



Wheeling Pavilion Senior Center *Wheeling Forward*

OCTOBER 2014



ATTENTION THEATRE FANS!

We have a lot of great theatre trips planned for the coming months. If you are interested in any of the shows listed below, please fill out the coupon and return it to Alysia. You will be contacted when the shows you expressed interest in are open for registration.

If you have any questions, please contact Alysia at amiller-goldstein@wheelingil.gov , 847-403-4480, or in person at the Senior Center. Please note: we must have sufficient interest in these theatrical

- events in order to proceed with the trips listed.
- The King and I Tentative date is November 19, 2014
- Mary Poppins December 3, 2014 (Open for registration)
- Camelot December 11, 2014 (Open for registration)
- West Side Story March 5, 2015
- Sondheim on Sondheim March 12, 2015
- Les Miserables March 25, 2015
- Billy Elliot May 7, 2015



Name

Phone Number

PAVILION THANKS...

- Jeanne Annis, Renee Dicker, Marilyn Hams, George Hieber, Dolores Kelley, Jenny Levine, Joannie Purvin, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Barbara Grossman, Marilyn Hams, Tom Logan, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, 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, and Bobi Spiegel.



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.



- 1 Anant Rawal
- 2 Joyce Sullivan & Joan Unger
- 4 Nels Nelson
- 6 Sybil Grossman, Stuart Sosin & Maria Tumilowicz
- 7 Linda Bressett, Lauren Daynor & Dan Farber
- 9 George Elliott
- 10 Lucia Geppert & Erica Young
- 13 Larry Weaver
- 14 Robert Culver
- 16 Jean Johnson & Corky Weber
- 17 Marilyn Naples & Jean Schade
- 20 Kathy Cramer & Olga Sluzker-Schullman
- 22 Rita Toussaint
- 23 Lee Geoghegan
- 24 Eppy Papas & Dimitrios Tsonis
- 26 Lorraine Brauger & Hedy Dagher
- 27 Martha Rivera, Vilma Sanchez & Rosanne VerPlancke
- 28 Barbara Forke & Robert Gontarz
- 29 Amy Ballee
- 30 Susan Keller
- 31 Leah Singer



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

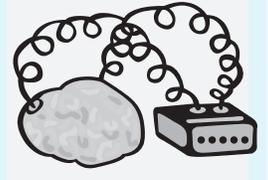
- 10:00-11:00 Stay Fit Fitness
- 9:00-11:00 Gin/Hearts group
- 9:00-1:00 SHIP by appt.
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

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.



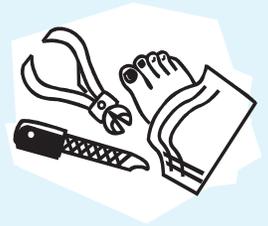
- Date:** Friday, October 24, 2014
Time: 10:00 a.m.
Place: Wheeling Pavilion Senior Center
Cost: *FREE* but reservations are requested in order to have enough materials for all in attendance.

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.





**“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**

TAKE CHARGE OF YOUR HEALTH PROGRAM

This chronic disease self-management program is for people with chronic health conditions. This course will consist of 7 workshops, each building on the previous session. Each session will be highly participative and helps participants build confidence in their ability to manage their health. Classes meet once a week for 7 weeks and will be 2½ hours in length.



Dates: Mondays, September 8 thru
October 20, 2014

Time: 12:30 p.m.–3:00 p.m.

Place: Wheeling Pavilion Senior Center

Cost: FREE, but advance registration is required so we have enough materials for all of our participants.

Please note: we must have a minimum of 10 people registered by August 25, 2014 in order to run this program.

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

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 **October 2nd** and **October 16th** from 1:00–3:00 p.m. . Please contact the Wheeling Pavilion Senior Center to sign up at (847)459-2670.

Wheeling Pavilion Senior Center

199 N. First Street
Wheeling, IL 60090



STATE OF ILLINOIS BENEFITS FOR SENIORS

The benefits now available are:

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



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

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

YOUR CLOCK IS TICKING

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

—Tom Hanks, *Forest Gump*

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

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

Date: Friday, October 17, 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 the FOURTH THURSDAY of each month.

