

Wheeling Pavilion Senior Center

# Wheeling Forward

JANUARY 2016

## HAPPY NEW YEAR!

On behalf of the membership and staff of the Wheeling Pavilion Senior Center I would like to welcome you to 2016. We wish you all the health and happiness the New Year can bring to you and your family.

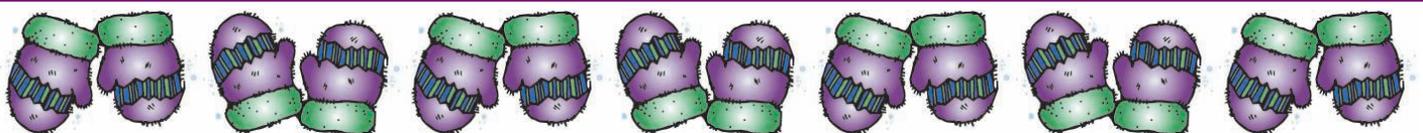
With the New Year come new and exciting opportunities for you to get active and get involved in all your Senior Center can offer. Some of you may be receiving this newsletter for the first time. This issue of the Forward has been sent to all older adults who have visited our center over the past year. I would like to invite all of you to take a good look at this issue and find opportunities for you to get involved.

If this is the first time you are receiving this, it may be because you have not become a member of the center. I would urge you to join our center and participate in the many activities planned for the coming year. As we continue to try to do more with less, I cannot stress enough what a bargain a membership to the center is. Where can you get activities, information, support, socialization, home delivered newsletter, lunch and fun for less than \$1 a month? Membership for residents of the Village of Wheeling is \$10 per year per person, non-residents \$15 per year per person. What a deal!

Membership is required for participation in most of the center's activities including: Bridge, Canasta, and other card games held at specific weekly times, Wii Games, Brain Games, Current Events, Crafts, Happy Hookers, Sing Along, Book Discussion, Oktober Fest, Rotary Bingo Luncheon, and B.U.G.S. Computer assistance open classroom.

Information and referrals, medical lending, Lunch at Pavilion (Open to anyone 60+), SHIP assistance, and monthly Support Groups will continue to be open to residents of the Village. Our Lunch at Pavilion congregate dining program continues to serve lunch five days a week. Our caterer, Hoffman House, does an excellent job providing us with delicious and nutritious meals at an extremely reasonable rate. Membership is not required for lunch and our suggested donation of \$4.00 is a real bargain for food, entertainment and socialization. Please consider joining us and your first meal is on us!

*(continued on page 13)*



## 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, Michael Dunn, Barbara Grossman, Marilyn Hams, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, Bobbie Sfondilis, 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, Michael Dunn, Kevin Frei, Czeslawa Gorka, Marilyn Hams, Darlene Kaplan, Barb LaHay, Anita Loewenstein, Joannie Purvin, Bobi Spiegel, and Carol Targun.



## ADVISORY COUNCIL

Geri Brockett  
 Bill Churchill  
 Kathy Gulyas  
 Marilyn Hams  
 Pat Hawkins  
 Marshall Kaplan  
 Gerald Malin  
 Pat Miller  
 Jackie Portnoy  
 Joannie Purvin  
 Bobi Spiegel  
 Roberta Vollriede  
 Corky Weber

## 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 2 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. Call 847-222-9227. Donation of \$12 per round trip is suggested.



1	Orlando Beltran, Fran Bentley, Ann Holie, Jerome Usvolk, & Judith Zuzhman	12	Sue Korte & Roberta Vollriede
2	Lucy Rossett	13	James Kyle
3	Margaret Chlebinski	14	Geri Brockett & Ravil Safarbakov
4	Arthur Spreckman	15	Patricia Dunham, Gwen Kukla, & Shirley Turbov
5	Juliana Hickey, Karl Krueger, & Joanne Teslik,	16	Marge Kokkelenberg & Jean Kujat
6	Al Hembd & Eugene Levin	17	Anne Koehler & Barbara Pintz
7	Bob Schuppe	19	Pater Farveni, Jr.
8	Barbara Anderson, Renee Dicker, & Susan Labow	21	Bill Brazelton
10	Christine Rakow	23	Marguerite Brettrager & Arlene Ogden
11	Urszula Malinowski	24	Renee Gasner
		25	Nicholas Macheca & Linda Reading
		29	Carl Finger, Donald Lavalley, & Sam Smolish
		30	Kathryn Farmer

