



Wheeling Pavilion Senior Center

Wheeling Forward

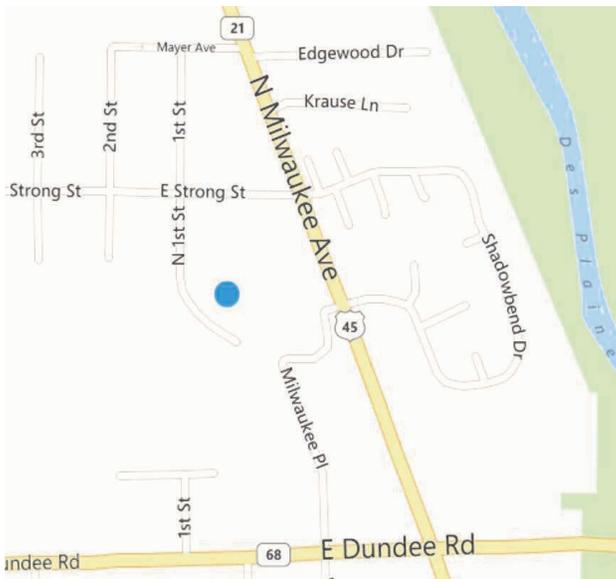
JULY 2014

*Yesterday is history, tomorrow is a mystery, and today is a gift;
that's why they call it the present."*

ELEANOR ROOSEVELT (1884-1962)

We had a very successful Open House on May 15th. Congratulations go out to our raffle winners!

Sylvester Chapa	Free Trip
Olin Apgar	Free 1-year Membership
Rosanne VerPlancke	\$10.00 Senior Center Gift Certificate
Geri Brockett	\$5.00 Senior Center Gift Certificate
Phil VerPlancke	\$5.00 Senior Center Gift Certificate



DIRECTIONS TO OUR CENTER

From Milwaukee Ave. North

- Milwaukee Avenue South to Strong Street (at the Starbucks)
- Turn right on Strong, travel one block to 1st Street.
- Turn left on 1st Street 1/2 block to the Pavilion Senior Center

From Milwaukee Avenue South

- Milwaukee Avenue North to Strong Street (at the Starbucks)
- Turn left on Strong, travel one block to 1st Street.
- Turn left on 1st Street 1/2 block to the Pavilion Senior Center

From Dundee East or West

- Take Dundee East or West to Milwaukee Avenue
- Turn North on Milwaukee (towards Walgreens) to Strong (at Starbucks)
- Turn left on Strong, drive one block to 1st Street
- Turn left on 1st Street 1/2 block to the Pavilion Senior Center

PAVILION THANKS...

- Jeanne Annis, Renee Dicker, Marilyn Hams, George Hieber, Dolores Kelley, Jenny Levine, Joannie Purvin, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Barbara Grossman, Marilyn Hams, Tom Logan, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, and Roberta Vollriede for volunteering at the front desk.
- Flo Feiner, volunteer Sing-a-Long musical director.
- Pat Miller, our SHIP (Senior Health Insurance Program) representative.
- Gloria Lederman, volunteer exercise instructor on Tuesday and Thursday for Wheeling Park District Stay Fit classes.
- Lunch at Pavilion volunteers Lee Becker, Martha Crost, Czeslawa Gorka, Pat Gouletas, Marilyn Hams, Barb LaHay, Thomas Logan, Pat Maziarka, Laura Nava, Joannie Purvin, Rich Richman, and Bobi Spiegel.



ADVISORY COUNCIL

Bill Churchill
 Kathy Gulyas
 Harley & Eileen Halleck
 Marilyn Hams
 Gerald Malin
 Pat Miller
 Joannie Purvin
 Roberta Vollriede

TRANSPORTATION RESOURCES

VILLAGE OF WHEELING SUBSIDIZED CAB PROGRAM
 Discount (\$2 per voucher) by Village of Wheeling for Wheeling residents. To register, call the Senior Center at 847-459-2670. After receipt of enrollment card and vouchers you can make your own arrangements by calling American Cab Co. 847-253-4411 or 303 Cab Co. 847-537-0303.

