

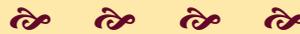
Wheeling Pavilion Senior Center *Wheeling Forward*

NOVEMBER 2014

BRAINSTORMERS! VOLUNTEERS!

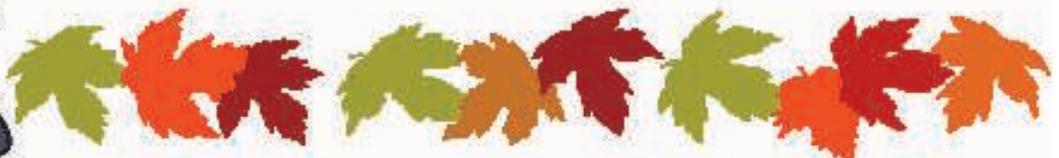
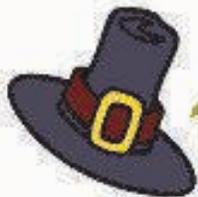
Join our new Community Volunteer Group on Tuesdays and Thursdays from 1:00 P.M. - 3:00 P.M. at the Wheeling Pavilion Senior Center. We will be making greeting cards and scarves, etc. for nursing home residents, PAD guests, and veterans. Space will also be available on the evenings during Tuesday Evening at Pavilion.

We hope to see you soon!



CONGRATULATIONS TO OUR SENIOR CENTER MONTH RAFFLE WINNERS:

\$5 Gift Certificate	Jackie Portnoy
\$10 Gift Certificate	Sue Allen
\$25 Gift Certificate	Eileen Solsberger
Die Musikmeisters CD	Dan Farber



PAVILION THANKS...

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



ADVISORY COUNCIL

Bill Churchill
 Kathy Gulyas
 Marilyn Hams
 Marshall Kaplan
 Gerald Malin
 Pat Miller
 Jackie Portnoy
 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.



- 6 Lois Marchini & Josiane Pitzen
- 8 Bonnie Zeitlin
- 9 Barb LaHay, Joan Johnson, & Arthur Bergendorf
- 10 Erika Gasperik
- 11 Renee Fiarman & Norma Hamilton
- 13 Caryl Festenstein, Sandi Kipps & Nina Kuznetsova
- 16 Ellen Nelson
- 17 Pat Hawkins
- 19 Barbara Altobelli, Theresa Bagdon, Paul Shin, & Sandra Wawczak
- 20 Pat Maziarka & Jack Vollriede
- 21 Dan Andrey
- 22 Elizabeth Boris & Judy Resele
- 24 Diane Portugall
- 26 Dennis Simonides
- 30 Phyllis Arnoux, Maggie Finger, & Pat Miller



HELP WANTED!

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

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



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)
- 1:00-3:30 Canasta and Pinochle

TUESDAY

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

WEDNESDAY

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

THURSDAY

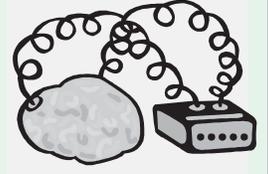
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 9:00-1:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

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

BRAIN GAMES

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



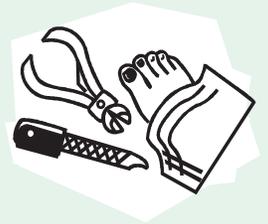
- Date:** Friday, November 21, 2014
Time: 10:00 a.m.
Place: Wheeling Pavilion Senior Center
Cost: *FREE* but reservations are requested in order to have enough materials for all in attendance.

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

FOOT DOCTOR

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

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



BLOOD PRESSURE SCREENING

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

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



Northwest Community Healthcare SENIOR SERVICES

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

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



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



Alzheimer's Disease and Related Disorders Assoc. Inc.



1-800-272-3900

A source of information and help



CHURCH CREEK SENIOR LIVING -
Care-free Living
FOR
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Make the Switch to DISH Today and Save Up To 50%

Call Now and Ask How!