Date: Thursday, October 23, 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

MEMORY SCREENINGS

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

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 October 10, 2014. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

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

THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.

HEATHER BRAOUDAKIS PRESENTS "SONGS YOU HAVE REQUESTED"

Wednesday, October 1, 2014

Heather Braoudakis will be here to entertain us with songs you have requested. Enjoy favorite songs such as "Days of Wine and Roses", "Always", "Sunrise Sunset" and more.



TAKE CHARGE OF YOUR HEALTH

Mondays, October 6, 20, and 27, 2014

This chronic disease self-management program is for people with chronic health conditions. This course will consist of 7 workshops, each building on the previous session. Each session will be highly participative and helps participants build confidence in their ability to manage their health. Classes meet once a week for 7 weeks and will be 2 ½ hours in length. Registration is requested in order to have enough materials for all in attendance.



COUPONS AND COOKIES

Wednesday, October 15, 2014

Learn about upcoming trips and activities at the Wheeling Pavilion Senior Center. Refreshments and coupons will be distributed to all who attend the full Coupons & Cookies presentation.



ART INSIGHTS PROGRAM

Friday, October 17, 2014

Art Insights from the Art Institute will be here to present their new program "Eat, Drink, and be Merry". They will discuss how food/feasts are portrayed in various works of art.



SWEET AND CLASSIC FOOD

Wednesday, October 22, 2014

Did you have a favorite food or foods growing up? Tim Wilsey will present his program on Sweet and Classic Food. *This program is sponsored by Athletico.*



FALL PREVENTION PROGRAM

Friday, October 24, 2014

Learn tips to help prevent falls.



JOHN BODA PRESENTS "RIVERVIEW"

Wednesday, October 29, 2014

Everyone who grew up in the Chicago area remembers this famous amusement park. Join John Boda as he discusses the stories and pictures from this park.

This program is sponsored by the Indian Trails Public Library.



HALLOWEEN CELEBRATION

Friday, October 31, 2014

Put on your costumes and join us for our annual Halloween celebration. Caryl Derenfeld will be here to talk about the history and traditions of Halloween. Following the program we will have a costume contest.

This program is sponsored by the Greek American Rehabilitation and Care Centre.



WELCOME NEW MEMBERS

Barbara Altobelli
Pat Horejs

Allan & Anita Cohen
Larry Jasinek

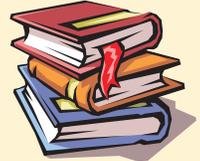
William Glickin
Arthur Spreckman

Rita Hogarth
Carolyn Targun

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. 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.	10/20-11/10
Tuesday	eBay Basics	10:00 a.m. to 12:00 p.m.	10/21 & 11/4
Tuesday	eBay Buying & Selling	10:00 a.m. to 12:00 p.m.	10/28 & 11/11
Wednesday	Computer Topics	10:00 a.m. to 12:00 p.m.	10/22-11/12
Thursday	Digital Camera	10:00 a.m. to 12:00 p.m.	10/23 & 11/6
Friday	Skype	10:00 a.m. to 12:00 p.m.	10/24 & 11/7
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



It is hard to believe that Halloween is almost here. The board took time off from fundraising activities this summer, but we are back at it now. Remember, every cent we raise goes to the Wheeling Pavilion Senior Center. Our by-laws do not allow for any other use of our funds, so by supporting the Foundation, we are supporting our senior center.

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. To date, we have sold over 1500 candy bars!! If there is a special type that you like let the staff at the Senior Center know and we will try to order it for you. These bars would be great as a special "Treat" for your favorite ghosts or goblins that come to your door this Halloween. Stock up now.

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!

The Board welcomed members for a "Q and A" session in August. We had a good turnout and welcome the opportunity to interact with our members. We look forward to hosting similar sessions in the future.

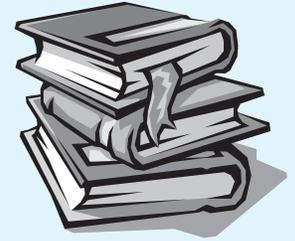
For your convenience the WPSF accepts credit card payments for donations, purchases or membership dues over \$10.00. Contact Mary Papatos at (847) 537-2346 if you would like to use a credit card.