WHEELING TOWNSHIP DIAL-A-RIDE/SENIOR DISABLED TRANSPORTATION

This service is a scheduled bus service using small buses. Passengers are picked up at their homes and taken to their destinations. Fare is \$2 each way. Preregistration and reservations are required and must be made two business days in advance. Call 847-259-7743 for information.

PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

Call PACE at 312-663-4357 to arrange for registration and an interview. Once certification process is completed, pre-arranged curb-to-curb service can be provided. The one-way fare for ADA Paratransit Services is \$3.00 for Cook County. If you need a companion with you, the companion rides free. **For handicapped riders only.**

RTA FREE OR REDUCED RIDE PROGRAM

Applications available at Pavilion Senior Center for a special users travel card that allows senior residents to travel on any RTA funded form of transportation free or at a reduced rate. Call 847-459-2670 for information.

PACE BUS SERVICE

PACE scheduled bus service with major destination stops at downtown Des Plaines, Mt. Prospect Metra Station, Randhurst Mall, Woodland Creek Apartments, Wheeling High School, Wheeling municipal complex, and Buffalo Grove terminal. Exact fare required. For information call the RTA Travel information center at 847-836-7000.

ESCORTED TRANSPORTATION SERVICE NORTHWEST

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

JULY BIRTHDAYS



- 1 Mary Metti
- 2 Kathy Lorenz, & Barbara Stefani
- 4 Len Afremow
- 5 Kay Arbor
- 7 Judy Abruscato
- 9 Martha Jordan
- 10 Pat Gouletas & Carol McCormick
- 12 Bea Saunders
- 13 Darinka Bikneris, Teresa Galvan
- 14 Patricia Isaacs
- 15 Howard Abrams, Maria Heredia
- 19 Marion Hennessy
- 20 Harold Schullman
- 21 Sandra Babcock, Marge Fennell
- 22 Walter Czarny
- 23 Georgia Delaney, Elaine Little
- 24 Marie Cardi & William McCarthy
- 26 Gerry Nicklewicz
- 27 Rita Nosan
- 29 Ronald Rosset
- 30 Stephen Meyer III & George Shanley



HELP WANTED!

Are you a friendly person? Do you like to help others?
The Wheeling Pavilion Senior Center is looking for volunteers to staff our many volunteer opportunities. Shifts are typically 3-4 hours long, either weekly or periodically. Duties vary by position.

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



SCHEDULE AT A GLANCE

MONDAY

- 9:00-10:00 Stay Fit w/video
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 1:00-3:30 BUGS (computer user group)
- 1:00-3:30 Canasta and Pinochle

TUESDAY

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

WEDNESDAY

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

THURSDAY

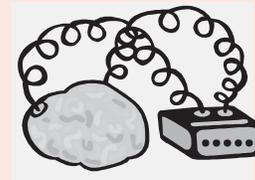
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 9:00-1:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

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

BRAIN GAMES

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



- Date:** Friday, July 25, 2014
- Time:** 10:00 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** *FREE* but reservations are requested in order to have enough materials for all in attendance.

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

FOOT DOCTOR

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

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



BLOOD PRESSURE SCREENING

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

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



Northwest Community Healthcare SENIOR SERVICES

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

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



Join our **FREE Emerald Circle Senior Services club** at nch.org/emeraldcircle



Summit

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

ManorCare 
at Arlington Heights

Comprehensive skilled nursing and rehabilitation services
847.392.2020

Basecamp

Your best way home is through our doors.

Experience Makes a Difference.

**Kolssak
FUNERAL HOME**

Celebrate Life

847-537-6600



CHURCH CREEK SENIOR LIVING -

Care-free Living
FOR
ARLINGTON HEIGHTS SENIORS

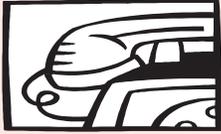
OFFERING:

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

CHURCH CREEK

FIVE STAR SENIOR LIVING™
1250 West Central Road
Arlington Heights, IL 60005
847-506-3200
www.ChurchCreekRetirement.com

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**“Good Morning”,
“How Are You This Fine Day”?
asks the volunteer from the
Wheeling Pavilion Senior Center.**

WHAT: Telephone Reassurance Program

WHEN: Monday thru Friday before
9:00 a.m. each morning

WHY: Because we CARE
about your well being

**For more information, please call
the Wheeling Pavilion Senior Center
at 847-459-2671
and ask for Jan Christiansen**

CELL PHONES FOR SENIORS

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



Date: Friday, August 22, 2013

Time: Immediately after Lunch at Pavilion
(Approximately 12:15 P.M.)

