



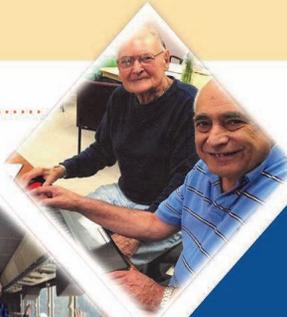
Wheeling Pavilion Senior Center

Wheeling Forward

SEPTEMBER 2015

Celebrate **LIFE** at Your Senior Center!

LEARNING
Expand your knowledge



INDEPENDENCE
Live on your terms



FRIENDS
Enjoy life



ENERGY
Discover health and vitality



National Senior Center Month
September 2015

SEPTEMBER IS SENIOR CENTER MONTH

Celebrate the fun and fellowship at our Senior Center. Each day we will have a scheduled activity in addition to the wide variety of groups we offer on a regular basis. Each time you attend a program or trip that is in **bold** lettering on our September calendar (page 18), you will receive a raffle ticket at the conclusion of the program. Write your name and phone number on the back of the ticket and place it in our raffle box. The winners will be drawn at random at our Senior Center Wrap-Up Party on Wednesday, September 30, 2015.

Prizes are:

- ◆ \$25 Senior Center Gift Certificate
- ◆ \$10 Senior Center Gift Certificate
- ◆ \$ 5 Senior Center Gift Certificate

...AND WHO EVER SAID THERE IS NO SUCH THING AS A **FREE LUNCH??**

For the entire month of September, lunch is on us for the first 30 people to sign up for Thursdays.*

**Order must be placed no later than Wednesday of the prior week.*

PAVILION THANKS...

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



ADVISORY COUNCIL

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

TRANSPORTATION RESOURCES

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

WHEELING TOWNSHIP DIAL-A-RIDE/SENIOR DISABLED TRANSPORTATION

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

PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

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

RTA FREE OR REDUCED RIDE PROGRAM

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

PACE BUS SERVICE

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

ESCORTED TRANSPORTATION SERVICE NORTHWEST

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



- 2 Thomas Vollmer
- 8 Marcia Burk & Hasmukh Rami
- 10 Karen Farber
- 13 Franziska Balcke & Kathleen Bellwoar
- 16 Lynn Gordon
- 19 Niru Rawal & Nicole Nowak
- 20 Sandra Rohrs
- 21 Lisette Lumsden
- 22 Jerry Falkin
- 23 Donna Vollmer
- 24 Eleanor Buerger & Dave Weisman
- 25 George Reidinger
- 26 Madeleine Amschwand & Cipriano Delgado
- 27 Marshall Kaplan
- 29 Windel Adkins
- 30 Frank Bressett

WE'RE SO EMBARRASSED!

Our apologies for missing Maria Heredia's birthday in July, which she celebrated on July 15th.



4 WEEKLY PROGRAMS AND INFORMATION

SCHEDULE AT A GLANCE

MONDAY

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

TUESDAY

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

WEDNESDAY

- 9:00-10:00 Stay Fit Fitness
- 9:30-10:00 Indian Trails Library Drop Off
and Pickup
- 10:00-12:00 Computer Topics Class
- 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 Mahjong Group

THURSDAY

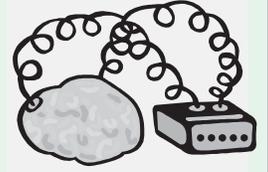
- 9:00-11:00 Gin/Hearts group
- 9:30-10:30 Stay Fit Fitness
- 10:00-3:00 SHIP by appt.
- 11:30-12:30 Lunch at Pavilion
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

- 9:00-3:30 CJE Russian Speaking Social
Worker by appt.
- 10:00-11:00 Brain Games (4th FRI of the month)
- 10:00-12:30 Russian Tea Time Support Group
(2nd & 4th FRI of the month)
- 11:00-12:00 Wii Bowling & Games
- 11:30-12:30 Lunch at Pavilion
- 12:30-3:30 Mahjong 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 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, September 25, 2015

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.

BLOOD PRESSURE SCREENING

Last Wednesday of every month

11:15 a.m.

