



Wheeling Pavilion Senior Center

Wheeling Forward

FEBRUARY 2015

GREETINGS! HAPPY FEBRUARY!

On November 6, 2014, the Village of Wheeling and the Wheeling Park District issued a joint Request for Qualifications or RFQ to solicit proposals from local firms in the interest of "initiating a space needs analysis of the Wheeling Park District Community Recreation Center to include the integration of the Wheeling Pavilion Senior Center programs and services as well as the current and future recreational space needs of the residents and guests."

It is the intention of the Village of Wheeling and the Wheeling Park District to explore the opportunities of bringing existing programs and services provided through the Village of Wheeling Pavilion Senior Center into the Community Recreation Center, in such a manner that it preserves the uniqueness of the senior programming, integrates programming and services into the most logical spaces, and also analyzes the current and future needs of the Community Recreation Center.

This RFQ resulted in three proposals. The submitting firms interviewed before the Joint Ad Hoc Committee of the Village of Wheeling Board of Trustees (President Argiris, Trustee Ken Brady, Village Manager Jon Sfondilis, and I) and the Wheeling Park District Board of Commissioners (President Pecka, Vice President Stein, Executive Director Jan Buchs, and Director of Parks and Recreation Matt Wehby) on December 18, 2014, and one firm was chosen. At the date of this writing, the contract has yet to be presented to either Board or signed by the firm. We expect this to happen in late January, 2015.

The chosen firm will conduct an extensive analysis of the current functioning of the Community Recreation Center and the programs offered there, particularly the services for older adults; and an extensive analysis of the programs and services offered by the Wheeling Pavilion Senior Center. This analysis will also include a look at the future trends in services for older adults and how both the Village of Wheeling and the Wheeling Park District can work together to best serve the older adults of Wheeling. What this study/analysis will not be is architectural plans or designs. This study is the first step in a very deliberate and careful process to plan the future of services for older adults.

As this process continues, I ask for your patience and cooperation. If you should have any questions, please do not hesitate to contact me. I would love to hear from you.

Shari



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, George Hieber, Dolores Kelly, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Kevin Frei, Barbara Grossman, Marilyn Hams, Tom Logan, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, Carol Targun, Roberta Vollriede and Corky Weber 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, Kevin Frei, Czeslawa Gorka, Pat Gouletas, Marilyn Hams, Rogelia Kramer, Barb LaHay, Anita Loewenstein, Tom Logan, Joannie Purvin, Rich Richman, Vilma Sanchez, Bobi Spiegel, Carol Targun, and Ericka Young.



ADVISORY COUNCIL

Bill Churchill
 Kathy Gulyas
 Marilyn Hams
 Marshall Kaplan
 Gerald Malin
 Pat Miller
 Jackie Portnoy
 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.



- 2 Fran Henderson & Sofiya Zamskaya
- 3 Jenny Tomaszewski
- 4 Kathy Pico
- 5 Sybil Bernstein, Barbara Grossman, & Judes Simonides
- 6 Paul Watts & Rosemarie Zambuto
- 7 Rich Richman
- 8 Sydney Sue Grubb, Hyun Hwang, & Larry Jasinek
- 10 Jackie Portnoy
- 14 Frances Sandock
- 16 Barbara Murschel
- 18 Louis Belmonti, Doris Brooks, & Edward Littel
- 20 Marie Schram
- 21 Eileen Solsberger & Rita Vieth
- 22 Ed Delaney & Gerry Malin
- 23 Joseph Scarpelli
- 24 Marlene Arbetman, Ben Doren, & Paula Lovitz
- 27 Richard Gaskill
- 28 Maureen Lieberman & Marilyn Saletko



ARE YOU INTERESTED IN A TRIP TO...