## BE PREPARED NOT TO BE A VICTIM!

ComEd Reminds Customers to Beware of Scams with News release dated 10/30/15

**With the door-to-door scams**, someone impersonating a utility worker will visit customers' homes looking to get personal and/or account information, and in some cases enter into the customer's home.

**Telephone scams** include stories that the customer's billing cycle has changed and payment is needed immediately; the account is past due and immediate payment is required to avoid disconnection of service; or that the customer's previous payments were not accepted or processed. Scammers will try to get you to buy a prepaid credit card and direct you to call them back with the personal identification number (PIN) from the prepaid credit card.

**Remain Calm.** Try to avoid taking these calls. Hang up! Never give any of your personal information at your door step or to individuals over the phone.

- \* ComEd also wants to remind you representatives from the company always carry proper identification and will never ask you for cash or personal financial information
- \* Be skeptical of individuals wearing clothing with old or defaced company logos. If you have any doubts of an individual at your doorstep, call the police to have the individual checked out.
- \* Keep your credit card, checking account, or Social Security numbers to yourself even if they ask you to "confirm" this information. That's a trick.
- \* Anyone who believes he or she has been a target of a phone scam is urged to contact the Illinois Attorney General's office toll free at 1-800-386-5438 (TTY 1-800-964-3013) or visit the Illinois Attorney General's web site at [www.illinoisattorneygeneral.gov](http://www.illinoisattorneygeneral.gov) and click on the link "Protecting Consumers."

**Bottom line:** Never give your money or your information to anyone who contacts you.

If you ever have concerns about the status of your account, you can contact ComEd at 1-800-EDISON1



# 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)
- 1:15-3:30 Canasta and Pinochle

### TUESDAY

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

### WEDNESDAY

- 9:00-10:00 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

### THURSDAY

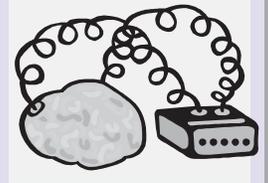
- 9:00-11:00 Gin/Hearts group
- 9:00-11:00 Yahtzee group
- 9:30-10:30 Stay Fit Fitness
- 10:00-3:00 SHIP by appt.
- 11:30-12:30 Lunch at Pavilion
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

### FRIDAY

- 9:00-3:30 CJE Russian Speaking Social  
Worker by appt.
- 10:00-11:00 Brain Games (4th FRI of the month)
- 10:00-12:30 Russian Tea Time Support Group  
(2nd & 4th FRI of the month)
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 1:00-2:00 Book Club (3rd Friday of the month)
- 1:15-3:30 Canasta

### BRAIN GAMES

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



**Date:** Friday, January 22, 2016

**Time:** 10:00 a.m.

**Place:** Wheeling Pavilion Senior Center

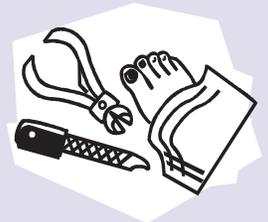
**Cost:** *FREE* but reservations are requested in order to have enough materials for all in attendance

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

### FOOT DOCTOR

**For January 2016 only, Dr. Nick will be here on Friday, January 8th.**

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



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

### BLOOD PRESSURE SCREENING

**Last Wednesday of Every Month  
11:15 a.m.**

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





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## MEMORY SCREENINGS AT THE PAVILION

### WHO SHOULD BE SCREENED?

Memory screenings make sense for anyone who is concerned with memory loss or experiencing the warning signs of dementia. If family and friends have noticed changes; or those who believe they are at risk due to a family history of Alzheimer's disease or a related illness, screenings, and also testing, are advised. For anyone who does not have a concern at this time, but who want to establish a base line score for comparison in the future, testing is also available.



