERING:
- Independent & Assisted Living
  - Memory Care
  - Respite/Short-Term Stays
  - Skilled Nursing Care

**CHURCH CREEK**

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1250 West Central Road  
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**847-506-3200**  
[www.ChurchCreekRetirement.com](http://www.ChurchCreekRetirement.com)

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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

## CELL PHONES FOR SENIORS

Do you wish you had a cell phone for use in an emergency? Register for this program and you will receive a cell phone that is programmed to dial 911 only, as well as a charger for the phone. You will also be given instructions on how to use the phone.



**Date:** Friday, August 22, 2013

**Time:** Immediately after Lunch at Pavilion  
(Approximately 12:15 p.m.)

**Place:** Wheeling Pavilion Senior Center

**Cost:** *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.***

Please call the Senior Center at 847-459-2670 to make your lunch reservation.

Important Information For YOU!

## Cut the Red Tape with Benefits Assistance



Have you wondered if there is any help for all these medical bills?? Is there anyone I can talk to, to learn more about public assistance? Many forms can be very confusing: we can help in clarifying and processing applications. Many seniors or persons with disabilities aren't aware of the ways they might be able to make some major concerns and expenses easier. Learn if you might qualify for benefits to purchase healthier foods! Join the Village of Wheeling Human Services Department as they welcome Catholic Charities Northwest Senior Services for one-on-one assistance. Half-hour appointments available for benefits eligibility exploration/application on **August 7th** and **August 21st** from 1:00-3:00 p.m. . Please contact the Wheeling Pavilion Senior Center to sign up at (847)459-2670.

### Wheeling Pavilion Senior Center

199 N. First Street

Wheeling, IL 60090



## 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  
at 847-459-2670 for an appointment.

## 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, August 15, 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, August 28, 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

## Help Kids Succeed

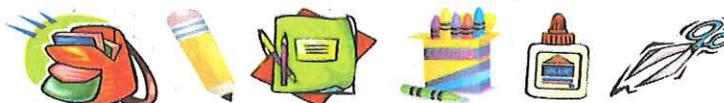


## Supplies Needed



- |                 |                  |                  |
|-----------------|------------------|------------------|
| Back packs      | Glue Sticks      | Pens             |
| Binders         | Highlighters     | Pocket folders   |
| Calculators     | Loose leaf paper | Rulers           |
| Colored pencils | Markers          | Safety Scissors  |
| Crayons         | Notebooks        | Spiral Notebooks |
| Erasers         | Pencils          |                  |

Please bring supplies to the Senior Center thru August 8th



## 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 August 8, 2014. All future newsletters will be held for pickup at the front desk.*

# LUNCH AT PAVILION EVENTS

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*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.*

## “FRANKLY YOURS”

Friday, August 8, 2014

Heather Braudakis presents stories and music of Frank Sinatra.



## MUSIC BY BOB HAMILTON

Monday, August 11, 2014

Bob Hamilton will entertain us with his guitar and vocals.



## JIM KENDROS PRESENTS “BOSSA NOVA”

Wednesday, August 13, 2014

Jim Kendros presents the history of the Bossa Nova!



## CELL PHONES FOR SENIORS

Friday, August 22, 2014

Do you wish you had a cell phone for use in an emergency? Register for this program and you will receive a cell phone that is programmed to dial 911 only, as well as a charger for the phone. You will also be given instructions on how to use the phone.



## WEAR YOUR FAVORITE T-SHIRT DAY

Friday, August 29, 2014

Celebrate summer at Lunch at Pavilion. Wear your favorite T-shirt.



## WELCOME NEW MEMBERS

Joyce Beekman  
Donald LaValle  
Rita Toussaint

Delores & Howard Cousins  
Luanne Lenick

Denise Jasso  
Marilyn Saletko

### 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



**SPECIAL THANKS GO OUT TO THE CURRENT EVENTS GROUP FOR THEIR HELP IN GETTING THE JULY NEWS-LETTER OUT THE DOOR!**



### NEW GROUP!

#### MAHJONGG

This new group meets every WED from 1:00-3:30 to play and every Friday from 12:30-3:30 p.m. for instructional class. Group leader and teacher is Barbara Grossman.

