

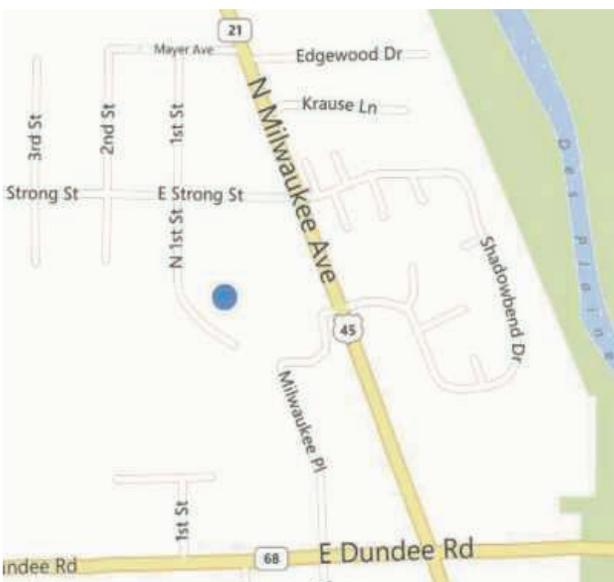


FEBRUARY 2014

Have you renewed your Wheeling Pavilion Senior Center Membership for 2014? If not, this will be the last newsletter sent to your home. Don't miss out. Renew today!
You can pick up a renewal form at the front desk.

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.



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

PAVILION THANKS...

- 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, Mary Ann Marabella, Penny Nehring, 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, 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
 Penny Nehring
 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.



- 1 Audrie Dietzel & Veronica Nottoli
- 2 Judy Diamond, Frances Henderson, & Sofiya Zamskaya
- 3 Jenny Tomaszewski
- 4 Kathy Pico
- 5 Sybil Bernstein, Judes Simonides, & Gaile Tabor
- 6 Joan Gessler, Sol Greenberg, Paul Watts, & Rosemarie Zambuto
- 7 Rich Richman
- 9 Sydney Sue Grubb, Terry Mearek, Thuy Schuster, & Hyun Hwang
- 10 Dolly Hein, & Jackie Portnoy
- 11 Louis Goldsmith
- 12 Jane Wiebort
- 13 Faina Lerin & Elaine Silver
- 16 Barbara Murschel
- 17 Florence Ortiz
- 18 Louis Belmonti, Doris Brooks, Edward Little & Ladonna Adcock
- 20 Marie Schram
- 21 Christine Moore, Eileen Solsberger, & Rita Vieth
- 22 Ed Delaney & Gerald Malin
- 23 Jack Arnoux & Joseph Scarpelli
- 24 Marlene Arbetman & Paula Lovitz
- 25 Marilee Cederlund, Pedro Espino, & William Wertheimer
- 26 Ona Baukys
- 27 Richard Gaskill
- 28 Maureen Lieberman & Joan Schoofs



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)
- 11:30-12:30 Lunch at Pavilion
- 1:30-3:00 Stitch 'N *itch

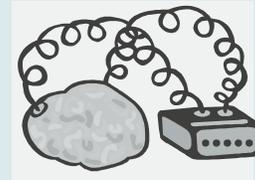
THURSDAY

- 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.
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 1:00-2:00 Book Club (3rd Friday of the month)

BRAIN GAMES



Join Lisa Mensik from Memory Training Centers of America for a thought provoking program of games to keep your brain sharp. After the program, join us for Lunch at Pavilion.

Call the senior Center at 847-459-2670 to reserve your space for this program as well as the Lunch at Pavilion Program. We look forward to seeing you!

- Date:** Friday, February 21, 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 Mimi at 630-782-6557 to schedule your Friday appointment.

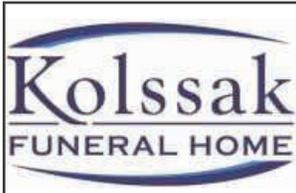


BLOOD PRESSURE SCREENING

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

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





**Carol Nevin
MA, GRI
Seniors Real
Estate Specialist**

Celebrate Life

847-537-6600

Call for **FREE Senior
Transition Consulting**

Coldwell Banker Residential
Northbrook, IL

Carol.Nevin@cbexchange.com
847-271-2711

MARK DRUG MEDICAL SUPPLY

Serving Chicagoland for all your medical supply needs for the past 35 years.
We Carry a Complete Line of Bathroom Safety products



Home Delivery is Available!

