

# Wheeling Pavilion Senior Center *Wheeling Forward*

MARCH 2016

JOIN US FOR TWO NEW GROUPS!

## COLOR FOR CALM

Join the new relaxation craze for adults! Enjoy the camaraderie and fun of “Coloring for Calm”. We will provide the sophisticated pages to color as well as colored pencils. You bring your imagination!

**Dates:** Thursdays, March 10-April 28, 2016

**Time:** 1:30 p.m. – 3:00 p.m.

**Place:** Wheeling Pavilion Senior Center

**Cost:** \$2 members/\$17 non-members

**Advance registration is required. Contact us at 847-459-2670 to reserve your space.**



## ARTHRITIS EXERCISE PROGRAM

Join us for a gentle 12-week exercise program designed for anyone with joint stiffness/pain or limited range of motion. Learn about how arthritis affects the body and what can be done to help reduce pain, techniques to manage symptoms, appropriate exercises to maintain and improve fitness, and skills for relaxation and better sleep.

**Dates:** Fridays, April 15, 2016–July 1, 2016

**Time:** 1:15 p.m.–2:15 p.m.

**Place:** Wheeling Pavilion Senior Center

**Cost:** \$12 members/\$27 non-members

**Advance registration is required. Contact us at 847-459-2670 to reserve your space.**



## PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, George Hieber, Dolores Kelly, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Michael Dunn, Barbara Grossman, Marilyn Hams, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, Bobbie Sfondilis, Roberta Vollriede and Corky Weber for volunteering at the front desk.
- Flo Feiner, volunteer Sing-a-Long musical director.
- Pat Miller, our SHIP (Senior Health Insurance Program) representative.
- Lunch at Pavilion volunteers Lee Becker, Martha Cross, Michael Dunn, Kevin Frei, Czeslawa Gorka, Marilyn Hams, Darlene Kaplan, Barb LaHay, Anita Loewenstein, Smadar Mozes, Nurit Mozes, Joannie Purvin, Bobi Spiegel, and Carol Targun.



## ADVISORY COUNCIL

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

## TRANSPORTATION RESOURCES

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

### WHEELING TOWNSHIP DIAL-A-RIDE/SENIOR DISABLED TRANSPORTATION

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

### PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

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

### RTA FREE OR REDUCED RIDE PROGRAM

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

### PACE BUS SERVICE

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

### ESCORTED TRANSPORTATION SERVICE NORTHWEST

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

- 1 David Lewis
- 2 Ruth Lance
- 3 Barbara Gauer & Patricia Vanderhorst
- 6 Gayle Mayo
- 10 Fred Welstead
- 11 Lila Gaskill
- 12 Paul Butler
- 16 John Maes
- 23 Steve Jovanovic
- 24 Lee Becker & Darlene Husch
- 25 John Haderly
- 27 Agnes Sasse
- 28 Alberta Sabal
- 30 Paulette Kallow



## BE PREPARED NOT TO BE A VICTIM!

Financial exploitation occurs and is defined as when a person misuses or takes the assets of a vulnerable adult for his/her own personal benefit. This frequently occurs without the explicit knowledge or consent of a senior or disabled adult, depriving him/her of vital financial resources for his/her personal needs. Assets are commonly taken via forms of deception, false pretenses, coercion, harassment, duress and threats.



**If you witness a life-threatening situation or if you feel threatened and believe you are in immediate danger, call (911). To report a suspected crime in a non-emergency situation, you can contact the Wheeling Police Department at 847-459-2632.**

The most probable suspects in these types of crimes are:

- Children of the victim
- Caregiver
- Guardian
- Housekeeper
- Grandchildren
- Neighbors
- Financial advisor to the victim

Common types of exploitation are but not limited to:

- Controlling bank accounts
- Social Security, Pension Checks or other investments
- Taking valuables belonging to the victim
- Gaining control of the real estate through care for life promises

What if you just have a “feeling” about a situation but can’t verify the details? Contact the Wheeling Police or the Illinois Department on Aging at:

**Website :** <http://www.state.il.us/aging/>  
**Office Phone :** (217) 524-6911  
**State Phone :** (800) 252-8966

**Contact Email :** [aging.ilsenior@illinois.gov](mailto:aging.ilsenior@illinois.gov)  
**Information Phone :** (217) 524-6911  
**TTY Phone :** (888) 206-1327