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All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST Promo Code: MB0513 *Offer subject to change based on premium movie channel availability



Celebrate Life

847-537-6600

OFFERING:

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

CHURCH CREEK

FIVE STAR SENIOR LIVING™

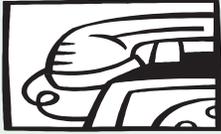
1250 West Central Road
Arlington Heights, IL 60005

847-506-3200

www.ChurchCreekRetirement.com



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

WHAT: Telephone Reassurance Program

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

WHY: Because we CARE
about your well being

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

STATE OF ILLINOIS BENEFITS FOR SENIORS

The benefits now available are:



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



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

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

YOUR CLOCK IS TICKING



“Life is like a box of chocolates.
You never know what you’re going to get.”

–Tom Hanks, *Forest Gump*

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

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

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

Important Information For YOU!

Cut the Red Tape with Benefits Assistance



Have you wondered if there is any help for all these medical bills?? Is there anyone I can talk to, to learn more about public assistance? Many forms can be very confusing: we can help in clarifying and processing applications. Many seniors or persons with disabilities aren't aware of the ways they might be able to make some major concerns and expenses easier. Learn if you might qualify for benefits to purchase healthier foods! Join the Village of Wheeling Human Services Department as they welcome Catholic Charities Northwest Senior Services for one-on-one assistance. Half-hour appointments available for benefits eligibility exploration/application on **November 6th** and **November 20th** from 1:00–3:00 p.m.. Please contact Catholic Charities at 847-253-5500 to sign up.

Wheeling Pavilion Senior Center

199 N. First Street
Wheeling, IL 60090





MEMORY EDUCATION AND SCREENINGS AT THE PAVILION

Date: Wednesday, November 19, 2014
Time: Half-hour appointments starting at 1:00 p.m.
Place: Wheeling Pavilion Senior Center
 199 N. 1st Street, Wheeling

Screenings will be conducted in English, Spanish, and Russian

**Please call 847-459-2606 for an appointment.
 Llame por la mañana en español.**

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 the **FOURTH THURSDAY** of each month.

Date: No meeting in November (closed for Thanksgiving Day)

WHO SHOULD BE SCREENED

Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to establish a base line score for comparison in the future.

These questions might help you decide. If you answer "yes" to any of them, you might benefit from a memory screening:

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am?
- Have family or friends told me that I am repeating questions or saying the same thing over and over again?
- Am I misplacing things more often?
- Have I become lost when walking or driving in a familiar neighborhood?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

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

ALZHEIMER'S FAMILY EDUCATION PROGRAM

Are you caring for an aging parent or relative with Alzheimer's disease? Do you want to find out more about what causes dementia, and the signs to watch for? Are you familiar with the behaviors—such as wandering and aggression—that can be caused by Alzheimer's and other dementias? This workshop will help you learn about the causes, symptoms, diagnostic process, and behaviors of Alzheimer's disease.

Date: Wednesday, November 19, 2014
Time: 9:30 a.m. – 11:00 a.m.
Place: Wheeling Pavilion Senior Center
 199 N. 1st Street, Wheeling
Cost: **FREE** but **registration is required** by November 5, 2014

**Register by calling
 the Wheeling Pavilion Senior Center
 at 847-459-2670.**

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. 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 November 14, 2014. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

9

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

THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.

JIM KENDROS

Friday November 7, 2014

Join Jim Kendros as he presents a program on beautiful songs to be thankful for. This will be a great way to begin the Thanksgiving season.



VIDEO TRIVIA

Monday November 10, 2014

It's trivia with a twist. Instead of asking a question about a movie, you will be shown a clip of the movie. Instead of just hearing a question about a song, you will actually hear a clip of the song. Join us for this entertaining game.



VETERANS DAY TRIBUTE

Wednesday November 12, 2014

Join us for a celebration in honor of those who served our country. Larry Breidenbach will entertain us after lunch.



JEWELRY MAKING CLASS

Monday November 17, 2014

Join member Pat Hawkins for a fun beading workshop. Make a pair of earrings in one session. There is no cost for this program, but you must register so we can have enough supplies on hand for all who would like to participate.