- Bath Safety Items
- Hospital Beds
- Incontinence
- Lift Chairs
- Wheelchairs
- Stair Lifts
- Catheters
- Respiratory Supplies
- Rental Equipment and More...
- Ostomy
- Walkers
- Support Stockings
- Wound Care

- We are Certified for all Home Evaluations
- We Deliver and Set-Up
- We Bill Medicare, Private Insurance and Public Aid

Present this coupon and receive
10% Discount
Offer expires 12/31/14. Maximum value of coupon not to exceed \$75. Not valid with any other coupons or store specials. Items billed to insurance are excluded. LP4_13

In Lynn Plaza, Wheeling and Dundee Rd
Hours: Mon-Thurs: 8am-7pm • Fri: 8am-6pm • Sat: 8am-5pm • Sun: Closed
548 W. Dundee Rd. • Wheeling • 847-537-8500
Click Here>> www.markdrugmedicalsupply.com

**You can always count on us when you can't
find what your doctor recommends!**



Helping You...
Helping Seniors

Free help finding
senior housing,
home care &
support services

847-462-0885



Make the Switch
to DISH Today and
Save Up To **50%**

Call Now and Ask How!

1-800-274-5780

All offers require 24-month commitment and credit qualification.
Call 7 days a week 8am - 11pm EST Promo Code: MBO513
*Offer subject to change based on premium movie channel availability.



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.



CHURCH CREEK SENIOR LIVING -
Care-free Living
FOR
ARLINGTON HEIGHTS SENIORS



Sidewalks • Patios, Stoops
Garage Floors • Driveways
Concrete Slabs • Factory Floors

847-459-0517

www.americanmudjacking.com

Residential and Commercial
Work Backed by Written Warranty

**AMERICAN
MUD JACKING**

OFFERING:

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

CHURCH CREEK

FIVE STAR SENIOR LIVING

1250 West Central Road
Arlington Heights, IL 60005

847-506-3200

www.ChurchCreekRetirement.com



©2012 Five Star Quality Care, Inc.



**“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**

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.

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, February 21, 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

WISHED, FELT & DREAMED



Wednesday, February 26, 2014, 2:00 p.m.

Continue year long discussion of chapters from the book *Buried in Treasures – Help for the Compulsive Acquiring, Saving & Hoarding* by Tolin, Frost & Steketee

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

LUNCH AT PAVILION

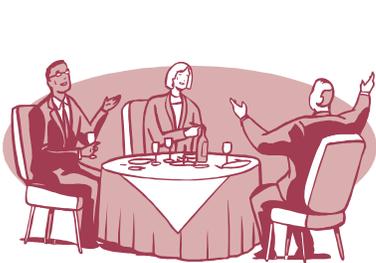
Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, table service — you can't beat it! The Senior Center hosts meal service for anyone 60 years and better.

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 uses a punch card system for participation. All meals for this program are paid by this procedure. Cards can be purchased at the front desk at the Wheeling Pavilion Senior Center. The cost of these cards is \$15 for five meals, which is a reduction from our suggested donation of \$4.00 per meal. 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. Funds for this program are provided by an award from AgeOptions through the Illinois Department on Aging and Federal Administration on Aging. 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 February 10, 2014. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

8

Lunch at Pavilion uses a punch card system. Cards can be purchased at the front desk at the Wheeling Pavilion Senior Center. The cost of these cards is \$15 for five meals. 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. These programs will begin at approximately noon.

STEVE JUSTMAN

Wednesday, February 5, 2014

Join Steve for a musical program and sing along.



ELDER ABUSE PREVENTION

Friday, February 7, 2014

Staff from the Abington will be here to discuss elder abuse: What it is, the various types of elder abuse, how to prevent it, and how to report it if you or someone you know is a victim.



FIRE PREVENTION AND SAFETY

Wednesday, February 12, 2014

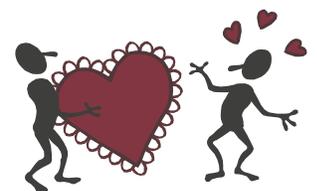
Fire Prevention and Fire Safety is a hot topic. Ron Anton from the Wheeling Fire Department will be here to discuss ways to prevent fires and ways to stay safe if you are involved in a fire.



VALENTINE'S DAY PARTY

Friday, February 14, 2014

Join us as we celebrate Valentine's Day during the Lunch at Pavilion Program. Heather Braoudakis will be here to sing songs from her "That's Amore" program.



SENIOR JEOPARDY

Wednesday, February 19, 2014

All new categories! Join Alyse and Paula from AP Lifeline for an entertaining program of trivia questions.



