



MAY 2014

## THANKS TO THE WHEELING PAVILION FOUNDATION

The Wheeling Pavilion Senior Center was very honored to accept a donation from the Wheeling Pavilion Senior Foundation in the amount of \$500.00 in support of the Congregate Dining Program at the Wheeling Pavilion Senior Center. The Board shared with me how privileged they felt to contribute to a program that helps assure all Wheeling Seniors have the opportunity to receive a balanced, nutritious meal up to three times a week no matter what their financial status. The Lunch at Pavilion program has seen a recent decline in the participant contributions which are essential for the continuation of this program. I was very humbled to receive this grant on behalf of the program and truly thank the Wheeling Pavilion Senior Foundation for its support of our work at the Wheeling Pavilion Senior Center.

I would also like to take this opportunity to thank the families of Walter Pettinger and Al Cohen for their very generous support of the Lunch at Pavilion program in memory of these very special participants who recently passed away. While we will miss both of them and their contributions to the Lunch at Pavilion program, we are thankful for the thoughtfulness of their families and will strive to continue the program, thinking of them as we move forward.

— Shari




In celebration of Older Americans Month, please join us for the

**Senior Services Division Open House and Vendor Fair**  
**Thursday May 15, 2014 from 3:00 pm—6:00 pm**  
**Wheeling Pavilion Senior Center**  
**199 N. First Street, Wheeling**




Please come and share your suggestions and needs with representatives of the Village Senior Commission and Senior Center Advisory Council.

Information will be available on the activities and services available for Older Adults of Wheeling.

Sponsored by the Village of Wheeling Senior Citizen Commission, the Wheeling Pavilion Senior Center Advisory Council and the Senior Services Division of the Village of Wheeling Human Services Department. For more information, please call 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

## PAVILION THANKS...

- Jeanne Annis, Renee Dicker, Marilyn Hams, George Hieber, Dolores Kelley, Jenny Levine, Joannie Purvin, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Judi Edelstein, Marilyn Hams, Tom Logan, Mary Ann Marabella, 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, Barb LaHay, Thomas Logan, Pat Maziarka, Laura Nava, Joannie Purvin, Rich Richman, and Bobi Spiegel.



## ADVISORY COUNCIL

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

## TRANSPORTATION RESOURCES

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

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

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

### PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

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

### RTA FREE OR REDUCED RIDE PROGRAM

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

### PACE BUS SERVICE

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

### ESCORTED TRANSPORTATION SERVICE NORTHWEST

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

# MAY BIRTHDAYS



- 2 Marge Weaver
- 3 Marilyn Chromy, Harley Halleck
- 5 Amy Hopkins, Jerry Bikneris
- 7 Mary Ann Brzuskiwicz
- 8 Tom Rhodes
- 9 Christine Pettit
- 10 Richard McNulty
- 11 Alice Kiefer
- 12 Pinky Wennerstrom, Mary Bergendorf
- 13 Barbara Carlson
- 15 Marie Clarkson
- 16 Elaine Carlson, Sheldon Fogel, Charlie Katz, Gregory Stoyas
- 19 Laura Zeitlin
- 24 George Hieber
- 25 Geri Felske, Penny Boyer
- 26 Violet Lewis
- 27 Bernadine Doherty
- 28 Christa Schulz
- 30 Wanda Remelski
- 31 Cindy Maes



## 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)*
- 11:30-12:00 Blood Pressure *(4th WED of the month)*
- 11:30-12:30 Lunch at Pavilion
- 1:30-3:00 Stitch and \*itch

### THURSDAY

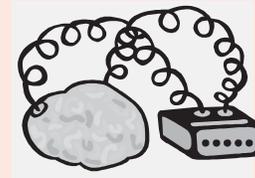
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 10:00-3:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

### FRIDAY

- 9:00-3:30 CJE Russian Speaking Social Worker by appt.
- 10:00-11:00 Brain Games *(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)*

## 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, May 23, 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.



# HELP PROTECT YOUR FAMILY

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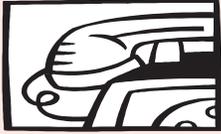
1250 West Central Road  
Arlington Heights, IL 60005

**847-506-3200**

[www.ChurchCreekRetirement.com](http://www.ChurchCreekRetirement.com)



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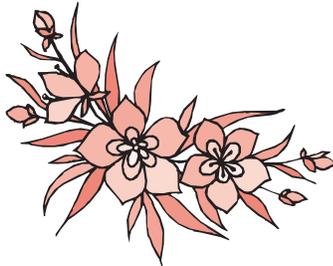
“Good Morning”,  
“How Are You This Fine Day”?  
asks the volunteer from the  
Wheeling Pavilion Senior Center.