Please register at the front desk.



### CURRENT EVENTS

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 at 10:00 a.m. on Tuesday at the Wheeling Pavilion Senior Center to discuss the topics of the day.



### 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: 1:00 p.m. - 3:00 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

Day	Class	Time	Dates
Monday	BUGS	10:00 a.m. to 3:30 p.m.	8/11-8/25
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	8/12 & 8/26
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	8/19 & 9/2
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	8/13-9/3
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	8/14 & 8/28
Friday	Skype	10:00 a.m. to 12:00 p.m.	8/15 & 8/29
Tuesday or Thursday afternoon	Online Banking	TBD with Instructor	TBD with Instructor
Tuesday or Thursday afternoon	Beginners Tutoring	TBD with Instructor	TBD with Instructor

## SENIOR HEALTH INSURANCE NEWS



### MEDICARE FRAUD

The Medicare program run by our government is constantly trying to keep ahead of fraud and abuse by thousands of people and medical providers across the country. You as a beneficiary are the loser in these cases because they are constantly talking about decreasing the Medicare benefits and how Social Security benefits will run out by 2034. Recent reporting has shown that one of the highest expenses Medicare has to deal with are the outrageous fees the doctors charge Medicare for office visits. Office visits are very lucrative for most doctors, with Medicare paying more than 200 million of them a year; a lot of those are just for a common cold, sore throat or even high blood pressure. By detailing variations in how doctors bill Medicare for seniors and the disabled shows that Medicare could and should be doing far more to weed out the cost-inflating errors and fraud. The Centers for Medicare & Medicaid Services (CMS) is working to ensure that doctors and health care providers appropriately bill for office visits, by evaluating the type of office visit they are billing Medicare. Obviously, some office visits do require more time and services if a patient is really sick, which are legitimate costs. All office visits are coded for the time and type of service, anywhere from 1 to 5; most ordinary office visits should be coded "3"; however, they bill at "5" which is the highest level for a very uncomplicated office visit. Some physicians and medical providers billed at the highest rate almost 90% of the time!

One of the other problems facing Medicare and Medicaid is the backlog of beneficiaries who have applied for Medicaid under the expanded program allowed by the government after the passage of the Affordable Care Act; not all states decided to use this program but Illinois did. A lot of the insurance companies which chose to participate in this program are overwhelmed by the number of applicants for the expanded program, and some applicants are having to wait as long as 6 months to find out whether or not they are approved for Medicaid.

Please remember—check all of your invoices and statements from your doctors or medical health providers to make sure you are being charged the correct amounts. If not, make that call to their office and ask for explanations.

Pat Miller

Pavilion SHIP Coordinator/Counselor

from *Chicago Tribune* articles by Charles Ornstein & Ryann Grochowski Jones, May 15, and 16, 2014

## THE WHEELING PAVILION SENIOR FOUNDATION



The board of the Wheeling Pavilion Senior Foundation (WPSF) hopes everyone had a happy and safe 4<sup>th</sup> of July. This summer the board has continued in its efforts to think of more ways to raise money for our Building Enhancement Fund. We want to thank everyone who participated in the Dine and Share at D'Agostino's on June 22, 2014. Please continue to support businesses that have been so generous to the Foundation.

Last month we announced the upcoming 5-year anniversary of the WPSF in February, 2015. Unfortunately, due to financial considerations, the party we planned has been cancelled and we will have our annual meeting instead.

Fannie May candy sales have been great; thanks to all who have purchased and sold candy bars. We have plenty of candy; if you need extra bars let any WPSF board member know and we can help you. A special thanks to the staff at the Senior Center for handling sales of candy during the day; we could not do this without you. To date, we have sold 1300 candy bars!!

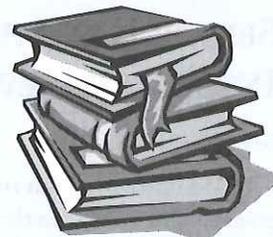
We will start selling the Carson's Community Days coupon books in September. These coupon books are a great deal and a wonderful way for the Foundation to raise money.

