



Wheeling Forward

Wheeling Pavilion Senior Center

AUGUST 2015

IMPORTANT!

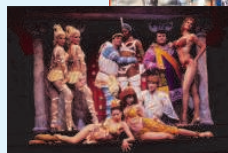
After programs and trips are over you are asked to fill out a program evaluation form. You may be wondering, “what happens to these forms after I complete them?” After the forms are collected Alysia reads them and evaluates the overall satisfaction participants had with the program. Please be honest when you are completing these forms. Based on your feedback the event will be repeated, changed, or not presented again. Please feel free to make suggestions for trips and other programs you would like to see in the future.

Are you interested in...

I'm sure you have seen this “blurb” in several issues of our newsletter. If you are interested in any of the trips and programs listed, please let Alysia know. In many cases, these events will NOT be scheduled unless there is sufficient interest. As always, feel free to make suggestions as well.

ARE YOU INTERESTED IN:

- ◆ Medieval Times
- ◆ Art Institute
- ◆ Lunch or Dinner out as a group
- ◆ Trip to Chinatown
- ◆ Shakespeare Theatre
- ◆ A Funny Thing Happened on the Way to the Forum



- ◆ Apple Holler
- ◆ Trip to Ed Debevic's
- ◆ Trip to Ann Sather
- ◆ Morton Arboretum
- ◆ Pyramid House
- ◆ Hairspray



Please circle what you are interested in, write your name and phone number below and return to Alysia.

Name _____ Phone: _____



PAVILION THANKS...

- Jeanne Annis, Marilyn Hams, George Hieber, Dolores Kelly, Joannie Purvin, Corky Weber, and Pinky Wennerstrom for assembling the Wheeling Forward newsletter.
- Geri Brockett, Renee Dicker, Barbara Grossman, Marilyn Hams, Mary Ann Marabella, Pat Rizo, Alicia Ross-Rudolf, 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, Kevin Frei, Czeslawa Gorka, Pat Gouletas, Marilyn Hams, Barb LaHay, Anita Loewenstein, Joannie Purvin, Rich Richman, Vilma Sanchez, Bobi Spiegel, and Carol Targun.



ADVISORY COUNCIL

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

TRANSPORTATION RESOURCES

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

WHEELING TOWNSHIP DIAL-A-RIDE/SENIOR DISABLED TRANSPORTATION

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

PACE PARATRANSIT BUS FOR PERSONS WITH DISABILITIES

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

RTA FREE OR REDUCED RIDE PROGRAM

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

PACE BUS SERVICE

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

ESCORTED TRANSPORTATION SERVICE NORTHWEST

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

AUGUST BIRTHDAYS

3



- 1 Dolores Kelley
- 2 Maria Woodward
- 4 Jerry Meyers
- 5 Linda Sosin
- 7 Joel Borak & Esther Meyers
- 8 Robert Berg & Tarya Curry
- 9 Dennis Evans, Bobi Spiegel, & Isaak Zaslavskiy
- 11 Romualda Jagusiak, Nolan Schienberg, & Doris Stein
- 12 Betty Viti
- 13 Milton Kipps
- 14 Darlene Kaplan & Albert Korn
- 16 Marilyn Stark
- 19 Marianna Soroborska
- 20 Judy Immergluck & Joanne McGowan
- 21 Helen Mouzakis
- 22 John Janssen, MaryAnn Marabella, & Richard Ertman
- 23 Mary Murphy & Miles Pierce
- 25 Murielle Camos
- 27 Nancy Romano
- 29 Helen Huska & Sherry Turner
- 30 Anne Griffin
- 31 Arthur Ebling & Bobbie Sfondilis



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
- 1:00-3:30 Mahjong Group

THURSDAY

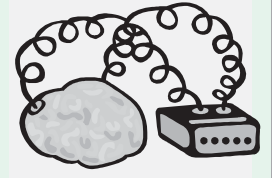
- 9:00-11:00 Gin/Hearts group
- 9:30-10:30 Stay Fit Fitness
- 10:00-3:00 SHIP by appt.
- 11:30-12:30 Lunch at Pavilion
- 12:30-3:30 Intermediate Bridge
- 1:00-3:30 Happy Hookers