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



HEARING SCREENINGS

Nick Mitzen and staff from Zounds Hearing will be providing free hearing screenings at the Wheeling Pavilion Senior Center by appointment. In addition to the free screenings, they will be able to answer any general hearing health questions. Come by and check them out.



Date: Monday, September 21, 2015

Time: 10:00 a.m.-12:00 p.m., by appointment

Place: Wheeling Pavilion Senior Center

Cost: FREE, but appointments are required.

Call the Wheeling Pavilion Senior Center at 847-459-2670 to schedule your appointment.



HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW!
1-888-891-6806



Cancer Information Service



1-800-4 CANCER

Trained staff member or volunteer gives confidential answers to caller questions on a variety of subjects from cancer detection and treatment to coping with this disease.

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Care-free Living
FOR

ARLINGTON HEIGHTS SENIORS

Alzheimer's Disease

and Related Disorders Assoc. Inc.



1-800-272-3900

A source of information and help

OFFERING:

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

CHURCH CREEK

FIVESTAR 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**

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, August 21, 2015
Place: Wheeling Pavilion Senior Center
Time: 10:30 a.m. – 11:30 a.m.
Group
Facilitator: Jan Christiansen,
MSW, Social Services
847-459-2671

SPECIAL NEEDS RESIDENT LIST

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

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

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

STATE OF IL BENEFITS FOR SENIORS

The benefits now available are:

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



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

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



MEMORY SCREENINGS AT THE PAVILION

WHO SHOULD BE SCREENED?

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

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



PHONE SCAMS

The Wheeling Police receive many calls from people about telephone scams. Here are a few quick reminders that if you get an unexpected call from a "scammer" you will have the right tools to avoid being cheated out of a few dollars or your life savings.



Some seem very friendly, calling you by your first name, making small talk even asking about your family. The caller may even claim to work for a company or the government to gain your trust. Once you receive an unplanned or unrequested call, the best thing to do is to simply say "No Thanks". If the caller pressures you to give your personal information, credit card information or your Social Security number, it's likely a scam. Hang up and report this activity to the Federal Trade Commission at ftc.gov/complaint.

My name is Officer Kanches and I don't want you to be "scammed" out of your hard earned money. Come see me at the monthly beat meeting at the Police Department. I will spend some time talking to you about how the telephone scams get you "hooked", how to handle an unexpected call and what to do about prerecorded calls.

- Date:** First Wednesday of Each Month
- Time:** 7:00 p.m.
- Location:** Wheeling Police Department

Officer Kanches
Crime Prevention Unit
Wheeling Police Department
One Community Blvd.
Wheeling, IL 60090
(847) 459-2994

SIT AND BE FIT EXERCISE CLASS

Exercise can be fun! Join us for an 8 week session of "Sit and Be Fit", provided by Freedom Home Care. This chair based exercise program is designed especially for adults.

- Dates:** Tuesdays, September 22, 2015- November 10, 2015
- Time:** 1:15 p.m.-2:15 p.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** Upon registration, we will be collecting an \$8 deposit, cash only. If you attend all 8 sessions then upon completion of the class your \$8 deposit will be returned to you.

**Space is limited.
Register at the Wheeling Pavilion Senior Center,
199 N. First Street,
or call 847-459-2670 for more information.**

LENDING CLOSET

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



LUNCH AT PAVILION

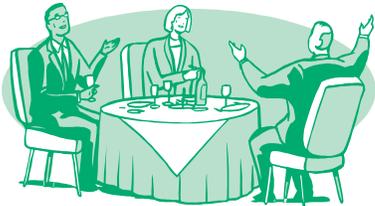
Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, table service — you can't beat it! The Senior Center hosts meal service for anyone 60 years and better.

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

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

Each time you check in for lunch, we ask that you present your card to have the meal card marked for that day's meal. The Lunch at Pavilion program is committed to providing meals to all older adults 60 and better, regardless of ability to pay. If you are financially unable to purchase a punch card, please see Shari or Alysia, and they will gladly assist you. Meals are catered by 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 September 10, 2015. 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 IL Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.

THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.

