



What's coming up?

July-September 2021

All programs will be held via Zoom unless otherwise noted. Register 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. You can also register online at <https://www.bacoa.org/calendar/>.

Ongoing programs

Bingo at the Barrington Park District: Every Monday at 11 a.m. Space is limited; Registration is required.

Zoom Bingo: Every Tuesday at 11 a.m.

Bingocize: This exercise program is offered in partnership with the White Crane Wellness Center and Age Options. It is designed to increase mobility and fitness while having fun playing bingo. This special program begins July 1, and will be offered on Thursdays, all summer long at 1 p.m.

Tai Chi: Tai Chi helps increase range of motion, strength, flexibility and overall wellness, and is also recommended to help prevent falls. This 12-week exercise program is offered in partnership with the White Crane Wellness Center and Age Options and will be offered on Fridays, beginning July 2, at 11 a.m.

July

Wednesday, July 7: "Re-entry: Managing our fears as we return to a new post-pandemic reality." Clinical therapist Kathleen Kenney from the Barrington Behavior and Wellness Center leads the discussion and provides techniques and coping strategies to ease anxiety about gathering again. 11 a.m.

Thursday, July 8: The Outsiders Trail Walk at Deer Grove East in Palatine. Please RSVP to (847) 381-5030. 9:30 a.m.; weather permitting.

Friday, July 9: "Never Idle Hands." Conversation and crocheting/knitting. 10 a.m.; location TBA.

Monday, July 12: Insects of Lake County. Learn about backyard insects, the difference between the beneficial and harmful insects, and organic methods of controlling the harmful ones. Presented by Lake County Forest Preserves. 1 p.m.

Tuesday, July 13: "History Here: The 1886 Haymarket Affair" On May 4, 1886, a bomb exploded during a labor rights demonstration, killing seven Chicago police officers. Barrington High School history teacher Cary Waxler will discuss how the Haymarket Affair fits into the Gilded Age struggle pitting workers and employers against each other. 1 p.m.

Wednesday, July 14: "Credit Control: Understanding and Managing Your Credit." Your credit history can affect your access to credit, loans, jobs, housing, insurance, and other important services. Barrington Bank & Trust's lending team will discuss your rights and how to protect your credit history. 10 a.m.

Wednesday, July 14: Silver Sneakers Preview. The Barrington Park District's Barb Lauro will lead a virtual class of the Silver Sneakers program, a unique exercise program that keeps you energized and fit. Noon.

Thursday, July 15: Virtual Tour of the Dunn Museum. Explore history through highlights and exhibits from the Lake County Forest Preserves' Dunn Museum in Libertyville. 11 a.m.

Friday, July 16: Virtual Family Feud. See what the survey says. 1 p.m.

Tuesday, July 20: TechTalk: Smartphone Photos 101. Nick Sfondilis of Tech Tutors demonstrates photo functions found on smart phones. 1 p.m.

Wednesday, July 21: "Keeping Your Skin in the Game: Making Healthy Skin a Priority and Identifying Areas of Concern." Kara Fitzpatrick, PA-C of Derick Dermatology leads a discussion on the do's and don'ts of keeping skin healthy. 11 a.m.

Wednesday July 21: Cuisine Club at Neoteca, 130 S. Hough, Barrington. \$25; RSVP by July 13. 12:30 p.m.

Thursday, July 22: The Outsiders Trail Walk at Deer Grove West in Palatine. Please RSVP to (847) 381-5030. 9:30 a.m.; weather permitting.

Friday, July 23: "Never Idle Hands." Conversation and crocheting/knitting. Location TBA. 10 a.m.

Tuesday, July 27: Chat with a Nurse - Exercise. Bacoa social services coordinator Diane Vos Hansen, RN, leads this educational discussion series focused on health-related topics. 1 p.m.

Wednesday, July 28: Hospitalization Declassified. Advocate Good Shepherd Hospital's Sue Grossinger explains how hospitalists get you the care you need. She'll also discuss how observational vs. in-patient status affects care and coverage. 1 p.m.

Thursday, July 29: History Here: The U-505 and Task Force 22.3. During the Battle for the North Atlantic in World War II, fierce battles were fought between German submarines and the allied battle groups that hunted them. Learn how the U-505 and U.S. Navy Task Force 22.3 did battle and how the U-505 ended up in Chicago. Presented by Barrington High School teacher Cary Waxler. 11 a.m.

August

Wednesday, August 4: "LawTalk: the Legal Dos and Don'ts of Selling Your Home." Attorney Joe Lucas of Lucas Law discusses the paperwork process of selling your home. 1 p.m.

Monday, August 9: TechTalk: Snapchat 101. Nick Sfondilis of Tech Tutors introduces this social media app. Learn functions and filters to WOW your grandchildren! 1 p.m.

