



Wheeling Pavilion Senior Center

Wheeling Forward

OCTOBER 2015

NEW MENU SELECTIONS AND NEW CATERER FOR LUNCH AT PAVILION BEGINNING OCTOBER 1, 2015!

Lunch at Pavilion welcomes a new caterer to our program. We are very excited to bring you new menu selections and nutritional composition information. Hoffman House Catering has been awarded the 2015-2016 catering contract for the North Suburban Cook County area funded by AgeOptions.

Hoffman House is owned by Henrici's Management Corporation and was established in 1981. It has been providing senior meals in Illinois since 1989. Hoffman House has experience in all aspects of food service including off premise catering, banquets, and picnics. Hoffman House counts on the expertise of three chefs who develop the recipes for the menus using their culinary backgrounds and nutritional requirements.

One of the new aspects of our Lunch at Pavilion program made possible by Hoffman House will be the addition of Deli Choice menus on select days. These menus include a selection of either a hot sandwich or entrée and an upscale salad or sandwich. This deli selection will also include homemade soups, made fresh daily!

Our program will continue to request the \$4.00 suggested donation and utilize the 5-meal punch card for an even better deal. Our hope is to offer more variety and better tasting food without costing our diners more. Please check out the new menu included in this month's newsletter! Join us and see for yourself, you'll be glad you did!



199 N. First Street • Wheeling, IL 60090 • 847-459-2670 • www.wheelingil.gov

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



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.

OCTOBER BIRTHDAYS

3



- 1 Anant Rawal
- 2 Joyce Sullivan & Joan Ungar
- 4 Carla Nochumson & Joan Revak
- 6 Sybil Grossman, Stuart Sosin, Barry Tress, & Maria Tumilowicz
- 7 Linda Bressett & Dan Farber
- 10 Lucia Geppert & Erica Young
- 13 Larry Weaver
- 14 Robert Culver
- 16 Corky Weber
- 17 Marilyn Naples
- 18 Paula Kramer
- 20 Olga Sluzker-Schullman
- 24 Aspasia Papas
- 25 Martin Baumgartner
- 26 Lorraine Brauer, Hedy Dagher, Toby Elrod, & Anna Kazinsky
- 27 Marvin Kenneth, Martha Rivera & Vilma Sanchez
- 28 Barbara Forke
- 29 Amy Ballee & Charles Brownfield
- 31 Leah Singer

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 thru November 10, 2015

Time: 1:15 p.m.-2:15 p.m.

Place: Wheeling Pavilion Senior Center

Cost: Upon registration, we will collect 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.**

4 WEEKLY PROGRAMS AND INFORMATION

SCHEDULE AT A GLANCE

MONDAY

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

TUESDAY

- 9:30-3:30 CJE Russian Speaking Social Worker by appt.
- 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
- 10:30-11:30 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

THURSDAY

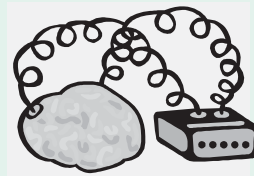
- 9:00-11:00 Gin/Hearts group
- 9:00-11:00 Yahtzee group
- 9:30-10:30 Stay Fit Fitness
- 10:00-3:00 SHIP by appt.
- 11:30-12:30 Lunch at Pavilion
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

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)
- 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)
- 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, October 30, 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.

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.

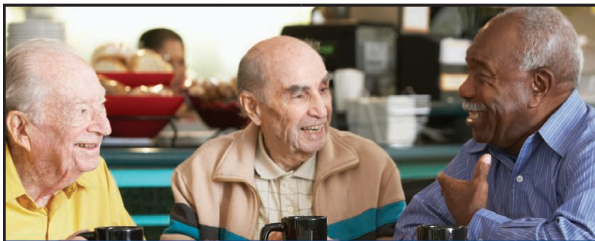


BLOOD PRESSURE SCREENING

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

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





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 to place an ad today!
DNommensen@4LPi.com or
(800) 950-9952 x2465



**"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, October 16, 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

MEMORY SCREENINGS AT THE PAVILION

WHO SHOULD BE SCREENED?

Memory screenings make sense for anyone concerned about memory loss or experiencing the warning signs of dementia. The 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 also are appropriate 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.

