

Wheeling Pavilion Senior Center *Wheeling Forward*

November 2016

DON'T FORGET TO VOTE!

ELECTION DAY IS TUESDAY, NOVEMBER 8TH.



**IF YOU HAVE QUESTIONS OR NEED ASSISTANCE, CONTACT THE
COOK COUNTY CLERK'S OFFICE AT 312-603-0946**

Are you interested in going to a show downtown, but don't want the hassle of driving? Let Alysia know if you would be interested in any of these shows:

Finding Neverland
Phantom of the Opera
Aladdin

The King and I
Something Rotten
Beautiful



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, Dolores Kelley, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Michael Dunn, 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 , volunteer SHIP counselor
- Lunch at Pavilion volunteers Lee Becker, Michael Dunn, Kevin Frei, Czeslawa Gorka, Marilyn Hams, Darlene Kaplan, Marshall Kaplan, Barb LaHay, Anita Loewenstein, Smadar Mozes, Nurit Mozes, Joannie Purvin, Vilma Sanchez, Bobi Spiegel, and Carol Targun.
- Technology learning volunteers Gary Primack, Steve Rosengard, Ed Walsh, and Ludmila Zoob.
- Steven Meyer III for coordinating the Stitch and *itch group.
- MaryAnn Marabella for coordinating the community volunteers



SENIOR CITIZENS COMMISSION

Geri Brockett
 Marilyn Hams
 Pat Hawkins
 Marshall Kaplan
 Michael Kohen
 Gerald Malin
 Pat Miller
 Kathy Pico
 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.

NOVEMBER BIRTHDAYS

3

3 Jill LeVine
6 Lois Marchini
6 Josiane Pitzen
8 Bonnie Zeitlin
9 Barbara LaHay
9 Joan Johnson
9 Barbara Kaplan
10 Erika Gasperik
11 Michael Dunn
13 Sandi Kipps
14 Brad Stone
15 Bruce Sembach
15 Denise Rossi
16 Ellen Nelson
17 Pat Hawkins
17 Rose Wilkosz
19 Theresa Bagdon
19 Sandra Wawczak

19 Barbara Altobelli
20 Pat Maziarka
20 Jack Vollreide
21 Daniel Andrey
21 Brenda Staggs
22 Elizabeth Boris
22 Caryn Olczyk
23 Nancy Koelper
24 Diane Portugall
26 Helene Fox
26 Marie Kelly
27 Lorraine Politis
28 Dieter Ade
28 Yeun Kim
30 Phyllis Arnoux
30 Maggie Finger
30 Pat Miller



Medicare Open Enrollment
October 15 - December 7



MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment appointments are available on Wednesdays and Thursdays from 10:00 A.M.—3:00 P.M. starting October 19, 2016 through December 7, 2016.

Call 847-459-2670 for an appointment.

Things to bring to your appointment:

- **List of medications and your dose(s) of each
- **Name and address of preferred pharmacy
- **Current prescription drug plan information
- ** Current insurance information and Medicare card.

COLOR FOR CALM

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

Dates: Thursdays, thru
December 29, 2016 (the group will not meet on November 24, 2016)
Time: 1:30—3:30 p.m.
Place: Wheeling Pavilion Senior Center
Cost: \$8 members/\$23 non-members

Advance registration is required.

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



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
10:00-12:00 TLC (Technology Learning Center)
1:15-3:30 Canasta and Pinochle

TUESDAY

- 9:30-3:30 CJE Russian Speaking Social Worker by appt.
9:30-10:30 Stay Fit Fitness
10:00-12:00 Current Events
11:30-12:30 Lunch at Pavilion
12:30-3:30 Intermediate Bridge
1:00-3:00 Volunteer Craft Group

WEDNESDAY

- 9:00-10:00 Stay Fit Fitness
9:30-10:00 Indian Trails Library Drop -Off and Pickup
10:00- 3:00 SHIP by appointment
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
1:00-4:00 Open Game Play

THURSDAY

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

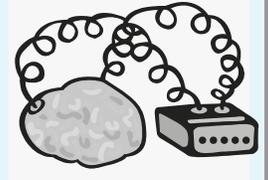
FRIDAY

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

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.



