



Wheeling Pavilion Senior Center *Wheeling Forward*

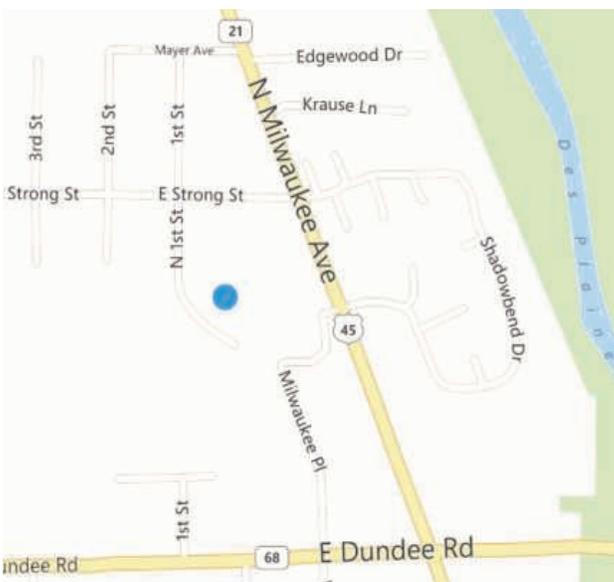
MARCH 2014

HAVE YOU CHECKED OUT LUNCH AT PAVILION YET?

It is one of the most successful programs at the Wheeling Pavilion Senior Center. Besides providing a great quality and nutritionally balanced meal, Lunch at Pavilion is so much more. It is a place where you can meet your friends and catch up on neighborhood gossip, see a great old movie, hear talented and entertaining performances, and even just a chance to get out of the house and eat with your peers. Whatever part of Lunch at Pavilion appeals to you, I hope you will give it a try. 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.



If you have any questions, please feel free to call the center at 847.459.2670.



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

199 N. First Street • Wheeling, Illinois 60090 • 847-459-2670 •

PAVILION THANKS...

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



ADVISORY COUNCIL

Bill Churchill
 Kathy Gulyas
 Harley & Eileen Halleck
 Marilyn Hams
 Gerald Malin
 Pat Miller
 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.

MARCH BIRTHDAYS



- 1 David Lewis
- 3 Barbara Gauer
- 8 Dona Dae
- 11 Lila Gaskill
- 13 Cathy Ubert
- 16 Annamarie Harod
- 17 Kay Olander
- 23 Steve Jovanovic & Bill Spyralatos
- 24 Lee Becker & Sally Carl
- 25 John Haderly
- 27 Agnes Sasse
- 29 Esther Davis



50/90 PARTY

Are you 90 years of age or better?

Are you married 50 years or more?

Do you know of any Wheeling residents that fall into these categories?

If you answered "YES" to any of these questions, please contact the Wheeling Pavilion Senior Center at 847-459-2670 to add your name to our invitation list for our annual 50/90 Party in May 2014.

Sponsored by the Village of Wheeling Senior Citizens Commission.



SCHEDULE AT A GLANCE

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

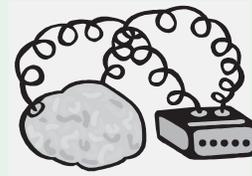
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 10:00-3:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

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

BRAIN GAMES

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 Lisa Mensik from Memory Training Centers of America for a thought provoking program of games to keep your brain sharp.



- Date:** Friday, March 21, 2014
- Time:** 10:00 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** *FREE* but reservations are requested in order to have enough materials for all in attendance.

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

FOOT DOCTOR

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

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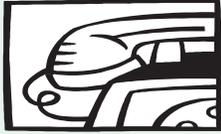
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**“Good Morning”,
“How Are You This Fine Day”?
asks the volunteer from the
Wheeling Pavilion Senior Center.**

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**

EconomicCheckUp and BenefitsCheckUp are a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

ABOUT ECONOMICCHECKUP

Many adults over 55 need help making ends meet, but may not know where to find resources that can help. EconomicCheckUp asks a series of questions to help identify benefits that could save you money, find ways to cut expenses and develop a concrete plan to achieve greater economic security. The type of help available through EconomicCheckUp includes:

- Money management and budgeting
- Housing
- Health
- Employment & training
- Debt & credit management

STATE OF ILLINOIS BENEFITS FOR SENIORS



The benefits now available are:

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

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

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



CATHOLIC CHARITIES NORTHWEST SENIOR SERVICES

presents

CUT THE RED TAPE WITH BENEFITS ASSISTANCE

Wednesday, March 26, 2014

12:00 p.m. – 1:00 p.m.

