



What's coming up?

October–December 2020

All programs will be held via Zoom unless otherwise noted. RSVP to get the meeting ID and password by calling Bacoa at (847) 381-5030 or emailing Janine O'Leary at joleary@bacoa.org. If you haven't used Zoom before, she can help you get started.

October

Thursday, October 1: The Outsiders trail walk at Citizens Park (weather permitting)
9:30 a.m.

Tuesday, October 6: Virtual Bingo. With Janine as our caller, we play multiple rounds of this classic game. Bring a bell for "49". Prizes will be provided. 11 a.m.

Thursday, October 8: Virtual visit to the SOUL Harbour Ranch. Join us on a tour of the local nonprofit that shares therapeutic dogs and mini horses with people in need.
11 a.m.

Thursday, October 8: "Bingo and a Beverage." Bacoa and Lake Barrington Shores are teaming up with Right at Home to offer bingo games to be enjoyed via Zoom with friends during "cocktail hour." Cards are available at LBS clubhouse or by e-mailing Janine. 6:30-7:30 p.m.

Friday, October 9: "I Remember That Tune!" Bonnie Terchin shares her love of music with us. Relax and enjoy her performance of old standards or print out a lyrics guide and sing along. 2 p.m.

Monday, October 12: “Chair Yoga: Get Zen at 10.” Certified instructor Amy Richie gives our bodies and souls a boost with a yoga session geared for every body and every age. 10 a.m.

Tuesday, October 13: Virtual Bingo. 11 a.m.

Tuesday, October 13: “Staying Sane During the COVID-19 Pandemic and Other Stressful Times.” In partnership with the Barrington Breakfast Rotary, practicing clinical psychologist Dr. Mary Berge shares her insights about how to cope during this difficult time. 2 p.m.

Wednesday, October 14: “Keep on Standing—Fall Prevention with Dr. Young.” Orthopedic surgeon Dr. Michael Young guides us on staying steady on our feet to avoid medical complications. 2 p.m.

Thursday, October 15: “Move Over, Pumpkin Pie.” Three Barrington foodies share alternative desserts for your Thanksgiving feast. 11 a.m.

Thursday, October 15: “Diabetes and You.” Virginia Menzimer, RN, shares her wealth of knowledge on diabetes and answers questions. 1 p.m.

Friday, October 16: “Car Care Guidelines and Maintenance.” In partnership with the Barrington Breakfast Rotary, Steve Hollis of Hollis Brothers Auto Repair in Barrington shares his expertise on maintenance and auto repair. 11 a.m.

Tuesday, October 20: Virtual Bingo. 11 a.m.

Wednesday, October 21: Cuisine Club. The Lucky Monk in South Barrington has reserved its Abby Room for us. If you feel comfortable, join us for lunch. RSVP to Janine by October 13. Noon.

Thursday, October 22: Kaleidoscope watercolor classes. We are excited to offer a series of monthly Zoom classes working on watercolor skills with professional instructors from Kaleidoscope School of Fine Art in Barrington. Each monthly

meeting will focus on different skills. There is a \$20 participation and materials cost per session. Please RSVP by October 19. 1 p.m.

Thursday, October 22: The Outsiders trail walk at Crabtree Nature Preserve (weather permitting). 9:30 a.m.

Friday, October 23: “Banking Smart—Financial Preparation and Recovery.” David Powers from Barrington Bank and Trust shares his expertise on smart banking to avoid and survive financial disasters. 1-2:30 p.m.

Monday, October 26: “Save the Planet for Your Grandchildren.” In partnership with Barrington Breakfast Rotary, Jennifer Lucas of Go Green Barrington offers simple ways for us to reuse and recycle to promote a sustainable Earth. 1 p.m.

Tuesday, October 27: Virtual Bingo. 11 a.m.

Wednesday, October 28: “The Man from Libertyville.” A docent from the Lake County Forest Preserves’ Dunn Museum will share the life and legacy of Adlai E. Stevenson, former governor of Illinois and two-time presidential candidate. 11 a.m.

Thursday, October 29: “Spooky Trivia.” Join Janine for a Halloween game to test your knowledge of things that go bump in the night. 1 p.m.

Friday, October 30: “Folk on Friday.” Acoustic duo Second Wind—Doug Saylor on guitar and Joyce Palmquist on mandolin—will end the week right with an eclectic blend of folk, pop, country, bluegrass and blues. 1 p.m.

November

Tuesday, November 3: Virtual Bingo. 11 a.m.

Wednesday November 4: “Rules of the Road.” Keep your skills honed with a brush-up from an instructor from the Illinois Secretary of State’s office. Please RSVP by November 2. 10 a.m. - noon.

Thursday, November 5: The Outsiders trail walk at Deer Grove West (weather permitting). 9:30 a.m.

Thursday November 5: “Wine for the Holidays: A virtual tasting with Vin Barrington.” Under the guidance of a Vin sommelier, participants will enjoy a tasting of two featured holiday wine recommendations, learn about the vineyard they come from, and discuss their attributes. Registration is required by October 19 and purchase of the wines to be tasted is strongly encouraged. A link will be provided to purchase the two bottles for tasting beforehand. Vin provides curbside pickup. 5:30 p.m.

Monday, November 9: “Safe Banking During the Holidays.” David Powers of Barrington Bank and Trust shares his expertise on keeping your money safe by using financial best practices. 1-2:30 p.m.