- ◆ Peter and the Star Catcher (prequel to Peter Pan) — geared for adults
- ◆ White Christmas
- ◆ Bye Bye Birdie
- ◆ Lighthouse Place Outlet (about a 2-hour drive)
- ◆ Eataly Chicago
- ◆ Manny's Deli
- ◆ Odyssey Boat Cruise
- ◆ Architecture River Cruise



If you are interested in any of the above trips, please circle the ones you are interested in, write your name and phone number and give your choices to Alysia.

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

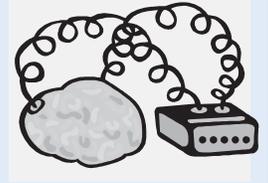
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 9:00-12:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

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)
- 1:00-3:30 Canasta

BRAIN GAMES

Playing games that encourage you to think is one of many ways to keep your memory sharp. Brain Games will help 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.

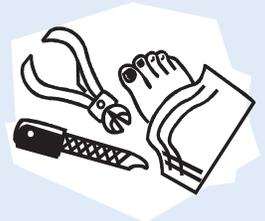


There will be no Brain Games this month.

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



NICHE Nurses Improving Care for Healthsystem Elders



Alzheimer's Disease
and Related Disorders Assoc. Inc.



1-800-272-3900

A source of information and help

Kolssak
FUNERAL HOME

Celebrate Life

847-537-6600



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

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW!
1-888-891-6806



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

STATE OF IL 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, February 20, 2015
Place: Wheeling Pavilion Senior Center
Time: 10:30 a.m. – 11:30 a.m.
Group
Facilitator: Jan Christiansen, MSW, Social Services
847-459-2671

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 **February 12th** and **February 26th** from 1:00–3:00 p.m.. Please contact Catholic Charities at 847-253-5500 to sign up.

Wheeling Pavilion Senior Center

199 N. First Street
Wheeling, IL 60090



MEMORY SCREENINGS AT THE PAVILION

WHO SHOULD BE SCREENED

Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to establish a base line score for comparison in the future.

**Wheeling Pavilion Senior Center, 199 N. 1st Street, Wheeling
by appointment only (30 minutes)
847-459-2671—ask for Jan Christiansen, MSW**

ARTHRITIS EXERCISE PROGRAM

This class will be for people with arthritis and others who are looking to become more active while living with joint issues.

Dates: Mondays, March 2 –April 6, 2015
Time: 1:00 p.m. – 2:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but advance registration is required.



Reserve your space by calling the Wheeling Pavilion Senior Center at 847-459-2670.

Please note: We must have a minimum of 10 people registered by February 11, 2015 in order to run this program.

Village of Wheeling Senior Snow Removal Program

Volunteers from the community will be assigned to senior/disabled residents of the Village who are in need of help clearing their driveway and sidewalk after a 3" snowfall. Senior residents must meet income criteria and have no other option for snow removal such as family or friends. Interested residents must fill out an application every year. The Human Services Department will contact the applicant and arrange for a home visit by a social worker to determine qualification for this program. Please contact the Wheeling Senior Center at 847-459-2670 with further questions.

Applications will be available at the:
Wheeling Pavilion Senior Center
199 N. 1st Street Wheeling, IL 60090
or at the Village website
www.wheelingil.gov.



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.
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 2014 tax year, the applicant must have owned and occupied the property as of January 1, 2014 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. 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 2014 tax year, the applicant must have owned and occupied the home on January 1, 2013 and January 1, 2014 and have been responsible for the 2013 and 2014 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 Assessor's office at 847.259.1515.

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. 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 IL 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 February 6, 2015. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

9

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

WEAR YOUR PAJAMAS DAY

Monday, February 9, 2015

Hate getting out of bed on a cold winter day? Wear your warm and comfy robe, slippers, and/or sweatpants to Lunch at Pavilion today!



LAUGHTER PROGRAM

Monday, February 9, 2015

Caryl Derenfeld will be here to discuss the benefits of laughter and lead us in a Laughter Workshop. Be prepared to have fun!