HEALTH PRESENTATION FROM ATHLETICO

Tuesday, September 1

Staff from Athletico will be here to discuss the benefits of exercise and how physical therapy plays a role in a person's ability to exercise regularly

STEVE JUSTMAN

Thursday, September 3

Steve Justman will perform favorite songs for us.

RON AND SANDIE PRESENT THE 1950'S

Friday, September 4

Take a trip back to the 1950's as Ron and Sandie entertain us with favorite songs from this fabulous decade. *This program is being sponsored by the Indian Trails Public Library.*

ROTARY CLUB PARTY

Tuesday, September 8

Join us as we celebrate the Rotary Club's birthday. The club will provide delicious desserts and lead us in Bingo. Advance registration is required.

HEATHER BRAOUDAKIS

Wednesday, September 9

Heather Braoudakis will be here to entertain us with songs from the Opera.

HEALTHCARE PRESENTATION FROM ACCORD HOSPICE

Monday, September 14

Join us for a presentation on the best kept secrets in healthcare presented by Vicki Betsios from Accord Hospice.

MEXICAN INDEPENDENCE DAY CELEBRATION

Tuesday, September 15

Celebrate Mexican Independence Day with the music of Dave Byron.

SENIOR JEOPARDY

Wednesday, September 16

Enjoy an exciting game of Senior Jeopardy presented by Julie Gange from Home Instead Senior Care.

JOHN BODA

Friday, September 18

John Boda will be here to discuss Frank Sinatra, "The Man and His Music".

HOW TO PREVENT FALLS

Monday, September 21

Learn tips and tricks on how to prevent falls. This program is presented by The Abington.

JIM KENDROS

Wednesday, September 23

Jim Kendros will present his program on "Lite Mozart Music".

SAND PAINTING CLASS

Friday, September 25

Learn how to make beautiful sand art. This program will be presented by our member, Pat Hawkins. Limited to 10 people, so register now!

SANDI HAYNES

Monday, September 28

Sandi Haynes will return to the Center to entertain us.

BINGO!

Tuesday, September 29

Brookdale Prospect Heights will be here to present a fun filled afternoon.

SENIOR CENTER MONTH WRAP-UP PARTY

Wednesday, September 30

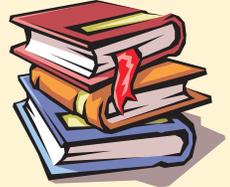
Join us as we wrap up Senior Center Month. Enjoy the singing of Daniela Tereza.



WELCOME NEW MEMBERS
 Nicole Nowak
 Orlando & Chery Beltran

BOOK CLUB

You are invited to join the Senior Center Book Club, which meets *in the library room at the Wheeling Pavilion*



Senior Center the third Friday of every month at 1:00 p.m. Please join us!

Contact Diana at 847-459-2670

**10:00 too early for you?
 We're sorry!
 Tuesday a bad day for you?**



STOP!

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

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

ATTENTION POKER PLAYERS!

Are you interested in a weekly poker game? If so, please contact the Senior Center at 847-459-2670. If there is enough interest a group will be scheduled.



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

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

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





SENIOR HEALTH INSURANCE NEWS

HOW MEDICARE SPENDS BILLIONS

Joint replacements were the most common hospital procedure that Medicare paid for in 2013, attributed to almost 450,000 inpatient admissions and \$6.6 billion in payments. Cancer specialists got the largest payments from Medicare but a lot of their reimbursements went to cover the cost of very expensive cancer drugs for patients. These were among thousands of details in a report on Medicare billing data for 2013 recently released by the Department of Health and Human Services.

Knees and hips were the major joint replacements which averaged about 12 per 1,000 beneficiaries. As we know, a lot of medical costs are geographical and these types of surgeries were highest in the Rocky Mountain states and the Midwest. Specialists get the most dollars: Medicare spends more money in total dollars for family practitioner services and adult medicine specialists, treating those patients on a daily basis for high blood pressure, high cholesterol, diabetes, and other common conditions. Per visit, specialists— anesthesiologists, orthopedic surgeons, ophthalmologists and emergency medicine doctors—are among the most highly paid physicians. Heart disease is the leading cause of death in the United States, but a good look at Medicare's billing files doesn't reflect that partly because different heart conditions can be billed under different codes.