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

## LICENSE PLATE RENEWAL



Due to the budget impasse in Springfield, the Secretary of State's office is no longer sending out renewal reminders. Renewing your plates on time is your responsibility. Check to see when your plates expire. If you need to renew you can do so at the Secretary of State's office, at your local currency exchange, or by mail to the following address:

Secretary of State  
License Renewal  
3701 Winchester Road  
Springfield, IL 62707-9700

In the bottom left hand corner you must write: Plate Renewal

Plate # \_\_\_\_ (your plate number)

More information is available at [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com)



## LENDING CLOSET

The Wheeling Pavilion Senior Center manages a lending closet of medical equipment available to Wheeling residents. Equipment is loaned out for a period of 3-6 months. If you or someone you know are in need of any equipment, call the front desk at 847-459-2670.



## SENIOR FREEZE INFORMATION

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

1. Homeowner Exemption: Taxpayers whose single-family home, townhouse, condominium, co-op or apartment building (up to 6 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.



**“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**

## SPECIAL NEEDS RESIDENT LIST



The Village of Wheeling Special Needs Resident Notification (IL Premise Alert Program Public Act 96-0788) is available to all Wheeling residents. The IL Premise Alert allows people with special needs to provide information to police, fire, and EMS personnel to be kept in a database. This information will be provided to responders dealing with situations involving the special needs individuals.

To let emergency personnel know about you or your family members' special needs, pick up a form at the Police Department or Pavilion Senior Center or download from the Village Website under "Premise Alert". Forms may be completed onsite, or you may send them to the Wheeling Police Department Communications Supervisor at 1 Community Boulevard, Wheeling, IL 60090. Your information will not be shared with anyone outside of the emergency personnel of the Village of Wheeling and any other agency needed to provide emergency response. The information provided on the list will not result in preferential treatment, or change the response of trained emergency personnel. Inclusion on the list will result in emergency responders being better prepared to assist individual residents with special needs.

Please contact either the Human Services Department at 847-459-2606 or the Wheeling Police Department Communications Supervisor at 847-459-2632 for further information

## 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 15, 2016  
**Place:** Wheeling Pavilion Senior Center  
**Time:** 10:30 a.m. – 11:30 a.m.  
**Group**  
**Facilitator:** Jan Christiansen, MSW,  
Social Services  
847-459-2671

## 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.**



## LUNCH AT PAVILION

Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, and 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 thru 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 Hoffman House. 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 7, 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.*

## OFFICER KANCHES SCAM UPDATE

Monday, January 5, 2016

Join Officer Chris Kanches from the Wheeling Police Department as he discusses the latest scams and how you can prevent yourself from becoming a victim.

## ORAL CARE PROGRAM

Monday, January 11, 2016

Be true to your teeth and they won't be false to you. This presentation will focus on ways to keep your mouth healthy as well as signs and symptoms of oral disease.

## HEATHER BRAOUDAKIS PRESENTS "WINTER SONGS"

Thursday, January 14, 2016

Join Heather Braoudakis as she presents her program on Winter Songs.

## COUPONS AND COOKIES

Friday, January 15, 2016

Find out what is coming up at the Wheeling Pavilion Senior Center in the next few months. Following the presentation coupons for upcoming trips will be distributed. Stay to visit with others as you enjoy cookies after the program.

## SONGS OF THE CIVIL RIGHTS MOVEMENT

Monday, January 18, 2016

Oh Freedom, the songs of the Civil Rights Movement. *This program is sponsored by the Indian Trails Public Library.*

## FUN IN THE SUN BEACH PARTY

Wednesday, January 27, 2016

Join us as we "warm up" at a Fun in the Sun Beach Party with Sandi Haynes. Wear your favorite beach wear! *This program is sponsored by Denise Schwartz from the Manual Touch Physical Therapy.*

WELCOME NEW MEMBERS



Patricia Hudson  
 Feliks Kaufman  
 Shrelekhat Harish Kothari  
 Judy Matz  
 Joan Morris  
 Nels and Nolberta Nelson  
 Anthony Wawczak

BOOK CLUB

You are invited to join the Senior Center Book Club, which meets *in the library room at the Wheeling Pavilion Senior Center* the third Friday of every month at 1:00 p.m. Please join us!



