

Be Inspired

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

THIS MONTH'S *silver star*

July 2019 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 Curtis, and other physical activities like Wii bowling and bean 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.

My life motto is

Que sera, sera

Whatever will be will be!"



JOIN US THIS MONTH FOR *fourth of july parade*

Are you ready for the Fourth of July Parade? You can still sign up at the Front Desk.



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

BE INSPIRED

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

LOCATIONS

- ART STUDIO — AS
- BEAUTY SALON — BS
- BUS — Bus
- CARD ROOM — CR
- CLUB LOUNGE — CL
- COMMUNITY ROOM — CM
- COMPUTER ROOM — CPR
- COUNTRY KITCHEN — CK
- DINING ROOM — MDR
- FITNESS ROOM — FR
- FRONT LOBBY — FL
- GENESIS REHAB OFFICE — GRO
- LIBRARY — LIB
- LIPOFSKY'S GRILL — GR
- MAIL ROOM — MR
- MILLER GROVE ROOM — MGR
- PATIO — PA
- PRIVATE DINING ROOM — PDR
- 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

BIRTHDAYS THIS MONTH

- JIM DRISCOLL — 5th
- ELAINE HANLEY — 6th
- JOHANNA SCOTT — 6th
- MARJORIE BROWN — 7th
- ANDY MUELLER — 11th
- BOB SCHWARTZ — 15th
- TONY SZABADOS — 27th
- BUD WEBER — 30th

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Activities are subject to change

<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 1</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>11:00 ● LRC Dice Game AS</p> <p>2:00 ● Music by Larry Breinenbach CM</p> <p>3:15 ● Bingo with Lucas AS</p> <p>4:30 ● Champagne on the Patio PA</p>	<p>8:15 ● Trip: Walk for Health FL 2</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo with Savannah CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● LRC: Dice Game AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 3</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:00 ● LRC: Dice Game AS</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>3:15 ● Dave the Watch Guy CPR</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>INDEPENDENCE DAY 4</p> <p>8:45 ● Decorating LBW Bus & Trolley for the Parade FL</p> <p>9:00 ● Getting Ready to Leave for the Parade FL</p> <p>1:00 ● LRC Dice Game AS</p> <p>1:30 ● Men's Wii Bowling League CM</p> <p>2:30 ● Wii Bowling CM</p>	<p>9:20 ● Trip: Shopping at Walmart FL 5</p> <p>9:30 ● Communion CM</p> <p>10:00 ● Exercise Sit & Fit with Sue CM</p> <p>11:00 ● All Resident Meeting CM</p> <p>1:15 ● LBW Gentlemen's Speakeasy CL</p> <p>2:30 ● Wii Bowling CM</p> <p>2:30 ● Birds around LBW/ Tony Szabados CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>8:30 ● Women's Water Aerobics/Bonnie SP 6</p> <p>9:00 ● Exercise with Genesis CM</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Poker Club CR</p> <p>11:00 ● Treasures with Carole Potts Vendor FL</p> <p>1:00 ● Bingo CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>1:30 ● Art Club (Experienced Artists) AS</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 7</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Wheel of Fortune" CM</p> <p>1:00 ● Bingo with Madi CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>2:00 ● Bean Bag Toss PA</p> <p>3:30 ● Iced Tea & Lemonade Social with Peggy & Linda CL</p>
<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 8</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>11:00 ● LRC Dice Game AS</p> <p>2:00 ● Patriotic Songs by John Boda CM</p> <p>3:15 ● Bingo with Lucas AS</p> <p>4:30 ● Champagne on the Patio PA</p>	<p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL 9</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo with Savannah CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● LRC: Dice Game AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 10</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● LRC: Dice Game AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>9:20 ● Trip: Shopping at Walmart FL 11</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:30 ● Men's Wii Bowling League CM</p> <p>2:30 ● Wii Bowling CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Catholic Mass CM 12</p> <p>10:30 ● Exercise Fit & Sit with Sue CM</p> <p>1:00 ● Horse Racing CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>8:30 ● Women's Water Aerobics/Bonnie SP 13</p> <p>9:00 ● Exercise with Genesis CM</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Poker Club CR</p> <p>1:00 ● Bingo CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>1:30 ● Art Club (Experienced Artists) AS</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 14</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Jeopardy!" CM</p> <p>1:00 ● Bingo with Madi CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>2:00 ● Bean Bag Toss PA</p> <p>3:30 ● Iced Tea & Lemonade Social with Peggy & Linda CL</p>
<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 15</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>11:00 ● LRC Dice Game AS</p> <p>2:00 ● Songs by Edizon Dayao CM</p> <p>3:15 ● Bingo with Lucas AS</p> <p>4:30 ● Champagne on the Patio PA</p>	<p>9:20 ● Trip: Des Plaines Casino FL 16</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo with Savannah CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● LRC: Dice Game AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 17</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● LRC: Dice Game AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>8:15 ● Trip: Walk for Health FL 18</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Craft</p> <p>1:00 ● Craft: Making Garden Gnome AS</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:30 ● Men's Wii Bowling League CM</p> <p>2:30 ● Wii Bowling CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Communion CM 19</p> <p>10:30 ● Exercise Fit & Sit with Sue CM</p> <p>11:00 ● Book Club Discussion: Camino Island by John Grisham AS</p> <p>1:00 ● Ice Cream Social with Mirka PA</p> <p>2:00 ● Suburban Hearing GR</p> <p>2:30 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p> <p>5:00 ● Piano Performance by Ed Connelly CM</p> <p>7:15 ● Bingo Night with Savannah CM</p>	<p>8:15 ● Trip: Walk for Health FL 20</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:20 ● Trip: Jewel, Walgreens, Banks FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Poker Club CR</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>1:30 ● Art Club (Experienced Artists) AS</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 21</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Wheel of Fortune" CM</p> <p>1:00 ● Bingo with Madi CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>2:00 ● Bean Bag Toss PA</p> <p>3:30 ● Iced Tea & Lemonade Social with Peggy & Linda CL</p>
<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 22</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>11:00 ● LRC Dice Game AS</p> <p>2:00 ● Music by Steve Cooper CM</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>8:15 ● Trip: Walk for Health FL 23</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo with Savannah CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● LRC: Dice Game AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 24</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● LRC: Dice Game AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>8:15 ● Trip: Walk for Health FL 25</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>11:00 ● Residents' Birthday Lunch MDR</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:30 ● Men's Wii Bowling League CM</p> <p>2:30 ● Wii Bowling CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Communion CM 26</p> <p>10:30 ● Exercise Fit & Sit with Sue CM</p> <p>1:30 ● Diamonds in the Rough (Women's Club) Pizza & Beer CL</p> <p>2:30 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>8:15 ● Trip: Walk for Health FL 27</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Poker Club CR</p> <p>1:00 ● Bingo CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>1:30 ● Art Club (Experienced Artists) AS</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 28</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Jeopardy!" CM</p> <p>1:00 ● Bingo with Madi CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>2:00 ● Bean Bag Toss PA</p> <p>3:30 ● Iced Tea & Lemonade Social with Peggy & Linda CL</p>
<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 29</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>11:00 ● LRC Dice Game AS</p> <p>2:00 ● Around the World Presentation by Bill CM</p> <p>3:15 ● Bingo with Lucas AS</p> <p>4:30 ● Champagne on the Patio PA</p>	<p>8:15 ● Trip: Walk for Health FL 30</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo with Savannah CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● LRC: Dice Game AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 31</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● LRC: Dice Game AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>"Far away in the sunshine are my highest aspirations." —Louisa May Alcott</p>			