These kinds of reports show that your Medicare premiums go towards a lot of payments to hospitals and physicians; as an individual Medicare beneficiary you certainly could not pay those kinds of amounts on a personal basis. Hopefully the major portion of those reimbursements are not fraudulent, which is why I am always advocating you to constantly check your own Medicare statements and doctors' invoices, so these large payments don't go for incorrect services.

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

Gleaned from a [Chicago Tribune](#) article, by Ricardo Alonso-Zaldivar, April 2015



THE WHEELING PAVILION SENIOR FOUNDATION

Greetings from the WPSF. Great bargains are on the horizon. Soon Carson's super coupons will be for sale. When you purchase a coupon book for \$5.00, you receive your full purchase price back when you buy something at Carson's whether it's full price, on sale or reduced. In turn, the Foundation receives \$5.00 to use to help the WPSC.

In the past, the Foundation has given funds to help the lunch program, helped defer the cost of some programs, and has given scholarships to individuals who might not otherwise be able to participate in certain events.

There are a number of future projects in the planning. Join now. The prorated cost of membership is now \$10.00. Come to the general meeting in February and hear the new ideas in the works and share ideas of your own.

Thanks for your continued support.

NOTE: Fannie Mae candy bars are in stock now.

MaryAnn Marabella
Secretary, WPSF



INDIAN TRAILS PUBLIC LIBRARY

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

**WILLS AND TRUSTS****Wednesday, September 23, 2015****200:-3:30 p.m.**

Attorney Jacob K. Ehrensaft gives a presentation on wills and trusts, including powers of attorney, probate, guardianship, and the importance of planning ahead.

WHEELING PARK DISTRICT EVENTS**FALL FITNESS FESTIVAL****September 13-26****Location: Community Recreation Center**

Celebrate fitness and fall with two weeks of special events and fitness activities! We have just the right workout for every fitness level! FREE Group Fitness and Wellness classes include AquaFit at 9-10 a.m., Gentle Yoga at 5-6 p.m., and Zumba Toning, 7:10-8:10 p.m., on Monday, 9/14; AquaZumba, 9-10 a.m., and ShimmyFit, 5:30-6:30 p.m., on Tuesday, 9/15; Aqua Light at 10-11 a.m., Mat Pilates at 10:30-11:30 a.m., Tai Chi, 12-1 p.m., and BodyFlow, 7-8 p.m., on Wednesday, 9/16; Light Cardio, Strength, Balance & Stretch at 10:15-11:15 a.m., on Thursday, 9/17; AquaFit at 9-10 a.m., and Chair Yoga at 10-11 a.m., on Friday, 9/18; AquaFit at 9-10 a.m., and Zumba at 10:45-11:45 a.m., on Saturday, 9/19; AquaLight at 10-11 a.m., and Pilates Bodywork at 10:30-11:30 a.m. on Monday, 9/21; Light Cardio, Strength, Balance & Stretch at 10:15-11:15 a.m., and AquaFit at 6-7 p.m., on Tuesday, 9/22; Zumba at 6-7 p.m. on Wednesday, 9/23; AquaFit at 7-8 p.m., on Thursday, 9/24; Light Cardio, Strength, Balance & Stretch at 9:30-10:30 a.m., and Bodyflow at 10:15-11:15 a.m., on Saturday, 9/26. (For a complete schedule of FREE classes, please visit our website at wheelingparkdistrict.com) Help us with our Fall Food Drive: Bring a non-perishable food item to each class you attend. All food donations benefit the Wheeling Food Pantry. For more information, call (847) 465-2943.

BALLROOM DANCING**Wednesday, September 30, 7-10:30 p.m.****Location: Chevy Chase Country Club, 1000 N. Milwaukee Avenue, Wheeling**

Dance the night away on the 5,000-square-foot dance floor in the beautiful Grand Ballroom. Dance lesson is at 7 p.m. with Bob and Penny Urbon of Ballroom Chicago. Cash bar and snacks are available.

For more information, call (847) 757-2227.