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

WHEELING POLICE CRIME PREVENTION POST OF THE MONTH

"YOU HAVE WON" SCAM

The Wheeling police receive many calls from people about lottery or sweepstakes scams. Here are a few quick reminders that if you get an unexpected call or mailing stating "YOU'RE A WINNER" you will have the right tools to avoid being cheated.



Here's how this con game works. The person calling or the mailing will be excited and can't wait for you to get your "money". But what comes next is they tell you there will be a fee, taxes or custom duties to pay. And all you have to do to be the "winner" is wire the fees or use a credit card. What could be simpler than that to claim your \$5 Million Dollar Prize?

The best thing to do is to simply say "No Thanks". Never share your information, credit card information or your Social Security number, it is a scam. Hang up and report this activity to the Federal Trade Commission at ftc.gov/complaint. Or Call 1-877-382-4357.

My name is Officer Kanches and I am the Crime Prevention Officer for the Wheeling Police Department. I want you to be prepared not to be a victim and how to handle an unexpected call and mailing telling you **"YOU'RE A WINNER"!!!**

Come see me at the monthly beat meeting at the Senior Center. I will spend some time talking to you about how telephone scams get you "hooked", how to handle an unexpected call and what to do about prerecorded calls.

Best,

Officer Kanches
Crime Prevention Unit, Wheeling Police Department
(847) 459-2994

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 medical equipment, call the front desk at 847-459-2670.



DISCOVER HOW TO "TAKE CHARGE OF YOUR HEALTH" AGAIN!

This program is a proven series of six sessions taught by two trained class leaders. Topics include:

- ◆ Coping with fatigue, frustration, and isolation related to ongoing health conditions
- ◆ Exercising to maintain and improve strength and flexibility
- ◆ Using medications
- ◆ Communicating with family, friends and health professionals
- ◆ Practicing good nutrition
- ◆ Evaluating new treatment options

Date: Tuesday, November 17th for 6 consecutive Tuesdays and will end on Tuesday, December 22nd

Place: Wheeling Pavilion Senior Center

Time: 1:30 p.m. - 4:00 p.m.

To Register: Please call Jan Christiansen, MSW, at 847-459-2671

Sponsored by AgeOptions and the Village of Wheeling Human Services Department



Please Note: We need at least 10 people registered in order to run this program.

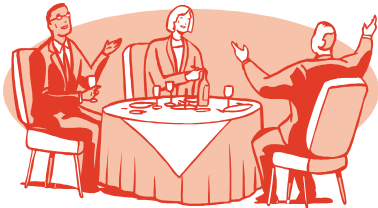
Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, and table service — you can't beat it! The Senior Center hosts meal service for anyone 60 years and better.

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.

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 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 October 9, 2015. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

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Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the 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.

COUPONS AND COOKIES

Thursday, October 1, 2015

Come and find out what is coming up at the Wheeling Pavilion Senior Center. Learn about trips. Attend the complete program and receive coupons for upcoming events. Enjoy cookies at the conclusion of the program.

MIHAI VLAD, VIOLINIST

Friday, October 2, 2015

Enjoy the beautiful violin music of Mihai Vlad. He will entertain us with a variety of pieces and will tell us stories about the songs as he performs them.

JIM KENDROS

Monday, October 5, 2015

Join Jim Kendros as he gets us in the mood for Halloween with a program on Haunted Movie Classics.

WHITE CRANE PRESENTS "GET SMART ABOUT YOUR MOUTH"

Wednesday, October 7, 2015

Come and learn information about maintaining your oral health as well as tips and tricks to keep your smile healthy!

"KEEPING YOUR HOLIDAY BRIGHT"

Wednesday, October 14, 2015

Staff from The Abington in Glenview will be here to offer ways to avoid the holiday blues.

THE 1950'S, PART 2

Monday, October 19, 2015

Myra Loris will return to present part 2 of her 1950's program. Today's presentation will focus on the "Good Times" and the post WWII prosperity and promise as well as scientific and technological advances that took place during this decade. The amazing and entertaining stories of 3 unique entrepreneurs whose innovations shaped the 50's and changed America forever will be featured.

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".

SENIOR JEOPARDY

Wednesday, October 21, 2015

Join Julie Gange from Home Instead for this spirited trivia game. You may even learn some new trivia!

HALLOWEEN PARTY

Friday, October 30, 2015

It's time to get out your costumes and celebrate Halloween at the Wheeling Pavilion Senior Center. We will have a costume contest, goodies, and a presentation on Haunted Chicago by Tim Wilsey.