Wheeling Pavilion Senior Center



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 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!

Catholic Charities would like to give you the information and assist in your needs. Many forms can be very confusing; we can help in clarifying and processing applications.

Join Catholic Charities for an informative presentation and how you can sign up for one-on-one assistance. Half hour appointments will be available for April 2, 2014 beginning at 10:00 a.m.

WISHED, FELT & DREAMED

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

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



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

**For any questions or more information contact Sue at
847.253.5500, ext. 334**

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, March 21, 2014
Place: Wheeling Pavilion Senior Center
Time: 10:30 a.m. – 11:30 a.m.
Group
Facilitator: Jan Christiansen, MSW, Social Services
 847-459-2671



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, March 27, 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

SENIOR FREEZE INFORMATION

Senior Citizen Cook County homeowners may take advantage of several valuable property-tax-saving exemptions **that must be applied for or renewed annually:**

The Homeowner Exemption, Senior Citizen Homestead Exemption, & the Senior Citizen Assessment Freeze Exemption.

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

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

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 March 10, 2014. 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 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.

JIM KENDROS

Wednesday, March 12, 2014

Jim Kendros will discuss the toe-tapping favorites of Neil Diamond. Celebrate spring with the swinging sounds of Solitary Man, America, Song Sung Blue, and more!



ST. PATRICK'S DAY PARTY

Monday, March 17, 2014

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



CUT THE RED TAPE WITH BENEFITS ASSISTANCE

Wednesday, March 26, 2014

Have you wondered if there any help for all these Medical bills?? Is there anyone I can talk to, to learn more about Public assistance? 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! Catholic Charities would like to give you the information and assist in your needs. Many forms can be very confusing; we can help in clarifying and processing applications. Join Catholic Charities for an informative presentation and how you can sign up for one-on-one assistance. Half hour appointments will be available for April 2, 2014 beginning at 10:00 a.m.



HOORAY FOR HOLLYWOOD

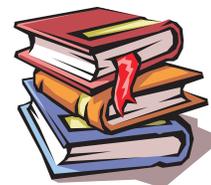
Wednesday, April 2

Reminisce about your favorite classic movies through the magic of their music. This program will be presented by Heather Braoudakis and will feature much loved songs such as "When you Wish Up on a Star", "Somewhere Over the Rainbow", "Lullaby of Broadway", and many more.



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.



CURRENT EVENTS DISCUSSION GROUP

Wanted:

Do you love to discuss what is happening in the world? Do you love to discuss what is happening in your neighborhood? Do you love to interact with others? If you answered YES, then you will enjoy our Current Events group. Join us at 10:00 a.m. on Tuesday mornings at the Wheeling Pavilion Senior Center to discuss the topics of the day. Share what you have heard on the news, read in the newspapers and online.



HELP WANTED!

Are you a friendly person? Do you like to help others? The Wheeling Pavilion Senior Center is looking for volunteers to staff our reception desk. Shifts are typically 3-4 hours long, one day per week. Duties include (but are not limited to) greeting people as they arrive, answering the phone, directing calls to the appropriate staff member, helping people check in when they enter, and phone call reminders.

If you are interested, please contact Alysia 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:** 1:30 P.M. - 3:30 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** FREE



WANTED!

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

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

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



COMPUTER LEARNING CENTER – MARCH CLASS SCHEDULE

Day	Class	Time	Dates
Monday	BUGS	10:00 a.m. to 3:30 p.m.	3/24-4/14
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	3/25 & 4/8
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	4/1 & 4/15
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	3/26 - 4/16
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	3/27 & 4/3
Friday	Skype	10:00 a.m. to 12:00 p.m.	3/28 & 4/4
Tuesday or Thursday afternoon	Online Banking	TBD with instructor	TBD with Instructor

SENIOR HEALTH INSURANCE NEWS



IS YOUR MEDICARE *SAFE?*

Many Americans who have Medicare may be worried about changes under the Affordable Care Act. The first thing to know is that the law has language protecting guaranteed benefits. Even the publicized problems with the ACA website won't affect Medicare users. The ACA adds new Medicare benefits at no additional costs to the beneficiaries. The law shifts Medicare focus to keep older people healthy. It provides an annual wellness visit as well as preventive screenings without charge. It also gradually closes the "doughnut" hole. Medicare costs will still grow but slowly. The ACA is exceptionally good news for Medicare beneficiaries because it improves the financial health of Medicare Part A (hospital) insurance.