If you haven't yet become a member of the Foundation, please consider joining. Your \$20.00 annual membership fee helps us help the Wheeling Pavilion Senior Center.



## 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.



If you have an e-reader and would like help with it, please contact the Senior Center at 847-459-2670. Our library liaison can help you (by appointment) on Wednesday mornings.

## WHEELING PARK DISTRICT EVENTS

## MUSIC AND MOVIE IN THE PARK

Thursday, August 14, 6:30 p.m.

**Location:** Heritage Park, 333 W. Dundee Road, Wheeling

**Fee:** FREE

Bring your blankets, lawn chairs, and picnic. Enjoy a performance by Dave Rudolf's Beach Party starting at 6:30 PM, followed by a showing of the movie *Cloudy with a Chance of Meatballs 2* at dusk. *Rain date: Monday, August 18*

## BALLROOM DANCING

Wednesday, August 20, 7-10:30 p.m.

**Location:** Chevy Chase Country Club, 1000 N. Milwaukee Avenue, Wheeling

Dance the night away to the Dick Elliott Orchestra on the 5,000-square-foot dance floor in the beautiful Grand Ballroom. Rhumba 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.

## OUTDOOR AQUAFIT

Every Saturday through August 23

**Time:** 9-10 a.m.

**Location:** Family Aquatic Center

Before the Family Aquatic Center opens to the public, get your workout in with the low-impact benefits of water resistance. *Class meets at the Arctic Splash indoor pool at 68 degrees and/or inclement weather. No registration required. Purchase a Class Pass at the CRC Guest Service Desk. For more information, call (847) 465-2943.*

## FAMILY AQUATIC CENTER

**Location:** 327 W. Dundee Road, Wheeling

Open every day at 10 AM through August 19

**Weekend Hours:** 10 a.m.-7 p.m.; **Weekday Hours:** 10 a.m.-8 p.m.

**Post Season:** 8/23-8/24; 8/30-9/1, 10 a.m.-7 p.m.

Make the most of summer at our award-winning facility featuring zero-depth entry main pool, lap lanes, grassy tanning area, picnic area, Willie's Coconut Café, spacious locker rooms, and more. Memberships on sale now at the CRC! Seniors, 62 years and older: \$74/Resident; \$99/Non-Resident

**Float Day: Thursday, August 7**, bring your own flotation device to use in the main pool. For more information, call (847) 465-3333.

## PICKLEBALL

Every Tuesday and Thursday morning (9 a.m.-12 p.m.) at Country Gardens Tennis Courts, 901 Schoenbeck Road in Prospect Heights, and Friday evening (6-9 p.m.) at the CRC gym, 333 W. Dundee Road in Wheeling

**Fee:** \$2/Resident; \$3/Non-Resident

The game is played using solid paddles and a brightly-colored [whiffle ball](#) on a hard surface. Enjoy this drop-in program when it's convenient for you. Some equipment is provided or bring your own. For more information, contact Brien Halterman at (847) 465-2941.

## Registration Policy

Registration can be taken in person at the front desk or over the phone, Payment is required at the time of registration. Payment methods accepted: Cash, Check, or Charge (Visa, MasterCard or Discover—NO American Express). If you are having someone else register for you, you must call the Senior Center and let us know in advance who will register for you.

## EMERITUS LUNCH AND BINGO

Join us for a delicious lunch prepared by Michael and his crew from Emeritus. Following lunch we will be led in a Bingo program presented by Janet and the staff from Emeritus.

**Date:** Thursday, August 14, 2014  
**Time:** 11:30 a.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$4.00 members/\$16 non-members while space is available

Please call the Senior Center at 847-459-2670 to make your lunch reservation.