Place: Wheeling Pavilion Senior Center

Cost: *Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.*

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

Important Information For YOU!

Cut the Red Tape with Benefits Assistance



Have you wondered if there is any help for all these medical bills?? Is there anyone I can talk to, to learn more about public assistance? Many forms can be very confusing: we can help in clarifying and processing applications. Many seniors or persons with disabilities aren't aware of the ways they might be able to make some major concerns and expenses easier. Learn if you might qualify for benefits to purchase healthier foods! Join the Village of Wheeling Human Services Department as they welcome Catholic Charities Northwest Senior Services for one-on-one assistance. Half-hour appointments available for benefits eligibility exploration/application on July 3rd and July 17th from 1:00-4:00 p.m. . Please contact the Wheeling Pavilion Senior Center to sign up at (847)459-2670.

Wheeling Pavilion Senior Center

199 N. First Street

Wheeling, IL 60090



STATE OF ILLINOIS BENEFITS FOR SENIORS

The benefits now available are:

- Seniors Free Transit Ride
- The Persons with Disabilities Free Transit Ride
- Secretary of State License Plate Discount



To be determined eligible for these benefits, you must submit a **Benefit Access Application** on the Internet. Paper applications are not available.

**Call the Wheeling Pavilion Senior Center
at 847-459-2670 for an appointment.**

YOUR CLOCK IS TICKING

"Life is like a box of chocolates.
You never know what you're going to get."

—Tom Hanks, *Forest Gump*

But for those who make critical decisions, life can be different.

Enjoy your life NOW. Your life should be about aspirations and inspirations, not about waiting until the grass turns greener in your life. Learn to experience the greatest things life has to offer, the incredible achievements you want to make. This group will meet the THIRD FRIDAY of each month.

Date: Friday, July 18, 2014
Place: Wheeling Pavilion Senior Center
Time: 10:30 a.m. – 11:30 a.m.
Group Facilitator: Jan Christiansen, MSW, Social Services
 847-459-2671


IMPROVING FAMILY CAREGIVER KNOWLEDGE
YOU ARE NOT ALONE...
PLEASE JOIN OUR NEW GROUP FOR 2014

The role and importance of family caregivers is growing. There are as many as 90 million family caregivers in the U.S. today who are caring for a loved one with a chronic condition, disability, special needs or the frailties of old age. As a caregiver you assume additional responsibilities, absorb stress, and often minimize its impact. This group will provide reliable resources and helpful tips to take care of your loved ones and yourself. Remember to give yourself credit for doing the best you can in one of the toughest jobs there is!



This group will meet every FOURTH THURSDAY of each month.

Date: Thursday, July 24, 2014
Place: Wheeling Pavilion Senior Center
Time: 6:00 p.m. – 7:30 p.m.
Group Facilitator: Jan Christiansen, MSW, Social Services
 847-459-2671

WANTED: HOUSES SEEKING CURB APPEAL!

The 27th Annual Community Paint-A-Thon will be held on Saturday, September 13, 2014. While the date is a long way off, applications are now available. If the exterior of your house needs to be painted due to peeling, fading or worn paint, consider applying. The program provides for the painting of the exterior of single family homes at no cost to those who qualify.

To qualify, homes must be owned and occupied by people with limited financial resources and the owners must be at least 60 years of age or have a permanent disability that hinders them from doing the work themselves. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting of the house. The Community Paint-A-Thon covers ten townships including Barrington, Elk Grove, Hanover, Maine, New Trier, Niles, Northfield, Palatine, Schaumburg and Wheeling.

If you or someone you know needs their home painted, please contact Catholic Charities at 847-253-5500.