Insurers changed Medicare Advantage plans before the law, and the ACA simply aims to equalize costs. Medicare Advantage plans will see a slight increase in premiums and may have fewer options and higher out-of-pocket expenses. The ACA is pushing hospitals to improve their quality of care by penalizing those with the highest rates of hospital acquired conditions, and also penalizes hospitals with too many readmissions of Medicare patients within 30 days of a hospital stay. The ACA also cuts the rate of growth of reimbursements for hospitals with the goal of enforcing them to improve efficiency, without cutting the quality of care. The availability and quality of care received by Medicare beneficiaries could fall relative to that received by people with private health insurance unless the health care industry becomes more efficient. More than any other group, Medicare beneficiaries have a stake in the success of the ACA!

—from an article by Martha Mercer, January 2014 AARP Bulletin

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

CITIZENS POLICE ACADEMY



The Wheeling Police Department will be hosting a Citizens' Police Academy sponsored by the Village of Wheeling Senior Citizens Commission starting in April. The Citizens' Police Academy is an inside look at the workings of the police department. It is designed to increase understanding between citizens and the police through education. The intent is to acquaint citizens with law enforcements role in the criminal justice system, and provide increased understanding of the tasks that police officers face in their daily work.

Class participants will receive an overview of the history and organization of the Wheeling Police Department. In the following weeks, participants will get an inside look at the various areas of the police department, including our Canine Unit, Communications Center, Investigations, Gangs, Traffic, and Crime Prevention. Other topics include information on Criminal Law, Narcotics, and Evidence Gathering Techniques, which will allow you to experience how an Evidence Technician actually gathers clues from a crime scene. All classes are taught by experienced officers and department personnel.

At the conclusion of the 6 weeks, participants will be given the opportunity to ride in a patrol car with an officer and experience first-hand what the officer does during their shift.

The class will run 6 weeks starting April 2nd and finishing May 7th. Class is from 1:00 - 3:30 p.m. on Wednesday afternoons. There is no charge for the Academy and this special Academy is for ages 55 and over who live or work in the Village of Wheeling. Space is limited.

For more information about the academy, please contact Officer Swanson at (847) 459-2994. Applications can be obtained at the Police Department or on our website <http://www.wheelingil.gov/Services/Police/CitizensPoliceAcademy.asp>.

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.



PARK DISTRICT EVENTS

GUEST APPRECIATION DAY

Wednesday, March 12 10:00 a.m.-6:00 p.m.

Location: Community Recreation Center (CRC)

Join us as we say thank you for your continued patronage and support. Enjoy special treats just for you - our special guests. For more information, call (847) 465-3333.

ST. PATRICK'S DAY FEAST

Monday, March 17 4:00-8:00 p.m.

Location: Chevy Chase Country Club

Celebrate St. Patrick's Day in the historic Grand Ballroom of Chevy Chase Country Club. Live performance by the Trinity Irish Dancers starts at 6 PM. Cash bar with Irish adult beverages available.

Corned Beef & Cabbage with Potato Leek Soup, Tossed Salad, Glazed Carrots, Broiled Potatoes & Rye Rolls

Only \$12.95

Kids \$6.95

Chicken Tenders with Mac & Cheese

(Dessert also available.)

No reservations need; open seating. For more details, call (847) 465-2311.

BALLROOM DANCING

Wednesday, March 19 7:00-10:30 p.m.

Location: Chevy Chase Country Club

Dance the night away to the Steve Cooper Orchestra on the 5,000-square-foot dance floor in the beautiful Grand Ballroom. Swing 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.

GENTLE YOGA

New session starts April 14th!

Days: Monday

Dates: 4/14 thru 5/19

Time: 5:00-6:00 p.m.

Location: CRC

Instructor: Nancy Rabenau

Fee/Resident/Fitness Center Member: \$63/\$57/\$51

The Focus on balance, flexibility, and stress reduction benefits all ages and abilities. Basic poses, alignment principles, and breathing techniques are taught at a pace that allows everyone to follow. No prior Yoga experience necessary.

Pre-registration is required. For more information, call 847-465-3333.

MARDI GRAS PARTY

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

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

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

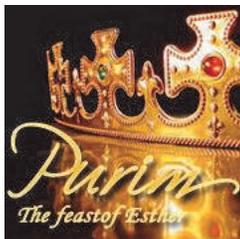
No reservations after February 24, 2014.