FALLPALOOZA**Sunday, September 20, 1-4 p.m.****Location: Heritage Park**

Bring the grandkids to this FREE family event. Live music, petting zoo, pony rides, inflatables, and hayrides are just some of the activities you'll find in the line-up of entertainment just for you and your neighbors and family. Food and refreshments also are available.

Admission is free. (Nominal fee for some concessions.) For more information, call (847) 465-3333.

SENIOR SCRAMBLE GOLF EVENT**Tuesday, October 7, 9 a.m. shotgun start****Location: Chevy Chase Country Club, 1000 N. Milwaukee Avenue, Wheeling****Fee: \$55**

Put together your own team for this fun, four-person scramble format featuring 15"-cups. No handicaps are required. Fee includes golf, cart, prizes, and post-round lunch reception. For more information, call (847) 465-2300.

PICKLEBALL

Every Tuesday and Thursday morning (9 a.m.-12 p.m.) on our NEW courts at Chamber Park, 131 N. Wolf Road, in Wheeling through 9/3, AND at the CRC gym starting 9/8; Friday evening (6-9 p.m.) at the CRC gym, 333 W. Dundee Road, in Wheeling

Fee: \$2/Resident; \$3/Non-Resident

The game is played using solid paddles and a brightly-colored [whiffle ball](#) on a hard surface. Enjoy this drop-in program when it's convenient for you. Some equipment is provided or bring your own. 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.

TUSCANY

Join us for an exciting dinner out. We will be meeting at Tuscany, 550 S. Milwaukee, Wheeling. Meet new friends, enjoy your current friends, and have a fun evening. **Wednesday is half-price day if we order by 5:30 p.m.** Please note: We will be able to have separate checks.



Date: Wednesday, September 9, 2015
Time: Meet at Tuscany at 5:00 p.m.
Place: 550 S. Milwaukee Ave., Wheeling
Cost: There will be separate checks for everyone so the cost of this event depends on what you order.

When you register, we will ask for a \$2 cash deposit to reserve your space. The deposit will be returned to you at the restaurant the evening of the dinner.



MOBILE DRIVER SUPER SENIOR EVENT

Super Seniors is a convenient and voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam. The Rules of the Road review course also includes a review of safe driving techniques and IL driving laws.

A Secretary of State Mobile Driver Services Unit will be available for participants to renew their driver's licenses. An identification card can be obtained for \$20.00; however, if you are age 65 and older you may obtain a free, non-expiring State of IL photo ID card. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore they must visit a [Driver Services Facility](#).

Date: Thursday, September 10, 2015
Time: Rules of the Road Class 9:30 a.m.
 Drivers License and State ID renewal 10:00 a.m. – 2:00 p.m.

**Vision screening and photo taken only.
 Road tests will NOT be available.**

TUESDAY EVENING AT PAVILION

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



Date: Tuesday, September 15, 2015
Time: 6:00 p.m. – 8:00 p.m.
Place: Wheeling Pavilion senior Center
Cost: FREE, but registration is requested

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

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

OPERA IN FOCUS SEPTEMBER TRIP

Join us for an amazing performance by the Opera in Focus "Actors and Actresses". This performance will include the Opera in Focus Musical Premiere of Oklahoma as well as excerpts from "Die Meistersinger Von Nurnberg" by Wagner, and "The Student Prince".



Date: Wednesday, September 16, 2015
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 August 20, 2015
 \$24 members/\$39 non-members August 21 or later if space is available

**Call the Senior Center at 847-459-2670 to reserve your space.
 No refunds or credits after August 20, 2015.**



MANNY'S DELI

Enjoy one of the best corned beef sandwiches around at the famous Manny's Deli in Chicago.



Many other deli treats are available as well. The cost of this trip includes a \$15 gift card to be used for lunch.

Date: Thursday, September 17, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 10:30 a.m.
 The bus will leave at 10:45 a.m.
Location: Chicago, IL
Cost: \$28 members/\$43 non-members by August 27
 \$33 members/\$48 non-members April 28, 2015 or later if space is available

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

No refunds or credits after September 1, 2015

**ROTLBLATT-AMRANY FINE ARTS STUDIO**

Have you ever wondered where and how "famous" sculptures are created? Join us for a tour of the Rotblatt-Amrany Fine Arts Studio and enjoy a glimpse of their previous work and work in progress. This is the studio that created the Michael Jordan statue outside the United Center, the Harry Caray statue, Scottie Pippen statue and many more. Lunch is not included, so please eat lunch before you arrive for the trip.