**WHAT:** Telephone Reassurance Program

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

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

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



### 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 Applica-  
tion** on the Internet. Paper applications are  
not available.

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



Important Information For YOU!

**April 30, 2014**  
**10:00 am**



### Cut the Red Tape with Benefits Assistance

Have you wondered if there is any help for all these Medical bills?? Is there anyone I can talk to, to learn more about Public assistance? Many forms can be very confusing; we can help in clarifying and processing applications. Many seniors or persons with disabilities aren't aware of the ways they might be able to make some major concerns and expenses easier. Learn if you might qualify for benefits to purchase healthier foods! Join the Village of Wheeling Human Services Department as they welcome Catholic Charities Northwest Senior Services for an informative presentation on available benefits and how you can sign up for one-on-one assistance. Half hour appointments available for benefits eligibility exploration/application beginning at 1:00 pm on May 7<sup>th</sup>, May 21<sup>st</sup> and June 4<sup>th</sup>. Please contact the Wheeling Pavilion Senior Center to sign up at (847)459-2670 .

Please join us and get informed!

Wheeling Pavilion Senior Center

199 N. First Street

Wheeling, IL 60090



**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, May 16, 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, May 22, 2014  
**Place:** Wheeling Pavilion Senior Center  
**Time:** 6:00 p.m. – 7:30 p.m.  
**Group Facilitator:** Jan Christiansen, MSW, Social Services  
 847-459-2671

**WANTED: HOUSES SEEKING CURB APPEAL!**

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

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

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

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



# 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 May 12, 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.*

## ROUTE 66 PRESENTATION

Friday, May 2, 2014

Get your kicks on Route 66! Charlotte Hadley and Grace Chaney from the Art Institute will be here to give us an artistic perspective of Route 66 as they take us on a 2,448 mile journey down this famous route from the Art Institute in Chicago to Santa Monica, California.



## CINCO DE MAYO CELEBRATION

Monday, May 5, 2014

Join us for a celebration of Mexican-American freedom and democracy.



## COMMISSIONER DAN PATLAK, COOK COUNTY BOARD OF REVIEW

Wednesday, May 7, 2014

Commissioner Patlak will be speaking about recent improvements at the Board of Review, property tax exemptions, and how to file a Certificate of Error should you not be receiving allowable exemptions.



## MOTHER'S DAY CELEBRATION

Friday, May 9, 2014

Celebrate the Mothers in your life! Frank Rossi will entertain us with his music as we enjoy the festivities.



## PETER MILETIC

Wednesday, May 14, 2014

Peter Miletic will be here to entertain us with favorites from the 50's, 60's, and beyond.



## FATHER'S DAY CELEBRATION

Friday, June 13, 2014

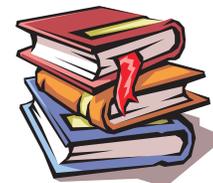
Celebrate the Fathers in your life at the Wheeling Pavilion Senior Center Father's Day celebration. Wear your craziest tie and be prepared to enjoy the music of Steve Justman and his salute to Dads.



## BOOK CLUB

You are invited to join the Senior Center book club, which meets *in the Library Room at the Pavilion Senior Center* the third Friday of every month at 1:00 p.m. Would you like to join?

Contact Diana at 847-459-2670



## 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:** 1:00 P.M. - 3:00 p.m.

**Place:** Wheeling Pavilion Senior Center

**Cost:** FREE



## WANTED!

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

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

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



## COMPUTER LEARNING CENTER

*There are no classes starting in May. The next classes will start in June, 2014. Please watch for the June computer class schedule which will be in the June edition of our newsletter.*

## SENIOR HEALTH INSURANCE NEWS



### THE AGING PROCESS

We all know that as we age, we develop wrinkles and gray hair (maybe even lose it). But you should understand that the aging process will affect your overall general health, and you need to be aware of certain things to promote good health.

As you age, your heart rate becomes slightly lower and your heart may become bigger. Your blood vessels may become stiff which makes it harder to pump blood throughout your body. Include physical activity in your daily routine, like walking, swimming, or other activities you enjoy. Eat a healthy diet by choosing vegetables, fruits, whole grains, high-fiber foods and lean sources of protein. Limit foods high in saturated fats and sodium. **DON'T SMOKE!** This can contribute to hardening of your arteries. Try to manage stress; stress can also take a toll on your heart, so learn steps to reduce stress. Get adequate amounts of calcium to promote bone, joint and muscle health. Also get adequate amounts of vitamin D, even though you will absorb some vitamin D from the sun. Avoid substance abuse, and don't drink more than two alcoholic drinks a day. Maintain a healthy weight; if you're overweight, try to lose some extra pounds. Stay mentally active, since this stimulates activity in your brain and keeps it in shape. Be social—social interaction helps ward off depression which can contribute to memory loss.