# 4 WEEKLY PROGRAMS AND INFORMATION

## SCHEDULE AT A GLANCE

### MONDAY

- 9:00-10:00 Stay Fit w/video
- 10:30-11:30 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 1:00-3:30 BUGS (computer user group)
- 1:15-3:30 Canasta and Pinochle

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

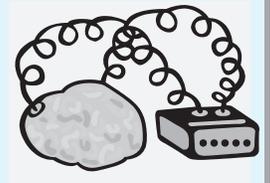
- 9:30-10:30 Stay Fit Fitness
- 10:00-3:00 SHIP by appt.
- 11:30-12:30 Lunch at Pavilion
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

### FRIDAY

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

## BRAIN GAMES

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



**Date:** Friday, March 25, 2016

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

**Place:** Wheeling Pavilion Senior Center

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

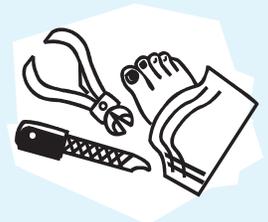
**Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.**

## FOOT DOCTOR

### First Friday of each month

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 Each Month

**11:15 a.m.**

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



## MEMORY SCREENINGS AT THE PAVILION

### WHO SHOULD BE SCREENED?

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



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

## LICENSE PLATE RENEWAL



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

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

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

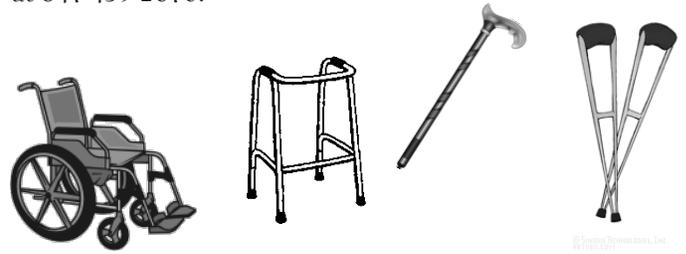
Plate # \_\_\_\_ (your plate number)

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



## LENDING CLOSET

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



## SENIOR FREEZE INFORMATION

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

1. Homeowner Exemption: Taxpayers whose single-family home, townhouse, condominium, co-op or apartment building (up to 6 units) is their primary residence can save \$250 to \$2,000 per year, depending on local tax rates and assessment increases. The Cook County Assessor's Office now automatically renews Homeowner Exemptions for properties that were not sold to new owners in the last year.
2. Senior Citizen Homestead Exemption: Seniors can save up to \$250 a year in property taxes, and up to \$750 when combined with the Homeowner Exemption. For the 2015 tax year, the applicant must have owned and occupied the property as of January 1, 2015 and must have been 65 years of age or older during the year for which you are applying.
3. Senior Citizen Assessment Freeze Exemption: Qualified senior citizens can apply for a freeze of the assessed value of their property. This is the most valuable homeowner exemption program. The value increases over the years as it eliminates the impact of regular reassessment increases that may occur every three years. For the 2015 tax year, the applicant must have owned and occupied the home on January 1, 2014 and January 1, 2015 and have been responsible for the 2014 and 2015 taxes.

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



**“Good morning”,  
“How are you this fine day”?  
asks the volunteer from the  
Wheeling Pavilion Senior Center.**

**WHAT:** Telephone Reassurance Program

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

**WHY:** Because we CARE about your well being

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

## SPECIAL NEEDS RESIDENT LIST



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

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

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



## BUCKET LIST

### YOUR CLOCK IS TICKING/BUCKET LIST

What do you want to do before you die? STOP procrastinating and making excuses why you can't do something. By creating a list of things you want to do before you "kick the bucket," or just keep track of things that you have already done, you can focus on enjoying and fulfilling your life. AND, it's never too late to start one. JOIN US!!!!

This group will meet every THIRD FRIDAY of each month in 2016.

January 15; February 19; March 18; April 15; May 20; June 17; July 15; August 19; September 16; October 21; November 18 & December 16

**Place:** Wheeling Pavilion Senior Center  
199 N. First Street  
Wheeling, IL 60090

**Time:** 10:30 am - 11:30 am

**Group Facilitator:** Jan Christiansen, MSW  
Social Services...1-847-459-2671

## STATE OF IL BENEFITS FOR SENIORS

The benefits now available are:

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



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

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



## LIVING WITH OR LOVING SOMEONE WITH A MENTAL ILLNESS?

### FEELING CONFUSED, ALONE, WORRIED, DON'T KNOW WHERE TO TURN??

Please join us for a 6-week psycho-educational support group for relatives and/or friends living with or caring for a mentally ill loved one.

