



Wheeling Pavilion Senior Center

Wheeling Forward

JANUARY 2015

WELCOME TO 2015!!!!

We wish you a wonderful and productive New Year. There are many new and exciting plans on the horizon this coming year and we hope you will continue to make the Wheeling Pavilion Senior Center a part of your routine toward a healthy and happy future.

Wheeling Pavilion Senior Center on Facebook! Very soon you will be able to “LIKE” us on Facebook and stay informed on the programs and activities happening at the Senior Center. As a part of the Village of Wheeling’s new cyber presence, we will very soon have our own Facebook page. Look for more information at the Senior Center.

Lunch to Go at Lunch at Pavilion! Beginning in October of 2014, our Lunch at Pavilion congregating dining program is now able to offer additional lunches for purchase. These meals will be the same as the menu choices for each week and must be ordered and paid for in advance. These meals are available for all active Lunch at Pavilion participants for use on Tuesdays and Thursdays when we are not serving lunch, for weekend use, or for spouses unable to attend the Lunch at Pavilion meals. Order forms and menus are available at the front desk at the Senior Center. For more information, please contact Jesus Delgado, Lunch at Pavilion/Congregating Dining Site Supervisor at 847.459.2670.

Very soon the Village of Wheeling and the Wheeling Park District will begin a joint study to determine the social and recreational needs of older adults in Wheeling. Your input is very important to this process! Please consider being a part of the many focus groups and survey opportunities anticipated throughout this process. If you are interested in participating, please let us know.



PAVILION THANKS...

- Jeanne Annis, George Hieber, Jenny Levine, 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

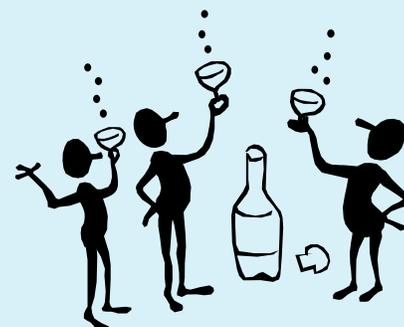
PACE scheduled bus service with major destination stops at downtown Des Plaines, Mt. Prospect Metra Station, Randhurst Mall, Woodland Creek Apartments, Wheeling High School, Wheeling municipal complex, and Buffalo Grove terminal. Exact fare required. For information call the RTA Travel information center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



- 1 Fran Bentley, Belinda Burke, Barbara Golan, Ann Holie, Jennifer Lee, Jerome Usvolk & Doris Wagner
- 2 Valerie Eder & Lucy Rosset
- 4 Arthur Spreckman
- 5 Juliana Hickey & Joanne Teslik
- 6 Al Hembd
- 7 Bob Schuppe
- 9 Barbara Anderson, Renee Dicker, & Al Sosa
- 11 Urszula Malinowski
- 12 Sue Korte & Roberta Vollriede
- 13 Jennie Levine
- 14 Geri Brockett, Cindy Nowaczyk, & Ravil Safarbakov
- 15 Pat Dunham, Gwen Kukla, & Shirley Turbov
- 16 Marge Kokkelenberg
- 17 Anne Koehler & Barbara Pintz
- 18 Laurel Swartz
- 19 Peter Farveni Jr. & William Glickin
- 21 Bill Brazelton
- 22 Patti Hembd
- 23 Marguerite Brettrager, Arlene Ogden, & Laura Patur
- 24 Homa Avval, Renee Gasner, & Linda Zemsky
- 25 Nicholas Macheca & Linda Reading
- 26 Mary Price
- 29 Carl Finger, Del Perkowski, Sam Smolish, & Donald Lavalle



ARE YOU INTERESTED IN A TRIP TO...

- ◆ Peter and the Star Catcher (prequel to Peter Pan)
- ◆ 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 & Gp.m.es
- 11:30-12:30 Lunch at Pavilion
- 1:00-3:30 BUGS (computer user group)
- 1:00-3:30 Canasta and Pinochle

TUESDAY

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

WEDNESDAY

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

THURSDAY

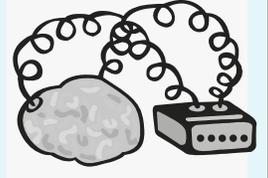
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 9:00-1:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

- 9:00-3:30 CJE Russian Speaking Social Worker by appt.
- 10:00-11:00 Brain Gp.m.es (4th FRI of the month)
- 10:30-11:30 Wii Bowling & Gp.m.es
- 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.