The Paint-A-Thon is a major community-wide event. Teams of volunteers are recruited from businesses, churches, social and civic groups. If you are interested in volunteering, please contact Annette Sommer at HandsOn Suburban Chicago at 847-228-1320.

ABSOLUTE DEADLINE IS JULY 1ST!



LUNCH AT PAVILION

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

A nutritionally-balanced lunch is served Monday, Wednesday, and Friday from 11:30 a.m. until 12:30 p.m. Reservations are required and must be made by Wednesday for the following week. Each diner will receive written information regarding the cost of the meal and will have the opportunity to contribute to part or all of the cost. The suggested donation per meal is \$4.00. Social activities and informational programs are included as part of this program.

Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.

Each time you check in for lunch, we ask that you present your card to have the meal card marked for that day's meal. The Lunch at Pavilion program is committed to providing meals to all older adults 60 and better, regardless of ability to pay. If you are financially unable to purchase a punch card, please see Shari or Alysia, and they will gladly assist you. Meals are catered by Catholic Charities. Lunch is often followed by a presentation, a speaker, or musical entertainment.

For more information regarding how to register or volunteer, please contact the Wheeling Pavilion Senior Center at 847-459-2670 and ask for Jesus Delgado.



PLEASE LET US KNOW IF YOU WOULD PREFER TO PICK UP YOUR NEWSLETTER

_____ I prefer to pick up my newsletter at the Wheeling Pavilion Senior Center
(or indicate below name of person who will pick up newsletter for you)

Signature of Member

Name of person who will pick up newsletter for me

Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than July 11, 2014. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

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Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.

THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.

INDEPENDENCE DAY CELEBRATION

Wednesday, July 2, 2014

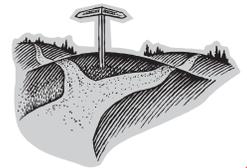
Join us for Lunch at Pavilion as we celebrate our nation's birthday! After lunch, Kim Vogrin will treat us to an amazing program of patriotic music. **This program is sponsored by the Indian Trails Public Library.**



THE UNPREDICTABLE ROAD AHEAD

Wednesday, July 9, 2014

What's next on your journey of life? Join us after Lunch for a presentation by Carol Nevin. Learn ways to be ready for the unpredictable.



COUPONS AND COOKIES

Friday, July 11, 2014

Find out what is happening at the Wheeling Pavilion Senior Center in the next few months. Save a few dollars by receiving coupons for trips and programs at the end of the presentation. Refreshments will be served.



MEDICATION MANAGEMENT MATTERS!

Wednesday, July 16, 2014

Various medications can interact with each other and produce less than desirable results. The UIC College of Pharmacy will have representatives at the Wheeling Pavilion Senior Center to discuss medication safety and management practices. Bring your medications for a one on one consultation about how they interact with each other.



WOUND CARE PRESENTATION

Friday, July 18, 2014

Learn how to properly clean and care for wounds. Find out how to tell how serious your injury is and learn when you need to seek medical attention. This program is being presented by staff from Holy Family Hospital.



THE EASTLAND DISASTER

Friday, July 25, 2014

Join us for a presentation on the Eastland Disaster presented by John Boda. John has a personal connection to this story. Come hear his description of the events. **If you will not be joining us for lunch, the cost to attend this program is \$5.00**



CRISP! ORDERS

Wednesday, July 30, 2014

A representative from CRISP will be here to take orders for and answer questions about this program. You will have the opportunity to order fresh produce at a reduced cost.



IN MEMORIAM

Friends who will be missed...

Harvey Kahan

WELCOME NEW MEMBERS

Lew Golan

Barbara Grossman

Darlene Husch

Patricia Rizo

Paul Shin

Linda & Stuart Sosin

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



DON'T FORGET

TO CHECK THE LOST & FOUND!

Located under the check-in station, there are several hats and other articles that need to be claimed.



NEW GROUP!

MAHJONGG

This new group will meet every Friday from 12:30-3:30 p.m., starting Friday June 6th in the Library. 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 the Wheeling Pavilion Senior Center to discuss the topics of the day.



STITCH AND *ITCH

Attention experienced stitchers!

Come join us for an afternoon of stitching at the Wheeling Pavilion Senior Center. Bring your projects and join the fun.