RABBI GORDON PRESENTS: PURIM

Rabbi Gordon will be at the Wheeling Pavilion Senior Center to discuss the holiday of Purim. Purim commemorates the deliverance of the Jewish people of the ancient Persian Empire from Haman's plot to annihilate them, as recorded in the Biblical Book of Esther.

Date: Monday, March 10, 2014
Time: 3:00 P.M.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but registration is requested.



AIN'T MISBEHAVING

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



Lunch is not included in this trip, so please be sure to eat before you come to the Senior Center.

Date: Thursday, March 6, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 11:30 a.m.
 The bus will leave at 11:45 a.m.
Place: Stage 773 in Chicago, IL
Cost: \$54 members/\$69 non-members by February 3, 2014
 \$59 members/\$74 non-members February 4–February 10, 2014

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

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



EMERITUS LUNCH AND BINGO

Join us for a delicious lunch prepared by Michael and his crew from Emeritus. Following lunch we will be led in a Bingo program presented by the staff from Emeritus.



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

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

No reservations before February 26, 2014

TUESDAY EVENING AT PAVILION

The Wheeling Pavilion Senior Center will be open for games and conversation with friends. Please bring your favorite games and your own snacks, if desired. There is **NO CHARGE** for this event, but we ask that you call 847-459-2670 to register so we know how many people will be attending this event.



- Date:** Tuesday, March 18, 2014
- Time:** 6:00 p.m. – 8:00 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** FREE, but registration is required

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

WHITE FENCE FARM FEATURING THE LEGACY GIRLS

Head out to the farm, White Fence Farm that is, to enjoy a delicious lunch of their famous chicken, bean salad, corn fritters, and more. After lunch we will be entertained by Legacy Girls who will capture your heart with their contagious smiles and delight you as they take you down memory lane with their unique musical experience. Today's show will feature music from the nifty fifties and sixties.



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

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



MAJESTIC STAR CASINO

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



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

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

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



WELCOME TO THE FIFTIES

Be prepared to be amazed! This program will start out with a blank canvas in the front of the room. Before your eyes our presenter will bring this canvas to life with his chalk drawing. While he is drawing, you will hear stories and trivia with a 1950's theme. At the end of the presentation there will be a surprise. You have to see it to believe it! *This program is being sponsored by the Indian Trails Public Library.*

Date: Thursday, March 27, 2014
Time: 1:00 P.M.
Place: Wheeling Pavilion Senior Center
Cost: Free, but reservations are requested in order to have enough chairs for all who would like to attend this event.

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



MUSEUM OF SCIENCE AND INDUSTRY

Travel to the landmark Museum of Science and Industry for an exciting day exploring the many exhibits, including the limited time "Treasures of the Walt Disney Archives" exhibit. See drawings, props, costumes, and artwork from classic and contemporary Disney animation, theme park attractions, TV shows, and live action films. For more information on the Disney exhibit, click on this link: www.msichicago.org/whats-here/exhibits/treasures-of-the-walt-disney-archives

Date: Tuesday, April 8, 2014
Time: Meet at the Senior Center at 9:00 A.M. The bus will leave at 9:15 A.M.
Place: Chicago, Illinois
Cost: \$57 members/\$71 non-members by February 24, 2014
 \$62 members/\$77 non-members February 25 - March 3, 2014

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

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



COLUMBIAN EXPOSITION

John Boda will be here to give a presentation on the Columbian Exposition. The Columbian Exposition is considered the ultimate "grand daddy" of all world's fairs and a huge influence and point of major transition from the old world into the modern era. It opened in May, 1893 in Jackson Park and ran through October, 1893. The award winning best seller "The Devil in the White City" is all about this fair and the events that took place there. *This program is being sponsored by the Indian Trails Public Library.*

Date: Thursday, April 10, 2014
Time: 1:00 P.M.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but reservations are requested.

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





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CHICAGO HISTORY MUSEUM

Chicago is such a great city it has its own museum dedicated to its history! Join the Wheeling Pavilion Senior Center for a day at the Chicago History Museum. View various exhibits relating to the city. Enjoy a delicious lunch that can be purchased with the voucher included in the cost of this trip.