Date: Thursday, September 24, 2015
Time: Meet at the Senior Center at 12:30 p.m.
 The bus will leave at 12:45 p.m.
Place: Highwood, IL
Cost: \$12 Members/\$17 non-members

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

We must have a minimum of 10 people registered by September 8, 2015 in order to run this trip.

**SENIOR CENTER MONTH WRAP UP PARTY**

September has been a celebration of our Senior Center, a place to "Celebrate Life at Your Center!". Join us for an exciting afternoon as we wrap up the special events of Senior Center Month. Join us for our Lunch at Pavilion program followed by musical entertainment by Daniela Tereza.

Date: Wednesday, September 30, 2015
Time: Lunch at Pavilion begins at 11:30 a.m.
 The entertainment will begin at 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 IL Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. The cards have no expiration dates.*



Reservations for lunch must be made at least one week in advance.

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



FOUR WINDS CASINO

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

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



Date: Thursday, October 8, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 8:45 a.m.
 The bus will leave at 9:00 a.m.
Place: New Buffalo, MI
Cost: \$42 members/\$57 non-members by September 16, 2015
 \$47 members/\$62 non-members September 17-September 23

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

No reservations or refunds after September 23, 2015



OKTOBERFEST

Oktoberfest is a celebration of Bavarian culture and is typically held in the fall. Join the celebration at the Wheeling Pavilion Senior Center as we feast and enjoy the music of the "Die Musikmeisters German Band".

Date: Friday, October 16, 2015
Time: The program will start immediately after Lunch at Pavilion (Approximately 12:00 p.m.)
Place: Wheeling Pavilion Senior Center
Cost: *Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the federal Administration on Aging and the IL Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.*

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

LONG GROVE CONFECTIONARY

Join us for a tour of the Long Grove Confectionary. We will learn about the history of the company and how they make their delicious chocolate and chocolate sculptures. See how they make the delicious Halloween candy we love to eat. After the tour there will be an opportunity to shop in their store. What a great way to spend a morning. Now if chocolate could be added as a legitimate food group on the food pyramid, life will be perfect!



Date: Thursday, October 22, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 9:30 a.m.
 The bus will leave at 9:40 a.m.
Place: Buffalo Grove, IL
Cost: \$7 members/\$22 non-members

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

We must have a minimum of 10 people registered by October 1, 2015 in order to run this trip.



WHITE FENCE FARM

FEATURING THE LEGACY GIRLS

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



Date: Wednesday, October 28, 2015
Time: Meet at the Senior Center at 10:15 a.m.
 The bus will leave at 10:30 a.m.
Place: White Fence Farm in Romeoville, IL
Cost: \$52 members/\$67 non-members by October 1, 2015
 \$57 members/\$72 non-members October 2, 2015 or later, if space is available

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

No refunds or credits after September 8, 2015



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WHITE CHRISTMAS

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act. After World War II, with romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former Army commander. The dazzling score features well-known standards including Blue Skies, I Love a Piano, How Deep is the Ocean and the perennial favorite, White Christmas. The cost of this trip includes round-trip transportation, your choice of pecan crusted tilapia or traditional roast turkey for lunch, and a ticket to the performance.



Date: Thursday, November 12, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 10:15 a.m.
 The bus will leave at 10:30 a.m.
Place: Drury Lane Theatre in Oakbrook Terrace, IL
Cost: \$75 members/\$90 non-members by October 1, 2015
 \$80 members/\$95 non-members October 2–October 9, 2015 if space is available

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

No refunds or credits after October 1, 2015

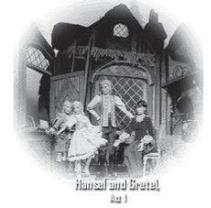


OPERA IN FOCUS

OPERA IN FOCUS PRESENTS

HANSEL AND GRETEL

Join us for an amazing performance by the Opera in Focus "Actors and Actresses". This performance will feature all 3 acts of the beloved classic Hansel and Gretel. (This show will be performed in English.)