Dates: Wednesday afternoons

Time: 1:00 P.M. - 3:00 p.m.

Place: Wheeling Pavilion Senior Center

Cost: FREE



WANTED!

A few good men and women for a weekly game of either Gin or Hearts.

The group plays every Thursday from 9:00-11:00 a.m.

If you are interested, please contact the Wheeling Pavilion Senior Center at 847-459-2670.



COMPUTER LEARNING CENTER

Day	Class	Time	Dates
Monday	BUGS	10:00 a.m. to 3:30 p.m.	7/7-7/28
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	7/8 & 7/22
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	7/15 & 7/29
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	7/9 - 7/30
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	7/10 & 7/24
Friday	Skype	10:00 a.m. to 12:00 p.m.	7/11 & 7/25
Tuesday or Thursday afternoon	Online Banking	TBD with Instructor	TBD with Instructor
Tuesday or Thursday afternoon	Beginners Tutoring	TBD with Instructor	TBD with Instructor

SENIOR HEALTH INSURANCE NEWS

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 and the latest report shows that Illinois is 7th in the nation for serving our seniors!

Pat Miller, Coordinator/Volunteer Counselor
Wheeling Pavilion Senior Center
(847) 459-2670



THE WHEELING PAVILION SENIOR FOUNDATION



The board of the Wheeling Pavilion Senior Foundation wishes all a safe, happy and festive Fourth of July!

We have been busy planning our 5 year anniversary for Sunday February 22, 2015 at Tuscany in Wheeling, a quarterly meeting for WPSF members in July of 2014 (members will be notified of details shortly) and continuing our fundraising efforts. As of the end of May, we have sold over 1090 bars of Fannie May chocolate! Thanks to everyone who has bought and/or sold the bars. Special thanks to staff at the Senior Center who have sold the bars every day at the Senior Center. Our total sales would not be this high without their help.

On Sunday, June 22, 2014, D'Agostino's of Wheeling will sponsor a Dine and Share program for the Foundation. Enjoy a delicious meal at D'Agostino's and present a coupon to your server. The Foundation will receive 15% of the pre-tax bill. What a great and easy way to support the Foundation and enjoy a great meal at the same time. Coupons are available at the Senior Center.

We continue to look for volunteers to serve on the Board. We want the Foundation to be a great success and we can only do that with the help of our members. Please consider donating a few hours a week to the Foundation by serving on the Board. We also need volunteers to serve on a committee to advertise and sell tickets for the 5 year anniversary party. This will be a very special event for us and we hope to have a large turnout.

As always, please remember to support our sponsors and to support the Foundation!



LIBRARY

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:30–10:00 a.m. If you would like specific materials from the library, call the library and ask them to send it on Wednesday morning. You can then pick up your materials the next time you come into the Senior Center. Don't know what to read? Stop in and talk to the library representative and ask for suggestions! Stop in and browse the books that library staff bring in each week. You just may find a new favorite author.



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

WHEELING PARK DISTRICT EVENTS

MUSIC AND MOVIE IN THE PARK

Thursday, July 17, 6:30 PM

Location: Pleasant Run Park, 590 Equestrian Drive, Wheeling

Cost: FREE

Bring your blankets, lawn chairs, and picnic. Enjoy a performance by the Buffalo Grove Jazz Band starting at 6:30 PM, followed by a showing of the movie *Despicable Me 2* at dusk. Rain date: Monday, July 21

BALLROOM DANCING

Wednesday, July 23, 7-10:30 PM

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

Dance the night away to the Steve Cooper Orchestra on the 5,000-square-foot dance floor in the beautiful Grand Ballroom. Cha Cha dance lesson at 7 PM with Bob and Penny Urbon of Ballroom Chicago is included in the \$14 admission price. Cash bar and snacks are available. For more information, call (847) 465-2311.

OUTDOOR AQUAFIT

Day: Every Saturday through August 23

Time: 9-10 AM

Location: Family Aquatic Center

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

FAMILY AQUATIC CENTER

Location: 327 W. Dundee Road, Wheeling

Open every day at 10 AM through August 19

Weekend Hours: 10 AM- 7 PM; Weekday Hours: 10 AM-8 PM

Post Season: 8/23-8/24; 8/30-9/1, 10 AM-7 PM

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

Giveaway Day: The first 50 guests to enter the Family Aquatic Center on July 26 receive a keychain. For more information, call (847) 465-3333.