This group will meet every Wednesday and will start on Wednesday, April 6th and run for the next 6 weeks. (April 6, April 13, April 20, April 27, May 4, May 11).

Attendees must attend all of the sessions in order.

**Place:** Wheeling Pavilion Senior Center  
199 N. First Street  
Wheeling, IL 60090

**Time:** 7:00–8:30 p.m.

**Group Facilitator:** Angela Burrell  
Social Services...1-847-459-2640



**Space is limited.**

**Please call Angela Burrell at 847-459-2640 by April 1st  
to reserve your spot in the group.**

## MEDICARE “EXTRA HELP”

Making ends meet should not mean going without your medications. If you have limited income and resources, you may qualify for Extra Help to pay for some health care and prescription drug costs. Drug costs in 2016 for most people who qualify for Extra Help will be no more than \$2.95 for each generic drug and \$7.40 for each brand-name drug. The Centers for Medicare & Medicaid Services estimates that more than 2 million people with Medicare may be eligible for Extra Help, but aren't currently enrolled to take advantage of these savings. A recent law changed how your income and assets are counted:



- Life insurance policies don't count as resources.
- Any help you get from relatives, friends, and others to pay for household expenses—like food, mortgage, rent, heating fuel or gas, electricity, water, and property taxes—doesn't count as income.

### MANY PEOPLE QUALIFY AND DON'T KNOW IT

Even if you were previously turned down for Extra Help due to income or resource levels, you should reapply. If you qualify, you'll get help paying for Medicare prescription drug coverage premiums, copayments, and deductibles. To qualify, you must make less than \$17,655 a year (or \$23,895 for married couples). Even if your annual income is higher, you may still qualify for some Extra Help. Your resources must also be limited to \$13,640 (or \$27,250 for married couples). Resources include bank accounts, stocks, and bonds, but not your house or car.

### THERE'S NO COST OR OBLIGATION TO APPLY

It's easy and free to apply for Extra Help. You, a family member, trusted counselor, or caregiver can apply online at [socialsecurity.gov/il1020](http://socialsecurity.gov/il1020) or call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778. You can also get help at the Wheeling Pavilion Senior Center. Just call 847-459-2670 to make an appointment with a SHIP counselor.

# LUNCH AT PAVILION

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

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

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

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

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



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

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

Signature of Member

Name of person who will pick up newsletter for me

*Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than March 10, 2016. All future newsletters will be held for pickup at the front desk.*

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

*THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.*

### HEATHER BRAOUDAKIS

Tuesday, March 8, 2016

Heather will be here to entertain us with "More Songs You've Requested"

### SCAM UPDATE

Thursday, March 10, 2016

Officer Chris Kanches will be here to give us an update on the latest scams and how you can protect yourself from becoming a victim. There will be time to ask questions at the conclusion of the program.

### COOKING DEMONSTRATION

Friday, March 11, 2016

Join staff from Brookdale Prospect Heights for a cooking demonstration complete with a taste test at the end!

### ST. PATRICK'S DAY CELEBRATION

Thursday, March 17, 2016

Wear your green and celebrate St. Patrick's Day with us. Enjoy a delicious lunch followed by Irish music.

### STEVE JUSTMAN

Thursday, March 24, 2016

Join Steve Justman as he discusses the music and influence of Hank Williams.

### SENIOR JEOPARDY

Tuesday, March 29, 2016

Play this trivia game with us and you just may learn some new facts!

This program is being presented by Julie Gange from Home Instead.

### JIM KENDROS

Wednesday, March 30, 2016

Jim will be here to discuss the music of Andrew Lloyd Webber.