FRIDAY

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

BRAIN GAMES

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



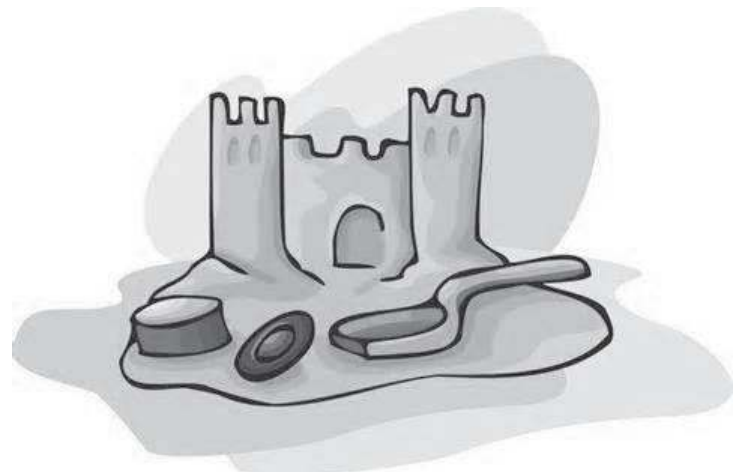
- Date:** Friday, August 28, 2015
- Time:** 10:00 a.m.
- Place:** Wheeling Pavilion Senior Center
- Cost:** **FREE** but reservations are requested in order to have enough materials for all in attendance

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

BLOOD PRESSURE SCREENING

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

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



HELP PROTECT YOUR FAMILY

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

CALL NOW!
1-888-891-6806



Cancer Information Service



1-800-4 CANCER

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

People are looking for your business.

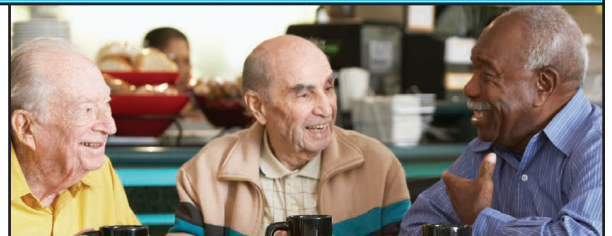


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DNommensen@4LPi.com or
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CHURCH CREEK SENIOR LIVING -

Care-free Living
FOR

ARLINGTON HEIGHTS SENIORS

Alzheimer's Disease

and Related Disorders Assoc. Inc.



1-800-272-3900

A source of information and help

OFFERING:

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

CHURCH CREEK

FIVESTAR SENIOR LIVING™

1250 West Central Road
Arlington Heights, IL 60005

847-506-3200

www.ChurchCreekRetirement.com



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**“Good morning”,
“How are you this fine day”?
asks the volunteer from the
Wheeling Pavilion Senior Center.**

WHAT: Telephone Reassurance Program

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

WHY: Because we CARE
about your well being

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

YOUR CLOCK IS TICKING



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

–Tom Hanks, Forest Gump

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

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

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

SPECIAL NEEDS RESIDENT LIST

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

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

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

STATE OF ILLINOIS BENEFITS FOR SENIORS

The benefits now available are:

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



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

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



MEMORY SCREENINGS AT THE PAVILION

WHO SHOULD BE SCREENED?