PICKLEBALL

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

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

The game is played using solid paddles and a brightly-colored [whiffle ball](#) on a hard surface. Enjoy this drop-in program when it's convenient for you. Some equipment is provided or bring your own.

For more information, contact Brien Halterman at (847) 465-2941.

TUESDAY EVENING AT PAVILION

The Wheeling Pavilion Senior Center will be open for games and conversation with friends. Please bring your favorite games and you 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 this event.

Date: Tuesday, July 15, 2014
Time: 6:00 – 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!

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

JULY OPERA IN FOCUS

By popular demand we have added another Opera in Focus trip for July. Operas featured at this performance include Tosca, Louise, Pops at the Puppet Opera, The Wizard of Oz, West Side Story, and The Sound of Music.

Date: Wednesday, July 16, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 2:45 P.M.
 The bus will leave at 3:00 P.M.
Place: Rolling Meadows, Illinois
Cost: \$19 members/\$34 non-members by June 25, 2014
 \$24 members/\$39 non-members June 25- July 1, 2014



No refunds or credits after June 25, 2014 as we must give a final count and payment to the venue at this time.

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



RIDGEVILLE BAND

The members of the Ridgeville Band are a group of approximately 35 music lovers that range in age from high school students to retirees, and come from a wide variety of backgrounds. This afternoon's program will feature music that will go along with a good 'ole fashion ice cream social. This is an intergenerational event so bring the children, grandchildren, friends, and neighbors. ***This program is a joint event with the Wheeling Pavilion Senior Center, Wheeling Park District, and the Indian Trails Public Library.***

Date: Sunday, July 20, 2013
Time: 2:00 P.M.
Place: Wheeling Park District Community Recreation Building
 333 W. Dundee Road
Cost: FREE, but reservations are requested in order to have enough ice cream and fixings for everybody!



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

**You may also sign up at the front desk at the Community Recreation Building
or at the Circulation Desk at the Indian Trails Public Library.**

RABBI GORDON'S PROGRAM

Everything you wanted to know about Tisha B'Av and the three-week period of mourning for the destruction of the Temples in Jerusalem.

Date: Monday, July 21, 2014
Time: 3:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but registration is required

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



LUTHERAN HOME TOUR AND LUNCH

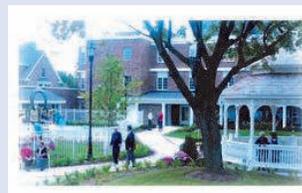
Join the Wheeling Pavilion Senior Center as we explore the Lutheran Home. Learn about their services and amenities. Enjoy a delicious lunch in their dining room.

Date: Thursday, July 24, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 9:45 a.m. The bus will leave at 10:00 a.m.
Place: Arlington Heights, IL
Cost: \$3 members / \$18 non-members

Please note: We must have a minimum of 10 people registered by July 10th in order to run this trip.

No refunds or credits after July 10, 2014

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



Wii TRYOUTS

Attention bowlers and want-to-be bowlers. We are looking to expand our Wii bowling group. Come and see what this exciting game is all about and give it a try. No prior experience is necessary.

Date: Wednesday, July 30, 2014
Time: 11:00 a.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but advance registration is requested

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



BLUE CHIP CASINO

Are you feeling lucky? Join the Wheeling Pavilion Senior Center as we travel to Michigan City, IN to try our luck at the Blue Chip Casino. The cost of this trip includes round trip transportation, and the buffet.



Date: Tuesday, August 5, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 8:15 a.m. The bus will leave at 8:30 a.m.
Place: Michigan City, IN
Cost: \$33 members/\$49 non-members by July 2, 2014
 \$38 members/\$54 non-members July 3-July 21 if space is available

Please note: We must have a minimum of 35 people registered by July 2, 2014 in order to run this trip.

No refunds or credits after July 2, 2014 as we must give a final count and payment to the venue at that time.