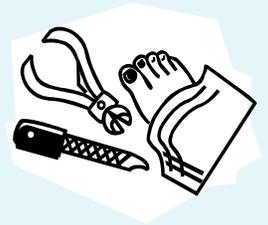
There will be no Brain Games this month.

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

FOOT DOCTOR

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

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



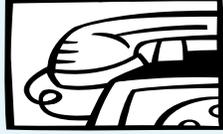
BLOOD PRESSURE SCREENING

Last Wednesday of every month

11:15 a.m.

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





“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, January 16, 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 **January 8th** and **January 22nd** 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



IMPROVING F.P.M.ILY CAREGIVER KNOWLEDGE

YOU ARE NOT ALONE

NOTE FROM JAN:

To all Group Members:

Sadly, after one year of sharing and participation, the time has come to disband our group. I recently read an appropriate quote for a moment like this: “if we must part, give me but one kind word to think upon” – My word to you is HOPE. Thank you for allowing us to be part of your personal journey.



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. These questions might help you decide. If you answer “yes” to any of them, you might benefit from a memory screening:

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am?
- Have family or friends told me that I am repeating questions or saying the same thing over and over again?
- Am I misplacing things more often?
- Have I become lost when walking or driving in a familiar neighborhood?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

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

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 Senior Center
199 N. 1st Street Wheeling, IL 60090
or at the Village website
www.wheelingil.gov.



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.

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 January 8, 2015. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

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

THE COST OF CLUTTER

Wednesday, January 14, 2015

Have you wondered how much your clutter is costing you in terms of time spent searching for or replacing lost items? Nancy Katz will be here to discuss the real cost of clutter. She will also offer tips on how to manage/cut down on clutter.



JIM KENDROS PRESENTS NEIL DIP.M.OND

Friday, January 23, 2015

Learn stories behind Neil Diamond's songs as only Jim can tell them. Jim will discuss various nuances of his creative process.



HEATHER BRAUDAKIS FEELING GROOVY

Monday, January 26, 2015

Let's play a quiz show. Category: History. This decade was the grooviest. Answer: "What is the Sixties?" Like Jeopardy, created in 1964, play along with music from Burt Bacharach, Mms & Papas, Fifth Dimension, Simon and Garfunkel, and many more!



COUPONS AND COOKIES

Friday, January 30, 2015

Learn about upcoming trips and activities at the Wheeling Pavilion Senior Center. Refreshments and coupons will be distributed to all who attend the FULL Coupons and cookies presentation.





WELCOME NEW MEMBERS

Sheldon Abelson
Linda Reading

Elaine Brownfield
Issak Zaslavskiy

Toby Elrod
Bruce Sembach

Nelly Feldman

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-



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, January 5-26 from 10:00 a.m. to noon.
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 January 7, 8, 9 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



Now that all of the holidays are over –Thanksgiving, Christmas, Hanukah, and Kwanza—I hope that all of you had a good healthy and happy season. I am sorry I couldn't be with you, especially over Open Enrollment, but I hope that those of you who wanted to make changes or enroll in new insurance programs, had a chance to do so, and for those who went to the Wheeling Township office, I am sure they gave you excellent treatment.

For those of you who still have insurance from your employer, it is not necessary to sign up for Medicare until the employer coverage is no longer available. I have even seen clients whose companies have offered them health benefits for the rest of their lives! How lucky can you get? However, if you are just turning 65 this year, it is mandatory that you sign up either 3 months before your birthday, on your birthday, or within 3 months after your birthday, or you will be penalized and that penalty will last as long as you are receiving benefits, even if you don't take any of your Social Security benefits on your birthday. If you don't sign up then you will be penalized.

If you are dissatisfied with the insurance you have chosen, there are times you can still change companies if you are sure about the changes. Please don't be afraid to ask questions...that's what SHIP counselors are here for, and if things need to be changed we will do our best to make things right. Medicare and Medicaid at times can be very confusing programs, and it is to your benefit to obtain all the coverage you may need or want; but you have to ask and research the questions. I have also read that the Social Security benefits will be raised in 2015 by approximately 1.7% (www.SSA.gov). Any changes made to your insurance can affect your Social Security benefits. The Medicare book for 2015 is available in my office, as well as information on the website www.Medicare.gov; these sources can be very helpful in your choice and descriptions of plans.