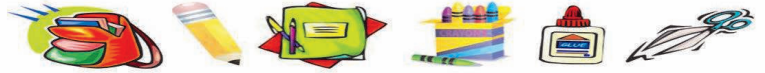
Memory screenings make sense for anyone concerned about memory loss or experiencing the warning signs of dementia. The family and friends have noticed changes; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern at this time, but who want 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**



SCHOOL SUPPLY DRIVE TO HELP NEEDY FAMILIES

JULY 15–AUGUST 14, 2015
WHEELING PAVILION SENIOR CENTER
199 N. FIRST STREET
WHEELING, IL 60090



SCHOOL SUPPLIES ARE BEING COLLECTED FOR NEEDY FAMILIES IN THE VILLAGE OF WHEELING AND THROUGHOUT WHEELING TOWNSHIP. PLEASE BRING NEW SCHOOL SUPPLIES TO THE SENIOR CENTER BETWEEN THE HOURS OF 8 A.M. AND 4 P.M.

IF YOU HAVE QUESTIONS OR FOR MORE INFORMATION

CALL 847-459-2606

ITEMS NEEDED INCLUDES

| | | |
|-----------|------------------|---------|
| CRAYONS | LOOSE-LEAF PAPER | ERASERS |
| PENCILS | GLUE | FOLDERS |
| PENS | MARKERS | |
| NOTEBOOKS | COLORLED PENCILS | |



SIT AND BE FIT EXERCISE CLASS

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

Dates: Tuesdays, September 22, 2015 – November 10, 2015

Time: 1:15 p.m.–2:15 p.m.

Place: Wheeling Pavilion Senior Center

Cost: Upon registration, we will be collecting an \$8 deposit, cash only. If you attend all 8 sessions then upon completion of the class your \$8 deposit will be returned to you.



Space is limited.

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

LUNCH AT PAVILION

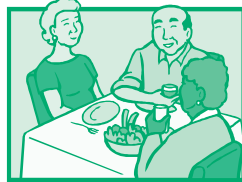
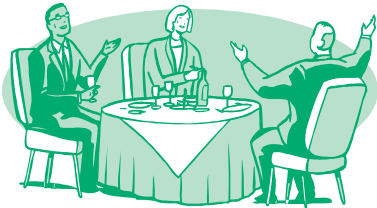
Join us for a great meal and great friends at LUNCH AT PAVILION. Excellent NEW menu selections, restaurant atmosphere, table service — you can't beat it! The Senior Center hosts meal service for anyone 60 years and better.

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

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

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

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



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

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

Signature of Member

Name of person who will pick up newsletter for me

Please clip this coupon and bring it in or mail it to the Wheeling Pavilion Senior Center no later than August 7, 2015. All future newsletters will be held for pickup at the front desk.

LUNCH AT PAVILION EVENTS

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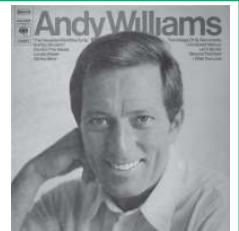
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THE PROGRAMS LISTED BELOW WILL BEGIN AT APPROXIMATELY NOON.

JIM KENDROS PRESENTS ANDY WILLIAMS

Monday, August 3, 2015

Jim Kendros will be here to discuss the music of Andy Williams.



ANTIQUES PRESENTATION

Tuesday, August 4, 2015

Jennifer Prell from Elderwerks will be presenting an Antiques Show.

Bring one item to be appraised. Limit of 20 appraisals.

You must register for this event at the front desk.



THE IMPORTANCE OF STRETCHING

Tuesday, August 11, 2015

Learn the importance of stretching and staying hydrated.

Staff from Athletico will be here to discuss this important topic.



30TH ANNIVERSARY CELEBRATION

Tuesday, August 18, 2015

Celebrate the 30th Anniversary of the Wheeling Pavilion Senior Center at this fun event. See details on page 13 of this newsletter.



MYRA LORIS PRESENTS "THE 1950'S"

Friday, August 28, 2015

History Alive presenter Myra Loris will be here to give us an introduction to the cultural, political, and social climate of the 1950's.

This presentation will be rich in history, anecdotes, and personalities from this decade.