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



EMERITUS LUNCH AND BINGO

The crew from Emeritus will be coming to the Wheeling Pavilion Senior Center to bring us a delicious lunch prepared for us by Chef Michael. Following lunch we will enjoy a game of Bingo.

Date: Thursday, August 14, 2014
Time: 11:30 a.m.
Place: Wheeling Pavilion Senior Center
Cost: \$4 members/\$19 non-members



Please note: No reservations before July 24, 2014

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

FIELD MUSEUM

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



Date: Tuesday, August 26, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 8:15 a.m. The bus will leave at 8:30 a.m.
Place: Chicago, IL
Cost: \$75 members/\$90 non-members by July 24, 2014
 \$80 members/\$95 non-members July 24-August 6, 2014

No Reservations after August 5

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

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

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



SENIOR EXPO AT DRURY LANE

Travel with us to Drury Lane for the Senior Expo. Learn about different services and products for adults 55 and better. Please note: Lunch will be for sale (at your own expense). The cost of this trip includes round trip transportation and admission to the expo.

Date: Wednesday, August 27, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 8:30 a.m. The bus will leave at 8:45 a.m.
Place: Oakbrook, IL
Cost: \$12 members/\$27 non-members by August 13, 2014
 \$17 members/\$32 non-members August 14, 2014 or later if space is available.

Please note: We must have a minimum of 10 people registered by August 13, 2014 in order to run this trip.

Please note: This is a four-shoes trip but there are places to sit and rest.



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PLEASANT PRAIRIE OUTLET CENTER

Back by popular demand!
Attention Bargain Hunters!
The Wheeling Pavilion Senior Center will be traveling to the Pleasant Prairie Outlet Center. With many stores to choose from there is certain to be something for everyone.



The cost of this trip includes transportation. Lunch is at your expense.

- Date:** Tuesday, September 9, 2013
- Time:** Meet at the Wheeling Pavilion Senior Center at 9:15 a.m. to sign in. The bus will leave at 9:30 a.m.
- Cost:** \$15 members/\$30 non-members by August 26, 2014
\$20 members/\$35 non-members August 27 or later if space is available.

No Refunds after August 27, 2014

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, Illinois.



Many other deli treats are available as well. The cost of this trip includes a \$15 gift card to be used for lunch.

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

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



OKTOBERFEST AND SENIOR CENTER MONTH WRAP UP PARTY

It has been a fun month at the Wheeling Pavilion Senior Center. Today's celebration will combine the fun of our Senior Center Month Wrap-Up Party with the fun of our annual Oktoberfest celebration. Join in the excitement as we feast and enjoy the music of the "Die Musikmeisters German Band".



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

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

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

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

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



JULY 2014 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>2</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 12:00 Independence Day Celebration 1:00 Stitch and *tch</p>	<p>3</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1 Catholic Charities Benefits by appt. 1-3</p>	<p>4</p> <p>CENTER CLOSED INDEPENDENCE DAY</p> 
<p>7</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canastar/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>8</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>9</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:00 The Unpredictable Road Ahead 1:00 Stitch and *tch</p>	<p>10</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p>	<p>11</p> <p>9:15 Foot Care 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Coupons & Cookies 12:30 Mahjongg Group</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>14</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canastar/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>15</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>16</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:00 Medication Management Matters 1:00 Stitch and *tch 2:45 Opera in Focus trip</p>	<p>17</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p>	<p>18</p> <p>10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Wound Care Presentation 12:30 Mahjongg Group 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>21</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canastar/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>22</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>23</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>24</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class 10:00 Lutheran Home Lunch & Tour 12:30 Bridge 1:00 Happy Hookers 6:00 Caregiver Support Group</p> <p>SHIP by appt. 9-1</p>	<p>25</p> <p>10:00 Brain Games 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 John Boda - Eastland Disaster 12:30 Mahjongg Group</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>28</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canastar/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>29</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>30</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:00 Wii Tryouts 11:30 Lunch at Pavilion 11:30 Blood Pressure 12:00 CRISP! Orders 1:00 Stitch and *tch</p>	<p>31</p> <p>9:00 Gin/Hearths Group 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</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.
- 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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