

# Be Inspired

LAKE BARRINGTON WOODS | NEIGHBORHOOD | a Senior Lifestyle community | LAKE BARRINGTON, IL 60010 | 847-842-8900

## THIS MONTH'S *silver star*

July's Silver Star is Jack Gleason, born in 1920 in Madison, Wis., who moved to LBW from Barrington 3-1/2 years ago.

He served in the Air Force's Research Unit during WWII. He was married for 67 years, has three children, 10 grandchildren and 11 great-grandchildren. He attributes his good health and agility to exercise, like On Your Feet With Kurtis, and other physical activities like Wii bowling and Bean Bag toss games.

Until 4 years ago, he was an active downhill skier, did 5 and 10K races, as well as biathlons.

"I'm happy with my current stage of life," says Jack, "but I could do with more strenuous exercise programs than card games to keep fit."

**HIS LIFE MOTTO IS:** "Que sera, sera

Whatever will be will be!"



## JOIN US THIS MONTH FOR *july events*

IN JULY:

Fourth of July Parade. Please sign up at the Front Desk.

Every Monday (3:15 p.m.) and Tuesday (1 p.m.) we will be playing a new dice game called Left, Right, Center. Expect to have a lot of fun!

Thursday, July 5, at 2:30 p.m., in CM "Birds Around LBW" presentation by Tony Szabados. Don't miss it!

Monthly Horse Racing: Thursday, July 12, at 1 p.m., in CM.



## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

With the summer solstice behind us, we all are reminded how fast the seasons come and go. This summer we will once again celebrate the Fourth of July by showing our American spirit while participating in the Barrington Parade. There is no greater place to live than in

this beautiful country, and celebrating our independence is just one of the many liberties so many people fought so hard for us to have. We are forever grateful for our freedoms. Don't forget to join us for our annual Fourth of July Barbecue!

Thank you,  
*Mike Ross*



## TRAIN YOUR BRAIN *sudoku solution on back*

7		4	1				5	
		2			8	1		
				6	5			8
3		1		4				9
8			5		2			1
	2			3				6
9			7	5				
	3		2				9	
	1				9	4		5

neighborhood

BE INSPIRED

- CONNECT      ● GROW
- CONTRIBUTE   ● MOVE
- FEEL            ● REFLECT

LOCATIONS

- ART STUDIO — AS
- BUS — Bus
- CARD ROOM — CR
- CLUB LOUNGE — CL
- COMMUNITY ROOM — CM
- COMPUTER ROOM — CPR
- COUNTRY KITCHEN — CK
- DINING ROOM — ALDR
- FITNESS ROOM — FR
- FRONT LOBBY — FL
- LIPOFSKY'S GRILL — GR
- LIVING ROOM — LR
- MILLER GROVE ROOM — MGR
- PATIO — PA
- SWIMMING POOL — SP

TRANSPORTATION SCHEDULE

MONDAY, WEDNESDAY & FRIDAY  
8:15 a.m.  
Walk for Health

TUESDAY & THURSDAY  
8 a.m.-3:30 p.m.  
Doctor Appointments

SUNDAY  
8:30 and 10:30 a.m.  
Church Transportation

COUNTRY STORE

MONDAY-FRIDAY  
11:30 a.m.-1 p.m.