## WELCOME NEW MEMBERS

Abdul Beg                      Louise Bobker  
 Nancy Koelper                George Mucciante  
 Lawrence & Patricia Venderhorst  
 John & Jung Yang

## BOOK CLUB

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



**Contact Diana at 847-459-2670**

**WOULD YOU LIKE TO KNOW WHAT IS HAPPENING AT THE SENIOR CENTER BETWEEN NEWSLETTERS?**



**WOULD YOU LIKE TO RECEIVE UPDATES ON NEW PROGRAMS AND TRIPS?**

**IF YOU ANSWERED YES, THEN SEND YOUR E-MAIL ADDRESS TO DIANA AT [DURILLO@WHEELINGIL.GOV](mailto:DURILLO@WHEELINGIL.GOV)**

**10:00 too early for you?**

**We're sorry!**

**Tuesday a bad day for you?**



**STOP!**

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

## CURRENT EVENTS

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

## WANTED!

A few good men and women for a weekly game of either Gin or Hearts. The group plays every Thursday from 9:00 - 11:00 a.m.

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



## STITCH AND \*ITCH

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

**Dates:** Wednesday afternoons  
**Time:** 1:00 p.m. - 3:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE



Computer Learning Center	Date and Time
BUGS	Every Monday from 10:00 a.m. to 3:00 p.m. Open to all Senior Center members
Computer Topics	Wednesdays, 10:00 a.m. to noon. Call the front desk at 847-459-2670 for class schedule
<b>Other available classes</b>	
eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking	To be scheduled with instructor

## Did you recently receive a Tablet? Get off to the right start by learning how to use it!

Tablets have many features of laptop computers with an easier learning curve. They are extremely portable in your pocket or purse and simple to use for email, texting, Internet searching, learning and taking great pictures and movies. Enjoy the new technology without fear. Coaching is available for 3 sessions of 2 hours each at \$10 per session, and can begin the first WED, THU, or FRI of each month at 1:00 p.m. Schedule will be arranged with you by the instructor. Sign up at the front desk and surprise your grandchildren with your newfound technical knowledge. You will also be surprised at how easy it is to enjoy this new device. Applies to iPad and Android devices.





## 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 7<sup>th</sup> in the nation for serving our seniors!

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



## THE WHEELING PAVILION SENIOR FOUNDATION

A big thank you goes out to Sam at Market Square Restaurant for all his support of the WPSF. Many thanks to all for renewing memberships and to new members. If you like to lend a hand to others (and yourself), please join. It's only \$20 per person and \$35 a couple. Funds go to support our WPSF.

Make sure to mark your calendars for the Second Annual Hamburger Fest on Tuesday, May 17 at 6:00 P.M. All are welcome. Cost is still only \$5 per person. Please let Diana or Sharon know that you are coming and give them the fee.

Don't forget those delicious Fannie Mae candy bars at only \$1.25 each or an even bigger bargain of 5 bars for \$5. They're great for friends and family on St. Patrick's Day and/ or Easter, or just anytime.

Spring is truly just around the corner, officially on March 20. Happy first day of Spring to all.

MaryAnn Marabella, Secretary  
Wheeling Pavilion Senior Foundation



## INDIAN TRAILS PUBLIC LIBRARY

The Indian Trails Public Library will have a representative here on Wednesday mornings from 9:30–10:00 a.m. If you would like specific materials from the library, call the library and ask them to send it on Wednesday morning. You can then pick up your materials the next time you come into the Senior Center. Don't know what to read? Stop in and speak with the library representative and ask for suggestions! Stop in and browse the books that library staff bring in each week. You just may find a new favorite author. Call the Senior Center at 847-459-2670 for details.



## WHEELING PARK DISTRICT

### GUEST APPRECIATION DAY

**Wednesday, March 9**                      **10 a.m.–6 p.m.**                      **Location: Community Recreation Center (CRC)**                      **Fee: Free**

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.

### EASTER BREAKFAST

**Sunday, March 27**                      **9 a.m.–12 p.m.**                      **Location: Chevy Chase Country Club**

Enjoy a delicious breakfast and fun holiday activities! The cost is \$22 for adults/ \$12 for children ages 5 to 14/children under 5 are free. For more details, or to reserve your table, call 847-465-2311.

### GENTLE YOGA

**Mondays, March 28–May 16**                      **5–6 p.m.**                      **Location: Community Recreation Center**

**Instructor: Nancy Rabenau**

Basic poses, alignment principles, and breathing techniques address the needs of beginners, seniors, and those with injuries and limitations. Class is taught at a pace that allows everyone to follow; no prior yoga experience necessary. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$68/\$76/\$84 for eight-class session; Registration Code 20065.

For more information, call 847-465-3333.