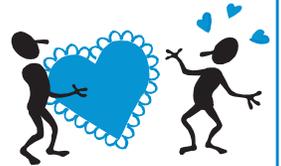


VALENTINE'S DAY CELEBRATION

Friday, February 13, 2015

Wear red and join us for our Valentine's Day celebration. Tim Wilsey will be here to discuss the history and traditions of this special day.

This program is sponsored by Zounds Hearing.



VIDEO TRIVIA

Wednesday, February 18, 2015

Video Trivia is back! Join us for this exciting event where you get to see and hear the "questions"! *This program is sponsored by the Indian Trails Public Library.*



STEVE JUSTMAN

Friday, February 20, 2015

Steve Justman will be here to entertain us with his amazing guitar and banjo playing.

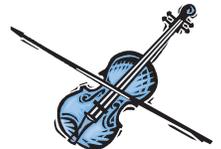
This program is sponsored by Zounds Hearing.



JIM KENDROS

Wednesday, February 25, 2015

Join Jim Kendros as he presents a program on Itzhak Perlman.



JOHN BODA

Friday, February 27, 2015

Join John Boda as he discusses the story of the Endurance.

This program is sponsored by the Abington of Glenview.





WELCOME NEW MEMBERS

Dean Stoyas

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



MAHJONGG GROUP
WE NEED MORE PLAYERS!

This new group meets to play every Wednesday from 1:00-3:30 p.m. Mahjongg lessons are held on Fridays only from 12:30-3:30 p.m. 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	Date and Time
BUGS	Every Monday from 10:00 a.m. to 3:00 p.m. Open to all Senior Center members
Computer Topics	Wednesdays, 10:00 a.m. to noon. Call the front desk at 847-459-2670 for class schedule
Other available classes	
eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking	To be scheduled with instructor

NEW for 2015! Did you receive a Tablet over the Holidays? Start the New Year learning how to use it!

Tablets have many features of laptop computers with an easier learning curve. They are extremely portable in your pocket or purse and simple to use for email, texting, Internet searching, and learning or taking great pictures and movies.

Enjoy the new technology without fear. Coaching is available for three sessions of 2 hours each at \$10 per session, and can begin the first WED, THU, FRI of each month at 1:00 p.m. Sign up at the front desk and surprise your grandchildren with your newfound technical knowledge. You will also be surprised at how easy it is to enjoy this new device. Applies to I-pad and Android devices.



SENIOR HEALTH INSURANCE NEWS



A LOOK TO THE FUTURE

Next year marks the 50th anniversary of Medicare and Medicaid. It is also the 80th anniversary of Social Security. With events throughout the year, the White House Conference on Aging will look ahead at issues facing Americans as we get older. These programs have dramatically improved the lives of older Americans and have made life better for all of us; but we also need to make them shine a light on the need to make sure they remain strong for future generations.

According to AARP, we have to be strong and stand up to those who simply want to cut Social Security and Medicare benefits, those who refuse to support the reauthorization of the Older Americans Act, in-home care, transportation and elder abuse prevention. We need to be aggressive in finding innovative, responsible solutions to make sure these programs remain solvent. We want an America where people 50+ plus have access to the care, information and services they need. We want an America where people 50+ plus have the financial resources and opportunities that match their longer lives. We want an America where people who are 50+ plus are seen as an integral and inspirational asset to society. Ten thousand people a day are turning 65; these are people who have paid into Social Security and Medicare their whole working lives.

As these anniversaries approach, we all need to make sure these programs will be there in another 50 or 80 years! Everyone needs to become involved in some way to help us all enjoy the life we have worked our whole life for.

Pat Miller
SHIP Coordinator/Counselor
Wheeling. Pavilion Senior Center
847-459-2670

**from an article in AARP December issue, by Jo Ann Jenkins*

THE WHEELING PAVILION SENIOR FOUNDATION



The WPSF is looking forward to celebrating our 5th Anniversary at our annual meeting on February 17, 2015. We look forward to seeing all of our members at the dinner celebration. A big thank you goes out to Wheel-Inn Body and Motor Works/Gene's Towing for a generous donation that has helped us make the 5-year anniversary special. Please remember to support our sponsors. We will be sharing our 2014 financial statement at the meeting and outline our goals for 2015.