WELCOME NEW MEMBERS

Charles Brownfield Subhash & Nirmala Jain
 Alex Lerin Maria Ovnanyan
 Derryl Shapiro Barry Tress
 Eleanor Zeman

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 |

NEW for 2015! 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

Identity theft to some people is no big deal because it has become the minor hassle of dealing with a stolen credit card and number. You get another card and are not out any money. It has become very common; but another form of identity theft goes beyond money and can mean life or death.

Medical identity theft is when a crook steals your identity to secure medical services, buy medications, and to cheat insurance companies. In addition it also affects Medicare and Medicaid. Thieves find it more lucrative than credit cards, and it winds up costing the owner lots of dollars to resolve the crime. With health information crooks can steal enough information to damage your financial life, and potentially mess up your medical records. In the case of insurance leaks, it can take years to fix the problem.

- Closely monitor your health insurance statements (EOB). Look for visits or services you did not receive; if you find something, notify your insurance carrier immediately. Request a yearly copy of that year's health benefits paid in your name.
- Get a copy of your electronic medical file. It is harder to fix a record **after** it has been compromised. This should include current medications.
- Ask for an annual credit report from the three reporting agencies—Equifax, Transunion, and Experian. You are entitled to one free report each year.
- In your daily activities, protect your health insurance cards like you would do with your Social Security card and your Medicare card. As I have so often recommended, don't carry the originals of these cards with you—make a photocopy of each one and block out everything but the last four numbers of your Social Security/Medicare number. Medical personnel can always check with your insurance carrier and get the information they need, or you can bring the original to the office on your next visit. Carry these original cards with you **only** when you go to see a doctor or to the hospital. This small change in your habits could save you lots of time and money in the long run. I will be glad to help you with this if requested.

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



THE WHEELING PAVILION SENIOR FOUNDATION

As we near the end of the season, may your summer continue to be one of leisure and fun activities. You may or may not have enjoyed camping, but I'm sure most of us would enjoy this fabulous take-off on campfire S'mores. This recipe was shared by Mary Papantos and, of course, includes our delicious Fannie Mae candy bars. Here's the recipe:

S'More Cookie Cup Recipe

1 c. graham cracker crumbs
1½ c. flour
½ t. baking soda
½ t. salt
½ c. unsalted butter at room temperature
½ c. light brown sugar
½ c. granulated sugar
1 large egg
1 t. vanilla extract
12 large marshmallows cut in half
2 Fannie Mae candy bars (24 pieces) your choice of flavors

Preheat oven to 350 F. In a large bowl, combine graham cracker crumbs, flour, baking soda, and salt. Set aside. Cream brown and white granulated sugars together with butter. Add egg and vanilla. Combine with dry ingredients and mix until just combined. Drop by rounded teaspoons of dough into greased mini-muffin pan. Bake for 6-8 minutes, until edges are just getting brown. Remove from oven when golden brown. Gently press half marshmallow, cut side down, onto each cookie. Preheat broiler. Broil 1-2 minutes until marshmallows are golden brown. Watch carefully. They can burn easily. Remove from oven and place a piece of chocolate on top of each cookie.



Now you have it. Now enjoy a delicious campfire treat in the comfort of your home, patio, or back yard and no roughing it!

Thanks for your support of the WPSF. It is greatly appreciated.

Mary Ann Marabella
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.



MARILYN MONROE: FROM NORMA JEAN TO MOVIE QUEEN BY SUSAN BENJAMIN THURSDAY, AUGUST 6, 2-3 P.M.

Norma Jeane Mortensen Baker was a lonely, isolated child who believed that no one saw her-she was invisible. Through desire, talent and perseverance, she transformed herself into Marilyn Monroe-one of the most visible stars in the world. With stories and film clips, this program shares the story of her transformation from solitary style to movie goddess. Register at www.indiantrailslibrary.org or 847-279-2232. Co-sponsored with Buffalo Grove Park District and Wheeling Senior Pavilion.

WHEELING PARK DISTRICT EVENTS

PICKLEBALL

Try our new Pickleball Courts at Chamber Park every Tuesday and Thursday morning (8 a.m.-12 p.m.)