No reservations before July 24, 2014



## 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, August 19, 2014  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but registration is requested

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

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

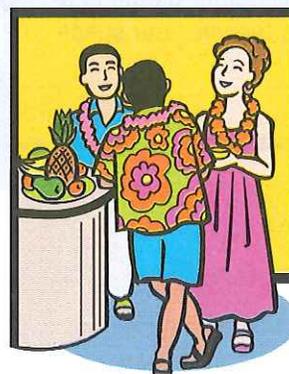


## PAVILION ANNIVERSARY PARTY

Celebrate 29 wonderful years of the Wheeling Pavilion Senior Center. Join us for lunch followed by entertainment by Sandi Haynes. Wear your favorite Hawaiian shirt! *Today's entertainment is sponsored by the Greek American Rehabilitation & Care Centre.*

**Date:** Tuesday, August 19, 2014  
**Time:** 11:30 a.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$12 members/\$27 non-members

Please note: No reservations or cancellations after August 12, 2014 as we must give a final count and payment to our caterer at that time.



## SUPER SENIOR EVENT

No lines! No waiting! Renew your driver's license, state ID, license plates, and take a Rules of the Road Class all at the Wheeling Pavilion Senior Center.

**Date:** Thursday, August 21, 2014  
**Time:** 9:00 a.m. - 2:00 p.m.  
 (Rules of the Road Class will be in the morning.)

Call the Senior Center at 847-459-2670 for exact class schedule.

**Cost:** FREE, but advance registration is requested.

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



## FIELD MUSEUM

Explore the World's Fair exhibit at the Field Museum. We will begin our day with a presentation on the World's Fair followed by an opportunity to enjoy the World's Fair exhibit. The cost of this trip includes round trip transportation to and from the Museum, admission to the Museum and the World's Fair exhibit, and a \$15 voucher for lunch.

**Date:** Tuesday, August 26, 2014  
**Time:** Meet at the Wheeling Pavilion Senior Center at 8:15 a.m.  
 The bus will leave at 8:30 a.m.  
**Place:** Field Museum in Chicago, IL  
**Cost:** \$75 members/\$90 non-members by July 24, 2014

**Please note: We must have a minimum of 12 people registered by July 24, 2014 in order to run this trip.**

**Please call the Senior Center at 847-459-2670 to reserve your space**



## SENIOR EXPO AT DRURY LANE

Travel with us to Drury Lane in Oakbrook Terrace, IL to partake of the offerings at the Senior Expo. Talk with product and service exhibitors, learn about wellness in the health and wellness aisle, enjoy entertainment, and educational and fun seminars. *Please note: Lunch will be available for purchase at your expense or you can bring a sack lunch from home.*

**Date:** Wednesday, August 27, 2014  
**Time:** Meet at the Wheeling Pavilion Senior Center at 8:30 a.m.  
 The bus will leave at 9:00 a.m.  
**Cost:** \$12 members/\$27 non-members until all spaces have been filled

**Please call the Senior Center at 847-459-2670 to reserve your space**



## TAKE CHARGE OF YOUR HEALTH PROGRAM



This chronic disease self-management program is for people with chronic health conditions. This course will consist of 7 workshops, each building on the previous session. Each session will be highly participative and helps participants build confidence in their ability to manage their health. Classes meet once a week for 7 weeks and will be 2 hours in length.

**Dates:** Mondays, Sept. 8 thru Oct. 20, 2014  
**Time:** 12:30 p.m. - 2:30 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but advance registration is required so we have enough materials for all of our participants.

**Please note: we must have a minimum of 10 people registered by August 25, 2014 in order to run this program.**

**Please call the Senior Center at 847-459-2670 to reserve your space**

## PLEASANT PRAIRIE OUTLET CENTER

Back by popular demand! Attention bargain hunters! The Wheeling Pavilion Senior Center will be traveling to the Pleasant Prairie Outlet Center. With many stores to choose from there is certain to be something for everyone. The cost of this trip includes transportation. Lunch is at your expense.