2015 promises to be a very exciting year for seniors in Wheeling. According to the recent Village newsletter, Wheeling will be partnering with the Wheeling Park District to find a "new home for our Seniors". The WPSF looks forward to supporting this venture and will continue our fundraising efforts so that Wheeling has the premier senior center in the Northwest suburbs.

Thank you all for helping the Foundation grow! If you haven't joined the Foundation, please consider doing so and volunteer your time to serve on the Board. Our annual membership drive starts in February, so now is the time to join.

Mary Papantos, Secretary/Treasurer WPSF



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 speak with 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.



HARRY BELAFONTE: CALYPSO KING BY SUSAN BENJAMIN

Thursday, February 5, 2-3

Born into poverty in Harlem and shuttled between Jamaica and the US as a child, Harry Belafonte rose to become one of our nation's most respected entertainers. But the focus of his life's work went far beyond entertaining: in several ways he was a leader of the civil rights movement. This program demonstrates how Harry Belafonte's sharing his talents led to his becoming politically involved and effecting social change. Register at www.indiantrailslibrary.org or 847-279-2232. Co-sponsored with Buffalo Grove Park District and Wheeling Pavilion Senior Center.

WHEELING PARK DISTRICT EVENTS

TAI CHI

Tuesdays, February 17-March 24, 6:30-7:30 p.m. Location: Community Recreation Center

Experience the natural flow of energy that brings calm and centeredness to your soul. This slow, gentle, moving meditation focuses on reducing stress and developing balance and emotional well-being. The movements also improve balance and overall good health while preventing injury. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$36/\$42/\$48 for six-class sessions; Registration Code 18715 **For more information, call (847) 465-3333.** *If you are not completely satisfied with the first scheduled class, refunds will be issued. After the second class meeting, refunds issued with a physician's note.*

GENTLE YOGA

Mondays, February 23-March 30, 5-6 p.m. Location: Community Recreation Center

Instructor: Nancy Rabenau

Balance, flexibility, and stress reduction are the focus of this one-hour class for 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. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$51/\$57/\$63 for six-class sessions; Registration Code 18093 **For more information, call (847) 465-3333.** *If you are not completely satisfied with the first scheduled class, refunds will be issued. After the second class meeting, refunds issued with a physician's note.*

AQUALIGHT

Monday and Wednesday, 10-11 a.m. Location: Arctic Splash indoor pool at the CRC

Get fit in the pool! This is the perfect class for anyone looking for a lighter workout in the water and those new to water fitness and exercising. Light cardio and strength exercises reduce joint pain and stiffness and increase flexibility and range of motion without putting stress on joints. *No need to register; drop-in when it's convenient for you. Purchase a Class Pass at the CRC Guest Service Desk.* For more information, call (847) 465-3333.

PICKLEBALL

Every Tuesday and Thursday morning (9 p.m.-12 p.m.) Fee: \$2

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

Pickleball is the racquet sport seniors made popular and the newest medal sport in the National Senior Games!

A combination of tennis, ping-pong, and badminton, it's a great game, fantastic exercise, and not nearly as taxing on your body as a lot of other racquet sports. Played on a smaller court than tennis using solid paddles and a brightly-colored [whiffle ball](#), this is a drop-in program; come when it's convenient for you! Some equipment is provided but you can bring your own, too. 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.

RABBI GORDON PRESENTATION

Join Rabbi Gordon as he discusses Tu Bishvat, known as the “New Year of the Trees”. Learn about the customs of this day such as planting trees and eating dried fruits and nuts.



Date: Monday, February 2, 2015
Time: 3:00 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.

HEARING SCREENINGS



Nick Mitzen and staff from Zounds Hearing will be providing FREE hearing screenings at the Wheeling Pavilion Senior Center by appointment. In addition to the free screenings, they will be able to answer any general hearing health questions. Come by and check them out.

