

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

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

www.SeniorLifestyle.com
Activities are subject to change



<p>8:30 Church Transportation (Also 10:30 a.m.) Bus 6</p> <p>9:15 ● BHA Ensemble MGR</p> <p>10:00 St. Anne's Communion CM</p> <p>10:30 St. Mark's Church Service CM</p> <p>10:30 ● Sunday Sermon MGR</p> <p>2:00 ● Serbian Dance by Sloboda Folklore Dance Group CM</p> <p>3:15 ● Bingo AS</p>	<p>8:15 ● Trip: Walk for Health FL 7</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>11:30 ● Breathing & Light Yoga with Lorrie CM</p> <p>12:00 ● What's the Scoop? Ice Cream with Mirka CL</p> <p>1:00 Whammo with Savannah CM</p> <p>3:00 ● Beginners Wii Bowling with MaryAnn CM</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 1</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 Pokeno with Savannah 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 2</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>10:30 ● Exercise with Mirka Video CM</p> <p>1:00 Bingo with Scott CM</p> <p>3:00 ● Wii Bowling with Maryann CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner GR</p>	<p>9:30 ● Communion CM 3</p> <p>10:00 ● Exercise Sit & Fit with Sue, Video CM</p> <p>11:00 All Resident Meeting CM</p> <p>1:15 LBW Gentlemen's Speakeasy CL</p> <p>3:00 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:00 ● What's the Scoop? Ice Cream with Mirka CL</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>8:15 ● Trip: Walk for Health FL 4</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:20 Trip: Shopping at Dollar Tree FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 Pinochle Club CR</p> <p>1:00 Bingo with Scott CM</p> <p>1:30 Liverpool Rummy CL</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 5</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>11:00 ● Rosary</p> <p>1:00 ● Bingo CM</p> <p>1:00 ● Mah-Jongg CR</p> <p>3:30 ● Iced Tea & Lemonade Social PA</p>
<p>8:30 Church Transportation (Also 10:30 a.m.) Bus 13</p> <p>9:15 ● BHA Ensemble MGR</p> <p>10:00 St. Anne's Communion CM</p> <p>10:30 St. Mark's Church Service CM</p> <p>10:30 ● Sunday Sermon MGR</p> <p>2:00 Music on the Patio Great American Songbook/Holly PA</p> <p>3:15 ● Bingo AS</p>	<p>8:15 ● Trip: Walk for Health FL 14</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>10:30 Exercise with Mirka Video CM</p> <p>11:30 ● Breathing & Light Yoga with Lorrie CM</p> <p>1:00 Whammo with Savannah CM</p> <p>3:00 ● Beginners Wii Bowling with MaryAnn CM</p> <p>7:30 ● Scrabble CR</p> <p>11:45 Trip: Dollar Tree</p>	<p>9:00 ● Exercise with Genesis CM 15</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 Pokeno with Savannah 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 16</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>9:30 Painting Class/Kaleidoscope School of Fine Art AS</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 Bingo with Scott CM</p> <p>3:00 ● Wii Bowling with Maryann CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner GR</p>	<p>9:30 ● Communion CM 17</p> <p>10:30 ● Exercise Sit & Fit with Sue CM</p> <p>11:00 Book Club Discussion: "Traitor's Wife"</p> <p>12:00 ● Challenge Your Brain: Group Crossword Puzzle CM</p> <p>2:00 ● What's the Scoop? Ice Cream with Mirka CL</p> <p>2:00 Suburban Hearing GR</p> <p>3:00 ● 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>8:15 ● Trip: Walk for Health FL 18</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:20 Trip: Shopping at Aldi (Back at 10:50 a.m.) FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 Pinochle Club CR</p> <p>11:00 Trip: Village Vintner Winery & Brewery/Algonquin FL</p> <p>1:00 ● Bingo CM</p> <p>1:30 Liverpool Rummy CL</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 19</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>11:00 ● Rosary</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Bingo CM</p> <p>1:00 ● Mah-Jongg CR</p> <p>3:30 ● Iced Tea & Lemonade Social PA</p>
<p>8:30 Church Transportation (Also 10:30 a.m.) Bus 20</p> <p>10:00 St. Anne's Communion CM</p> <p>10:30 St. Mark's Church Service CM</p> <p>10:30 ● Sunday Sermon MGR</p> <p>2:00 ● Gene Kelly, Song and Dance Man/John Boda CM</p> <p>3:15 ● Bingo AS</p>	<p>8:15 ● Trip: Walk for Health FL 21</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>11:30 ● Breathing & Light Yoga with Lorrie CM</p> <p>1:00 ● Whammo CM</p> <p>3:00 ● Beginners Wii Bowling with MaryAnn CM</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 22</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 ● Mah-Jongg CR</p> <p>1:00 Pokeno AS</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 23</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>9:30 Painting Class/Kaleidoscope School of Fine Art AS</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 Bingo with Scott CM</p> <p>3:00 ● Wii Bowling with Maryann CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner GR</p>	<p>9:30 ● Communion CM 24</p> <p>10:30 ● Exercise Sit & Fit with Sue CM</p> <p>12:00 ● Challenge Your Brain: Group Crossword Puzzle CM</p> <p>2:00 ● What's the Scoop? Ice Cream with Mirka CL</p> <p>3:00 ● 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 25</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:30 Trip: Luncheon Tour at Lake Geneva, \$50 FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 Pinochle Club CR</p> <p>1:00 ● Bingo CM</p> <p>1:30 Liverpool Rummy CL</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 26</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>11:00 ● Rosary</p> <p>1:00 ● Bingo CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>3:30 ● Iced Tea & Lemonade Social PA</p>
<p>8:30 Church Transportation (Also 10:30 a.m.) Bus 27</p> <p>10:00 St. Anne's Communion CM</p> <p>10:30 St. Mark's Church Service CM</p> <p>10:30 ● Sunday Sermon MGR</p> <p>2:00 Entertainment: Elvis & Johnny Cash Show CM</p> <p>3:15 ● Bingo AS</p>	<p>8:15 ● Trip: Walk for Health FL 28</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>11:30 ● Breathing & Light Yoga with Lorrie CM</p> <p>11:45 Trip: Shopping at Walmart FL</p> <p>1:00 ● Whammo CM</p> <p>3:00 ● Beginners Wii Bowling with MaryAnn CM</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 29</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 ● Mah-Jongg CR</p> <p>1:00 Pokeno AS</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>8:45 Trip: Adventure Camp to Sunrise Lake in Bartlet FL 30</p> <p>9:30 Painting Class/Kaleidoscope School of Fine Art AS</p> <p>10:30 Exercise with Mirka Video CM</p> <p>1:00 Bingo CM</p> <p>3:00 ● Wii Bowling with Maryann CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner GR</p>	<p>9:30 ● Communion CM 31</p> <p>10:30 ● Exercise Sit & Fit with Sue CM</p> <p>1:30 ● Diamonds in the Rough (Women's Club) Pizza & Beer CL</p> <p>3:00 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p style="text-align: center;">"When you can't make them see the light, make them feel the heat." —Ronald Reagan</p>	