ST. PATRICK'S DAY PARTY

Monday, March 17, 2014

It's the day for the wearing of the green. Here at the Wheeling Pavilion Senior Center we will be celebrating with the music of John Boda.



SENIOR HEALTH INSURANCE NEWS



Now that we are into 2014, I hope all of you took the time to review your health insurance and made any changes that were necessary. Remember, the next time you can make any changes will not be until October of this year. And it was nice that Social Security benefits went up by 1.5% and the Part B premium stayed the same!

Insurance benefits are constantly changing throughout the year, so it is important that you keep abreast of any changes by reading any literature your insurance company sends to you—don't just throw it away. Read it and make sure you understand the information. If not, call the company or your agent associated with the company you are insured with. It is your right to understand the costs associated with your plan. The same principle goes for any doctor or hospital bills you receive; make sure you understand what you have been charged for any services, tests, etc., and call if you don't understand. Also, it is important if you change doctors or are going to a new doctor, make sure they accept Medicare AND the supplemental (secondary) plan you have, whether it be a Medicare Advantage Plan or any Medigap (Supplemental) Plan. I have counseled several seniors who did not ask those questions when they first went to a new doctor, only to find out when they receive an invoice that the doctor was not part of the networks. Better to know before you accept any service or treatment.

Taking care of your health is a good New Year's resolution. Eat right, exercise if you are able, maintain your social environment, and keep in touch with your medical personnel if you have any concerns about your health. Getting older is not something we can control, but how we live during our "golden years" is up to us.

If you have any questions or need any help with understanding your insurance, remember I am available every Thursday from 10:00 a.m. (unless otherwise scheduled) to 3:00 p.m. at the Senior Center. It is as easy as calling the Center and asking for an appointment! Hope everyone has a safe and healthy 2014!

Pat Miller
SHIP Coordinator/Counselor
(847) 459-2670

SENIOR FREEZE INFORMATION

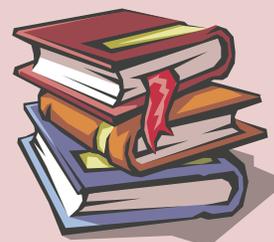
Senior Citizen Cook County homeowners may take advantage of several valuable property-tax-saving exemptions **that must be applied for or renewed annually**: The Homeowner Exemption, Senior Citizen Homestead Exemption, & the Senior Citizen Assessment Freeze Exemption.

1. Homeowner Exemption: Taxpayers whose single-family home, townhouse, condominium, co-op or apartment building (up to six units) is their primary residence can save \$250 to \$2,000 per year, depending on local tax rates and assessment increases. The Cook County Assessor's Office now automatically renews Homeowner Exemptions for properties that were not sold to new owners in the last year. This program is administered by the Cook County Assessor's Office. You may find applications and additional information at: www.cookcountyassessor.com
2. Senior Citizen Homestead Exemption: Seniors can save up to \$250 a year in property taxes, and up to \$750 when combined with the Homeowner Exemption. For the 2013 tax year, the applicant must have owned and occupied the property as of January 1, 2013 and must have been 65 years of age or older during the year for which you are applying.
3. Senior Citizen Assessment Freeze Exemption: Qualified senior citizens can apply for a freeze of the assessed value of their property. Over time, in many areas, this program results in taxes changing minimally and often decreasing as surrounding properties continue to rise in assessed value. This is the most valuable homeowner exemption program. The value increases over the years as it eliminates the impact of regular reassessment increases that may occur every three years. For the 2013 tax year, the applicant must have owned and occupied the home on January 1, 2012 and January 1, 2013 and have been responsible for the 2012 and 2013 taxes.

If you would like assistance with any of these applications, please contact the Wheeling Pavilion Senior Center at 847.459.2670 and ask for an appointment with one of the social workers who can assist you with the process. You may also contact the Wheeling Township Assessors office at 847.259.1515.

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.



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.

GENTLE YOGA

The focus on balance, flexibility, and stress reduction through Gentle Yoga benefits all ages and abilities. Basic poses, alignment principles, and breathing techniques address the needs of beginners, seniors, and those with injuries and limitations. Class is taught at a pace that allows everyone to follow; no prior Yoga experience necessary.

Sign up today for a six-week Saturday and/or Thursday session at the CRC Guest Service Desk or online at wheelingparkdistrict.com (If you are not completely satisfied with the first scheduled Gentle Yoga class, or if you have a schedule conflict, refunds will be issued after the first class. After the second class meeting, refunds only issued with a physician's note.)