Brain Games will not be meeting in November.

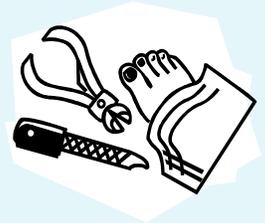
Call the Senior Center at 847-459-2670 to reserve your space for this exciting program.

FOOT DOCTOR

First Friday of every month

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

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



BLOOD PRESSURE SCREENING

Last Wednesday of every month

11:15 a.m.

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



MEMORY SCREENINGS AT THE PAVILION

WHO SHOULD BE SCREENED?

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

LENDING CLOSET

The Wheeling Pavilion Senior Center manages a lending closet of medical equipment available to Wheeling residents. Equipment is loaned for a period of 30 days for wheelchairs and 60 days for all other medical equipment. If you or someone you know are in need of any equipment, call the front desk at 847-459-2670.



YOUR CLOCK IS TICKING/BUCKET LIST

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

This group will meet every THIRD FRIDAY of each month in 2016 – October 21; November 18 & December 16

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

Time: 10:30 a.m.-11:30 a.m.

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

TELEPHONE REASSURANCE



"How are you doing?" Register for our telephone reassurance program and answer that question for us when we call you on Monday-Friday mornings before 9:00 a.m.

For more information, or to register, please call Jan at the Wheeling Pavilion Senior Center at 847-459-2671.



MEMORY EDUCATION AND SCREENINGS AT THE PAVILION

Date: Tuesday, November 22, 2016
Place: Wheeling Pavilion Senior Center
199 N. 1st Street, Wheeling



Screenings will be conducted in English and Spanish.
Half hour appointments starting at 1:00 P.M.
Please call 847-459-2606 for an appointment.

Llama por la mañana en espanol.

WHO SHOULD BE SCREENED?

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



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, and
- 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.

NEWS TO KNOW

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is an 8 hour program designed to help you understand the effects of aging on your driving and learn driving strategies that take into account the changes we experience as we age. Completion of this program may entitle you to receive discounts on your auto insurance. Attendance on both days is required to receive a certificate that may reduce your auto premiums. Checks should be made payable to AARP. Registration and payment must be received by October 17, 2016.

Dates: Mondays, November 7 and 14, 2016
 Time: 8:30 A.M. – 12:30 P.M.
 Place: Wheeling Pavilion Senior Center
 199 N. First Street, Wheeling
 Cost: \$15 for AARP members/\$20 for non -AARP members
Checks should be made payable to AARP.



RULES OF THE ROAD

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

Date: Wednesday, November 16, 2016
 Time: 10:00 a.m. – 12:00 p.m.
 Place: Wheeling Pavilion Senior Center
 Cost: Free but advance registration is required

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



COUPON

This coupon is good for \$2 off any trip that is \$25 or more. Coupon expires December 14, 2016.

This coupon can only be used once. This coupon is not valid for previous registration and can only be used for a trip.

This coupon is not valid for restaurant trips.

Name of person using coupon _____

Date coupon was used and staff initials _____

Trip used for _____

LUNCH AT PAVILION

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

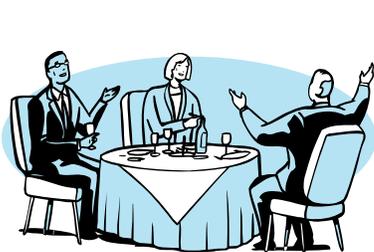
A nutritionally-balanced lunch is served **Monday thru Friday** from 11:30 a.m. until 12:30 p.m. Reservations are required and must be made by Wednesday for the following week. Each diner will receive written information regarding the cost of the meal and will have the opportunity to contribute to part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

Funds (in whole/part) for the Lunch at Pavilion program are provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. 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 Village of Wheeling does not discriminate in admission to programs or activities or treatment of employment in compliance with appropriate State and Federal statutes.

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

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



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

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

Signature of Member

Name of person who will pick up newsletter for me

Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than November 3, 2016. All future newsletters will be held for pickup at the front desk.