### WORK THE JOINTS

**Wednesdays, March 30–May 18**                      **10:30–11:30 a.m.**                      **Location: Community Recreation Center**

**Instructor: Lisa Watson**

Strengthen your muscles to enhance mobility. Small, super-controlled movements reduce pressure on joints, tendons, ligaments and spine to expand your range of motion and improve balance, flexibility and endurance.

Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$68/\$76/\$84 for eight-class session; Registration Code 20754

For more information, call 847-465-3333.

### TAI CHI

**Wednesdays, March 30–May 18**                      **10–11 a.m.**                      **Location: Community Recreation Center**

**Instructor: Abigail Turcotte**

Improve balance and overall good health while preventing injury in this slow, gentle moving-meditation focused on reducing stress and developing balance and emotional well-being. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$68/\$76/\$84 for eight-class session; Registration Code 19923. For more information, call 847-465-3333.

### CHAIR YOGA

**Fridays, April 1–May 20**                      **10:30–11:30 a.m.**                      **Location: Community Recreation Center**

**Instructor: Nancy Rabenau**

Get the benefits of yoga without getting down on the floor! Learn the techniques with personalized modifications while sitting in a chair. No experience necessary! Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$68/\$76/\$84 for eight-class session; Registration Code 20061. For more information, call 847-465-3333.

### PICKLEBALL

**Every Tuesday and Thursday morning (9 a.m.–12 p.m.)**                      **Friday evening (6–9 p.m.) starting March 25**

**Resident / Non-Resident Fee: \$3 / \$4**

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

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

## RABBI GORDON PRESENTS PURIM

Join Rabbi Gordon as he discusses the holiday of Purim and the Book of Esther.



**Date:** Monday, March 14, 2016  
**Time:** 3:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but registration is required so we know how many people to expect.  
**Call the Senior Center at 847-459-2670 to reserve your space.**

## ST. PATRICK'S DAY PARTY

Wear your green and join us for a St. Patrick's Day celebration. We will enjoy a delicious lunch followed by a program featuring Irish music. This event is part of the Lunch at Pavilion program.



**Date:** Thursday, March 17, 2016  
**Time:** 11:30 a.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 Il Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.*

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



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## TUESDAY EVENING AT PAVILION

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



**Date:** Tuesday, March 15, 2016  
**Time:** 6:00-8:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but registration is requested

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

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

## FOUR WINDS CASINO

Enjoy a day away as we journey to New Buffalo, MI to try our luck at the Four Winds Casino. The cost of this trip includes round trip transportation, a \$10 food credit, and \$15 instant slot credit.



\*\*If you already have a card for Four Winds Casino, please provide that number when you register for this trip.

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

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

**No reservations or refunds after March 1, 2016**



## CHICAGO PREMIUM OUTLETS

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



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

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

**Please note: We must have a minimum of 11 people registered by March 14, 2016 in order to run this trip.**



## PYRAMID HOUSE

This tour will include a look inside the public areas of the Pyramid House, a walk through the replica of King Tut's Tomb, and an interesting and exciting presentation about the Pyramid and its history. After the tour we will stop in the Pyramid gift shop to browse the Egyptian items for sale.



- Date:** Wednesday, May 25, 2016
- Location:** Wadsworth, IL
- Cost:** \$35 members/\$50 non-members by April 18, 2016;  
\$40 members/\$55 non-members April 19, 2016 or later if space is available

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

**No refunds or credits after July 13, 2016.**



## A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

With music and lyrics by Stephen Sondheim, "Forum" takes comedy back to its roots, combining situations from time-tested, 2000-year-old comedies of Roman playwright Plautus with the infectious energy of classic vaudeville. This is one of Broadway's greatest farces: it is light, fast paced, witty, irreverent, and one of the funniest musicals ever written. Join us for dinner at the restaurant "Seasoned" before the show, where you will be able to use your gift card for anything on the menu.



- Date:** Thursday, May 12, 2016
- Time:** Meet at the Senior Center at 4:45 p.m.  
The bus will leave at 5:00 p.m.
- Place:** Lake Forest, IL
- Cost:** \$65 members/\$70 non-members by April 11, 2016;  
\$70 members/\$75 non-members April 12, 2016 or later if space is available.