EVENT RECAP *adventure camp*

Last year, we took our residents for Adventure Camp at Sunrise Lake in Bartlet. Everyone had a chance to go fishing, practice archery, go paddle boating, make S'mores and much, much more. This year we've decided to invite other senior lifestyle communities to join us! It will be great opportunity to meet residents from our sister properties and make new friends. Mark the date on your calendar, Wednesday, Aug. 30. If you're interested in joining us, please sign up at the front desk.



THIS MONTH'S *chart hero*

CARING, HONESTY, APPRECIATION, RESPECT, TEAMWORK

Lake Barrington Woods CHART Hero this month is TONY CALARCO. Tony works in the Maintenance Department and he loves it! Prior to LBW, he owned the Bella Lucks Restaurant in Fox Lake for 12 years. "I always liked to fix things, that's why I'm here. I love the residents. This is such a great place." Before owning the restaurant, he worked in the car business. Cars were always his passion (especially sport cars) and that's what he likes to do in his spare time ... work on his cars. Yes cars, all three of them including a yellow corvette that you might see sometimes here in the parking lot.

He loves to go to Florida with his family and hopes to one day move there permanently. "I just love the weather and the sunshine," he said.

Tony and his wife of 24 years have two kids — Alexis (19) and Nick (22). They live in McHenry with their three rescue dogs: Flash, Gia and Samson. When asked what's most important in his life he said, "My family, my dogs and of course, my cars!"



WALKING FOR *health*

According to Harvard Health publications, walking for 2.5 hours a week can cut your risk of heart disease by 30 percent. In addition, this go-anywhere, no equipment-required activity has also been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp. LBW offers a walking program three times a week at the indoor walking track of the nearby Canlan Sportsplex. The bus leaves at 8:15 a.m. on Mondays, Wednesdays and Fridays from the Front Lobby. You can walk at your own pace, but the goal for some of us are five laps = 1 mile. Bring your walker or your cane to help with stability.

BREATHING AND LIGHT YOGA *with lorri*

Lorrie, a professional instructor, combines deep breathing and easy yoga exercises that relax your mind and body. Mondays at 11:30 a.m., CM. Come and enjoy this beneficial health class!

MANAGEMENT TEAM

- Mike Ross, *Executive Director*
- Janice Stender, *Business Office Manager*
- Pam Labuda, *Director of Sales & Marketing*
- Mike Danczyk, *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*