Funds (in whole/part) for the Lunch at Pavilion program are provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older American Act. 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 UNLESS OTHERWISE NOTED.*

DIANA: LIFE AND DEATH OF THE PEOPLE'S PRINCESS

Tuesday, November 1, 2016

Speaker Barry Bradford details the glamorous life and untimely death of the Princess of Wales. *This program is sponsored by the Indian Trails Public Library.*



LET FREEDOM RING

Tuesday, November 8, 2016

Heather Braoudakis will be here to entertain us with music from our great nation. Enjoy songs such as "America the Beautiful", "This Land is your Land", "Over There" and more.



SCAM UPDATE

Friday, November 11, 2016

Officer LaVerd will be here to discuss the latest scams and ways to keep yourself and others from becoming a victim.



SUSAN B. ANTHONY: YOU CAN'T VOTE!

Monday, November 14, 2016

Lynn Rymarz portrays Susan B. Anthony and her fight for the voting rights for women. *This program is sponsored by the Indian Trails Public Library.*



THANKSGIVING LUNCHEON

Friday, November 18, 2016

Sandi Haynes will be here to entertain us and help us get in the mood for the holiday season.



NEIL DIAMOND PART 2

Monday, November 21, 2016

Jim Kendros will present more of Neil Diamond's music. Learn the stories behind the songs and hear Neil's music. *This program is sponsored by Nathan Tiwald from the Asbury Communities.*



ALZHEIMER'S DISEASE: OUR MODERN EPIDEMIC

Tuesday, November 22, 2016

Carrie Jackson, a Certified Dementia Practitioner, will talk about how to recognize symptoms, find resources, and identify why the disease is taking such a large toll on society. *This program is sponsored by the Indian Trails Public Library.*



THE CHRISTMAS TREE SHIP

Monday, November 28, 2016

John Boda will be here to talk about Rose Simmons and the Christmas Tree Ship. This is an incredible story of a schooner bringing Christmas trees to Chicago every year. In November 1912 it sank in a terrible storm and lost all on board including a full load of trees.



WELCOME NEW MEMBERS

DOREEN LINETSKY
 BETTY GIAMBRONE
 MARILYN JEAN HALLS
 BARBARA KAMISH
 BARRY KAMISH



BOOK CLUB

You are invited to join the Senior Center Book Club, which meets *in the library room at the Wheeling Pavilion Senior Center* the third Friday of every month at 1:00 p.m. Please join us!
Contact Diana at 847-459-2670



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

WOULD YOU LIKE TO RECEIVE UPDATES ON NEW PROGRAMS AND TRIPS? IF YOU ANSWERED YES, THEN SEND YOUR E-MAIL ADDRESS TO DIANA AT DMURILLO@WHEELINGIL.GOV



10:00 too early for you?

We're sorry!

Tuesday a bad day for you?

STOP!

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

CURRENT EVENTS

WE'LL BE LOOKING FOR YOU!



WANTED!

A few good men and women for a weekly game of either Gin or Hearts. The group plays every Thursday from 1:00–3:00 P.M.

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



ARE YOU INTERESTED...

in Mah Jong Lessons or Bridge lessons? If so, please contact Alysia at 847-459-2670



STITCH AND *ITCH

Come *itch with us and stitch away your troubles! Come join us for an afternoon of stitching at the Wheeling Pavilion Senior Center. Bring your projects and join the fun. **No experience necessary.** Just bring your talent!

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



Computer Learning Center

TECHNOLOGY LEARNING CENTER (Formerly BUGS).

Date and Time

Every Monday from 10:00 a.m. to 12:00 p.m. Please sign-up at the front desk by the previous Friday before to assure a volunteer is available.

Other available classes

eBay Basics, eBay Buying & Selling, Digital Camera, Skype, Online Banking

To be scheduled with instructor

Did you recently receive a Tablet or Smart Phone? 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 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 a donation to our Technology Replacement Fund. 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.





CHECKUP FOR YOUR MEDICINE CABINET

Got old vitamins, expired meds, questionable supplements? Here are a few tips to bring your medicine cabinet current.