Dates: Mondays, February 9 and 23
Time: 10:00 a.m. – 12:00 p.m., by appointment
Place: Wheeling Pavilion Senior Center
Cost: FREE, but appointments are required.

Call the Wheeling Pavilion Senior Center at 847-459-2670 to schedule your appointment.

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 the Senior Center at 847-459-2670 to register so we know how many people will be attending.

Date: Tuesday, February 17, 2015
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!

VICKI LAWRENCE AND MAMA

They are two of the most recognized women in entertainment, and both performed for over a decade with Carol Burnett. They also worked together on their own hit TV series, *Mama's Family*. Now Vicki and Mama are coming to the Paramount, and boy, is it going to be fun. First, Vicki Lawrence takes the stage to share stories from her long and diverse career, including the insider scoop on her days with *The Carol Burnett Show*. Plus, she'll take the microphone to sing a few numbers. Then as you watch a short behind-the-scenes bloopers film, Vicki slips back stage and changes into her alter ego-Mama. Hang on to your handbag because Mama is in the house, and life ain't going to be the same. The cost of this trip includes round trip transportation and theatre ticket.



Date: Sunday, February 22, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 1:15 p.m. to check in. The bus will leave promptly at 1:30 p.m.
Place: Aurora, IL
Cost: \$63 members/\$78 Non-members by January 12, 2015
 \$68 members/\$83 non-members January 13, 2015 or later if space is available

**Please call the Senior Center at 847-459-2670 to reserve your space.
 No refunds, credits, or reservations after February 9, 2015.**



FASHION OUTLETS OF CHICAGO

Check out the stores at the Fashion Outlets of Chicago. This is a relatively new mall with lots of interesting stores and restaurants. Upon arrival we will be greeted on our bus and presented with a discount card that will be good at select stores. The cost of this trip includes round trip transportation. Lunch will be at your own expense.



- Date:** Tuesday, February 24, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:15 a.m. to check in. The bus will leave at 10:30 a.m.
- Place:** Rosemont, IL
- Cost:** \$15 members/\$30 non-members by February 2, 2015
\$20 members/\$35 non-members February 3, 2015 or later if space is available.

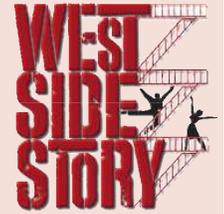
Please call the Senior Center at 847-459-2670 to reserve your space.

Please note: We must have a minimum of 8 people registered by February 2, 2015 in order to run this trip.



WEST SIDE STORY

On the mean streets of New York City, two gangs are in a long-lasting duel. The Sharks, a Puerto Rican gang, grapple with the difficulties of assimilating into American society. The Jets, the “American” gang, want to resist newcomers entering their territory. In the midst of this rivalry, a Jet, Tony, falls in love with a beautiful Sharks’ girl, Maria. After a fight between the Jets and the Sharks, Tony ends up killing Maria’s brother, Bernardo. Bitter over losing Maria’s love and the death of Bernardo, Maria’s Puerto Rican suitor, Chino, shoots Tony dead. The cost of this trip includes round trip transportation to and from Drury Lane Theatre, your choice of salmon filet or roast strip loin for lunch, and a ticket to the show.



- Date:** Thursday, March 5, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:15 a.m. to check in. The bus will leave at 10:30 a.m.
- Place:** Oakbrook Terrace, IL
- Cost:** \$69 members/\$84 non-members by February 2, 2015
\$74 members/\$89 non-members February 3-February 9, 2015 if space is available.

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

No refunds, credits, or reservations after February 9, 2015.



SONDHEIM ON SONDHEIM

Stephen Sondheim’s final say on his unparalleled body of work is an intimate portrait of the famed songwriter in his own words and music featuring new arrangements of more than two dozen Sondheim tunes, ranging from the beloved to the obscure, interspersed with filmed commentary by the composer himself, who reveals fascinating details about his life and his art. Please eat before you come to the Senior Center as lunch is **not** included in the cost of this trip.