Tuesday, November 10: Virtual Bingo. 11 a.m.

Wednesday, November 11: “Celebrate Veteran’s Day with Song.” Bonnie Terchin shares her love of music with us and will have us marching and saluting as she sings patriotic favorites. All are invited to print out a lyrics guide and sing along. 2 p.m.

Thursday, November 12: “Healthy Cooking from One Life Kitchen.” Rochelle Collela of One Life Kitchen in Barrington teaches us some delicious dishes that are good for us –zoodles and more! 11 a.m.

Thursday, November 12: “Bingo and a Beverage.” Bacoa and Lake Barrington Shores are teaming up with Right at Home to offer bingo games to be enjoyed via Zoom with friends during “cocktail hour.” Cards are available at LBS clubhouse or by e-mailing Janine. 6:30-7:30 p.m.

Friday, November 13: “DIY Holiday Gifts.” Being stuck at home means more time for creating the perfect holiday gifts. Nancy Miller offers personal creative ideas that won’t break your budget. 11 a.m.

Friday, November 13: “Veterans’ Benefits: Services for Those Who Have Served.” Derek Giffin, director of the VFW Department of Illinois Service Office, will discuss and answer questions about benefits promised to veterans. 1 p.m.

Monday, November 16: “Chair Yoga: Get Zen at 10.” Certified instructor Amy Richie will give our bodies and soul a boost with a yoga session geared for every body and every age. 10 a.m.

Monday, November 16: “Staying Positive When the World Seems So Negative.” Licensed Social Worker Kathy Kenny, from the Barrington Behavioral Health and Wellness Center, helps us adjust our attitudes and perspectives to live in a world half full. 2 p.m.

Tuesday, November 17: Virtual Bingo. 11 a.m.

Wednesday, November 18: Cuisine Club. The back room at Ciao Baby! is reserved to allow our group to eat while being socially distant. If you feel comfortable, join us for lunch. RSVP to Janine by November 10. Noon.

Thursday, November 19: The Outsiders trail walk at Deer Grove East (weather permitting). 9:30 a.m.

Thursday, November 19: “Watercolor Classes by Kaleidoscope.” We are excited to offer a series of monthly classes working on watercolor skills with professional instructors from Kaleidoscope School of Fine Art in Barrington. There is a \$20 participation and materials cost per class. Please RSVP by November 16. 1 p.m.

Friday, November 20: “Coyotes and Other Canines of Lake County.” Educators from the Lake County Forest Preserve will teach us about these champions of resiliency. 11 a.m.

Tuesday November 24: Virtual Bingo. 11 a.m.

Monday, November 30: BACOA Bookworms: *The Gentleman from Moscow* by Amor Towles. Janine will lead the discussion of this best-selling novel. 1 p.m.

December

Tuesday, December 1: Virtual Bingo. 11 a.m.

Wednesday, December 2: “Keep Safe and Free from Scams.” Officer Jennifer Witcher from the Barrington Police Department shares her tips on staying safe and discusses current scams that target older adults. 7 p.m.

Thursday, December 3: “Christmas Cookie-palooza.” It’s a virtual cookie swap, as area home cooks share their favorite cookie recipes. 11 a.m.

Monday, December 7: “Hollywood on the Prairie.” Hear the story of the motion picture industry from the 1890s to 1910s, beginning with Thomas Edison's laboratory in Menlo Park, N.J. to Edward Amet's backyard movie studio in Waukegan, and Lake County's connection to Essanay Studios in Chicago. 1 p.m.

Tuesday, December 8: Virtual Bingo. 11 a.m.

Wednesday, December 9: Cuisine Club. Holiday lunch at Za Za’s Tavola Italiana. If you feel comfortable, join us for lunch. RSVP to Janine by December 1. Noon.

Thursday, December 10: “Holiday Trivia.” Join Janine for a game full of holiday cheer. How well do you know world traditions, carol lyrics, and “It’s a Wonderful Life”? 1 p.m.

Thursday, December 10: “Bingo and a Beverage.” Bacoa and Lake Barrington Shores are teaming up with Right at Home to offer bingo games to be enjoyed virtually with friends during “cocktail hour.” Cards are available at the LBS clubhouse or by e-mailing Janine. 6:30 p.m.

Tuesday, December 15: Virtual Bingo. 11 a.m.

Wednesday, December 16: “Here We Go a-Caroling.” We’ll sing in the holidays with Bonnie Terchin. All are invited to print out a lyrics guide and sing along. 1 p.m.

Thursday, December 17: “Watercolor Classes by Kaleidoscope.” We are excited to offer a series of monthly classes working on various watercolor skills with professional instructors from Kaleidoscope School of Fine Art in Barrington. There is a \$20 participation and materials cost. Please RSVP by December 14. 1 p.m.

Friday, December 18: BACOA Bookworms. *The Last Lecture* by Randy Pausch. This beautiful guide to life was offered by Professor Pausch to his students and family after he received a fatal diagnosis. Join Janine in a discussion of his sage advice. 11 a.m.

Monday, December 21: Holiday Open House with the O’Learys. Join Janine as she shares her home, family and traditions for the holidays. Games, toasts, and stories abound. 1 p.m.

Tuesday, December 29: Virtual Bingo. 11 a.m.

Be sure to check our website—www.bacoa.org—for updates. You can also follow us on Facebook (<https://www.facebook.com/bacoa1/>) and Twitter (@bacoa1)