CONSUMER FRAUD PRESENTATION

Friday, November 21, 2014

This program will be presented by the Attorney General's office. Learn how to protect yourself from consumer fraud.



WEAR YOUR FAVORITE SWEATSHIRT DAY

Monday November 24, 2014

Celebrate the changing season. Keep warm and wear your favorite sweatshirt.





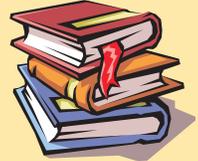


WELCOME NEW MEMBERS

Linda Graham
Kathleen Bellwoar

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



MAHJONGG GROUP
WE NEED MORE PLAYERS!



This new group meets to play every Wednesday from 1:00–3:30 p.m.
Mahjongg lessons are held on Fridays only from 12:30–3:30 p.m.
Group leader and teacher is Barbara Grossman.
Please register at the front desk.

CURRENT EVENTS

Do you love to discuss what is happening in the world?
Do you love to discuss what is happening in your neighborhood?
Do you love to interact with others?
If you answered YES, then you will enjoy our current events group at 10:00 a.m. on Tuesday at the Wheeling Pavilion Senior Center to discuss the topics of the day.



STITCH AND *ITCH

Attention experienced stitchers!
Come join us for an afternoon of stitching at the Wheeling Pavilion Senior Center. Bring your projects and join the fun.
Dates: Wednesday afternoons
Time: 1:00 p.m. – 3:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE



WANTED!

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

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



COMPUTER LEARNING CENTER

Day	Class	Time	Dates
Monday	BUGS	10:00 a.m. to 3:30 p.m.	11/24 – 12/15
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	11/25 & 12/9
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	12/2 & 12/16
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	11/26–12/17
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	12/4 & 12/18
Friday	Skype	10:00 a.m. to 12:00 p.m.	12/5 & 12/19
Tuesday or Thursday afternoon	Online Banking	TBD with Instructor	TBD with Instructor
Tuesday or Thursday afternoon	Beginners Tutoring	TBD with Instructor	TBD with Instructor

SENIOR HEALTH INSURANCE NEWS



Open Enrollment will start October 15, 2014, and run through December 7, 2014. This is the time of the year when you can sign up for insurance and drug plans; you may also change your present plan if you are unhappy with its performance. You may also sign up for Medicare itself if you need to do that now. Any insurance you sign up for during that time period will not become effective until January 1, 2015, so do not cancel your present insurance until your new insurance benefits start.

I will be on medical leave from October 1, 2014, through December 31, 2014 for some shoulder surgery (ugh!). Since I will not be able to help you during that time, please contact the Wheeling Township Office, 1616 North Arlington Heights Road, Arlington Heights IL. The telephone number is 847-259-7730. They have trained SHIP counselors over there who will be glad to help you.

The procedure is the same: you have to call first and make an appointment. There are good people there and please know that I am sorry I won't be at Pavilion to help you but I know you will be in good hands over there! I look forward to seeing you when I return!

Pat Miller
SHIP Coordinator/Counselor
Wheeling Pavilion Senior Center
847-459-2670



THE WHEELING PAVILION SENIOR FOUNDATION



Greetings from the board of directors of the Wheeling Pavilion Senior Foundation.

Fannie May candy sales have been great, thanks to all who have purchased and sold candy bars. We have plenty of candy; if you need extra bars let any WPSF board member know and we can help you. A special thanks to the staff at the Senior Center for handling sales of candy during the day, we could not do this without you. With Thanksgiving approaching soon why not pick up a few bars to bring as a hostess gift.

If you haven't already purchased your Carson's Community Days coupon book, please make sure you get one at the Senior Center or from any WPSF board member. The sale is November 14th and 15th, just in time for Holiday shopping. You can pre-shop the week before the sale and place items you are interested in on hold to assure that you can get what you want before it is gone. These coupon books are a great deal and a wonderful way for the Foundation to raise money. Each book is only \$5.00 and the savings are remarkable. 100% of the sales go to the Foundation, so this is an easy way for the Foundation to raise money. Last fall we sold 100 books (\$500.00) and qualified for a bonus. Let's surpass that number this fall!