SENIOR LIFESTYLE VALUES

Hospitality, Excellence, Appreciation, Respect, & Teamwork

www.SeniorLifestyle.com  
Activities are subject to change

<p>8:45 ● Music Trivia   MGR <b>1</b></p> <p>9:30 ● Sunday Sermon   MGR</p> <p>10:00 ● Singalong with Linda   MGR</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>1:00 ● Mandala Coloring   CK</p> <p>2:00 ● Entertainer: Music by Larry Breiderbase   CM</p> <p>3:15 ● Crafts: Fourth of July hats   CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano   MGR <b>2</b></p> <p>10:15 ● Exercise with Weights with Linda   MGR</p> <p>10:45 ● Pet Therapy with Murphy &amp; Joann   MGR</p> <p>11:30 ● Wendy's Day so Wendy's in the Park   Bus</p> <p>2:30 ● Iced Tea and "You Be the Judge"   MGR</p> <p>3:00 ● Shake Loose a Memory   CK</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>3</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Whammo   CK</p> <p>2:00 ● Craft: 4th of July Votives with Ellen   CK</p> <p>2:30 ● Iced Tea Social and Fun Facts   PA</p> <p>3:30 ● Richard on the Piano   FL</p>	<p>INDEPENDENCE DAY <b>4</b></p> <p>8:45 ● Decorating LBW Bus &amp; Trolley for the Parade   FL</p> <p>9:00 ● 4th of July Parade   Bus</p> <p>1:00 ● Sweet Bingo   CK</p> <p>2:30 ● Ice Cream Social   CK</p> <p>2:30 ● Patriotic Songs   CK</p>	<p>8:45 ● Music Trivia   MGR <b>5</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>11:00 ● All Resident Meeting   CM</p> <p>1:00 ● Are You Kidding Me? 1004 Facts that will Scare You   MGR</p> <p>1:30 ● Singalong with Peggy Crawford   MGR</p> <p>2:30 ● Cooking Club: National Apple Turnover Day   CK</p> <p>2:30 ● Game: Fact or Crap &amp; Lemonade social with Peggy   CK</p> <p>3:00 ● Sweet Bingo with Peggy   CK</p> <p>4:30 ● Communion   CK</p>	<p>9:00 ● Scenic Bus Ride with Linda   Bus <b>6</b></p> <p>10:30 ● Pet Therapy: Duffy   MGR</p> <p>1:00 ● Balloon Fitness   MGR</p> <p>1:30 ● "Carol Burnett" TV show   MGR</p> <p>10:45 ● Wii "Wheel of Fortune"   CM</p> <p>1:00 ● Singalong with Bonnie   MGR</p> <p>2:00 ● Bean Bag Toss   PA</p> <p>2:15 ● Jingo/Civil War with Peggy &amp; Linda   CK</p> <p>3:30 ● Iced Tea &amp; Lemonade Social with Peggy &amp; Linda   PA</p>	<p>8:45 ● Music Trivia   MGR <b>7</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>10:00 ● Facts: Hawaii Annexed by U.S.   MGR</p> <p>10:30 ● "Carol Burnett" TV show   MGR</p> <p>10:45 ● Wii "Jeopardy!"   CM</p> <p>1:00 ● Singalong with Bonnie   MGR</p> <p>2:00 ● Jingo/Musical Instruments with Peggy &amp; Linda   CK</p> <p>2:00 ● Bean Bag Toss   PA</p> <p>3:30 ● Iced Tea &amp; Lemonade Social with Peggy &amp; Linda   PA</p>
<p>8:45 ● Music Trivia   MGR <b>8</b></p> <p>9:30 ● Church Services   MGR</p> <p>10:00 ● Singalong with Linda   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>1:00 ● Mandala Coloring   CK</p> <p>2:00 ● Star-Spangled Songs by John Boda   CM</p> <p>3:15 ● Crafts: Bee Hives with Clay Pots with Renee &amp; Lilly   CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano   MGR <b>9</b></p> <p>10:15 ● Exercise with Weights with Linda   MGR</p> <p>1:00 ● Sweet Bingo   CK</p> <p>2:30 ● Iced Tea and "You Be the Judge"   MGR</p> <p>3:30 ● Game: Table Talk with Linda   CK</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>10</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Whammo   CK</p> <p>2:00 ● Lucky Dice Game   CK</p> <p>2:30 ● Iced Tea Social and Fun Facts   PA</p> <p>3:30 ● Richard