WELCOME NEW MEMBERS

Nora Cools

Marie Kelly

James Kyle

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

Since Medicare Open Enrollment will be here soon here are some reminders about Medicare.

If you are an American citizen or a legal resident of the United States for at least 5 years, you are eligible for Medicare when you or your spouse turn 65 and have paid payroll taxes for at least 10 years. You must enroll in the program unless you already receive Social Security in which case you are automatically enrolled. If you work beyond 65 for an employer who provides health insurance you can delay enrollment until you retire.

PART A covers hospital services and skilled nursing facility stays for up to 100 days as well as in-home health care and hospice. All eligible people get Part A and most receive the coverage “premium free”; others pay a premium up to \$407 monthly.

PART B covers doctors’ visits/outpatient services/lab work and preventive services. If your income is less than \$85,000 yearly, the monthly premium is \$104.90. Persons with higher income pay a premium which is capped out at \$335.70, with \$214,000 for individuals and \$428,000 jointly.

PART C covers Medicare Advantage Plans which is private insurance as an alternative to the Original Medicare Plan.

PART D covers prescription drugs. If your income is above a certain limit you will pay a certain premium related to the drugs in addition to your supplemental plan premium. You are on the hook for premiums, deductibles, coinsurance and co-payments. You may qualify for premium assistance depending on your income. The federal program for this assistance is “Extra Help”.

There are a few categories which usually aren’t covered under regular Medicare or separate plans such as dental, vision, hearing, foot care, and medical services outside the United States. Part C plans may offer such benefits. Remember, if you don’t enroll in Medicare or have “creditable coverage” when you reach 65 you may penalized by Medicare; that penalty may remain on your account for some time

For more information and assistance choosing your plans, please contact us at the Senior Center for an appointment.

Pat Miller
SHIP Coordinator/counselor
(847) 459-2670

From *Chicago Tribune* article dated August 9, 2015, by Jill Schlesinger



THE WHEELING PAVILION SENIOR FOUNDATION

The Carson’s coupon books are here! Now is a good time to get a jump- start on your holiday shopping. Why not buy more than one? They are an even trade or better. Carson’s runs great sales at this time as well. The books make great Trick or Treat gifts for adult children and grandchildren. We’ll see you at the WPSC or just let Diana or Sharon know that you want a book or books and we will see that you get them.

By the way, speaking of Trick or Treats, don’t forget your favorite little or big goblins. You’ll be their favorite person if you get them a scrumptious Fannie May bar for only one dollar.

We look forward to seeing all of you and hearing all your ideas in February for a great new year.

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. and several Mondays per month from 11:00 a.m.–12:00 p.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



STRESS AND THE HEART

Thursday, 10/8, 2:00-3:00 p.m.

Indian Trails Public Library District, 355 Schoenbeck Rd., Wheeling, IL

Heart specialist Dr. Bruno Cortis discusses the critical relationship between your daily stress to the health of your heart. Learn to identify problems and implement solutions to reduce stress, increasing energy and lead a balanced life. Register at ITPLD.org or call (847) 459-4100. Register at ITPLD.org or call (847) 459-4100.

WHEELING PARK DISTRICT

SENIOR SCRAMBLE GOLF EVENT

Wednesday, October 7, 9:00 a.m. shotgun start

Fee: \$55/person

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

Get your team together for this fun, four-person scramble format that features 15-inch cups. Handicaps are not required.

Fee includes golf, cart, prizes, and post-round lunch reception. Full payment required at registration.

For more information, call 847-465-2300.

BALLROOM DANCING

Wednesday, October 28, 7:00–10:30 p.m.

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

Dance the night away to excellent orchestra music on the 5,000-square-foot dance floor in the beautiful Grand Ballroom.

Doors open at 6 p.m.; dance lesson at 7 p.m. with Bob and Penny Urbon of Ballroom Chicago is included in admission price.

For more information, call 847-757-2227 or email bob@ballroomchicago.com

GENTLE YOGA

Mondays, November 9–December 14, 5:00–6:00 p.m.

Location: Community Recreation Center

Instructor: Nancy Rabenau

Balance, flexibility, and stress reduction are the focus of this one-hour class for all ages and abilities. Basic poses, alignment principles, and breathing techniques address the needs of beginners, seniors, and those with injuries and limitations. Class is taught at a pace that allows everyone to follow; no prior yoga experience necessary. Register today at the CRC Guest Service Desk. Member/Resident/Fee: \$51/\$57/\$63 for six-class session; Registration Code 19335 *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.