Welcome to our newest members Barbara LaHay and Erica Young. If you haven't yet become a member of the Foundation, please consider joining. Your \$20.00 annual membership fee helps us help the Wheeling Pavilion Senior Center. Membership forms are available at the Senior Center for those of you who haven't yet joined. Remember, you don't have to be a senior to join the Foundation, so get your family and friends to join too. If you would like to do even more, please consider serving on the Board. For your convenience the WPSF accepts credit card payments for donations, purchases or membership dues over \$10.00. Contact Mary Papantos at (847) 537-2346 if you would like to use a credit card.

The annual meeting for all WPSF members is scheduled for Tuesday, February 17, 2015. This will be a special meeting as we celebrate our 5-year anniversary. Mark your calendars now to save the date. We look forward to seeing all WPSF members there.

Mary Papantos, Secretary/Treasurer WPSF

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.



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

BELOW STAIRS OF DOWNTON ABBEY

Monday, November 17th, 2:00 p.m.

Downton Abbey Inspired by Margaret Powell's book *Below Stairs: The Classic Kitchen Maid's Memoir*, Leslie Goddard portrays a kitchen maid and cook who worked in several stately English homes in the 1920's. This first person program introduces you to Powell, as she shares stories about the work it took to run a wealthy household in this era of eccentricities often found among employers. As she reveals, behind the glamour of these lavish households, a small army of servants toiled around the clock, bound together by hard work and a necessary sense of humor. Register at www.indiantrailslibrary.org or [847-279-2232](tel:847-279-2232).

WHEELING PARK DISTRICT EVENTS

THANKSGIVING COMMUNITY FEAST

Sunday, November 16, 1-4 PM

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

The Wheeling Park District Board of Commissioners cordially invites you and your family to a FREE Thanksgiving feast featuring a traditional meal including turkey, stuffing, potatoes, and more. Activities and giveaways for children also will be offered. The feast is free; canned food donations to benefit the Wheeling Food Pantry and cash donations for the Wheeling Park District Financial Assistance Program are accepted. **Please make a reservation for the Thanksgiving Community Feast by November 14; call (847) 465-3333.**

GENTLE YOGA

Mondays, November 3-December 22, 5-6 PM

Location: Community Recreation Center

Instructor: Nancy Rabenau

Balance, flexibility, and stress reduction are the focus of this one-hour class for all ages and abilities. 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 17656.

If you are not completely satisfied with the first scheduled class, refunds will be issued. After the second class meeting, refunds issued with a physician's note. For more information, call (847) 465-2943.

AQUALIGHT

Monday and Wednesday, 10-11 AM

Location: Arctic Splash indoor pool at the CRC

Get fit in the pool! This is the perfect class for anyone looking for a lighter workout in the water and those new to water fitness and exercising. Light cardio and strength exercises reduce joint pain and stiffness and increase flexibility and range of motion without putting stress on joints. *No need to register; drop-in when it's convenient for you. Purchase a Class Pass at the CRC Guest Service Desk.*

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

PICKLEBALL

Every Tuesday and Thursday morning (9 AM-12 PM), Friday evening (6-9 PM)

Fee: \$2

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

Pickleball is the racquet sport seniors made popular and the newest medal sport in the National Senior Games! 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 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, too.

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

Registration Policy

Registration can be taken in person at the front desk or over the phone, Payment is required at the time of registration. Payment methods accepted: Cash, Check, or Charge (Visa, MasterCard or Discover—NO American Express). If you are having someone else register for you, you must call the Senior Center and let us know in advance who will register for you.

OPERA IN FOCUS

By popular demand we will be attending "Hansel and Gretel" at Opera in Focus. All three acts of this beloved story will be performed in English in an abridged form. These miniature actors and actresses will amaze you!



- Date:** Wednesday, November 5, 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, IL
- Cost:** \$19 members/\$34 non-members by October 22, 2014
\$24 members/\$39 non-members October 23-October 30, 2014

Please note: We must have a minimum of 12 people registered by October 22, 2014 in order to run this trip.
No refunds or credits after October 30, 2014 as we must give a final number and payment to the venue at that time.