Saturdays: 2/22-4/5, 8:30-9:30 a.m.

Thursdays: 2/27-4/10, 6:30-7:30 p.m.

Location: Community Recreation Center (CRC), 333 W. Dundee Road, Wheeling

Instructor: Nancy Rabenau

Fee per six-week session: \$57/Residents; \$63/Non-residents

For more information, call (847) 465-3333.



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.



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.



COMPUTER LEARNING CENTER – FEBRUARY CLASS SCHEDULE

Day	Class	Time	Dates
Monday	BUGS	10:00 a.m. to 3:30 p.m.	2/24–3/10
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	2/18 & 2/26
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	3/3 & 3/10
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	2/19 – 3/12
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	2/20 & 2/27
Friday	Skype	10:00 a.m. to 12:00 p.m.	3/7 & 3/14
Tuesday or Thursday afternoon	Online Banking	TBD with instructor	TBD with Instructor

LONG GROVE CONFECTIONARY

Join us for a tour of the Long Grove Confectionery. We will learn about the history of the company and how they make their delicious chocolate and chocolate sculptures. After the tour there will be an opportunity to shop in their store. What a great way to spend a morning.



Date: Tuesday, February 4, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 9:30 a.m.
 The bus will leave at 9:40 a.m.
 We plan to return by 12:00 noon.
Place: Buffalo Grove, Illinois
Cost: \$7 members/\$22 non-members

We must have a minimum of 10 people registered by January 23, 2014 in order to run this trip.



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, February 18, 2014
Time: 6:00 p.m. – 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!

ADLER PLANETARIUM

Join us for a trip that is out of this world as we travel to the Adler Planetarium. Explore the many exhibits and enjoy the “Welcome to the Universe” show. Take a break from your explorations and use your \$15 food voucher for a delicious lunch in the café. This trip includes round trip transportation, museum admission, show, and lunch.



Date: Thursday, February 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: Chicago, IL
Cost: \$60 members/\$75 non-members by January 30, 2014
 \$67 members/\$82 non-members January 31- February 5, 2014

No reservations or refunds after February 5, 2014 as we must give a final count and payment to the venue at that time.

Please note: This trip is rated 4 shoes because there is a lot to see at the museum. This entails a lot of walking, but there are places to sit and rest if needed.



COFFEE WITH THE VILLAGE MANAGER

The Wheeling Senior Citizens Commission invites you to coffee with Village Manager Jon Sfondilis. Bring your questions, comments, and suggestions to learn about the community you live in.

For planning purposes, please call the Senior Center at 847-459-2670 to RSVP for this event.

Date: Friday, February 21, 2014
Time: 2:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but reservations are requested

Please call the Wheeling Pavilion Senior Center at 847-459-2670 to reserve your space.



POWER LUNCH AND PRESENTATION ON THE LUTHERAN HOME



Join staff from the Lutheran Home as they talk about their facility and their new resort-like rehabilitation wing. Lunch will be provided by the Lutheran Home.

Date: Tuesday, February 25, 2014
Time: 11:30 a.m.
Place: Wheeling Pavilion Senior Center
Cost: \$2 members/\$17 non-members

Reservations are required.
Space is limited.

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

MARDI GRAS PARTY

Mardi Gras is French for Fat Tuesday, referring to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season. Celebrate Mardi Gras at the Wheeling Pavilion Senior Center. We'll have a delicious lunch followed by entertainment by Tim Wilsey.

Date: Tuesday, March 4, 2014
Time: 11:30 a.m.
Place: Wheeling Pavilion Senior Center
Cost: \$12 members/\$27 non-members

Please note: We must have a minimum of 25 people registered by February 18, 2014 in order to run this program.

No reservations after February 24, 2014.



AIN'T MISBEHAVING

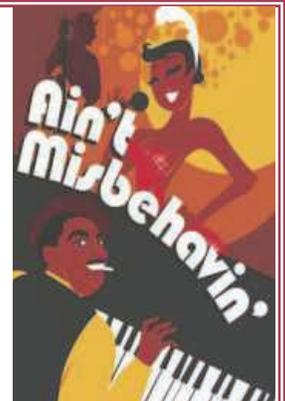
It was the jazz age when nightspots like the Cotton Club and the Savoy Ballroom were the playgrounds of high society. This tribute to the 1920's and 1930's Harlem Renaissance, an era of exploding creativity and social changes, is an evening of rowdy, raunchy and humorous songs that encapsulate the moods of an era and reflect Fats Waller's view of life as a journey meant for pleasure and play.