AQUALIGHT

Monday and Wednesday, 9:00–10:00 a.m.

Location: Arctic Splash indoor pool at the CRC

Get fit in the pool! This is the perfect class for anyone looking for a lighter workout in the water and those new to water fitness and exercising. Light cardio and strength exercises reduce joint pain and stiffness and increase flexibility and range of motion without putting stress on joints. *No need to register; drop-in when it's convenient for you. Purchase a Class Pass at the CRC Guest Service Desk.* For more information, call 847-465-3333.

PICKLEBALL

Every Tuesday and Thursday morning (9 a.m.–12 p.m.), Friday evening (6–9 p.m.)

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

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

Pickleball is the racquet sport seniors made popular and the newest medal sport in the National Senior Games! A combination of tennis, ping-pong, and badminton, it's a great game, fantastic exercise, and not nearly as taxing on your body as a lot of other racquet sports. Played on a smaller court than tennis using solid paddles and a brightly-colored [whiffle ball](#), this is a drop-in program; come when it's convenient for you! Some equipment is provided but you can bring your own, too. For more information, 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.

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.

Note: 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 make your lunch reservation



JAYCEES OKTOBERFEST

Join the Jaycees for Lunch and Bingo to celebrate Fall. This event is **FREE FOR MEMBERS ONLY!**

NO EXCEPTIONS! Registration will begin October 1, 2015 on a first come first served basis. Registration must be in person only or via pre-approved arrangements.

- Date:** Saturday, October 24, 2015
Time: 11:00 a.m.
Place: Wheeling Pavilion Senior Center
Cost: FREE.
This program is for **MEMBERS ONLY!**

Register for this program at the Front Desk at the Wheeling Pavilion Senior Center, 199 N. First Street, Wheeling or call 847-459-2670 for more information.



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, October 20, 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!



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 ten (10) people registered by October 1, 2015 in order to run this trip.



Video Trivia

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



Date: Monday, November 2, 2015
Time: Immediately after Lunch at Pavilion (approximately 12:00 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.*

Call the Senior Center at 847-459-2670 to make your lunch reservation

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!

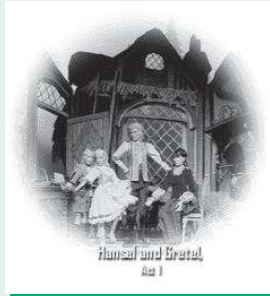
Date: Wednesday, November 4, 2015
Time: 10:00 a.m. - 12:00 p.m.
Place: Wheeling Pavilion Senior Center
Cost: Free but advance registration is *required*

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



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 three 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

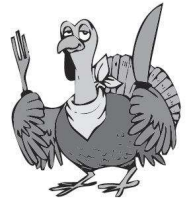
Call the Senior Center at 847-459-2670 to reserve your space.

No refunds or credits after October 21, 2015



THANKSGIVING LUNCHEON

Begin your Thanksgiving celebration at the Wheeling Pavilion Senior Center. Enjoy a delicious lunch followed by an energetic program of music as performed by Peter Miletic.



Date: Friday, November 20, 2015
Time: Immediately after Lunch at Pavilion (approximately 12:00 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.*

Call the Senior Center at 847-459-2670 to make your lunch reservation

ARE YOU INTERESTED IN...

- ◆ Second City
- ◆ RENT—The Musical
- ◆ IL Railway Museum
- ◆ Singin' in the Rain at Fireside
- ◆ Historic Volo Country Village
- ◆ Volo Auto Museum
- ◆ Pyramid House
- ◆ A Funny Thing Happened on the Way to the Forum



If any of the above are of interest, please circle your interest, clip this out, and give it to Alysia along with your name and phone number below.

Name: _____

Phone: _____



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SPECIAL**



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1-800-422-4453

For abused children, abusive parents & concerned citizens to call
for immediate crisis counseling or for information on child abuse.

THE RAM

Back by popular demand!

Enjoy dinner out with friends at The Ram in Wheeling. We will have our own room for this event.



Date: Monday, November 23, 2015
Time: Meet at 5:30 p.m.
Place: The Ram, 700 N. Milwaukee Avenue
Cost: There will be separate checks for all, but if you can pair up with a friend that is encouraged.