131 N. Wolf Road, Wheeling!

Friday evening (6-9 p.m.) at the CRC gym, 333 W. Dundee Road, Wheeling Fee: \$2/Resident; \$3/Non-Resident

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

For more information, contact Scott Paddack at 847-913-2072.

SPLENDID BALLROOM

Fridays, September 26-October 17, 12-1 p.m. Location: Community Recreation Center Fee: \$60

Learn new steps and practice leading and following in this introductory / refresher session featuring Cha-Cha, Swing, and Waltz. Couples recommended but not necessary.

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

BALLROOM DANCING

Wednesday, August 26, 7-10:30 p.m.

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

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

OUTDOOR AQUAFIT AND AQUA ZUMBA

AquaFit: Every Saturday, 9-10 a.m., through August 22

Location: Family Aquatic Center

Aqua Zumba: Every Tuesday, 9-10 a.m., through August 25

Before the Family Aquatic Center opens to the public, get your workout in with the low-impact benefits of water resistance. Class meets at the Arctic Splash indoor pool at 68 degrees and/or inclement weather. No registration required. Purchase a Class Pass at the CRC Guest Service Desk. For more information, call (847) 465-2943.

FAMILY AQUATIC CENTER

Open every day at 10 a.m. through August 23

Weekday Hours: 10 a.m.-8 p.m.

Location: 327 W. Dundee Road, Wheeling

Weekend Hours: 10 a.m.-7 p.m.

Post Season: 8/29-8/30; 9/5-9/7, 10 a.m.-7 p.m.

Make the most of summer at our award-winning facility featuring zero-depth entry main pool, lap lanes, grassy tanning area, picnic area, Willie's Coconut Café, spacious locker rooms, and more. Memberships (valid one year from date of purchase) sold at the CRC for Seniors, 62 years and older: \$79/Resident; \$99/Non-Resident. Senior Daily Admission: \$9

Float Day: Thursday, August 6, bring your own flotation device to use in the main pool.

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.

30TH ANNIVERSARY PARTY



The Wheeling Pavilion Senior Center will be celebrating 30 years of great times. Join us as we celebrate the fun times we have shared. Sandi Haynes will be here to entertain us after lunch.

- Date:** Tuesday, August 18, 2015
Time: 11:30 a.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 Illinois Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent Diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. THE CARDS HAVE NO EXPIRATION DATES.*

Come in to the Wheeling Pavilion to make your reservation or call us at 847-459-2670. Reservations must be made by August 10, 2015.

LEGACY GIRLS AT CHANDLER'S CHOPHOUSE



The Wheeling Pavilion Senior Center will be heading to Schaumburg, IL to enjoy the music of the Legacy Girls. Join us for lunch featuring roast sirloin of beef, roast turkey breast, stuffing, cranberry sauce, mostaccioli, mashed potatoes, vegetable medley, rolls and butter, beverage, and chocolate mousse for dessert. After lunch the Legacy Girls will be performing their Nifty 50's and 60's show.

- Date:** Friday, August 21, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 10:00 a.m.
 The bus will leave at 10:15 a.m.
Place: Schaumburg, IL
Cost: \$52 members/\$67 non-members by July 31, 2015
 \$57 members/\$72 non-members August 1, 2015 or later if space is available.

Call the Senior Center at 847-459-2670 to reserve your space. NO refunds or credits after July 31, 2015



TUSCANY

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

- Date:** Wednesday, September 9, 2015
Time: Meet at Tuscany at 5:00 p.m.
Place: 550 S. Milwaukee Ave., Wheeling
Cost: There will be separate checks for everyone.

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.

Call the Senior Center at 847-459-2670 to reserve your space and to let us know you will be joining us.



MOBILE DRIVER SUPER SENIOR EVENT



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

A Secretary of State Mobile Driver Services Unit will be available for participants to renew their driver's licenses. An identification card can be obtained for \$20.00; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore they must visit a [Driver Services Facility](#). You can have a photo taken and vision screening. Road tests will NOT be available.