Pat Miller

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

January

Calling all chocolate enthusiasts

The Wheeling Pavilion Senior Foundation is holding a Fannie May Candy Bar fundraiser. Fannie May Chocolate Bars are an unforgettably rich indulgence! Choose from six delicious flavors: Almond, dark chocolate, mint cookie, milk chocolate, crisped rice and caramel. Funds collected by the foundation are distributed to the senior center in support of important activities and projects.

Candy Bars are \$1.00.

Available at the
Wheeling Senior Center



THE WHEELING PAVILION SENIOR FOUNDATION



The Wheeling Pavilion Senior Foundation (WPSF) is currently accepting membership applications. As a member, you or your business will be supporting the work of the Foundation. The Foundation contributes to the health, enrichment, social and supportive services of Wheeling residents ages 50 and older.

The Foundation was established in April, 2010 as a charitable 501 C3 organization. Funds collected by the Foundation are distributed in support of important programs and projects. We help build better services and programs for seniors in Wheeling.

If you like volunteering we can use you help on the board and in fundraising. For membership applications, or volunteer positions please contact the WPSF at 847-459-2670.

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

**WHEELING PARK DISTRICT EVENTS****START THE NEW YOU IN 2015! Be stronger than your excuses.**

Join the Fitness Center during the month of January: \$1 Initiation FEE. Receive \$95 worth of Fitness Services including: *Fitness Assessment with Results Analysis, Group Fitness Class, Wellness Class, two Guest Passes, Buy-one-get-one-FREE Personal Training.* For more information, call (847) 465-2943.

TAI CHI

Tuesdays, January 6-February 10, 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 session; Registration Code 18714. *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.* For more information, call (847) 465-3333.

GENTLE YOGA

Mondays, January 5-February 9, 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 session; Registration Code 18092. *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.* For more information, call (847) 465-3333.

AQUALIGHT

Monday and Wednesday, 10-11 p.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 Gp.m.es! 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.

TUESDAY EVENING AT PAVILION

The Wheeling Pavilion Senior Center will be open for gp.m.es and conversation with friends. Please bring your favorite gp.m.es 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, January 20, 2015
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!

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

GRAND VICTORIA CASINO



Take a break from the winter blues and try your luck at the Grand Victoria Casino in Elgin, IL. Try your luck at the slots and table games. Enjoy their delicious buffet lunch, included in the cost of the trip.

Date: Thursday, January 29, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 10:00 a.m.
 The bus will leave at 10:15 a.m.
Place: Elgin, IL
Cost: \$18 members/\$23 non-members by January 5, 2015
 \$23 members/\$38 non-members January 6-January 12, 2015

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

No registration, refunds, or credits after January 12, 2015.

PINOT'S PALETTE

Enjoy an evening out! We will have an instructor take us through each step of painting a picture. Participants will be able to complete their artwork during the session and take home their masterpieces that evening. Bring your own dinner to be enjoyed before the class begins.



Date: Thursday Evening, February 5, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 5:00 p.m.
 The bus will leave at 5:15 p.m.
Place: Glenview, IL
Cost: \$55 members/\$70 non-members by January 12, 2015
 \$60 members/\$75 non-members January 13–January 16, 2015

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

No refunds, or credits after January 16, 2015



TOMMY GUN'S GARAGE



Travel back in time to the 1920's as we enjoy a delicious meal and show at Tommy Gun's Garage. Upon registration, please specify your choice of Lasagna with Marinara Sauce, Lasagna with Meat Sauce, Chicken, or Prime Rib for lunch. Enjoy 1920's themed entertainment including a re-enactment of the St. Valentine's Day Massacre at the conclusion of the program.

Date: Wednesday, February 11, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 11:00 a.m.
 The bus will leave at 11:15 a.m.
Place: Chicago, IL
Cost: \$69 members/\$84 non-members by January 20, 2015
 \$74 members/\$89 non-members January 21 – January 28, 2015

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

NO refunds, credits, or reservations after January 28, 2015



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 mic 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.