- Date:** Thursday, March 12, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 11:30 a.m. to check in. The bus will leave at 11:45 a.m.
- Place:** Stage 773 Theatre, Chicago, IL
- Cost:** \$54 members/\$69 non-members by February 1, 2015
\$59 members/\$74 non-members February 2-February 12, 2015 if space is available



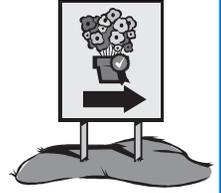
Please call the Senior Center at 847-459-2670 to reserve your space.

No refunds, credits, or reservations after February 12, 2015



FLOWER AND GARDEN SHOW

Enjoy a breath of springtime at the Flower and Garden Show at Navy Pier. We will begin our day with lunch at Harry Caray's restaurant. Select the lunch of your choice from their menu using the \$20 gift card included in the cost of this trip. After lunch we will enjoy the Flower and Garden Show. The cost of this trip includes round trip transportation to and from Navy Pier, a \$20 gift card to be used for lunch, and admission to the Flower and Garden Show.



- Date:** Monday, March 16, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:00 a.m. The bus will leave at 10:15 a.m.
- Place:** Chicago, IL
- Cost:** \$57 members/\$72 non-members by February 12, 2015
\$62 members/\$77 non-members February 13 - February 18, 2015 if space is available

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

Please note: No reservations, refunds, or credits after February 18, 2015 as we must give a final count and payment to the venue at that time.



ST. PATRICK'S DAY CELEBRATION

Celebrate St. Patrick's Day at the Wheeling Pavilion Senior Center. Wear your green and join us for a delicious corned beef and cabbage lunch followed by entertainment by Sandi Haynes. *Today's entertainment is being sponsored by Indian Trails Public Library.*



- Date:** Tuesday, March 17, 2015
- Time:** 11:30 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** \$12 for members/\$27 for non-members

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

Please note: No reservations, refunds, or credits after March 9, 2015 as we must give a final count and payment to the caterer at that time.

RTA PRESENTATION

Accessible CTA, Metra and Pace buses and trains are easy to use and the RTA would love to show you how! Stay informed about public transportation options in order to get to appointments, maintain social connections, and enjoy independent travel!



- Date:** Wednesday, March 18, 2015
- Time:** Immediately after Lunch at Pavilion, approximately noon
- Place:** Wheeling Pavilion Senior Center
- Cost:** The program is free. If you will be joining us for lunch please make your reservation by March 10, 2015. The suggested donation for the lunch is \$4.00 per meal.

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

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

People are looking
for your business.



Help them find it
by **advertising here.**

Contact Dave Nommensen
to place an ad today!
DNommensen@4LPi.com or
(800) 950-9952 x2465

MARK DRUG MEDICAL SUPPLY

*Serving Chicagoland for all your medical
supply needs for the past 35 years.*

Home Delivery is Available!

In Lynn Plaza, Wheeling and Dundee Rd
548 W. Dundee Rd. • Wheeling

847-537-8500

www.markdrugmedicalsupply.com

Present this coupon and receive

10% Discount

Offer expires 03/31/15. 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_WheelingSenior

BrightStar[®] LIFECARE

COMPANION CARE • HOME SUPPORT
OUTSIDE SUPPORT

PERSONAL CARE • SKILLED CARE

Northbrook, IL • 847-510-5750

www.brightstarcare.com/northsuburban

PROTECTING SENIORS NATIONWIDE



**\$19.95*/Mo.
+ 1 FREE
MONTH**

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

**TOLL FREE:
1-877-801-7772**

*First Three Months



**HOLIDAY
SPECIAL**



SeekAndFind.com
is **NEW** and **IMPROVED**

Now it's
even easier
to shop these
advertisers.

Show
them
your
support!

Alzheimer's Disease
and Related Disorders Assoc. Inc.