Contact Diana at 847-459-2670

ATTENTION POKER PLAYERS!

Are you interested in a weekly poker game? If so, please contact the Senior Center at 847-459-2670. If there is enough interest a group will be scheduled.



10:00 too early for you?

We're sorry!

Tuesday a bad day for you?

**STOP!**

Just get here. Drag your poor body to the Wheeling Pavilion Senior Center. We'll provide the coffee.



**CURRENT EVENTS**

**WE'LL BE LOOKING FOR YOU!**

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.



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



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
<b>Other available classes</b>	
eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking	To be scheduled with instructor

**Did you recently receive a Tablet? Get off to the right start by 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, learning and taking great pictures and movies. Enjoy the new technology without fear. Coaching is available for 3 sessions of 2 hours each at \$10 per session, and can begin the first WED, THU, or FRI of each month at 1:00 p.m. Schedule will be arranged with you by the instructor. 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 iPad and Android devices.





## SENIOR HEALTH INSURANCE NEWS

### WHAT IS SHIP?

#### SHIP (SENIOR HEALTH INSURANCE PROGRAM)

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

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

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

Pat Miller  
SHIP Coordinator  
Wheeling Pavilion Senior Center  
(847) 459-2670



## THE WHEELING PAVILION SENIOR FOUNDATION

COMING SOON...

from the Wheeling Pavilion Senior Foundation!

Market Square is offering coupons for 10% off all food order, dine-in or carry-out from January 9<sup>th</sup> to January 17. Get your coupons at the Wheeling Pavilion Senior Center.

Soup and Salad Supper is on the menu at the annual general meeting of the Wheeling Pavilion Senior Foundation at the Wheeling Pavilion Senior Center on Tuesday, February 9, 2016. All members are invited to attend. PLEASE JOIN. This organization benefits you. Single annual membership is \$20. Couples are \$35. One need not be a senior to join. Ask your children and friends to become members, too.

Our famous Annual Hamburger Fest is Tuesday, May 19, 6:00 p.m. at the Wheeling Pavilion Senior Center. Join us again for delicious Market Square burgers and fun.

We're looking forward to a fabulous year with all our friends.

We wish you and your family a Very Happy and Healthy New Year!

MaryAnn Marabella  
Secretary  
Wheeling Pavilion Senior Foundation



**INDIAN TRAILS PUBLIC LIBRARY**

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:30–10:00 a.m. and several Mondays per month from 11:00 a.m.–12:00 p.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. Call the Senior Center at 847-459-2670 for details.

**WHEELING PARK DISTRICT**

**Improve your health today! Join your community Fitness Center with a little help from our January special.**

Sign up for an **Annual Membership** at the Wheeling Park District Fitness Center during the month of January and your first month is FREE. *Promotional pricing available January 1-31, 2016, for new members only.* **For more information, call 847-465-2943.**

**WINTER FESTIVAL**

**Sunday, January 17, 11:30 a.m.–1:30 p.m.**

**Location: Community Recreation Center**

**Fee: FREE**

All ages are invited to join us for a celebration of winter with fun activities unique to the season!

*Check our website for a complete schedule of activities or call 847-465-3333.*

**GENTLE YOGA**

**Mondays, January 4–March 14, 5–6 p.m.**

**Location: Community Recreation Center**

**Instructor: Nancy Rabenau**

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. No class 2/15. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$85/\$95/\$105 for 10-class session; Registration Code 20063

**For more information, call 847-465-3333.**

**NEW! WORK THE JOINTS**

**Wednesdays, January 6–March 9, 10:30–11:30 a.m.**

**Location: Community Recreation Center**

**Instructor: Lisa Watson**

Strengthen your muscles to enhance mobility. Small, super-controlled movements reduce pressure on joints, tendons, ligaments and spine to expand your range of motion and improve balance, flexibility and endurance. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$85/\$95/\$105 for 10-class session; Registration Code 20753.