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

**We must have a minimum of 10 people registered by April 11th in order to run this trip.**

**No refunds or credits after April 11, 2016.**



## MANNY'S DELI

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



- Date:** Tuesday, May 31, 2016
- 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:** \$29 members/\$44 non-members by May 2, 2016;  
\$34 members/\$49 non-members May 3, 2016 or later if space is available

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



## SINGIN' IN THE RAIN

See the greatest movie musical of all time live on the Fireside stage. Singin' in the Rain is a fun-filled, high-stepping spoof of the days when Hollywood first learned to talk. Enjoy great songs such as "Good Morning", "Make 'Em Laugh", "Singing' in the Rain", and many more! Enjoy a delicious lunch, browse the unique shops at the Fireside, and this classic show.

- Date:** Wednesday, August 24, 2016
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:15 a.m. to check in.  
The bus will leave at 8:30 a.m.  
(Please note the travel time each way is approximately 2 hours, depending on traffic.)
- Place:** Fireside Theatre in Fort Atkinson, WI
- Cost:** \$119 members/\$134 non-members by July 13, 2016



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

**Please note: We must have a minimum of 12 people registered by July 13, 2016 in order to run this trip.**

**No refunds or credits after July 13, 2016 as we must give a final count and payment to the venue at that time.**

**Please note: this trip is rated 3 shoes due to the length of the trip. There is actually very little walking involved.**



## ARE YOU INTERESTED IN...

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



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

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

MARCH 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>2</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:15 Bye Bye Birdie Trip 10:30 Srg -a-Long 11:30 Lunch at Pavilion 1:00 Standardth</p>	<p><b>3</b></p> <p>10:00 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p><b>4</b></p> <p>9:15 Foot Care 10:00 Computer Class by appt. 11:00 W/Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>5</b></p> <p>9:00 Foot Care 10:00 Computer Class by appt. 11:00 W/Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>7</b></p> <p>9:00 Exercise/Vébo 10:00 BUGS/Computers 11:00 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>8</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Heather Braoudakis 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>9</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Adler Planetarium Trip 10:00 Computer Topics Class 10:30 Srg -a-Long 11:30 Lunch at Pavilion 1:00 Standardth</p>	<p><b>10</b></p> <p>9:00 Exercise 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:00 Ocker/Karates/Scam Update 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm (March 10 - April 28 )</p> <p>SHIP by appt 10-3</p>	<p><b>11</b></p> <p>10:00 Computer Class by appt. 10:00 Russian Tea Time Support Group 11:00 W/Bowling 11:30 Lunch at Pavilion 12:00 Brookdale Cooking Demo 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>14</b></p> <p>9:00 Exercise/Vébo 10:00 BUGS/Computers 11:00 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle 3:00 Rabbi Gordoni's Talk - Purim</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>15</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>16</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Srg -a-Long 11:30 Lunch at Pavilion 1:00 Standardth</p>	<p><b>17</b></p> <p>10:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:00 St. Patrick's Day Celebration 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p><b>18</b></p> <p>10:00 Computer Class by appt. 10:30 Your Clock is Ticking 10:30 W/Bowling 11:30 Lunch at Pavilion 1:00 Book Club 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>21</b></p> <p>9:00 Exercise/Vébo 10:00 BUGS/Computers 10:30 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>22</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>23</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Book Pressure 11:30 Lunch at Pavilion 1:00 Standardth</p>	<p><b>24</b></p> <p>9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:00 Steve Justman 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p><b>25</b></p> <p>10:00 Brain Games 10:00 Computer Class by appt. 10:00 Russian Tea Time 10:30 W/Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p><b>28</b></p> <p>9:00 Exercise/Vébo 10:00 BUGS/Computers 10:30 W/Bowling 11:30 Lunch at Pavilion 1:15 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p><b>29</b></p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Senior Jeopardy 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p><b>30</b></p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 12:00 Jini/Kent's presents "Andrew Lloyd Webber" 1:00 Standardth</p>	<p><b>31</b></p> <p>8:45 Four Winds Casino Trip 9:00 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers 1:30 Color for Calm</p> <p>SHIP by appt 10-3</p>	<p><b>31</b></p> <p>10:00 Computer Class by appt. 10:00 Russian Tea Time 10:30 W/Bowling 11:30 Lunch at Pavilion 1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt</p>

## TRIP AND PROGRAM CANCELLATION POLICY

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

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

Check specific information for each trip.

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

## AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

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

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

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

## TRIP ETIQUETTE

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

## CAREGIVER POLICY

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



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

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

VILLAGE OF WHEELING  
BOARD OF TRUSTEES

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