Date: Thursday, April 24, 2014
Time: Meet at the Senior Center at 9:30 a.m.
 The bus will leave at 9:40 A.M.
Place: Chicago, Illinois
 \$48 members/\$63 non-members by
 March 24, 2014

Please note: We must have a minimum of 10 people registered by March 24, 2014 in order to run this trip.

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



OPERA IN FOCUS

The Kungsholm Puppets bring back fond memories for many people. In celebration of the 73rd anniversary of the opening of Chicago's Kungsholm



Miniature Grand Opera, Opera in Focus is offering a flashback to the legendary theatre by presenting Giuseppe Verdi's masterpiece, Aida, in its near-entirety! After the performance, you will have the opportunity to view some of the original Kungsholm puppets, photos, menus, and more!

Date: Wednesday, May 28, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 2:45 p.m.
 The bus will leave at 3:00 p.m.

Place: Rolling Meadows, Illinois
Cost: \$19 members/\$34 non-members by
 April 21, 2014
 \$24 members/\$39 non-members
 April 22 - April 28, 2014

Please note: We must have a minimum of 12 people registered by April 21, 2014 in order to run this trip.

No refunds or credits after April 28, 2014



HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING

The Wheeling Pavilion Senior Center will be heading to the theatre to see this entertaining show. Power, sex, ambition, greed...it's just another day at the office. This satirical look at big business follows the rise of one "J. Pierrepont Finch" who uses a little "How to..." handbook to climb the corporate ladder from lowly window washer to high-powered executive. Follow our hero as he navigates the dangers of the aggressively compliant "company man," the office party, backstabbing co-workers, caffeine addiction and, of course, true love.

Because lunch is not included in this trip, please be sure to eat before you come to the Senior Center.

Date: Thursday, May 29, 2014
Time: Meet at the Wheeling Pavilion Senior Center at 11:30 a.m.
 The bus will leave at 11:45 a.m.
Place: Stage 773 in Chicago, Illinois
Cost: \$56 members/\$71 non-members by April 21, 2014
 \$61 members/\$76 non-members April 22 - April 30, 2014

No reservations, refunds, or credits after April 30, 2014 as we must give a final count and payment to the venue at that time.



CHICAGO PREMIUM OUTLETS

Attention Bargain Hunters: The Wheeling Pavilion Senior Center will be heading to the Chicago Premium Outlets in Aurora, IL. Enjoy finding that special item at outlet prices! **Lunch will be on your own and is not included in the cost of this trip.**



Date: Tuesday, June 10, 2014
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, Illinois
Cost: \$14 members/\$29 non-members by May 12, 2014
 \$19 members/\$34 non-members May 13, 2014 or later if space is available.

Please note: We must have a minimum of 11 people registered by April 10, 2014 in order to run this trip.



MARCH 2014 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>4</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 11:30 Mardi Gras Party 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>5</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 Steve Justman 1:30 Stitch and *tch</p>	<p>6</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 10:00 Advisory Council Meeting 11:30 Ain't Misbehaving Trip 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>7</p> <p>9:15 Foot Care 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>10</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle 3:00 Rabbi Gordon: Purim</p> <p>Beginner Computer Tutoring by appt.</p>	<p>11</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>12</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing a Long 11:30 Lunch at Pavilion 12:00 Jim Kendros: Neil Diamond 1:30 Stitch and *tch</p>	<p>13</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 11:30 Emeritus Lunch and Bingo 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>14</p> <p>10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>17</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion – St. Patrick's Day Party 12:00 John Soda 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>18</p> <p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>19</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing a Long 11:30 Lunch at Pavilion 1:00 New Member Meet & Greet 1:30 Stitch and *tch</p>	<p>20</p> <p>9:00 Gin/Hearts Group 9:30 White Fence Farm Trip 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt.</p>	<p>21</p> <p>10:00 Skype Class 10:00 Brain Games 10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>24</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>25</p> <p>8:30 Majestic Star Casino Trip 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>26</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:15 Blood Pressure Check 11:30 Lunch at Pavilion 1:30 Stitch and *tch 2:00 Wished, Felt, Dreamed</p>	<p>27</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers 1:00 Welcome to the 1950's</p> <p>SHIP by appt.</p>	<p>28</p> <p>10:00 Skype Class 11:00 Wii Bowling 11:30 Lunch at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>31</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>CJE Russian Speaking Social Worker by appt.</p>	<p>CJE Russian Speaking Social Worker by appt.</p>	<p>CJE Russian Speaking Social Worker by appt.</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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