**Date:** Tuesday, September 9, 2013  
**Time:** Meet at the Wheeling Pavilion Senior Center at 9:15 a.m. to sign in.  
 The bus will leave at 9:30 a.m.  
**Cost:** \$15 members/\$30 non-members

**Please call the Senior Center at 847-459-2670 to reserve your space**



## FAVORITE TV THEMES PERFORMING CHALK ARTIST

George Vogrin will be returning to the Senior Center to amaze us with another chalk drawing. Enjoy the music and memories of classic television programs! Brush up on your TV knowledge as George asks trivia questions from your favorite shows including I Love Lucy, Andy Griffith, Happy Days, and more.  
*Sponsored by the Indian Trails Public Library.*



**Date:** Wednesday, September 10, 2014  
**Time:** Immediately after Lunch at Pavilion (Approximately 12:00 p.m.)  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** *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 on 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 date.*

**Please call the Senior Center at 847-459-2670 to make your lunch reservation.**

## MANNY'S DELI

Enjoy one of the best corned beef sandwiches around at the famous Manny's Deli in Chicago, Illinois. Many other deli treats are available as well. The cost of this trip includes a \$15 gift card to be used for lunch.



**Date:** Thursday, September 18, 2014  
**Location:** Chicago, IL  
**Time:** Meet at the Wheeling Pavilion Senior Center at 10:30 a.m.  
 The bus will leave at 10:45 a.m.  
**Cost:** \$28 members/\$43 non-members by August 21, 2014  
 \$33 members/\$48 non-members August 22, 2014 or later if space is available

**Please call the Senior Center at 847-459-2670 to reserve your space**

## ROTARY CLUB BIRTHDAY PARTY

Join us for this wonderful event featuring a great lunch and bingo provided by the Rotary Club to help celebrate their birthday. Birthday cake will be served.



*This is free for Senior Center members ONLY. NO EXCEPTIONS. Tickets will be distributed on a first come first served basis beginning August 25th. Tickets must be picked up in person or via pre-approved arrangements only.*

**Date:** Tuesday, September 16, 2014  
**Time:** Doors open at 11:30 a.m.  
 Lunch will be served at noon.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE

**Please note: this program is for Wheeling Pavilion Senior Center Members ONLY!**

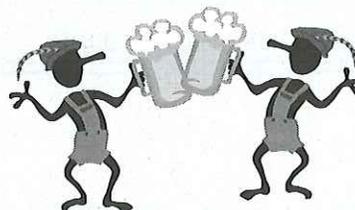
**Register for this program in person at the Front Desk at the Wheeling Pavilion Senior Center, 199 N. First Street, Wheeling or call 847-459-2670 for more information.**

## OKTOBERFEST AND SENIOR CENTER MONTH WRAP UP PARTY

It has been a fun month at the Wheeling Pavilion Senior Center. Today's celebration will combine the fun of our Senior Center Month Wrap Up Party with the fun of our annual Oktoberfest celebration. Join in the excitement as we feast and enjoy the music of the "Die Musikmeisters German Band". *This afternoon's entertainment is sponsored by the Greek American Rehabilitation & Care Centre.*

**Date:** Tuesday, September 30, 2014  
**Time:** 11:30 a.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$12 members/\$27 non-members

**Please note: No reservations will be accepted after September 23, 2014**





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## FOUR WINDS CASINO

Enjoy a day away as we journey to New Buffalo, Michigan to try our luck at the Four Winds Casino. The cost of this trip includes round trip transportation, a \$10 food credit, and \$15 instant slot credit.

\*\*If you already have a card for Four Winds

Casino, please provide that number when you register for this trip.



- Date:** Tuesday, October 14, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:45 a.m. The bus will leave at 9:00 a.m.
- Place:** New Buffalo, MI
- Cost:** \$42 members/\$57 non-members by September 16, 2014  
\$47 members/\$62 non-members September 17 - September 23

**No reservations or refunds after September 23, 2014 as we must give a final count and payment to the venue at this time.**



## WHITE FENCE FARM

Head out to the farm, White Fence Farm that is, to enjoy a delicious lunch of their famous chicken, bean salad, corn fritters, and more. After lunch we will be entertained by the Legacy Girls who will capture your heart with their contagious smiles and delight you as they take you down memory lane with their unique musical experience. Today's show will feature music from the Andrews Sisters.



- Date:** Friday, November 14, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 9:30 a.m. The bus will leave at 9:45 a.m.
- Place:** White Fence Farm in Romeoville, IL
- Cost:** \$52 members/\$67 non-members by October 20, 2014  
\$57 members/\$72 non-members October 21, 2014 if space is available.