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.

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.

**HOUDINI**

Tuesday, October 28, 2-3 p.m.

The true stories of the American self-liberator, Europe's eclipsing sensation, World's handcuff king, Exposer of fraud, Original prison breaker, and Master magician. Houdini was the most famous man of his time and, over 80 years after his death, he is still the foremost name in magic. In *Houdini His Life & His Legend*, William Pack uses storytelling and historical magic recreations to bring the true story of this Jewish-American icon to life. Register at www.indiantrailslibrary.org or 847-279-2232. Co-sponsored with Buffalo Grove Park District and Wheeling Senior Pavilion.

WHEELING PARK DISTRICT EVENTS**SENIOR SCRAMBLE GOLF EVENT**

Tuesday, October 7, 10 AM shotgun start

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

Fee: \$50

Fifty is nifty for this event; get your group together for this fun, four-person scramble format. No handicaps required; the only requirement is that you are at least 50 years old. Tees are adjusted for different age groups. Lunch and awards follow golf.

For more information, call (847) 465-2311.

BALLROOM DANCING

Wednesday, October 29, 7-10:30 PM

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

It's a very special and unique Halloween party! Dance the night away to the Dick Elliott Orchestra on the 5,000-square-foot dance floor in the beautiful Grand Ballroom. Dance lesson at 7 PM with Bob and Penny Urbon of Ballroom Chicago is included in the \$14 admission price. Cash bar and snacks are available. For more information, call (847) 465-2311.

GENTLE YOGA

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.

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.

EATALY CHICAGO

Travel to another country without leaving the Chicagoland area! Join the Wheeling Pavilion Senior Center as we head to Eataly Chicago for an opportunity to enjoy great food and unique shops. The cost of this trip includes a \$30 gift card to use for lunch in your choice of restaurants and shops within the Eataly complex.



- Date:** Thursday, October 2, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 11:15 a.m. to sign in. The bus will leave at 11:30 a.m.
- Place:** Eataly in Chicago, IL
- Cost:** \$49 members/\$64 non-members by September 18, 2014
\$54 members/\$68 non-members September 19, 2014 or later if space is available.

Please note: We must have a minimum of ten (10) people registered by September 18, 2014 in order to run this trip.

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



OCTOBER EMERITUS LUNCH AND BINGO

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



- Date:** Tuesday, October 7, 2014
- Time:** 11:30 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** \$4 members/\$16 non-members while space is available

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

No reservations before September 22, 2014

FOUR WINDS CASINO

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



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

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

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

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



BREATH OF FRESH AIR

Learn breathing techniques and how your breathing patterns change as the seasons change. Learn about common respiratory diagnoses and how to manage them. This program will be presented by a respiratory therapist from ManorCare.



- Date:** Thursday, October 9, 2014
- Time:** 1:00 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** FREE, but registration is requested

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

JAYCEES OKTOBERFEST

Join the Jaycees for lunch and Bingo to celebrate Fall.

This event is FREE FOR **MEMBERS ONLY! NO EXCEPTIONS!**

Registration will begin October 1, 2014 on a first come first served basis. Registration must be in person only or via pre-approved arrangements.

Date: Saturday, October 18, 2014
Time: 11:00 a.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE, but this program is for **MEMBERS ONLY!**

Register for this program in person at the Front Desk at the Wheeling Pavilion Senior Center or call 847-459-2670 for more information.



JOURNAL MAKING WORKSHOP

Learn how to make a journal from recycled fabrics during this fun workshop.

This program will be led by a teacher from the Twisted Fiber Studio. This easy to do project will take about an hour and a half to complete and you will be able to bring your completed project home with you that evening.

Join us for pizza before the class begins. The cost of this program includes dinner and all the supplies needed to make this project.

Date: Tuesday, October 21, 2014
Time: 5:30 p.m. – 8:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: \$42 members/\$57 non-members

Please note: we must have a minimum of ten people registered by October 1, 2014 in order to run this program.