Date: Wednesday, November 18, 2015
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 21, 2015
 \$24 members/\$39 non-members October 22 or later if space is available

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

No refunds or credits after October 21, 2015



ED DEBEVICS LUNCH TRIP

Take a trip back in time to the 1950's as we enjoy a delicious lunch at Ed Debevic's in Chicago. Our group will have a reserved space in the restaurant where we will feast on nachos, onion rings, and your choice of entrée from Ed's regular menu. Finish off lunch with a shake, malt, or the dessert of your choice. While dining, watch the wait staff dance on the counters!



Date: Thursday, December 10, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 10:15 a.m.
 The bus will leave at 10:30 a.m.
Place: Chicago, IL
Cost: \$43 members/\$58 non-members by November 9, 2015
 \$48 members/\$63 non-members November 10, 2015 or later if space is available.

Call the Senior Center at 847-459-2670 to reserve your space.
No refunds or credits after November 9, 2015

We must have a minimum of 11 people registered by November 9, 2015 in order to run this trip.



SEPTEMBER 2015 CALENDAR OF EVENTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>2</p> <p>9:30 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Maïjong 1:00 Stitch and *tch</p>	<p>3</p> <p>9:00 Gin/Hearns Group 9:30 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>4</p> <p>9:15 Foot Care 10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Ron & Sandie -50's Rock and Roll Show 12:30 Maïjong</p> <p>CJE Russian Speaking Social Worker by appt</p>	
<p>7</p> <p>Labor Day Senior Center Closed</p>	<p>8</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion - Rotary Party 12:00 Bingo! 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>9</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:00 Heather Braoudakis 1:00 Stitch and *tch 1:00 Maïjong 5:00 Tuscany Dinner Out</p>	<p>10</p> <p>8:30 Mobile Drivers Super Senior Event 9:00 Gin/Hearns Group 10:00 Rules of the Road Class 9:30 Exercise 10:00 Computer Class by appt 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>11</p> <p>10:00 Computer Class by appt. 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Maïjong</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>14</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Best Kept Secrets in Health Care 1:00 Canasta/Pinoche</p> <p>Beginner Computer Tutoring by appt.</p>	<p>15</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion - Mexican Independence Day 12:00 Dave Byron - classical guitar 12:30 Bridge 1:00 Community Volunteer Group 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>16</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:00 Senior Jeopardy 1:00 Maïjong 1:00 Stitch and *tch 2:45 Opera in Focus Trip</p>	<p>17</p> <p>9:00 Gin/Hearns Group 9:30 Exercise 10:00 Computer Class by appt. 10:30 Manny's Deli Trip 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>18</p> <p>9:15 Foot Care 10:00 Computer Class by appt. 10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 John Boda "Frank Sinatra" 12:30 Maïjong Group Instruction 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>21</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 10:12 Hearing Screenings 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Fall Prevention Program 1:00 Canasta/Pinoche</p> <p>Beginner Computer Tutoring by appt.</p>	<p>22</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group 1:15 Sit and Be Fit Class #1</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>23</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 12:00 Jim Kendros "Lite Mozart" 1:00 Stitch and *tch 1:00 Maïjong</p>	<p>24</p> <p>9:00 Gin/Hearns Group 9:30 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 12:45 Robblatt-Amrany Fine Arts Studio Tour 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>25</p> <p>10:00 Brain Games 10:00 Computer Class by appt. 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Sand Painting Class 1:00 Maïjong</p> <p>CJE Russian Speaking Social Worker by appt</p>
<p>28</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Sandi Haynes 1:00 Canasta/Pinoche</p> <p>Beginner Computer Tutoring by appt.</p>	<p>29</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Bingo! 12:30 Bridge 1:00 Community Volunteer Group 1:15 Sit and Be Fit Class #2</p> <p>CJE Russian Speaking Social Worker by appt</p>	<p>30</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion - /Senior Center 12:00 Month Wrap-Up Party 1:00 Daniela Tereza 1:00 Stitch and *tch 1:00 Maïjong</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.

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