**Please note: No refunds or credits after October 21, 2014 as we must give the final count and payment to the venue at that time.**

## JOURNAL MAKING WORKSHOP

Learn how to make a journal from recycled fabrics during this fun workshop. This program will be led by an instructor from the Twisted Fiber Studio. This easy to do project will take about an hour and a half to complete and you will be able to bring your completed project home with you that evening. Join us for pizza before the class begins. The cost of this program includes dinner and all the supplies needed to complete this project.



- Date:** Tuesday, October 21, 2014
- Time:** 5:30 p.m. - 8:00 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** \$42 members/\$57 non-members

**Please note: we must have a minimum of 10 people registered by October 1, 2014 in order to run this program.**

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

## CAMELOT

The entire community of Camelot awaits the arrival of Guenevere, King Arthur of England's future Queen. Enjoy this exciting tale of love and chivalry and enjoy musical numbers including "I Loved You Once in Silence" and "If Ever I Would Leave You". The cost of this trip includes round trip transportation to Drury Lane Theatre, your choice of salmon or turkey for lunch and a ticket for the performance.



- Date:** Thursday, December 11, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:15 a.m.  
The bus will leave at 10:30 a.m.
- Place:** Oakbrook Terrace, IL
- Cost:** \$69 members/\$84 non-members by November 6, 2014  
\$74 members/\$89 non-members November 7- November 14, 2014

**Please note: No reservations, refunds, or credits after November 14, 2014 as we must give a final count and payment to the venue at that time.**

**We must have a minimum of 11 people registered by November 7, 2014 in order to run this trip.**

## AUGUST 2014 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>5</b></p> <p>8:45 Blue Chip Casino Trip 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>6</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Mahjongg Group 1:00 Stitch and *itch</p>	<p><b>7</b></p> <p>9:00 Gin/Hearts Group 10:00 Advisory Council Meeting 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHP by appt. 9-1 Catholic Charities Benefits by appt. 1-3</p>	<p><b>1</b></p> <p>10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>11</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>12</b></p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>13</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:00 Jim Kendros presents "Bossa Nova" 1:00 Mahjongg Group 1:00 Stitch and *itch</p>	<p><b>14</b></p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Computer Class 11:30 Emeritus Lunch (no reservations before 7/24) 12:30 Bridge 1:00 Happy Hookers</p> <p>SHP by appt. 9-1</p>	<p><b>15</b></p> <p>10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjongg Group Instruction 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>18</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>19</b></p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 11:30 Pavilion Anniversary Party -Hawaiian Shirt Competition 12:30 Bridge 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>20</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Mahjongg Group 1:00 Stitch and *itch</p>	<p><b>21</b></p> <p>9:00 Mobile Drivers Super Senior Event 10:00 Computer Class 1:00 Happy Hookers 6:00 Caregiver Support Group</p> <p>SHP by appt. 9-1</p>	<p><b>22</b></p> <p>10:00 Brain Games 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:15 Cell Phones for Seniors 12:30 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>25</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>26</b></p> <p>8:15 Field Museum World's Fair Trip 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>27</b></p> <p>8:30 Senior Expo at Drury Lane Trip 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 11:30 Blood Pressure 1:00 Stitch and *itch</p>	<p><b>28</b></p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers 6:00 Caregiver Support Group</p> <p>SHP by appt. 9-1</p>	<p><b>29</b></p> <p>9:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion - Favorite T-Shirt Day 12:30 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>

## TRIP AND PROGRAM CANCELLATION POLICY

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

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

Check specific information for each trip.

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

## AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

When traveling with the Wheeling Pavilion Senior Center, it is expected that the participant will arrive with the group, stay with the group, and travel back to the Senior Center with the group. In addition, it is expected that the participant will go directly from the bus into the venue as directed by the Activity Coordinator.

**No Exceptions!**

**Program credits will be given in full for programs or trips cancelled by the Senior Center.**

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

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

## TRIP ETIQUETTE

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

## CAREGIVER POLICY

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



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

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

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