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



HEALTHY COMFORT FOODS

It is mid afternoon or evening and you are having a "snack attack"! Instead of reaching for chips, cookies, chocolate, or other junk food try reaching for something healthy. Join us for this presentation from ManorCare and learn how to substitute healthy food when you have cravings.



- Date:** Thursday, November 6, 2014
- Time:** 1:00 P.M.
- Place:** Wheeling Pavilion Senior Center
- Cost:** FREE, but registration is requested.

Please note: We must have a minimum of 10 people registered by November 1, 2014 in order to run this program.

VETERANS DAY PROGRAM

Help us celebrate Veterans Day with a musical program dedicated to those who served our country. *This program is sponsored by Lexington.*



- Date:** Wednesday, November 12, 2014
- Time:** Immediately after Lunch at Pavilion (approximately 12:00 P.M.)

Please Note: Lunch at Pavilion requires advance registration.

Please call the Wheeling Pavilion 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, November 18, 2014
- Time:** 6:00 p.m. – 8:00 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** FREE, but registration is requested



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.

RULES OF THE ROAD

The Wheeling Pavilion Senior Center will be offering a Rules of the Road Class in preparation for the test. Come and refresh your memory so you can "Ace" your exam!

Date: Wednesday, November 19, 2014

Time: 10:00 a.m. - 12:00 p.m.

Place: Wheeling Pavilion Senior Center

Cost: Free but advance registration is required

Please register for this program
at the Wheeling Pavilion Senior Center,
199 N. 1st Street, Wheeling
or call 847-459-2670 for more information.



THANKSGIVING LUNCHEON

Celebrate Thanksgiving at the Wheeling Pavilion Senior Center. We will have a traditional Thanksgiving meal followed by entertainment by Kym Frankovelia.

Date: Thursday, November 20, 2014

Time: 11:30 A.M.

Place: Wheeling Pavilion Senior Center

Cost: \$13 members/\$28 non-members

No reservations after November 13, 2014

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



MUSEUM OF SCIENCE AND INDUSTRY

Travel the world at the Museum of Science and Industry to see how various countries celebrate the Christmas holiday. View the beautiful trees decorated according to the customs of each country represented. The cost of this trip includes round trip transportation, admission to the museum, and a \$12 food voucher to use for lunch in the Brain Food Court.

Date: Tuesday, December 2, 2014

Time: Meet at the Wheeling Pavilion Senior Center at 9:00 A.M.
The bus will leave at 9:15 A.M.

Place: Chicago, IL

Cost: \$50 members/\$65 non-members
by November 6, 2014
\$55 members/\$70 non-members
November 7-November 14, 2014
if space is available.

**Please note: No reservations, refunds, or credits after
November 14, 2014 as we must give a final count
and payment to the venue at that time.**

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

MARY POPPINS



Poppins is the story that every family can relate to—parents trying to make ends meet, busy schedules that have family members passing in the halls, spouses on different pages and no one taking time to notice. In the end, it takes a stranger with a distant demeanor, and some pretty cool skills to remind everyone that the most important things in the world are family and love. Travel with the Wheeling Pavilion Senior Center to enjoy this fun, upbeat, brightly colored performance that will be sure to leave you singing! The cost of this trip includes round trip transportation, lunch, and a ticket to this Supercalifragilisticexpialidocious show.

Date: Wednesday, December 3, 2014

Time: Meet at the Wheeling Pavilion Senior Center at 10:30 A.M.

The bus will leave at 10:45 A.M.

Place: Paramount Theatre in Aurora, IL

Cost: \$65 members/\$80 non-members

**Please note: We must have 13 people registered
by November 3, 2014 in order to run this trip.**

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



DECEMBER/JANUARY/FEBRUARY EVENTS 15

DECEMBER OPERA IN FOCUS



Join us for a performance of acts 1 and 2 from La Boheme and a "White Christmas" interlude of Christmas Carols. Enjoy these amazing puppet actors and actresses.