If you are concerned about any of the above recommendations, consult your doctor. Keeping your body healthy at any age—but more importantly as we age—keeps the frequency of doctor visits down and may even affect your insurance premiums! Many of these suggestions can be solved at the Pavilion Senior Center, so be sure to check the monthly newsletter to see if there are any programs which could help you achieve some of these recommendations.

Pat Miller  
SHIP Representative  
Pavilion Senior Center

*From an on-line article from the Mayo Clinic, author and exact date unknown*

## THE WHEELING PAVILION SENIOR FOUNDATION



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

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

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

### Calling all chocolate enthusiasts



The Wheeling Pavilion Senior Foundation is holding a

Fannie May Candy Bar fundraiser. Fannie May Chocolate Bars are an unforgettably rich indulgence! Choose from four delicious flavors: Almond, Peanut Butter, Caramel and Milk Chocolate.

Funds collected by the foundation are distributed to the senior center in support of important activities and projects.

Candy Bars are \$1.00.

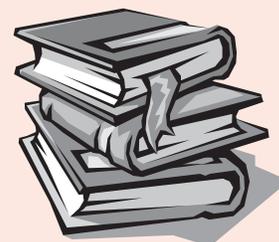
Available at the front desk



Fannie May  
FUNDRAISING PROGRAM

**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.

**WHEELING PARK DISTRICT EVENTS****MOTHER'S DAY BRUNCH**

Sunday, May 11

11 AM-1 PM

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

Fee: \$37.95/person; children 5-12 yrs \$12.95; children under 5 yrs FREE

Treat mom to cuisine fit for a queen in the elegant and historic Grand Ballroom. The champagne brunch features all of mom's favorite menu items including a wide assortment of breakfast options, entrees, and salads. For a complete list, please refer to our website <http://chevychasecountryclub.com/wp-content/uploads/2014/01/MOTHERS-DAY-FLYER-2014.pdf>

Pictures of mom are displayed on the multi-media system; send in advance to [jlofsness@wheelingparkdistrict.com](mailto:jlofsness@wheelingparkdistrict.com)

**Reservations are required; call (847) 465-2311 today.**

**BALLROOM DANCING**

Wednesday, May 21

7-10:30 PM

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

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

**FAMILY AQUATIC CENTER**

Opens Saturday, May 31!

Location: 327 W. Dundee Road, Wheeling

Regular Season: 5/31-8/19

Weekend Hours: 10 AM- 7 PM

Weekday Hours: 10 AM-8 PM

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

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

**GIVEAWAY DAYS**

The first 50 guest to enter the Family Aquatic Center receive a special gift.

May 31: Drawstring Bag

June 28: Beach Ball

July 26: Key Chain

Stop by the Community Recreation Center (CRC) Guest Service Desk and buy your membership today!

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

## THE RED GLOVE LADIES MUSICAL REVUE

The Red Glove Ladies Musical Revue is a group of volunteer women under the direction of a professional musical director/choreographer. The mission of the group is to entertain and make each audience member feel special while they interact with each other and enjoy nostalgia.



**Date:** Thursday, May 1, 2014  
**Time:** 1:30 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but reservations are requested.

**Please note: We must have a minimum of 20 people registered by May 1, 2014 in order to run this program.**

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

## Greek Lunch

Join us for a delicious Greek themed lunch. Frances from the Greek American Rehabilitation and Care Centre will be our hostess this afternoon.



**Date:** Thursday, May 8, 2014  
**Time:** 11:30 a.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** \$4 members/\$19 non-members

**Please note: We must have a minimum of 20 people registered by April 24, 2014 in order to run this event.**

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

## SENIOR CENTER OPEN HOUSE AND VENDOR FAIR

Come to the Wheeling Pavilion Senior Center and learn about all of the trips, programs, and services we have to offer. Visit with various vendors and learn about the services they provide.



**Date:** Thursday, May 15, 2014  
**Time:** 3:00 P.M. - 6:00 P.M.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE!

## BINGO AWAY!

Join Pauline Mintz, of Manor Care Northbrook for a lovely day out. Transportation to and from Northbrook, lunch and great Bingo included in the package.