**For more information, call 847-465-3333.**

**TAI CHI**

**Wednesdays, January 6–March 9, 10–11 a.m.**

**Location: Community Recreation Center**

**Instructor: Abigail Turcotte**

Improve balance and overall good health while preventing injury in this slow, gentle moving-meditation focused on reducing stress and developing balance and emotional well-being. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$85/\$95/\$105 for 10-class session; Registration Code 19888. **For more information, call 847-465-3333.**

**CHAIR YOGA**

**Fridays, January 8–March 11, 10:30–11:30 AM**

**Location: Community Recreation Center**

**Instructor: Nancy Rabenau**

Get the benefits of yoga without getting down on the floor! Learn the techniques with personalized modifications while sitting in a chair. No experience necessary! Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$85/\$95/\$105 for 10-class session; Registration Code 20059. **For more information, call 847-465-3333.**

**AQUALIGHT**

**Monday and Wednesday, 10–11 a.m.**

**Location: Arctic Splash indoor pool at the CRC**

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.**

## MORKES CHOCOLATE MAKING AND PIZZA PARTY

Attention chocolate lovers: join us for a pizza lunch followed by a chocolate making party at Morkes Chocolate. We will have the party room to ourselves. Eat "real" pizza then make a chocolate one. You will also make a molded chocolate piece and dip various food items in chocolate. YUM!!



- Date:** Tuesday, January 12, 2016
- Time:** Meet at the Wheeling Pavilion at 11:15 a.m. The bus will leave at 11:30 a.m.
- Place:** Palatine, IL
- Cost:** \$37 members/\$52 non-members by December 28, 2015; \$42/\$57 December 29, 2015 or later if space is available.

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

**We must have a minimum of 10 people registered by December 28, 2015 in order to run this trip.**

**No refunds or credits after December 28, 2015**



## LUNCH AT RISE N DINE



Join our group for lunch at Rise N Dine! We will have reserved space just for us. Order whatever you would like, as we will be able to have separate checks.

- Date:** Wednesday, January 13, 2016
- Time:** Meet at Rise N Dine at 11:00 a.m.
- Place:** Rise and Dine is located at 102 S. Milwaukee Ave. in Wheeling
- Cost:** The cost of this event will depend on what you order at the restaurant.

**Call the Senior Center at 847-459-2670 to reserve your space. When you register, we will be asking for a \$2 cash deposit to reserve your space. The deposit will be returned to you at the restaurant the day of the lunch.**

## 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 register so we know how many people will be attending.



- Date:** Tuesday, January 19, 2016
- Time:** 6:00 p.m. – 8:00 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** FREE, but registration is requested

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

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

*(continued from front page)*

As the Wheeling Pavilion Senior Center is a community resource for all residents of Wheeling, we have been blessed with a great deal of community support. I would like to take this opportunity to thank several very generous donors for their support during 2015. AgeOptions, our grant administrator of the Lunch at Pavilion program provided our program with funds to purchase an additional refrigerator for the kitchen. The Wheeling Pavilion Senior Foundation made two substantial donations in 2015. The Foundation provided \$1,440 for an Ice Machine for the Lunch at Pavilion program as well as \$1,400 for the replacement of the My Senior Center electronic check-in computer. Our members have been generous as well by supporting our Back-to-School supply drive and several food drives throughout the year.

**Thank you again to all of our generous supporters and Happy New Year!**



## MARDI GRAS CELEBRATION AT JACOB HENRY MANSION

Celebrate Mardi Gras at the Jacob Henry Mansion in Joliet. We will have a delicious lunch featuring garden salad, rolls and butter, homemade Jambalaya over rice with southern cornbread, and ice cream for dessert. After lunch, enjoy the music of the Four Star Brass Band.