Date: Wednesday, December 17, 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, IL
Cost: \$19 members/\$34 non-members by December 1, 2014
\$24 members/\$39 non-members December 2 - December 9, 2014

Please note: We must have a minimum of 12 people registered by December 1, 2014 in order to run this trip.

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

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

END OF YEAR PARTY



Wow! It's hard to believe but 2014 will be coming to an end in just a few months. Ring in 2015 at the Wheeling Pavilion Senior Center's End of Year Party.

The celebration will begin with a delicious meal followed by entertainment by Sandi Haynes. A countdown to the New Year followed by a toast will conclude the program.

Date: Tuesday, December 30, 2014
Time: 11:30 A.M.
Place: Wheeling Pavilion Senior Center
Cost: \$12 members/\$27 non-members

Please note: We must have a minimum of 25 people registered by December 1, 2014 in order to celebrate together.

No reservations after December 23, 2014

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

GRAND VICTORIA CASINO

Take a break from the Winter Blues and try your luck at the Grand Victoria Casino in Elgin, IL. Try your luck at the slots and table games. Enjoy their delicious buffet lunch, included in the cost of the trip.



Date: Thursday, January 29, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 10:00 A.M.
The bus will leave at 10:15 A.M.
Place: Elgin, IL
Cost: \$18 members/\$23 non-members by January 5, 2015
\$23 members/\$38 non-members January 6-January 12, 2015

Please note: No registration, refunds, or credits after January 12, 2015.

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



PINOT'S PALETTE

Enjoy an evening out! We will have an instructor take us through each step of painting a picture. Participants will be able to complete their artwork during the session and take home their masterpieces that evening. Bring your own dinner to be enjoyed before the class begins.



Date: Thursday Evening, February 5, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 5:00 P.M.
The bus will leave at 5:15 P.M.
Place: Glenview, IL
Cost: \$55 members/\$70 non-members by January 12, 2015
\$60 members/\$75 non-members January 13 - January 16, 2015

No refunds, or credits after January 16, 2015

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



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A source of information and help

TOMMY GUN'S GARAGE



Travel back in time to the 1920's as we enjoy a delicious meal and show at Tommy Gun's Garage. Upon registration, please specify your choice of lasagna with marinara sauce, lasagna with meat sauce, chicken, or prime rib for lunch. Enjoy 1920's themed entertainment including a re-enactment of the St. Valentine's Day Massacre at the conclusion of the program.

- Date:** Wednesday, February 11, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 11:00 A.M.
The bus will leave at 11:15 A.M.
- Place:** Chicago, IL
- Cost:** \$69 members/\$84 non-members by January 20, 2015
\$74 members/\$89 non-members January 21 - January 28, 2015

Please note: NO refunds, credits, or reservations after January 28, 2015 as we must give a final count, meal selection, and final payment to the venue at that time.

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



WEST SIDE STORY



On the mean streets of New York City, two gangs are in a long-lasting duel. The Sharks, a Puerto Rican gang, grapple with the difficulties of assimilating into American society. The Jets, the "American" gang, want to resist newcomers entering their territory. In the midst of this rivalry, a Jet, Tony, falls in love with a beautiful Sharks' girl, Maria. The cost of this trip includes round trip transportation to and from Drury Lane Theatre, your choice of a salmon filet or roast strip loin for lunch, and a ticket to the show.

- Date:** Thursday, March 5, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:15 A.M.
The bus will leave at 10:30 A.M.
- Place:** Oakbrook Terrace, IL
- Cost:** \$69 members/\$84 non-members by February 2, 2015
\$74 members/\$89 non-members February 3-February 9, 2015

No refunds, credits, or reservations after February 9, 2015 as we must give a final count and payment to the venue at that time.

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



SONDHEIM ON SONDHEIM

Stephen Sondheim's final say on his unparalleled body of work is an intimate portrait of the famed songwriter in his own words and music featuring new arrangements of more than two dozen Sondheim tunes, ranging from the beloved to the obscure, interspersed with filmed commentary by the composer himself.