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



Lunch and Putt Putt Golf

Enjoy a delicious lunch then play a round of Putt Putt golf on an indoor golf green. Prizes will be awarded for 1st, 2nd, and 3rd place. *This program is sponsored by Brookdale Plaza Northbrook.*



Date: Thursday, October 23, 2014
Time: 11:30 a.m.
Place: Wheeling Pavilion Senior Center
Cost: \$4 for members/\$19 non-members

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

No reservations after October 15, 2014



RIVERVIEW PRESENTATION

Do you remember the fun you had at Riverview Amusement Park? John Boda will present his program on this Chicagoland classic. Hear stories and see pictures from the park. Reminisce about the great times you had in this beloved amusement park.

This program is sponsored by Indian Trails Public Library.

Date: Wednesday, October 29, 2014
Time: Immediately after Lunch at Pavilion (approximately 12:00 p.m.)

Please Note: Lunch at Pavilion requires advance registration.

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



Aladdin's Castle, Walk-through Fun House 1932-1967 - Riverview Park, Chicago, Illinois

HALLOWEEN CELEBRATION

Put on your costumes and join us for our annual Halloween celebration. Caryl Derenfeld will be here to talk about the history and traditions of Halloween. Following the program we will have a costume contest. *This program is sponsored by the Greek American Rehabilitation and Care Centre.*



- Date:** Friday, October 31, 2014
- Time:** Immediately after Lunch at Pavilion, approximately noon.
- Place:** Wheeling Pavilion Senior Center
- Cost:** *Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.*

Please note: Lunch at Pavilion requires advance registration.

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

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. to check in. 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 Senior Center at 847-459-2670 to reserve your space



Thanksgiving Luncheon

Celebrate Thanksgiving at the Wheeling Pavilion Senior Center. We will have a traditional Thanksgiving meal followed by entertainment by Kym Frankovelgia. *This program is sponsored by the Abington.*

- Date:** Thursday, November 20, 2014
- Time:** 11:30 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** \$13 members/\$28 non-members

Call the Senior Center at 847-459-2670 to reserve your space. No reservations after November 13, 2014



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.



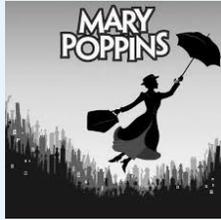
- Date:** Tuesday, December 2, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 9:00 a.m. to check in. The bus will leave at 9:15 a.m.
- Place:** Chicago, IL
- Cost:** \$50 members/\$65 non-members by November 6, 2014
\$55 members/\$70 non-members November 7-November 14, 2014 if space is 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 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. to check in. The bus will leave at 10:45 a.m.
- Place:** Paramount Theatre in Aurora, IL
- Cost:** \$65 members/\$80 non-members by October 27
\$70 members/\$85 non-members October 28 - November 3

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

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

No refunds, credits, or reservations after November 3rd.



CAMELOT



The entire community of Camelot awaits the arrival of Guinevere, King Arthur of England's future Queen. Enjoy this exciting tale of love and chivalry and enjoy musical numbers including "I Loved You Once in Silence" and "If Ever I Would Leave You". The cost of this trip includes round trip transportation to Drury Lane Theatre, your choice of salmon or turkey for lunch and a ticket for the performance.

- Date:** Thursday, December 11, 2014
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:15 a.m. to check in. The bus will leave at 10:30 a.m.
- Place:** Oakbrook Terrace, IL
- Cost:** \$69 members/\$84 non-members by November 6, 2014
\$74 members/\$89 non-members November 7- November 14, 2014

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.

We must have a minimum of 11 people registered by November 7, 2014 in order to run this trip.

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



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. to check in. 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 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, refunds, or credits after December 23, 2014