on the Piano   FL</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>11</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:45 ● Pet Therapy with Charlie &amp; Virginia   MGR</p> <p>11:30 ● Pizza in the Park   Bus</p> <p>2:30 ● Iced Tea Social   CK</p> <p>3:15 ● Left Right Center Game   MGR</p>	<p>8:45 ● Music Trivia   MGR <b>12</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Are You Kidding Me? 1004 Facts that will Scare You   MGR</p> <p>1:30 ● Singalong with Peggy Crawford   MGR</p> <p>2:30 ● 1339 Interesting Facts to Make Your Jaw Drop   CK</p> <p>2:30 ● Cooking Club: Lemon Bars &amp; Lemonade Social   CK</p> <p>3:00 ● Sweet Bingo with Peggy   CK</p> <p>4:30 ● Communion   CK</p>	<p>9:00 ● Scenic Bus Ride with Linda   Bus <b>13</b></p> <p>10:30 ● Pet Therapy: Duffy   MGR</p> <p>1:00 ● Balloon Fitness   MGR</p> <p>1:30 ● Black Jack with Linda   CK</p> <p>2:00 ● Easy Whammo with Cindy   CK</p> <p>3:30 ● Happy Hour   CK</p>	<p>8:45 ● Music Trivia   MGR <b>14</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>10:00 ● Facts: France Bastille Day   MGR</p> <p>10:30 ● "Carol Burnett" TV show   MGR</p> <p>10:45 ● Wii "Jeopardy!"   CM</p> <p>1:00 ● Singalong with Bonnie   MGR</p> <p>2:00 ● Jingo/Musical Instruments with Peggy &amp; Linda   CK</p> <p>2:00 ● Bean Bag Toss   PA</p> <p>3:30 ● Iced Tea &amp; Lemonade Social with Peggy &amp; Linda   PA</p>
<p>8:45 ● Music Trivia   MGR <b>15</b></p> <p>9:00 ● BHS Ensemble   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● Singalong with Linda   MGR</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>1:00 ● Mandala Coloring   CK</p> <p>2:00 ● Music by Edizon Dayao   CM</p> <p>3:15 ● Crafts: Suncatchers   CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano   MGR <b>16</b></p> <p>10:15 ● Exercise with Weights with Linda   MGR</p> <p>1:00 ● Out for Ice Cream   Bus</p> <p>2:30 ● Iced Tea and "You Be the Judge"   MGR</p> <p>3:00 ● Shake Loose a Memory   CK</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>17</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Whammo   CK</p> <p>2:00 ● Lucky Dice Game   CK</p> <p>2:30 ● Iced Tea Social and Fun Facts   PA</p> <p>3:30 ● Richard on the Piano   FL</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>18</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Sweet Bingo   CK</p> <p>2:30 ● Iced Tea Social   CK</p> <p>3:15 ● Left Right Center Game   MGR</p>	<p>8:45 ● Music Trivia   MGR <b>19</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● 350 Curious Questions &amp; Intriguing Answers   CK</p> <p>1:30 ● Singalong with Peggy Crawford   MGR</p> <p>2:30 ● Cooking Club: National Lollipop Day/ Lemonade Social   CK</p> <p>2:30 ● Animal Trivia   CK</p> <p>3:00 ● Sweet Bingo with Peggy   CK</p> <p>4:30 ● Communion   CK</p>	<p>9:00 ● Scenic Bus Ride with Linda   Bus <b>20</b></p> <p>10:30 ● Pet Therapy: Duffy   MGR</p> <p>1:00 ● Balloon Fitness   MGR</p> <p>1:30 ● LBW Horse Racing   MGR</p> <p>2:00 ● Easy Whammo with Cindy   CK</p> <p>2:45 ● Left, Right, Center Dice Game   CK</p> <p>3:30 ● Happy Hour   CK</p>	<p>8:45 ● Music Trivia   MGR <b>21</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>10:00 ● Facts: Florence Foster Jenkins' Birthday   MGR</p> <p>10:30 ● "Carol Burnett" TV show   MGR</p> <p>10:45 ● Wii "Wheel of Fortune"   CM</p> <p>1:00 ● Singalong with Bonnie   MGR</p> <p>2:00 ● Jingo/Native Americans with Peggy &amp; Linda   CK</p> <p>2:00 ● Bean Bag Toss   PA</p> <p>3:30 ● Iced Tea &amp; Lemonade Social with Peggy &amp; Linda   PA</p>