EVENT RECAP

june events



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.



DID YOU *know* ...?

WE'VE GATHERED 12 FUN FACTS ABOUT BUTTERFLIES THAT YOU MAY NOT ALREADY KNOW:

1. It is commonly believed that the word "butterfly" is derived from "butter-coloured fly" which is attributed to the yellow of the male Brimstone butterfly.
2. A butterfly's life cycle is made up of four parts: Egg, larva (caterpillars), pupa (chrysalis) and adult.
3. Butterflies are cold-blooded and will not fly if the temperature is below 50 degrees Fahrenheit.
4. Representations of butterflies are seen in Egyptian frescoes at Thebes, which are 3,500 years old.
5. Antarctica is the only continent on which no Lepidoptera (an order of insects that comprises the butterflies and moths) have been found.
6. There are about 18,500 named species of butterflies. Moths are even more numerous — about 140,000 species of them were counted all over the world.
7. The Brimstone butterfly (*Gonepteryx rhamni*) has the longest lifetime of any adult butterfly: 9-10 months.
8. Butterflies and insects have their skeletons on the outside of their bodies, called the exoskeleton. This protects the insect and keeps water inside their bodies so they don't dry out.
9. Many butterflies can taste with their feet to find out whether the leaf they sit on is



Butterfly and Hummingbird garden made by Tony Szabados, and Margret and Norm Nordquist.

good to lay eggs on to be their caterpillars' food or not.

10. An adult butterfly will eventually emerge from the chrysalis where it will wait a few hours for its wings to fill with blood and dry, before flying for the first time.
11. Britain has 59 resident butterfly species and there are half a dozen or more that visit us regularly from abroad and which breed here in warm weather.
12. Five butterflies have become extinct in Britain in the last 150 years: The Large Copper, Mazarine Blue, Black-Veined White, Large Blue and Large Tortoiseshell. The Chequered Skipper became extinct in England in 1976, but still survives in Scotland. The Large Blue has been successfully reintroduced using butterflies from Sweden.

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



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LIFESTYLE
your life, your style