Expiration dates; Prescription medications have expiration dates on their original container, but your pharmacist is required only to put a “discard by date” on the bottle. The medication may actually be good for longer than you think. **DO NOW:** Ask your pharmacist if the medication can be used safely beyond the “discard date”.

Common painkillers: Some analgesics, including Advil and Aleve, can trigger a heart attack, stroke, increased bleeding, and high blood pressure.

Risky herbals: Herbal supplements can interact with certain prescription medications, causing dangerous side effects. Be sure if you take any of these that they do not interfere with your prescription medications. **DO NOW:** Bring a comprehensive list of your medications to your doctor or pharmacist who can evaluate them for any dangerous side effects.

Everyday vitamins: More than 10,000 international units (IUs) a day may cause temporary nerve damage and headaches, kidney problems, poor appetite, and blurry vision. **DO NOW:** Check labels to make sure you are not taking more than the recommended dose.

Allergy and sleeping pills: Studies have shown that those who take certain insomnia and allergy medicines long term, are more likely to have problems with memory and decision-making, plus they can have a higher risk of dementia and/or Alzheimer’s disease. **DO NOW:** Talk to your doctor about other therapies to treat insomnia and seasonal allergies.

Pat Miller, SHIP counselor
Wheeling Pavilion Senior Center
847-459-2970

P.S.: OPEN ENROLLMENT IS STILL GOING ON, UNTIL DECEMBER 7,



WHEELING PAVILION SENIOR FOUNDATION

Hope everyone had a safe and fun Labor Day weekend.

Many “thanks” to all who came to our Cubs vs. Brewers Hot Dog Day at the Senior Center. Many thanks also for all the generous donations that we received to make this day a success and fun.

The WPSF will be selling Carson’s Coupon Books that will have lots of valuable coupons to save money for the upcoming holidays. They will be on sale for \$5.00 per book. The Wheeling Pavilion Senior Foundation will get full profit from the sales. Take advantage of these books that go on sale in November.

Remember, you can join The WPSF and do not have to be a Wheeling resident to be a volunteer, as we can use your help. You can call WPSF 847-459-2670 for membership and/or volunteering.

Take care and stay well,
Betty Giambrone,
Secretary

INDIAN TRAILS PUBLIC LIBRARY

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



WHEELING PARK DISTRICT

COOKING WITH DAN

Friday, November 18, 6-7:15 PM

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

Resident/Non-Resident FEE: \$10/\$12

Calling all “fit foodies”! Join us at the CRC for a cooking demonstration with our very own Dan Gutierrez. Not only is Dan a certified personal trainer, he also attended culinary school. *Please indicate any food allergies or dietary restrictions at the time of registration.*

THANKSGIVING COMMUNITY FEAST

Sunday, November 20, 1-3 PM

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

FEE: This event is FREE and open to Wheeling Park District residents ONLY

The Wheeling Park District Board of Commissioners cordially invites Wheeling Park District residents to a FREE Thanksgiving feast featuring a traditional meal including turkey, stuffing, potatoes, and more. Activities and giveaways for children also will be offered. The feast is free but canned food donations to benefit the Wheeling Food Pantry and cash donations for the Wheeling Park District Financial Assistance Program are accepted.

Please make a reservation for the Thanksgiving Community Feast by November 17; call 847- 465-3333 or stop by the CRC Guest Service Desk.

RELAX & REJUVENATING YOGA

Mondays, November 7-December 12, 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.

Fitness Center Member/Resident/Fee: \$51/\$57/\$63 for six-class session; Registration Code 315702-02

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 847-465-3333.

AQUAFIT

Monday, Wednesday, Friday and Saturday, 9-10 AM

Location: Arctic Splash indoor pool at the CRC

Get fit in the pool! 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.

THE RAM

Join us for a Really Amazing Meal at the Ram, 700 N. Milwaukee in Wheeling. We will meet at the restaurant at 5:30 p.m. Meet new friends, enjoy your current friends, and have a fun evening.

Date: Tuesday, November 1, 2016

Time: Meet at the RAM at 5:30 p.m.

Place: 700 N. Milwaukee, Wheeling

Cost: There will be separate checks for everybody so the cost of this event depends on what you order at the restaurant.