Be sure to eat before you come to the Senior Center!

Date: Thursday, March 6, 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, IL
Cost: \$54 members/\$69 non-members by February 3, 2014
\$59 members/\$74 non-members February 4–February 10, 2014

We must have a minimum of 10 people registered by February 3, 2014 in order to run this trip.

Please note: We must give the final count and payment to the venue on February 11, 2014, so no refunds or credits will be given after this date.



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 the staff from Emeritus.



- Date:** Thursday, March 13, 2014
Time: 11:30 a.m.
Place: Wheeling Pavilion Senior Center
Cost: \$4 members/\$19 non-members while space is available

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

No reservations before February 26, 2014

WHITE FENCE FARM FEATURING THE LEGACY GIRLS



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, featuring music from the 50's and 60's.

- Date:** Thursday, March 20, 2014
Time: Meet at the Senior Center at 9:30 a.m.
 The bus will leave at 9:45 a.m.
Place: Romeoville, IL
Cost: \$52 members/\$67 non-members by February 20, 2014
 \$57 members/\$72 non-members February 21 or later, if space is available

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



MAJESTIC STAR CASINO

Are you feeling lucky? Join the Wheeling Pavilion Senior Center as we travel to the Majestic Star Casino in Gary, Indiana for a day of gaming, food, and fun. The cost of this trip includes round trip transportation, lunch buffet, and \$10 in slot play.



- Date:** Tuesday, March 25, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 8:30 a.m.
 The bus will leave at 9:00 a.m.
Place: Gary, IN
Cost: \$29 for members/\$44 for non-members by March 3, 2014
 \$34 for members/\$49 for non-members March 4-10, 2014

No reservations after March 10th as we must give the final count and payment to the venue at that time.

Please note: We must have a minimum of 20 people registered by March 3, 2014 in order to run this trip.



WELCOME TO THE FIFTIES

This program will start out with a blank canvas in the front of the room. Before your eyes our presenter will bring this canvas to life with his chalk drawing. While he is drawing, you will hear stories and trivia with a 1950's theme. You have to see it to believe it!

This program is being sponsored by the Indian Trails Public Library.

Date: Thursday, March 27, 2014
Time: 1:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: Free, but reservations are requested.

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



MUSEUM OF SCIENCE AND INDUSTRY



Travel to the landmark Museum of Science and Industry for an exciting day exploring the many exhibits, including the limited time "Treasures of the Walt Disney Archives" exhibit. See drawings, props, costumes, and artwork from classic and contemporary Disney animation, theme park attractions, TV shows, and live action films. Take a break from your explorations and use your \$15 food voucher for a delicious lunch in the food court. For more information on the Disney exhibit, click on the link below:

www.msichicago.org/whats-here/exhibits/treasures-of-the-walt-disney-archives

Date: Tuesday, April 8, 2014
Time: Meet at the Senior Center at 9:00 a.m.
 The bus will leave at 9:15 a.m.
Place: Chicago, IL
Cost: \$57 members/\$72 non-members
 by February 24, 2014
 \$62 members/\$77 non-members
 February 25 - March 3, 2014

No reservations, refunds, or credits after February 24, 2014.

Please note: This trip is rated four shoes because there is a lot of walking at the museum, but there are places to sit and rest as well.



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. John Boda will be our presenter.

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.



SNEAK PEEKS

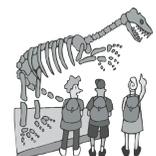
June 10
Aurora Outlet Center



August 5
Blue Chip Casino



August 26
Field Museum



Rainbow Hospice

and Palliative Care

the trip everyone takes...
yet no one seems to pack for.
We are here to help you prepare
and navigate end of life.

Call Rainbow Hospice.
847-685-9900

www.rainbowhospice.org

Need a little help delivering your message?

Newsletter Advertising Delivers!

1-800-950-9952

Call Pete Harford today at ext. 2468

Email: pharford@4LPi.com



Liturgical Publications Inc
Connecting Your Community™

www.SeekAndFind.com

The New Name in *Short-term Rehab* Brandel Health & Rehab

- Private suites with private shower, no extra charge
- Customized one-to-one therapy 7 days/week
- Faith-based community

Contact us today. (847) 863-0558



COVENANT VILLAGE OF NORTHBROOK
A Covenant Retirement Community



BRANDEL HEALTH & REHAB

Covenant Retirement Communities is a ministry of the Evangelical Covenant Church.
Covenant Retirement Communities does not discriminate pursuant to the federal Fair Housing Act.