<p>8:45 ● Music Trivia   MGR <b>22</b></p> <p>9:30 ● Church Services   MGR</p> <p>10:00 ● Singalong with Linda   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>1:00 ● Mandala Coloring   CK</p> <p>2:00 ● Music by Steve Cooper   CM</p> <p>3:15 ● Crafts: Clothespin Grasshopper with Renee &amp; Lilly   CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano   MGR <b>23</b></p> <p>10:15 ● Exercise with Weights with Linda   MGR</p> <p>11:30 ● Outing: National Hot Dog Day/Picnic in the Park   Bus</p> <p>2:30 ● Iced Tea and "You Be the Judge"   MGR</p> <p>3:30 ● Game: Table Talk with Linda   CK</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>24</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Whammo   CK</p> <p>2:00 ● Lucky Dice Game   CK</p> <p>2:30 ● Iced Tea Social and Fun Facts   PA</p> <p>3:30 ● Richard on the Piano   FL</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>25</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:45 ● Pet Therapy with Charlie &amp; Virginia   MGR</p> <p>1:00 ● Sweet Bingo   CK</p> <p>2:30 ● Iced Tea Social   CK</p> <p>2:45 ● Crafts: Frogs   CK</p> <p>3:30 ● Game: "Big Money Frog Pond"   CK</p>	<p>8:45 ● Music Trivia   MGR <b>26</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>9:45 ● Making Residents' Birthday Cards for Next Month   CK</p> <p>1:00 ● Are You Kidding Me? 1004 Facts that will Scare You   MGR</p> <p>1:30 ● Singalong with Peggy Crawford   MGR</p> <p>2:30 ● 1411 Interesting Facts to Knock You Sideways   CK</p> <p>2:30 ● Cooking Club: National Coffee Milkshake Day   CK</p> <p>3:00 ● Sweet Bingo with Peggy   CK</p> <p>4:30 ● Communion   CK</p>	<p>9:30 ● Trip: Lambs Farm   Bus <b>27</b></p> <p>10:30 ● Pet Therapy: Duffy   MGR</p> <p>2:00 ● Easy Whammo with Cindy   CK</p> <p>3:30 ● Happy Hour   CK</p> <p>3:30 ● Bunko   CK</p>	<p>8:45 ● Music Trivia   MGR <b>28</b></p> <p>9:15 ● Exercise with Weights with Linda   MGR</p> <p>10:00 ● Jacqueline Birthday   MGR</p> <p>10:30 ● "Carol Burnett" TV show   MGR</p> <p>10:45 ● Wii "Jeopardy!"   CM</p> <p>1:00 ● Singalong with Bonnie   MGR</p> <p>2:00 ● Jingo/Body Parts with Peggy &amp; Linda   CK</p> <p>3:30 ● Iced Tea &amp; Lemonade Social with Peggy &amp; Linda   PA</p>
<p>8:45 ● Music Trivia   MGR <b>29</b></p> <p>9:30 ● Church Services   MGR</p> <p>10:00 ● Singalong with Linda   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>1:00 ● Mandala Coloring   CK</p> <p>2:00 ● Around the World Presentation by Bill Helmuth   CM</p> <p>3:15 ● Craft: Suncatchers   CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano   MGR <b>30</b></p> <p>10:15 ● Exercise with Weights with Linda   MGR</p> <p>11:30 ● Picnic in the Park for National Chili Dog Day   Bus</p> <p>2:30 ● Iced Tea and "You Be the Judge"   MGR</p> <p>3:30 ● Shake Loss a Memory   LR</p>	<p>9:15 ● Seated Exercise with Ellen   MGR <b>31</b></p> <p>9:45 ● Category Puzzle   MGR</p> <p>1:00 ● Whammo   CK</p> <p>2:00 ● Lucky Dice Game   CK</p> <p>2:30 ● Iced Tea Social and Fun Facts   PA</p> <p>3:30 ● Richard on the Piano   FL</p>	<p><b>BIRTHDAYS THIS MONTH</b></p> <p>JIM DRISCOLL — 5th      ANDY MUELLER — 11th</p> <p>ELAINE HANLEY — 6th      BOB SCHWARTZ — 15th</p> <p>JOHANNA SCOTT — 6th      TONY SZABADOS — 27th</p> <p>MARJORIE BROWN — 7th      BUD WEBER — 30th</p>			



## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,  
RESPECT, TEAMWORK

KARISSA KOENIGSEDER

Born in McHenry on June 29, 1993.

Hi, I'm Karissa and I've been working for Senior Lifestyle for 5 years now.

I have a son named Elijah who is 6 months old and I have three dogs (Zoey, Jameson and Presley). My favorite hobby is soccer. I've played for the last 18 years (since I was 7) and my passion for the sport has never died.

I love to go camping with my fiancé and now I get to take my son and let him grow up getting to experience everything I love about the outdoors. I have also been to Germany as a foreign exchange student for a month during high school.



## EVENT RECAP

# *craft time!*



## DID YOU *know* ...?

When hummingbirds migrate to the United States in the springtime, they cover 500 miles across the Gulf of Mexico, flying for 20 hours without stopping.

In preparation for migration, a hummingbird will store half its body weight worth of fat. They migrate alone and not in flocks. Very commonly, the males migrate first followed by the females.

### BREEDING AND REPRODUCTION

- Only female hummingbirds build nests.
- Female hummingbirds lay only two eggs.
- The male hummingbird is not involved in raising young, and will often find another mate after the young are hatched.
- Hummingbirds tend to return to the area where they were hatched.
- After hatching, baby hummingbirds will stay in the nest for approximately three weeks.

### BIOLOGY

- A hummingbird has only a few taste buds and salivary glands in its mouth.
- Hummingbirds are some of the smallest birds in the world, and the bee hummingbird is by far the smallest at just one inch in length, weighing two grams.
- Hummingbirds have no sense of smell.
- Hummingbirds have more neck vertebra (14 or 15) as opposed to most mammals (7).
- A hummingbird's heart is relatively the largest of all animals at 2.5% of its body weight.
- Hummingbirds' legs and feet are small and weak, so they are used only for perching, not walking,
- A hummingbird weighs less than a nickel, on average.
- The iridescence of hummingbird feathers is a result of prism-like microstructures that fragment light into components of the spectrum, by a process of absorption and angle of light.
- A hummingbird tongue is flat and split at the tip, bifurcated like a forked tongue. Each of the bifurcated flaps is edged with fringe, which makes the tip of tongue look like a feather. At rest, the flaps are rolled up in tubular shape and stuck together. When a hummingbird feeds, it picks fluid up by protracting the tongue, spreading the bifurcated tip, which opens out flat, gets covered with fluid, then brought back into the mouth.



Check out our beautiful hummingbird and butterfly garden made by Tony Szabados and Margret and Norm Nordquist!

## MANAGEMENT TEAM

Mike Ross, *Executive Director*  
Janice Stender, *Business Office Manager*  
Pam Labuda, *Director of Sales & Marketing*  
Niko Tsampos, *Dining Services Director*  
Jessica Cork, *Dining Room Manager*  
Pat Buttner, *Director of Plant Operations*  
(Coco) Glaiza Atta-Dalangin, *Health and Wellness Director*  
Mirka Biegunska, *Resident Program Director*

## TRAIN YOUR BRAIN *solution*

7	8	4	1	2	3	6	5	9
5	6	2	9	7	8	1	3	4
1	9	3	4	6	5	7	2	8
3	5	1	6	4	7	8	9	2
8	7	6	5	9	2	3	4	1
4	2	9	8	3	1	5	7	6
9	4	8	7	5	6	2	1	3
6	3	5	2	1	4	9	8	7
2	1	7	3	8	9	4	6	5



SENIOR  
LIFESTYLE  
your life, your style