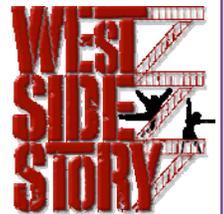
WEST SIDE STORY

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. 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



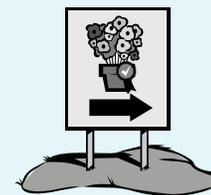
Please call the Senior Center at 847-459-2670 to reserve your space.

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.

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. Lunch is included in the cost of this trip.



- 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 if space is available

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

No refunds, credits, or reservations after March 3, 2015



CHICAGO PREMIUM OUTLETS

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



- 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.



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.



BILLY ELLIOT

Set during the 1984-85 U.K. miners' strike in a small working class town in the English countryside, young Billy discovers a passion for ballet and trades in his boxing gloves for dancing shoes. This joyous celebration of one boy's journey defying convention to follow his heart is a must-see theatrical experience. The cost of this trip includes round trip transportation, lunch, and a ticket to the show. Please specify your choice of chicken or salmon when you register.



- Date:** Thursday, May 7, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:30 a.m. The bus will leave at 10:45 a.m.
- Place:** Drury Lane Theatre in Oakbrook Terrace, IL
- Cost:** \$73 members/\$88 Non-members by April 1, 2015
\$78 members/\$93 non-members April 2- April 13, 2015 if space is available.

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

We must have a minimum of 10 people registered by April 13, 2015 in order to run this trip.



JANUARY 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Years Day Senior Center Closed 	2 10:00 Computer Class 10:00 Brain Games 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjongg Group Instruction CJE Russian Speaking Social Worker by appt
5 9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle Beginner Computer Tutoring by appt.	6 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 1:00 Community Volunteer Group CJE Russian Speaking Social Worker by appt	7 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Mahjongg Group 1:00 Stitch and *itch	8 9:00 Gin/Hearts Group 10:00 Advisory Council Meeting 10:00 Exercise 10:00 Computer Class 10:15 Camelot Trip 12:30 Bridge 1:00 Happy Hookers 1:00 Community Volunteer Group 6:00 Caregiver Support Group	9 9:15 Foot Care 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Mahjongg Group Instruction CJE Russian Speaking Social Worker by appt
12 9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle Beginner Computer Tutoring by appt.	13 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 1:00 Community Volunteer Group CJE Russian Speaking Social Worker by appt	14 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 Nancy B. Katz "The Cost of Clutter" 1:00 Mahjongg Group 1:00 Stitch and *itch	15 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers 1:00 Community Volunteer Group Catholic Charities Benefits by appt. 1-3	16 10:00 Computer Class 10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Tim Wilsey "Toys" 12:30 Mahjongg Group Instruction 1:00 Book Club CJE Russian Speaking Social Worker by appt
19 9:00 Exercise Video 10:00 BUGS/Computers 11:30 Lunch at Pavilion 11:00 Wii Bowling 1:00 Canasta/Pinochle Beginner Computer Tutoring by appt.	20 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 1:00 Community Volunteer Group 6:00 Tuesday Evening at Pavilion CJE Russian Speaking Social Worker by appt	21 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 1:00 Mahjongg Group 1:00 Stitch and *itch	22 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers 1:00 Community Volunteer Group Catholic Charities Benefits by appt. 1-3	23 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Jim Kendros "Greatest Hits of Neil Diamond" 1:00 Book Club CJE Russian Speaking Social Worker by appt
26 9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Heather Braoudakis "Feelin' Groovy" 1:00 Canasta/Pinochle Beginner Computer Tutoring by appt.	27 10:00 Exercise 10:00 Computer Class 10:00 Current Events 11:30 End of Year Party 12:30 Bridge 1:00 Community Volunteer Group CJE Russian Speaking Social Worker by appt	28 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:15 Blood Pressure 11:30 Lunch at Pavilion 1:00 Mahjongg Group 1:00 Stitch and *itch	22 9:00 Gin/Hearts Group 10:00 Grand Victoria Casino Trip 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers 1:00 Community Volunteer Group Catholic Charities Benefits by appt. 1-3	23 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Coupons and Cookies 1:00 Book Club CJE Russian Speaking Social Worker by appt

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

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Robert Heer, *Trustee*
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Alysia Miller-Goldstein, *Program Planner*
Jan Christiansen, *Social Worker*
Jeanne Schultz, *Administrative Secretary*
Diana Murillo, *P.M. Clerk*
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