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

OPERA IN FOCUS SEPTEMBER TRIP



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

Date: Wednesday, September 16, 2015
Time: Meet at the Wheeling Pavilion Senior Center at 2:45 p.m.
 The bus will leave at 3:00 p.m.
Place: Rolling Meadows, IL
Cost: \$19 members/\$34 non-members by August 20, 2015;
 \$24 members/\$39 non-members August 21 or later if space is available

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

No refunds or credits after August 20, 2015.



MANNY'S DELI

Enjoy one of the best corned beef sandwiches around at the famous Manny's Deli in Chicago, IL. Many other deli treats are available as well. The cost of this trip includes a \$15 gift card to be used for lunch.



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

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



ROTLBLATT-AMRANY FINE ARTS STUDIO

Have you ever wondered where and how "famous" sculptures are created? Join us for a tour of the Rotblatt-Amrany Fine Arts Studio and enjoy a glimpse of their previous work and work in progress. This is the studio that created the Michael Jordan statue outside of the United Center, the Harry Caray statue, Scottie Pippen statue and many more.



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

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

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



SENIOR CENTER MONTH WRAP UP PARTY

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

- Date:** Wednesday, September 30, 2015
- Time:** Lunch at Pavilion begins at 11:30 a.m. The entertainment will begin at approximately noon.
- Place:** Wheeling Pavilion Senior Center
- Cost:** *Lunch at Pavilion is funded partially with funds granted by Age Options, the suburban area agency on aging, with funds from the Federal Administration on Aging and the Illinois Department of Aging. The suggested donation for the lunch is \$4.00 per meal. No one will be turned away for inability to donate. Frequent diners can make a \$15 donation for a 5-meal Lunch at Pavilion ticket. Cards are available at the front desk at the Wheeling Pavilion Senior Center. The cards have no expiration dates.*

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

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

FOUR WINDS CASINO

Enjoy a day away as we journey to New Buffalo, MI to try our luck at the Four Winds Casino. The cost of this trip includes round trip transportation, a \$10 food credit, and \$15 instant slot credit. **If you already have a card for Four Winds Casino, please provide that number when you register for this trip.



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

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

No reservations or refunds after September 23, 2015.



MOTOWN AND MORE

Enjoy a delicious lunch at White Fence Farm followed by a performance of Motown and More. Don't miss a fabulous performance of your favorite 60's and 70's hits! Get ready to sing and dance to the Motown beat with sensational vocalist Paula Williams. Now you can be one of the Temptations, Pips, and the Supremes!

- Date:** Thursday, October 15, 2015
- Time:** Meet at the Wheeling Pavilion Senior Center at 10:15 a.m. The bus will leave at 10:30 a.m.
- Place:** Romeoville, IL
- Cost:** \$56 members/\$71 non-members by September 8, 2015; \$61 members/\$76 non-members September 9-September 15, 2015



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

No refunds or credits after September 8, 2015.



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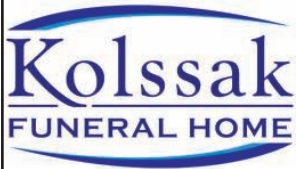
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LONG GROVE CONFECTIONARY

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 chocolates 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

We must have a minimum of 10 people registered by October 1, 2015 in order to run this trip.
Call the Senior Center at 847-459-2670 to reserve your space.



WHITE FENCE FARM FEATURING THE LEGACY GIRLS



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

- Date:** Wednesday, October 28, 2015
Time: Meet at the Senior Center at 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 October 1, 2015;
 \$57 members/\$72 non-members October 2, 2015 or later, if space is available

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



FIRESIDE CHRISTMAS

Travel with us to the Fireside Theatre in Fort Atkinson, WI for lunch and a production of "It's a Wonderful Life". The story of George Bailey and his wonderful life in Bedford Falls has brought hope and inspiration to every heart with its celebration of the goodness in all of us. Enjoy a delicious lunch featuring fresh from the oven breads, appetizer, capon chicken, potatoes, vegetables, and dessert. Find that special gift for that special someone in the Fireside's unique shops.