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

**ILLINOIS HOLOCAUST MUSEUM**

Learn about this period in our history. We will have a docent- led tour of this museum.

Date: Thursday, November 3, 2016

Time: Meet at the Wheeling Pavilion at 12:00 p.m.

Cost: \$20 members/\$35 non-members until all spaces are filled.

Place: Skokie

Make your reservation to join us for Lunch at Pavilion before the trip. Cost of lunch not included.

We must have a minimum of 10 people registered in order to run this trip.

**FIRESIDE CHRISTMAS**

Travel with us to the Fireside Theatre in Fort Atkinson, Wisconsin for lunch and a production of "A Fireside Christmas". This tradition has made The Fireside the number one choice for Christmas entertainment for guests around the nation and world. This show will re-ignite the Christmas spirit in all of us. Enjoy a delicious lunch featuring fresh from the oven breads, salad, beef and chicken, vegetables, and dessert. Find an unforgettable gift for that special someone in the Fireside's unique shops.

Date: Wednesday, November 9, 2016

Time: Meet at the Wheeling Pavilion at 8:15 a.m. The bus will leave at 8:30 a.m.

Please note the travel time each way is approximately 2 hours, depending on traffic.)

Place: Fireside Theatre in Fort Atkinson, Wisconsin

Cost: \$117 members/\$132 non-members by September 23, 2016

Please note: We must have a minimum of 12 people registered order to run this trip.

No refunds or credits after September 23, 2016 as we must give a final count and payment to the venue at that time.

(This trip is rated "4 shoes" to the length of the trip. There is actually very little walking involved)

**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, November 15, 2016

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!



CRAZY FOR YOU

This romantic Gershwin musical comedy follows Bobby Child, a New York banker with a craving for show business, who is sent to foreclose on a theatre in a small mining town. After falling in love with a local girl, he vows to put on a show to save the failing theatre. *Crazy for You* takes memorable Gershwin tunes like “I Can’t be Bothered Now”, “I Got Rhythm”, “Nice Work If You Can Get It”, and “Someone to Watch Over Me”, and brings new life into them. *Crazy for You* is a vivacious show filled with mistaken identity, plot twists, and fabulous dance numbers that will leave you singing after the show is over. The cost of this trip includes roundtrip transportation, theatre ticket, and your choice of roast beef or tilapia for lunch.

Date: Wednesday, November 30, 2016
 Time: Meet at the Pavilion at 10:15 a.m. The bus will leave at 10:30 a.m.
 Place: Drury Lane in Oakbrook Terrace
 Cost: \$77 members/\$92 non-members by November 1, 2016.
 Please note: No refunds, credits, or vouchers after November 1, 2016 as we must give the venue a final count and payment at that time.



MIX AND MINGLE PIZZA PARTY

Join others for an evening of camaraderie, conversation and pizza. Enjoy meeting others and make new friends. Pizza will be provided. When you register, please specify whether you will be bringing an appetizer, side dish, or dessert.

Date: Tuesday, December 6, 2016
 Time: 4:30 p.m. – 6:30 p.m.
 Place: Wheeling Pavilion
 Cost: \$12 members/\$27 non-members by November 21, 2016
 \$15 non-members/\$30 non-members November 22, 2016 or later
 We must have a minimum of 10 people registered by November 21, 2016 in order to run this program.



CHRISTMAS ONCE MORE

Join guitarist Dave Byron and Legacy Girl Renee Hein as they celebrate the season with all of your favorites and a few surprises. The cost of this trip includes round -trip transportation, lunch, and a ticket to the show.

Date: Friday, December 9, 2016
 Time: Meet at the Pavilion at 10:15 a.m. The bus will leave at 10:30 a.m.
 Place: Chandler’s Chophouse
 Schaumburg
 Cost: \$58 members/\$73 non-members
 Please note: No refunds, credits, or vouchers after November 1, 2016 as we must give a final count and payment to the venue at that time.



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: Monday, December 5, 2016
 Time: Meet at the Wheeling Pavilion Senior Center at 10:30 a.m. The bus will leave at 10:45 a.m.
 Location: Chicago
 Cost: \$29 members/\$44 non-members until the trip is full.