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

OCTOBER 2014 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Exercise/Video 10:00 BUGS/Computers 11:00 WiiBowling 11:30 Lunch at Pavilion 12:30 Take Charge of Your Health Program 1:00 Canastal/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>10:00 Exercise 10:00 Computer Class 10:00 Current Events 11:30 Emeralds Lunch & Bingo 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>1 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Strg -a-Long 11:30 Lunch at Pavilion 12:00 Heather B. "Songs You've Requested" 1:00 Mtg/Grp/Club 1:00 St/and/tn</p>	<p>2 9:00 Gr/Hearts/Club 9:45 Easy Trip 10:00 Advisory Council Meeting 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1 Catholic Charities Benefits by appt. 1-3</p>	<p>3 10:00 Computer Class 11:00 WiiBowling 11:30 Lunch at Pavilion 12:30 Mtg/Grp/Club/Instudn</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>6 9:00 Exercise/Video 10:00 BUGS/Computers 11:00 WiiBowling 11:30 Lunch at Pavilion 12:30 Take Charge of Your Health Program 1:00 Canastal/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>7 10:00 Exercise 10:00 Computer Class 10:00 Current Events 11:30 Emeralds Lunch & Bingo 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>8 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Strg -a-Long 11:30 Lunch at Pavilion 1:00 Mtg/Grp/Club 1:00 St/and/tn</p>	<p>9 9:00 Gr/Hearts/Club 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Breath of Fresh Air 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1 Catholic Charities Benefits by appt. 1-3</p>	<p>10 9:15 Foot Care 10:00 Computer Class 11:00 WiiBowling 11:30 Lunch at Pavilion 1:00 Mtg/Grp/Club/Instudn</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>13 COLUMBUS DAY SENIOR CENTER CLOSED</p> 	<p>14 8:45 Four Winds Casino Trip 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>15 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Strg -a-Long 11:30 Lunch at Pavilion 12:00 Coupons & Cookies 1:00 Mtg/Grp/Club 1:00 St/and/tn</p>	<p>16 9:00 Gr/Hearts/Club 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1 Catholic Charities Benefits by appt. 1-3</p>	<p>17 10:00 Computer Class 10:30 YourCook's Tdng 11:00 WiiBowling 11:30 Lunch at Pavilion 12:00 Art Insights Program 12:30 Mtg/Grp/Club/Instudn 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>20 9:00 Exercise/Video 10:00 BUGS/Computers 11:00 WiiBowling 11:30 Lunch at Pavilion 12:30 Take Charge of Your Health Program 1:00 Canastal/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>21 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge 5:30 Journal Making Workshop 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>22 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 12:00 Chicago's Sweet & Classic Food 1:00 Mtg/Grp/Club 1:00 St/and/tn</p>	<p>23 9:00 Gr/Hearts/Club 10:00 Exercise 10:00 Computer Class 11:30 Pd/At/Grp/Lunch 12:30 Bridge 1:00 Happy Hookers 6:00 Caregiver Support Group</p> <p>SHIP by appt. 9-1 Catholic Charities Benefits by appt. 1-3</p>	<p>24 10:00 Brain Games 10:00 Computer Class 11:00 WiiBowling 11:30 Lunch at Pavilion 12:00 Fall Prevention Program 12:30 Mtg/Grp/Club/Instudn</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>27 9:00 Exercise/Video 10:00 BUGS/Computers 11:00 WiiBowling 11:30 Lunch at Pavilion 12:30 Take Charge of Your Health Program 1:00 Canastal/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>28 10:00 Exercise 10:00 Computer Class 10:00 Current Events 12:30 Bridge</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>29 9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:15 Book Pressure 11:30 Lunch at Pavilion 12:00 John Boda presents "Riverview" 1:00 Mtg/Grp/Club 1:00 St/and/tn</p>	<p>30 9:00 Gr/Hearts/Club 10:00 Exercise 10:00 Computer Class 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt. 9-1</p>	<p>31 10:00 Computer Class 11:00 WiiBowling 11:30 Lunch at Pavilion "Halloween Party" 12:00 Caryl Derenfeld "Halloween Stories" 12:30 Mtg/Grp/Club/Instudn</p> <p>CJE Russian Speaking Social Worker by appt.</p>

TRIP AND PROGRAM CANCELLATION POLICY

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

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

Check specific information for each trip.

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

AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

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

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

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

TRIP ETIQUETTE

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

CAREGIVER POLICY

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



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

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

**VILLAGE OF WHEELING
BOARD OF TRUSTEES**

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Robert Heer, *Trustee*
Bill Hein, *Trustee*
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Shari Matthews Huizar, *Director of Human Services*
Alysia Miller-Goldstein, *Program Planner*
Jan Christiansen, *Social Worker*
Jeanne Schultz, *Administrative Secretary*
Diana Murillo, *AM Clerk*
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