**Date:** Tuesday May 20, 2014  
**Time:** Check in at the Senior Center at 9:30 a.m.  
 The bus will depart at 9:45 a.m.  
 10:00-11:30 a.m. Bingo at Manor Care Northbrook  
 11:30 a.m. Lunch & more  
 Back at Senior Center by 1:30 p.m.  
**Cost:** \$2.00

**Limited space available.**

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



## 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, May 20, 2014  
**Time:** 6:00 - 8:00 p.m.  
**Place:** Wheeling Pavilion Senior Center  
**Cost:** FREE, but registration is required.

**Please note: We must have a minimum of 6 people registered in order to keep the center open!  
 Call the Senior Center at 847-459-2670 to reserve your space.**



## OPERA IN FOCUS

The Kungsholm Puppets bring back fond memories for many people. In celebration of the 73<sup>rd</sup> 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!



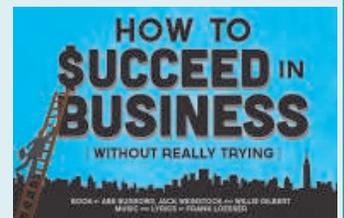
**Date:** Wednesday, May 28, 2014  
**Time:** Meet at the Wheeling Pavilion Senior Center at 2:45 p.m. The bus will leave at 3:00 P.M.  
**Place:** Rolling Meadows, Illinois  
**Cost:** \$19 members/\$34 non-members by April 21, 2014  
 \$24 members/\$39 non-members April 22-April 28, 2014

**No refunds or credits after April 28, 2014  
 Call the Senior Center at 847-459-2670 to reserve your space.**



## 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.



**Lunch is not included in the cost of this trip, so please 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.  
 Call the Senior Center at 847-459-2670 to reserve your space.**



### CHICAGO PREMIUM OUTLETS

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



- Date:** Tuesday, 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.**

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



### OPERA IN FOCUS

By popular demand we will be making a return trip to Opera in Focus. Today's performance will consist of excerpts from Lakme, La Gioconda, Thais, and Fiddler on The Roof. These miniature actors and actresses are so amazing that by the end of the show you will forget that they are not real life people!



- Date:** Wednesday, June 18, 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 May 19, 2014  
\$24 members/\$39 non-members May 20–May 23, 2014

**Please note: We must have a minimum of 12 people registered by May 19, 2014 in order to run this trip.**

**No refunds or credits after May 19, 2014**



### Seasons at Glenview Place

Join the Wheeling Pavilion Senior Center as we explore the Seasons at Glenview Place. The Seasons at Glenview Place offers Independent and Assisted Living with many amenities.

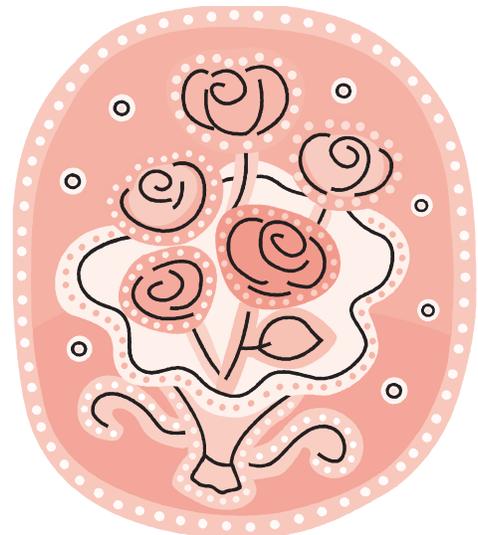


Experience the Seasons by touring the facility and enjoying lunch in their dining room. You will have an opportunity to ask questions as well.

- Date:** Thursday, June 26, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:30 A.M.
- Place:** Glenview, Illinois
- Cost:** \$3 members/\$18 non-members

**Please note: We must have a minimum of 10 people registered by June 4, 2014 in order to run this trip.**

**No refunds or credits after June 19, 2014**



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## BLUE CHIP CASINO

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

- Date:** Tuesday, August 5, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:15 A.M.  
The bus will leave at 8:30 A.M.
- Place:** Blue Chip Casino in Michigan City, IN
- Cost:** \$33 members/\$49 non-members by June 5, 2014