- Date:** Thursday, March 12, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 11:30 A.M.
The bus will leave at 11:45 A.M.
- Place:** Chicago, IL
- Cost:** \$54 members/\$69 non-members by February 1, 2015
\$59 members/\$74 non-members February 2-February 12, 2015

Please note: No refunds, credits, or reservations after February 12, 2015 as we must give the final count and payment to the venue at that time.

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



LES MISERABLES

Les Miserables is the story of ex-convict Jean Valjean and his journey for redemption. On that road, he encounters the unwavering love of a mother, the innocence of a child, the steely determination of a hunter and the passion of youthful freedom fighters. This is a story of heroic human commitment that you will not soon forget.

- Date:** Wednesday, March 25, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:45 A.M.
- Place:** Aurora, IL
- Cost:** \$65 members/\$80 non-members by February 23, 2015
\$70 members/\$85 non-members February 23 - March 3, 2015

Please note: No refunds, credits, or reservations after March 3, 2015 as we must give a final count and payment to the venue at that time.

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



NOVEMBER 2014 CALENDAR OF EVENTS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>3</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>4</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>5</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 Sing-a-Long</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Mahjongg Group</p> <p>1:00 Stitch and *itch</p> <p>2:45 Opera in Focus Trip</p>	<p>6</p> <p>9:00 Gin/Hearts Group</p> <p>10:00 Advisory Council Meeting</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>12:30 Bridge</p> <p>1:00 Healthy Comfort Foods</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>7</p> <p>10:00 Computer Class</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Jim Kendros "Beautiful Love Songs to be Thankful for"</p> <p>12:30 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>10</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Video Trivia Program</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>11</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>12</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 Sing-a-Long</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Larry Breidenbach Veterans Day Program</p> <p>1:00 Mahjongg Group</p> <p>1:00 Stitch and *itch</p>	<p>13</p> <p>9:00 Gin/Hearts Group</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>14</p> <p>9:15 Foot Care</p> <p>10:00 Computer Class</p> <p>9:30 White Fence Farm Trip</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Mahjongg Group Instruction</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>17</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Pat Hawkins Jewelry Making Class</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>18</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>19</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>9:30 Alzheimers Family Education Program</p> <p>10:00 Computer Topics Class</p> <p>10:00 Rules of the Road Class</p> <p>10:30 Sing-a-Long</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Mahjongg Group</p> <p>1:00 Stitch and *itch</p>	<p>20</p> <p>9:00 Gin/Hearts Group</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>11:30 Thanksgiving Lunch</p> <p>12:00 Kym Frankovoglia</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>21</p> <p>10:00 Computer Class</p> <p>10:00 Brain Games</p> <p>10:30 Your Clock is Ticking</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Consumer Fraud Presentation</p> <p>12:30 Mahjongg Group Instruction</p> <p>1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>					
<p>24</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion/Wear Your Favorite Sweatshirt Day</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>25</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>10:00 Current Events</p> <p>12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>26</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Mahjongg Group</p> <p>1:00 Stitch and *itch</p>	<p>27</p> <p>9:00 Gin/Hearts Group</p> <p>10:00 Exercise</p> <p>10:00 Computer Class</p> <p>11:30 Thanksgiving Lunch</p> <p>12:00 Kym Frankovoglia</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p> <p>Catholic Charities Benefits by appt. 1-3</p>	<p>28</p> <p>10:00 Computer Class</p> <p>10:00 Brain Games</p> <p>10:30 Your Clock is Ticking</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Consumer Fraud Presentation</p> <p>12:30 Mahjongg Group Instruction</p> <p>1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>					



Senior Center Closed for Thanksgiving Holidays

Senior Center Closed for Thanksgiving Holidays

Senior Center Closed for Thanksgiving Holidays

TRIP AND PROGRAM CANCELLATION POLICY

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

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

Check specific information for each trip.

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

AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

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

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

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

TRIP ETIQUETTE

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

CAREGIVER POLICY

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



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

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

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