Wednesday, August 11: The Art of Storytelling: How to begin to tell your own compelling story." Master storytelling strategist Randy Ford leads an interactive discussion about the importance of every story and how to find our voice to communicate our own. 11 a.m.

Wednesday, August 11: "How to remember what you don't want to forget" Sue McNamara, Bacoa's director of social services, shares the best tools for remembering. Participants gain insights as to how our brains work and learn strategies for success. 1 p.m.

Thursday, August 12: The Outsiders Trail Walk at Citizens Park in Barrington, weather permitting. 9:30 a.m.

Thursday August 12: "Civil War: Home Front to Frontline." Drawn from letters, diaries and photographs in the Lake County Dunn Museum's collections, this presentation discusses the personal stories of Lake County citizens on the battlefield and on the home front. 11 a.m.

Friday, August 13 "Never Idle Hands." Conversation and crocheting/knitting. Location TBA. 10 a.m.

Friday August 13: "Folk on Friday" featuring folk duo Second Wind. 1 p.m.

Monday August 16: "Protecting Your Identity." This program, led by Barrington Bank & Trust, will help you understand and prevent identity theft, and what do to if you're a victim. 2 p.m.

Wednesday, August 18: "Podcasts & TED Talks: What are they and why do I want to know?" Librarian Corinne Groble discusses these media phenomena and how to access topics of interest. 11 a.m.

Wednesday, August 18: Cuisine Club at Moretti's, 128 S. Wool St., Barrington. Cost: \$25. Register by August 10. 12:30 p.m.

Thursday, August 19: "Reptiles and Amphibians of Lake County." Experts from the Lake County Forest Preserves lead the discussion. 11 a.m.

Wednesday, August 25: Brainsavers. Brian Reynolds from the Lutheran Home leads presents fun interactive brain games to keep your memory sharp. 11 a.m.

Wednesday, August 25: Get Zen at Ten: Chair Yoga with Amy Ritchie. 10 a.m.

Thursday, August 26: The Outsiders Trail Walk at Crabtree Nature Preserve in Barrington, weather permitting. 9:30 a.m.

Friday, August 27: "Never Idle Hands." Meet for crafts and conversation. Location TBA. 10 a.m.

Tuesday, August 31: Chat with a Nurse—The importance of a physical exam. Bacoa social services coordinator Diane Vos Hansen, RN, leads this educational discussion series focused on health-related topics. 1 p.m.

September

Wednesday, September 1: Lynne O'Malley of Right at Home hosts a monthly Zoom group viewing and discussion of "Feel Grand with Jane Seymour," a PBS series focused on healthy aging. Today's topic: Women's cancers. 1 p.m.

Wednesday, September 1: "Get to Know Lake County's First Historian, Bess Bower Dunn." Bess Bower Dunn (1877-1959) was known as Lake County's first historian, one of the first women in motion pictures, and first assistant probate clerk. Learn more about her in this Lake County Forest Preserves presentation. 11 a.m.

Wednesday, September 1: Wine Down Wednesday: Bingo night at LBS. An in-person version of Bingo and a Beverage at Lake Barrington Shores Clubhouse. \$3. 6:30 p.m.

Friday, September 3: Trivia Challenge. Join Janine for a fun Friday game 11 a.m.

Thursday, September 9: The Outsiders Trail Walk at Deer Grove East in Palatine, weather permitting. 9:30 a.m.

Friday, September 10: “Never Idle Hands.” Meet for crafts and conversation. Location TBA. 10 a. m.

Friday September 10: “A Guide to Palliative Care.” Colleen Davy, from Heartland Hospice Care, discusses how this specialized medical care differs from hospice care—and how you can benefit. 1 p.m.

Wednesday, September 15: Cuisine Club at ZaZa’s Tavola Italiana, 5047 Shoreline Road, Lake Barrington. Cost: \$25. Register by September 7. Noon

Friday, September 17: “Name that Tune.” The Lutheran Home’s Brian Reynolds leads this fun game of auditory recall. Prizes awarded. 11 a.m.

Friday, September 17: “Sound Check: Hearing Basics” An audiologist from Suburban Hearing Services shares the complicated workings of the human hearing system. 1 p.m.

Wednesday, September 22: Get Zen at Ten: Chair Yoga with Amy Ritchie. 10 a.m.

Thursday September 23: The Outsiders Trail Walk at Deer Grove West in Palatine, weather permitting. 9:30 a.m.

Friday, September 24: “Never Idle Hands.” Meet for crafts and conversation. Location TBA. 10 a.m.

Tuesday September 28: Chat with a Nurse - Medicare Prescription Drug Plans. Bacoa social services coordinator Diane Vos Hansen, RN, leads this educational discussion series focused on health-related topics. 1 p.m.

Wednesday September 29: Bacoa Bookworms. Discussion of *Becoming* by Michelle Obama. 11 a.m.