**Please note: We must have a minimum of 35 people registered by June 5, 2014 in order to run this trip.**

**No refunds or credits after June 5, 2014 as we must give a final count and payment to the venue at that time.**

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

**Optional driver gratuity is not included in the cost of this trip.**

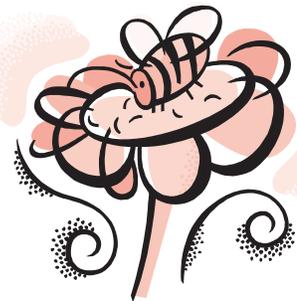
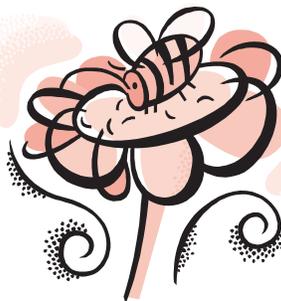
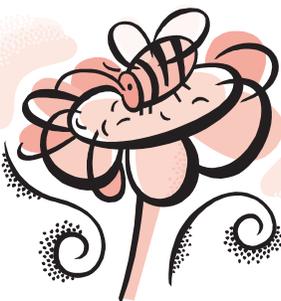


## FIELD MUSEUM

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

- Date:** Tuesday, August 26, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 8:15 A.M.  
The bus will leave at 8:30 A.M.
- Place:** Field Museum in Chicago, Illinois
- Cost:** \$75 members/\$90 non-members by July 24, 2014

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



## MAY 2014 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Advisory Council Meeting 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers 1:30 <b>The Red Glove Ladies Musical Revue</b> <b>SHIP by appt.</b>	<b>2</b> 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 <b>Art Institute Route 66 presentation</b> <b>CJE Russian Speaking Social Worker by appt</b>
<b>5</b> 9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion/Cinco de Mayo 12:00 Movie 1:00 Canasta/Pinochle 3:00 <b>Rabbi Gordon - Passover</b> <b>Beginner Computer Tutoring by appt.</b>	<b>6</b> 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge <b>CJE Russian Speaking Social Worker by appt</b>	<b>7</b> 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 <b>Commissioner Patlack Presentation</b> 1:00 Stitch and 'tch	<b>8</b> 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 11:30 <b>Greek Lunch from Greek American Rehab</b> 12:30 Bridge 1:00 Happy Hookers <b>SHIP by appt.</b>	<b>9</b> 9:15 Foot Care 10:00 Computer Class 11:00 Wii Bowling 11:30 Lunch at Pavilion/Mother's Day Celebration 12:00 <b>Frank Rossi</b> <b>CJE Russian Speaking Social Worker by appt</b>
<b>12</b> 9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle <b>Beginner Computer Tutoring by appt.</b>	<b>13</b> 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge <b>CJE Russian Speaking Social Worker by appt</b>	<b>14</b> 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 <b>Peter Miletik</b> 1:00 Stitch and 'tch	<b>15</b> 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 12:30 Bridge 1:00 Happy Hookers 3:00 <b>Vendor Fair and Open House</b> <b>SHIP by appt.</b>	<b>16</b> 10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Book Club <b>CJE Russian Speaking Social Worker by appt</b>
<b>19</b> 9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Movie 1:00 Canasta/Pinochle <b>Beginner Computer Tutoring by appt.</b>	<b>20</b> 10:00 Exercise 10:00 Computer Class 10:00 Current Events 10:00 <b>Bingo Away</b> 12:30 Bridge 6:00 <b>Tuesday Evening at Pavilion</b> <b>CJE Russian Speaking Social Worker by appt</b>	<b>21</b> 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Stitch and 'tch 2:00 Wished, Felt, Dreamed 2:00 <b>New Member Meet &amp; Greet</b>	<b>22</b> 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 11:00 <b>50/50 Party</b> 12:30 Bridge 1:00 Happy Hookers <b>SHIP by appt.</b>	<b>23</b> 10:00 <b>Brain Games</b> 10:00 Skype Class 11:00 Wii Bowling 11:30 Lunch at Pavilion <b>CJE Russian Speaking Social Worker by appt</b>
<b>26</b> <div style="text-align: center;"> <p><b>Memorial Day</b> Senior Center Closed</p>  </div>	<b>27</b> 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge <b>CJE Russian Speaking Social Worker by appt</b>	<b>28</b> 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 1:00 Stitch and 'tch 2:00 Wished Felt Dreamed Group 2:45 <b>Opera in Focus Trip</b>	<b>29</b> 9:00 Gin/Hearts Group 10:00 Exercise 10:00 Digital Camera Class 11:30 <b>How to Succeed in Business Without Really Trying Trip</b> 12:30 Bridge 1:00 Happy Hookers <b>SHIP by appt.</b>	<b>30</b> 10:00 Skype Class 11:00 Wii Bowling 11:30 Lunch at Pavilion <b>CJE Russian Speaking Social Worker by appt</b>

## 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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