DENGEOS DINNER OUT

Take a break and join us for dinner out at Dengeos. This is a great way to enjoy a meal with friends and forget about winter for a while.

Date: Thursday, December 15, 2016

Time: Meet at Dengeos at 5:30 P.M.

Place: 195 W. Dundee, Buffalo Grove



Cost: Since this is a counter service restaurant, the cost of this event is determined by what you order.

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

END OF YEAR PARTY

Wow! It's hard to believe but 2016 will be coming to an end in just a few months. Ring in 2017 at the Wheeling Pavilion Senior Center's End of Year Party. The celebration will begin with a delicious meal followed by entertainment by Bobby Schiff. A countdown to the New Year followed by a toast will conclude the program.

Date: Thursday, December 29, 2016

Time: 11:30 A.M. (The entertainment will begin at approximately noon.)

Place: Wheeling Pavilion Senior Center

Cost: This party will take place as part of the Lunch at Pavilion 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.

Please make your reservation for lunch at least one week in advance.



WINTER BLUES BUSTER PARTY

Chase your "Winter Blues" away at the Wheeling Pavilion Senior Center. We will enjoy a warm cup of coffee, tea, or hot chocolate as we enjoy the music of Dave Byron.

Date: Thursday, January 26, 2017

Time: 11:30 A.M. (The entertainment will begin at approximately noon.)

Place: Wheeling Pavilion Senior Center

Cost: This party will take place as part of the Lunch at Pavilion 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.

Please make your reservation for lunch at least one week in advance by calling 847-459-2670.



PATTERSON GLASS

Join us for a unique experience where you can make your choice of a ring holder, a note holder, or a pen holder. We will begin this event by learning about glass and how it is made followed by safety instructions and the opportunity to create your own piece. Please note: the glass studio requires that participants wear long pants such as blue jeans with no holes. No nylon clothing. Socks must cover the ankles, and participant must wear closed shoes and a cotton shirt. A copy of the dress code will be provided at the time of registration. Anyone who does not conform to the dress code will not be able to participate in the event.

Date: Thursday, February 16, 2017

Time: Meet at the Pavilion at 1:15 P.M. The bus will leave at 1:30 P.M.