2155 Pfingsten Rd. • Northbrook, IL 60062

www.CovenantNorthbrook.org

BrightStar[®] LIFECARE

COMPANION CARE • HOME SUPPORT

OUTSIDE SUPPORT

PERSONAL CARE • SKILLED CARE

Northbrook, IL • 847-510-5750

www.brightstarcare.com/northsuburban

Are you ever alone?

You're never alone when you have a medical alert!

"I feel more independent, safe,
and secure with my medical alert."

Less than \$1 per day

- ▶ No Long-Term Contracts
- ▶ Price Guarantee ▶ A+ Rating with BBB
- ▶ Made and Monitored in the USA

Call Today to learn more about our Special Offer.

1.877.801.7772

Toll Free



NEW

SeekAndFind.com

is NEW and IMPROVED

Now it's
even easier
to shop these
advertisers.

Show
them
your
support!

The Lawyers for Your Life



Putting your affairs in order and addressing your family issues is a gift to your family.
At Waltz, Palmer & Dawson, we can help with all of life's challenges.

WP&D
Waltz • Palmer • Dawson

- Wills, Trusts, & Probate
- Parental and Grandparent's Rights
- Divorce and Family Law
- Guardianship
- Pre-Nuptial Agreement
- Criminal and Traffic Tickets

For Prompt, Effective, Affordable
Legal Assistance, Let the Attorneys
of Waltz, Palmer & Dawson, LLC
Assist You With Life's Challenges

847-253-8800

CHICAGO HISTORY MUSEUM



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 10 people registered by March 24, 2014 in order to run this trip.

Please note: This trip is rated four shoes because there is a lot of walking at the museum, but there are places to sit and rest as well.



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.

- 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.



FEBRUARY 2014 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>4</p> <p>9:30 Long Grove Confectionary 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>5</p> <p>9:00 Exercise 10:00 Computer Topics Class 10:30 Sing a Long 11:30 Lunch at Pavilion 12:00 Steve Justman 1:30 Stitch and *itch</p>	<p>6</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>7</p> <p>10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Abington Presentation on Elder Abuse</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>10</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle 3:00 Rabbi Gordon: Tu Bishvat</p> <p>Beginner Computer Tutoring by appt.</p>	<p>11</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>12</p> <p>9:00 Exercise 10:00 Computer Topics Class 10:30 Sing a Long 11:30 Lunch at Pavilion 12:00 Fire Prevention/Fire Safety 1:30 Stitch and *itch</p>	<p>13</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>14</p> <p>10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion Valentine's Day Celebration</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>17</p> <p style="text-align: center;">President's Day Senior Center Closed</p>	<p>18</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>19</p> <p>9:00 Exercise 10:00 Computer Topics Class 10:30 Sing a Long 11:30 Lunch at Pavilion 12:00 Senior Jeopardy 1:30 Stitch and *itch 2:00 Wished, Felt, Dreamed</p>	<p>20</p> <p>9:00 Gin/Hearts Group 9:30 Adler Planetarium Trip 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>21</p> <p>10:00 Skype Class 10:00 Brain Games 11:30 Lunch at Pavilion 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>24</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>25</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 11:30 Lutheran Home Power Lunch and Presentation 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>26</p> <p>9:00 Exercise 10:00 Computer Topics Class 10:30 Sing a Long 11:30 Lunch at Pavilion 1:30 Stitch and *itch 2:00 Wished, Felt, Dreamed</p>	<p>27</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>28</p> <p>10:00 Skype Class 11:30 Lunch at Pavilion</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 letter 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.

VILLAGE OF WHEELING
BOARD OF TRUSTEES

Dean A. Argiris, *President*
Kenneth Brady, *Trustee*
Robert Heer, *Trustee*
Bill Hein, *Trustee*
Mary Krueger, *Trustee*
Ray Lang, *Trustee*
David Vogel, *Trustee*
Elaine Simpson, *Village Clerk*

SENIOR CENTER STAFF

Shari Matthews Huizar, *Director of Human Services*
Alysia Miller-Goldstein, *Program Planner*
Jan Christiansen, *Social Worker*
Jeanne Schultz, *Administrative Secretary*
Sharon Greenberg, *AM Clerk*
Diana Murillo, *PM Clerk*
Braulio Hernandez, *Custodian*
Jesus Delgado, *Dining Coordinator*