- Date:** Tuesday, February 9, 2016  
**Time:** Meet at the Wheeling Pavilion Senior Center at 9:15 a.m. The bus will leave at 9:30 a.m.  
**Place:** Joliet, IL  
**Cost:** \$68 members/\$83 non-members by January 6, 2016;  
 \$73 members/\$88 non-members January 7 or later if space is available

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

**No refunds or credits after January 6, 2016.**



## BYE BYE BIRDIE

Bye Bye Birdie is one of the most captivating musical shows of our time. It tells the story of a rock and roll singer who is about to be inducted into the army. This show gives an insight into the everyday life that is very much a part of all of us. Hear favorite songs such as "The Telephone Hour", "Put On a happy Face", "One Last Kiss", and more. The cost of this trip includes round trip transportation to and from the venue, a ticket to the show, and your choice of either pecan crusted tilapia or roast beef for lunch.



- Date:** Wednesday, March 2, 2016  
**Time:** Meet at the Senior Center at 10:00 a.m. The bus will leave at 10:15 a.m.  
**Place:** Drury Lane Theatre in Oakbrook Terrace, IL  
**Cost:** \$75 Members/\$90 non-members

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

**No refunds or credits after February 1, 2016.**



## ADLER PLANETARIUM

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

- Date:** Wednesday, March 9, 2016  
**Time:** Meet at the Wheeling Pavilion Senior Center at 9:00 a.m. The bus will leave at 9:15 a.m.  
**Place:** Adler Planetarium in Chicago, IL  
**Cost:** \$62 members/\$77 non-members by February 9, 2016;  
 \$67 members/\$82 non-members February 10, 2016 or later if space is available



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

**No reservations or refunds after February 9, 2016.**

**We must have a minimum of 10 people registered by February 9, 2016 in order to run this trip.**



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

## FOUR WINDS CASINO

Enjoy a day away as we journey to New Buffalo, MI to try our luck at the Four Winds Casino. The cost of this trip includes round trip transportation, a \$10 food credit, and \$15 instant slot credit. \*\*If you already have a card for Four Winds Casino, please provide that number when you register for this trip.

- Date:** Thursday, March 31, 2016
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:45 a.m. The bus will leave at 9:00 a.m. Expected return time is approximately 6:00 p.m. depending on traffic.
- Place:** New Buffalo, MI
- Cost:** \$42 members/\$57 non-members by March 1, 2016;  
\$47 members/\$62 non-members March 1 - March 4, 2016

**Call the Senior Center at 847-459-2670 to reserve your space.**  
**No reservations, refunds, or credit vouchers after March 1, 2016.**



## 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!



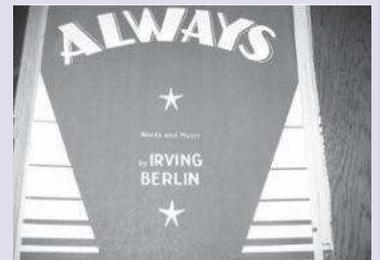
- Date:** Tuesday, April 5, 2016
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:45 a.m. to check in. The bus will leave at 9:00 a.m. The expected return time is 4:30 p.m. depending on traffic.
- Place:** Aurora, IL
- Cost:** \$15 members/\$30 non-members by March 14, 2016;  
\$20 members/\$35 non-members March 14, 2016 or later if space is available.

**Call the Senior Center at 847-459-2670 to reserve your space.**  
**Please note: We must have a minimum of 11 people registered by March 14, 2016 in order to run this trip.**



## HERSHEY FELDER AS IRVING BERLIN

Join us for an evening of dinner and theatre. We will begin this event with dinner at Dawali where you can use your \$15 gift card towards anything on the menu. Following dinner, we will walk down the block to the Royal George Theatre. Hershey Felder brings to life the remarkable story of Irving Berlin, "America's Composer". This show will feature the composer's most popular and enduring songs, from "God Bless America" to "White Christmas" and more. Hershey Felder's masterful creation of character and musical performance makes this evening with Irving Berlin an unforgettable journey.