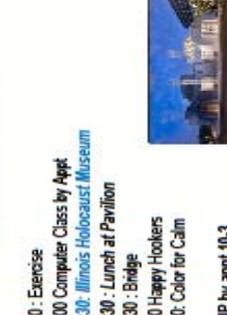
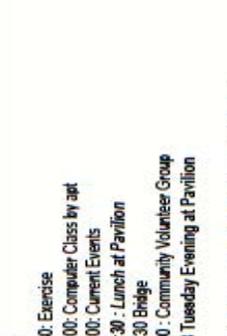
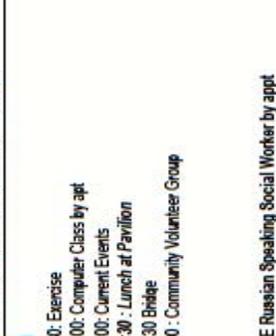
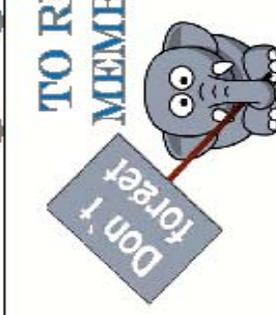
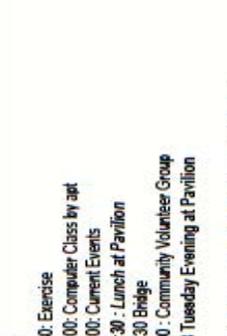
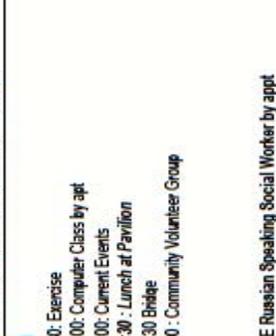
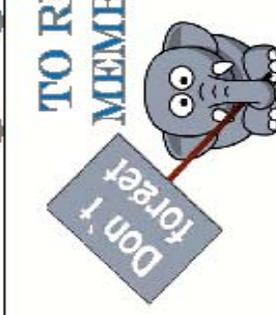
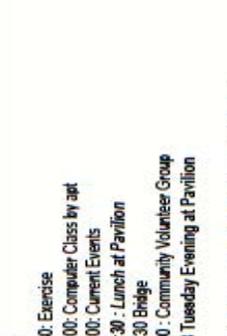
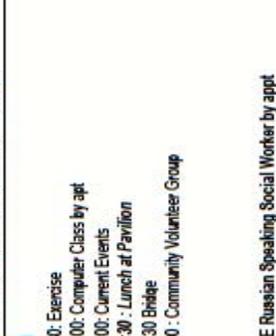
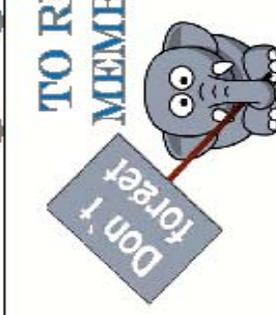
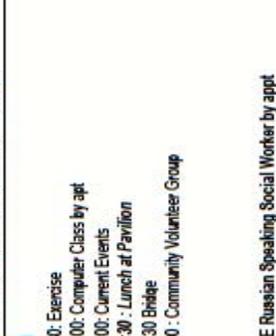
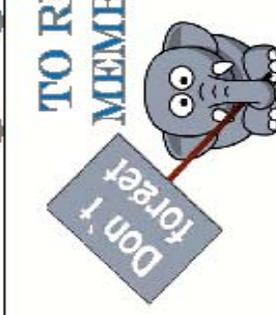
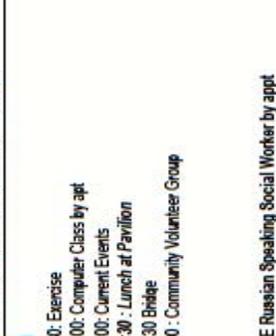
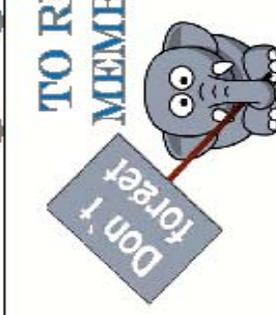
Place: Mundelein, Illinois

Cost: \$52 members/\$67 non-members by January 16, 2017
\$57 members/\$72 non-members January 17 – January 24, 2017 if space is available

We must have a minimum of 12 people registered in order to run this trip. No refunds or credits after January 16, 2017.



NOVEMBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																				
 <p>1 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:00: Diana: Life and Death of the people's Princess 12:30: Bridge 1:00: Ram Dinner outing C.J.E Russian Speaking Social Worker by apt</p>	 <p>8 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:00: Let Freedom Ring 12:30: Bridge 1:00: Community Volunteer Group C.J.E Russian Speaking Social Worker by apt</p>	 <p>2 9:00: Exercise 9:30: Indian Trails Library Drop Off 10:3 PM SHIP by apt. With Pat Miller 10:30: Sing-A-long 11:30: Lunch at Pavilion 12:00: Stitch and 'nch 1:00 Open Game Play</p>	 <p>3 9:00: Exercise 10:00 Computer Class by Apt 11:30: Illinois Holocaust Museum 11:30: Lunch at Pavilion 12:30: Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt: 10-3</p>	<p>4 9:15: Foot Doctor 10:00: Computer Class by Apt 11:00 Wii Bowling 11:30: Lunch at Pavilion 1:00: Canasta C.J.E Russian Speaking Social Worker by apt</p>	<p>7 9:00 AARP Drivers Class 9:00 Exercise Video 10:00 TLCJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle Beginner Computer Tutoring by apt</p>	 <p>15 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:30: Bridge 1:00: Community Volunteer Group 6-8 Tuesday Evening at Pavilion C.J.E Russian Speaking Social Worker by apt</p>	 <p>16 9:00: Exercise 9:30: Indian Trails Library Drop Off 10-30: Rules of the road 10-3 SHIP by apt. With Pat Miller 10:30: Sing-A-long 11:30: Lunch at Pavilion 12:00: Stitch and 'nch 1:00 Open Game Play</p>	<p>10 9:00: Exercise 10:00 Computer Class by Apt 11:30: Lunch at Pavilion 12:30: Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt: 10-3</p>	<p>11 10:00: Computer Class by Apt 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30: Lunch at Pavilion 12:00: Officer LaVerd : Scam Update 1:00: Canasta C.J.E Russian Speaking Social Worker by apt</p>	<p>14 9:00 AARP Drivers Class 9:00 Exercise Video 10:00 TLCJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Susan B. Anthony: You Can't Vote. 1:15 Canasta/ Pinochle Beginner Computer Tutoring by apt</p>	 <p>22 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:00: Alzheimer's Disease: Our Modern Epidemic 12:30: Bridge 1:00: Community Volunteer Group 6:00: Tuesday Evening at Pavilion C.J.E Russian Speaking Social Worker by apt</p>	<p>23 9:00: Exercise 9:30: Indian Trails Library Drop Off 10-3 SHIP by apt. With Pat Miller 10:30: Sing-A-long 11:30: Lunch at Pavilion 12:00: Stitch and 'nch 1:00 Open Game Play</p>	<p>17 9:00: Exercise 10:00 Computer Class by Apt 11:30: Lunch at Pavilion 12:30: Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt: 10-3</p>	<p>18 10:00: Computer Class by Apt 10:30: Your Clock is Ticking Group 11:00 Wii Bowling 11:30: Thanksgiving Luncheon at the Pavilion 12:00: Sandi Haynes 1:00: Book Club 1:00: Canasta C.J.E Russian Speaking Social Worker by apt</p>	<p>21 9:00 Exercise Video 10:00 TLCJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:15 Canasta/ Pinochle Beginner Computer Tutoring by apt</p>	 <p>29 9:30: Exercise 10:00: Computer Class by apt 10:00: Current Events 11:30: Lunch at Pavilion 12:30: Bridge 1:00: Community Volunteer Group C.J.E Russian Speaking Social Worker by apt</p>	 <p>24 9:00: Exercise 10:00 Computer Class by Apt 11:30: Lunch at Pavilion 12:30: Bridge 1:00 Happy Hookers 1:30: Color for Calm SHIP by apt: 10-3</p>	 <p>25 C.J.E Russian Speaking Social Worker by apt</p>	<p>25 C.J.E Russian Speaking Social Worker by apt</p>	<p>28 9:00 Exercise Video 10:00 TLCJ (formerly BUGS) 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00: The Christmas Tree Ship: John Boda 1:15 Canasta/ Pinochle Beginner Computer Tutoring by apt</p>	 <p>30 9:00: Exercise 9:30: Indian Trails Library Drop Off 10-15: Crazy For You Trip 10-3 SHIP by apt. With Pat Miller 11:30: Blood Pressure 12:00: Stitch and 'nch 1:00 Open Game Play</p>	 <p>30 9:00: Exercise 9:30: Indian Trails Library Drop Off 10-15: Crazy For You Trip 10-3 SHIP by apt. With Pat Miller 11:30: Lunch at Pavilion 12:00: Stitch and 'nch 1:00 Open Game Play</p>	 <p>TO RENEW YOUR MEMBERSHIP FOR 2017</p>	<p>TO RENEW YOUR MEMBERSHIP FOR 2017</p>
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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

Dean S. Argiris, *President*
Kenneth Brady, *Trustee*
Mary Krueger, *Trustee*
Ray Lang, *Trustee*
Mary Papantos, *Trustee*
Joe Vito, *Trustee*
David Vogel, *Trustee*
Elaine Simpson, *Village Clerk*

SENIOR CENTER STAFF

Shari Matthews Huizar, *Director of Human Services*
Alysia Miller-Goldstein, *Program Planner*
Jan Christiansen, *Social Worker*
Diana Murillo, *Secretary*
Sharon Greenberg, *Clerk*
Braulio Hernandez, *Custodian*
Jesus Delgado, *Dining Coordinator*