Please Note: 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.

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



WHITE FENCE FARM FEATURING THE LEGACY GIRLS CHRISTMAS SHOW



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 program will be their Christmas show.

Date: Friday, December 4, 2015
Time: Meet at the Senior Center at 9:30 a.m. The bus will leave at 9:45 a.m.
Place: White Fence Farm in Romeoville, IL
Cost: \$52 members/\$67 non-members by November 4, 2013
 \$57 members/\$72 non-members November 5 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 DEBEVIC'S LUNCH TRIP

Take a trip back in time to the 1950's as we enjoy a delicious lunch at Ed Debevic's in Chicago, IL. 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.



OCTOBER 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't Forget!</p> <p>Jaycees Oktoberfest Party, Saturday, October 24th Doors open at 11:00 a.m. — Lunch will be served at 11:30 a.m.</p> <p>REGISTRATION IS REQUIRED</p>				
<p>5</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Jim Kendros "Halloween Movie Music"</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>6</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>10:00 Current Events</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Community Volunteer Group</p> <p>1:15 Sit and Be Fit Class #3</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>7</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 Sing-a-Long</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 White Crane Oral Care Program</p> <p>1:00 Stitch and *itch</p>	<p>8</p> <p>8:45 Four Winds Casino Trip</p> <p>9:00 GinHearts Group</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>9</p> <p>10:00 Computer Class by appt.</p> <p>10:00 Russian Tea Time Support Group</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>12</p> <p>Columbus Day</p> <p>Senior Center Closed</p> 	<p>13</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>10:00 Current Events</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Community Volunteer Group</p> <p>1:15 Sit and Be Fit Class #4</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>14</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 Sing-a-Long</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Surviving the Holidays</p> <p>1:00 Stitch and *itch</p>	<p>15</p> <p>9:00 GinHearts Group</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>10:15 Motown and More Trip</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>16</p> <p>10:00 Computer Class by appt.</p> <p>10:30 Your Clock is Ticking</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion - Oktoberfest</p> <p>12:00 Mike Knauf - Oktoberfest Music</p> <p>1:00 Book Club</p> <p>1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>19</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Myra Loris - 1950's Part 2</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>20</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>10:00 Current Events</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Community Volunteer Group</p> <p>1:15 Sit and Be Fit Class #5</p> <p>6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>21</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Senior Jeopardy</p> <p>1:00 Stitch and *itch</p>	<p>22</p> <p>9:00 GinHearts Group</p> <p>9:15 Long Grove Confectionery Trip</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>23</p> <p>10:00 Computer Class by appt.</p> <p>10:00 Russian Tea Time Support Group</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>
<p>26</p> <p>9:00 Exercise Video</p> <p>10:00 BUGS/Computers</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p>	<p>27</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>10:00 Current Events</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Community Volunteer Group</p> <p>1:15 Sit and Be Fit Class #6</p> <p>CJE Russian Speaking Social Worker by appt.</p>	<p>28</p> <p>9:00 Exercise</p> <p>9:30 Indian Trails Library Drop Off</p> <p>10:00 Computer Topics Class</p> <p>10:30 White Fence Farm Trip</p> <p>11:30 Lunch at Pavilion</p> <p>1:00 Stitch and *itch</p>	<p>29</p> <p>9:00 GinHearts Group</p> <p>9:30 Exercise</p> <p>10:00 Computer Class by appt.</p> <p>11:30 Lunch at Pavilion</p> <p>12:30 Bridge</p> <p>1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p>	<p>30</p> <p>10:00 Brain Games</p> <p>10:00 Computer Class by appt.</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion - Halloween Party</p> <p>12:00 Tim Wilsey</p> <p>1:00 Canasta</p> <p>CJE Russian Speaking Social Worker by appt.</p>
				<p>2</p> <p>9:15 Foot Care</p> <p>10:00 Computer Class by appt.</p> <p>11:00 Wii Bowling</p> <p>11:30 Lunch at Pavilion</p> <p>12:00 Mihai Vlad - Violinist</p> <p>CJE Russian Speaking Social Worker by appt.</p>

TRIP AND PROGRAM CANCELLATION POLICY

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

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

Check specific information for each trip.

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

AN IMPORTANT NOTE ABOUT TRAVELING WITH OUR GROUP

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

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

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

TRIP ETIQUETTE

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

CAREGIVER POLICY

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



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

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

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