- Date:** Thursday, April 14, 2016
- Time:** Meet at the Senior Center at 5:00 p.m.
- Location:** Chicago, IL
- Cost:** \$85 members/\$100 non-members by March 10, 2016; \$90 members/\$105 non-members March 11 or later if space is available

**Call the Senior Center at 847-459-2670 to reserve your space.**  
**No refunds or credits after March 10, 2016**



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**HOLIDAY SPECIAL**



## ASSASSINATION THEATRE

*What really happened in Dallas that day?*

*"Assassination Theater is not only a new work of theater but also a new kind of theater. We like to call it a theatrical investigation. Our goal is no less than to provide the audience with a satisfying solution to our nation's most enduring mystery. The play is based entirely on documented evidence with sources for everything seen and heard during the play."*

*Hillel Levin, Playwright*



Join us for a unique theatre outing as we enjoy lunch, admission to the Museum of Broadcast Communications, a guided tour of the Museum of Broadcast Communications, and a presentation by the Assassination Theatre.

- Date:** Wednesday, May 4, 2016
- Time:** Meet at the Wheeling Pavilion at 9:45 a.m. The bus will leave at 10:00 a.m.
- Place:** Museum of Broadcast Communications, Chicago, IL
- Cost:** \$79 members/\$94 non-members by April 4, 2016  
\$84 members/\$99 non-members April 5, 2016 or later is space is available.

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

**We must have a minimum of 12 people registered by April 4, 2016 in order to run this event.**

**No refunds or credits after April 15, 2016**

**An optional poster signed by the cast is available for \$5.00.**

**A separate advance registration (cash only) is required for the poster.**



## ARE YOU INTERESTED IN...

- ◆ Second City
- ◆ Medieval Times
- ◆ RENT—The Musical
- ◆ IL Railway Museum
- ◆ Canal Boat Ride
- ◆ Apple Holler
- ◆ Singin' in the Rain at Fireside
- ◆ Willis Tower Skydeck Chicago
- ◆ Historic Volo Country Village
- ◆ Pyramid House
- ◆ Volo Auto Museum
- ◆ Cubs Game
- ◆ Marriott Theater
  - \* Sister Act
  - \* Man of La Mancha
  - \* Evita
  - \* How to Succeed in Business Without Really Trying



If any of the above are of interest, please circle your interest, clip this out, and give it to Alysia along with your name and phone number below.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## JANUARY 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1</b></p> <p>New Years Day Senior Center Closed</p> 
<p><b>4</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>5</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Officer Kanches Scam Update 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>6</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Stitch and *tch</p>	<p><b>7</b></p> <p>9:00 Gin/Hearths Group 9:30 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p><b>8</b></p> <p>9:15 Foot Care 10:00 Computer Class by appt. 10:00 Brain Games 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>11</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Oral Care Program 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>12</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:15 Morkes Chocolate Trip 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>13</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:00 Rise N Dine Lunch 11:30 Lunch at Pavilion 1:00 Stitch and *tch</p>	<p><b>14</b></p> <p>9:00 Gin/Hearths Group 9:30 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:00 Heather Braoudakis "Winter Songs" 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p><b>15</b></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 Coupons and Cookies 1:00 Book Club 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>18</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Songs of the Civil Rights Movement 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>19</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 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><b>20</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 1:00 Stitch and *tch</p>	<p><b>21</b></p> <p>9:00 Gin/Hearths Group 9:30 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p><b>22</b></p> <p>10:00 Brain Games 10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>25</b></p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle 3:00 Rabbi Gordon "Tubishvat"</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>26</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>27</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 12:00 Fun in the Sun Beach Party w/Sandy Haynes 1:00 Stitch and *tch</p>	<p><b>28</b></p> <p>9:00 Gin/Hearths Group 9:30 Exercise 10:00 Computer Class by appt. 10:00 Grand Victoria Casino Trip 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p><b>29</b></p> <p>10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>

## TRIP AND PROGRAM CANCELLATION POLICY

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

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

Check specific information for each trip.

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

## AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

When traveling with the Wheeling Pavilion Senior Center, it is expected that the participant will arrive with the group, stay with the group, and travel back to the Senior Center with the group. In addition, it is expected that the participant will go directly from the bus into the venue as directed by the activity coordinator. **No Exceptions!** **Program credits will be given in full for programs or trips cancelled by the Senior Center.**

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

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

## TRIP ETIQUETTE

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

## CAREGIVER POLICY

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



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

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

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