- Date:** Wednesday, November 4, 2015
Time: Meet at the Wheeling Pavilion Senior Center 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, WI
Cost: \$117 members/\$132 non-members by September 24, 2015

Please note: We must have a minimum of 12 people registered by September 24, 2015 in order to run this trip.
Call the Senior Center at 847-459-2670 to reserve your space

No refunds or credits after September 24, 2015



WHITE CHRISTMAS

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

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

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

No refunds or credits after October 1, 2015.



AUGUST 2015 CALENDAR OF EVENTS

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------|--|--------|--|
| <p>3</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Jim Kendros "Andy Williams" 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p> | <p>4</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Antiques Presentation 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt.</p> | <p>5</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 12:30 Mahjong 1:00 Stitch and *tch</p> | <p>6</p> <p>9:00 Gin/Hearts Group 10:00 Exercise 10:00 Advisory Council Meeting 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p> | <p>7</p> <p>10:00 Computer Class by appt. 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjong</p> <p>CJE Russian Speaking Social Worker by appt.</p> | | | | | |
| <p>10</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p> | <p>11</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Stretching & Hydration 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt.</p> | <p>12</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Stitch and *tch 1:00 Mahjong</p> | <p>13</p> <p>9:00 Gin/Hearts Group 9:30 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p> | <p>14</p> <p>10:00 Computer Class by appt. 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjong</p> <p>CJE Russian Speaking Social Worker by appt.</p> | | | | | |
| <p>17</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p> | <p>18</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:00 Pavilion Anniversary Party 12:30 Bridge 1:00 Community Volunteer Group 6:00 Tuesday Evening at Pavilion</p> <p>CJE Russian Speaking Social Worker by appt.</p> | <p>19</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 10:30 Sing-a-Long 11:30 Lunch at Pavilion 1:00 Mahjong 1:00 Stitch and *tch</p> | <p>20</p> <p>9:00 Gin/Hearts Group 9:30 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p> | <p>21</p> <p>9-15 Foot Care 10:00 Computer Class by appt. 10:00 Legacy Girls at Chandlers Crophouse 10:30 Your Clock is Ticking 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:30 Mahjong Group Instruction 1:00 Book Club</p> <p>CJE Russian Speaking Social Worker by appt.</p> | | | | | |
| <p>24</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Architecture River Cruise 1:00 Canasta/Pinochle</p> <p>Beginner Computer Tutoring by appt.</p> | <p>25</p> <p>9:30 Exercise 10:00 Computer Class by appt. 10:00 Current Events 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Community Volunteer Group</p> <p>CJE Russian Speaking Social Worker by appt.</p> | <p>26</p> <p>9:00 Exercise 9:30 Indian Trails Library Drop Off 10:00 Computer Topics Class 11:30 Lunch at Pavilion 1:00 Stitch and *tch 1:00 Mahjong</p> | <p>27</p> <p>9:00 Gin/Hearts Group 9:30 Exercise 10:00 Computer Class by appt. 11:30 Lunch at Pavilion 12:30 Bridge 1:00 Happy Hookers</p> <p>SHIP by appt 10-3</p> | <p>28</p> <p>10:00 Brain Games 10:00 Computer Class by appt. 10:00 Russian Tea Time Support Group 11:00 Wii Bowling 11:30 Lunch at Pavilion 12:00 Myra Loris "History Alive" 1:00 Mahjong</p> <p>CJE Russian Speaking Social Worker by appt.</p> | | | | | |
| <p>31</p> <p>9:00 Exercise Video 10:00 BUGS/Computers 11:00 Wii Bowling 11:30 Lunch at Pavilion 1:00 Canasta/Pinochle 3:00 Rabbi Gordon "The High Holidays"</p> <p>Beginner Computer Tutoring 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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**as of print date of this issue*