1-800-272-3900

A source of information and help

LES MISERABLES

Les Miserables is the story of ex-convict Jean Valjean and his journey for redemption. On that road, he encounters the unwavering love of a mother, the innocence of a child, the steely determination of a hunter and the passion of youthful freedom fighters. This is a story of heroic human commitment that you will not soon forget.



- Date:** Wednesday, March 25, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:45 A.M.
- Place:** Aurora, IL
- Cost:** \$65 members/\$80 non-members by February 23, 2015
\$70 members/\$85 non-members February 23 - March 3, 2015
- Please note: No refunds, credits, or reservations after March 3, 2015 as we must give a final count and payment to the venue at that time.**

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



CHICAGO PREMIUM OUTLETS

Attention Bargain Hunters! The Wheeling Pavilion Senior Center will be heading to the Chicago Premium Outlets in Aurora, Illinois. Enjoy finding that special item at outlet prices!



- Date:** Tuesday, April 14, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:45 A.M. to check in.
The bus will leave at 9:00 A.M.
The expected return time is 4:30 P.M. depending on traffic.
- Place:** Aurora, IL
- Cost:** \$15 members/\$30 non-members by April 1, 2015
\$20 members/\$35 non-members April 2 or later if space is available.

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

Please note: We must have a minimum of 11 people registered by April 1, 2015 in order to run this trip.



MANNY'S DELI

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



- Date:** Wednesday, April 29, 2015
- 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 April 1
\$33 members/\$48 non-members April 2, 2015 or later if space is available

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



FEBRUARY 2015 CALENDAR OF EVENTS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>2</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canastal/Pinochle 3:00 Rabbi Gordon "Tu Bshvat"</p> <p>Beginner Computer Tutoring by appt.</p>	<p>3</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>4</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 *tch</p>	<p>5</p> <p>9:00 Gin/Hearths Group 10:00 Advisory Council Meeting 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers 5:00 Pinot's Palette Trip</p> <p>SHIP by appt 9-12</p>	<p>6</p> <p>10:00 Computer Class by appt. 10:30 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>9</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 10:00 Hearing Screenings by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Caryl Derenfeld Laughter Program 1:00 Canastal/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>10</p> <p>10:00 Exercise 10:00 Computer Class by appt. 10:00 Current Events 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>11</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:00 Tommy Gun's Garage Trip 11:30 Lunch at Pavilion 1:00 Mahjongg Group 1:00 Stitch and *tch</p>	<p>12</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class by appt. 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 9-12</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>13</p> <p>9:15 Foot Care 10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Tim Wisley "Valentine's Day" 1:00 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>16</p> <p>President's Day Senior Center Closed</p> <p>Beginner Computer Tutoring by appt.</p>	<p>17</p> <p>10:00 Exercise 10:00 Computer Class by appt. 10:00 Current Events 12:30 Bridge 1:00 Community Volunteer Group 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>18</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 Video Trivia 1:00 Mahjongg Group 1:00 Stitch and *tch</p>	<p>19</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class by appt. 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 9-12</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>20</p> <p>10:00 Computer Class by appt. 10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Steve Justman 12:30 Mahjongg Group Instruction 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>23</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 10:00 Hearing Screenings by appt. 11:30 Lunch at Pavilion 11:00 Wii Bowling 1:00 Canastal/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>24</p> <p>10:00 Exercise 10:00 Computer Class by appt. 10:00 Current Events 10:15 Fashion Outlets of Chicago Trip 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>25</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 12:00 Jim Kendros "Itzhak Perlman" 1:00 Mahjongg Group 1:00 Stitch and *tch</p>	<p>26</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class by appt. 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 9-12</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>27</p> <p>10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 John Boda "The Endurance"</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.

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*
Diana Murillo, *A.M. Clerk*
Sharon Greenberg, *P.M. Clerk*
Braulio Hernandez, *Custodian*
Jesus Delgado, *Dining Coordinator*