



What's coming up?

January-March 2022

The programs for these months are a blend of virtual and live. 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 and Lunch at the Barrington Park District every Monday. Registration is required for lunch. Price for bingo is \$3, price for lunch and bingo is \$12.

Virtual Bingo: Every Tuesday at 11:00am. RSVP to get the link.

Movie Maniacs meets the first Thursday of the month at a local theater. Times and prices vary.

The Outsiders, Bacoa's trail walking group, meets at various local parks twice a month.

Never Idle Hands, Bacoa's knitting and crocheting club, meets first and third Fridays at 10 a.m. at Pepper Park Coffee, 22000 N. Pepper Road, Lake Barrington.

Feel Grand meets the first Monday of the month virtually at 1:00pm. Co-lead by Lynne O'Malley from Right at Home.

Cuisine Club meets most often on the third Wednesday of the month at various local restaurants. Cost: \$25. RSVP one week prior.

January

Tuesday, January 4: "Virtual bingo." 11:00 a.m.

Wednesday, January 5: “Feel Grand with Jane Seymour.” Lynne O’Malley of Right at Home hosts a Zoom group viewing and discussion of "Feel Grand with Jane Seymour," a PBS series focused on overcoming the challenges of aging. Today’s topic Heart Health. RSVP to receive the zoom link. *1 p.m.*

Thursday January 6: “Movie Maniacs.” Contact Janine for details.

Friday, January 7: “Never Idle Hands.” *10 a.m.*

Monday, January 10: “Bingo and lunch at the Barrington Park District.” *10:45 a.m.*

Tuesday, January 11: “Virtual bingo.” *11:00 a.m.*

Tuesday, January 11: “Wills, Trusts, and Legacy documents.” Joe Lucas of LucasLaw discusses the critical documentation that clarifies our needs and wishes as we age. Keeping these papers updated will ease your mind and assist loved ones to navigate your desires for your estate and your physical well-being. Via zoom *1:00 p.m.*

Wednesday, January 12: “Get Zen at Ten: Chair Yoga with Amy Ritchie.” Via zoom *10 a.m.*

Thursday, January 13: “The Post-Holiday Hang-Out at the South Barrington Club”. Beat the January blues with this post-holiday game day with the South Barrington Park District. Participants will engage in a white elephant swap, play family feud, and enjoy a dessert bar. Bring a gift, decoration or article you “don’t care for” wrapped to be exchanged with others. One person’s trash maybe someone else’s treasure. Cost is \$10. RSVP to Janine at Bacoa or Debbie at the SBPD at 847-381-7515. *1 p.m.*

Friday, January 14: “Optimal Hearing”. The audiologists from Suburban Hearing lead a discussion about optimizing hearing through utilizing recent technologies. Via zoom *1:00 p.m.*

Monday, January 17: Bacoa closed due to MLK Day

Tuesday, January 18: “Virtual bingo.” *11:00 a.m.*

Wednesday, January 19: Cuisine Club at the Kelsey Road House, 352 Kelsey Rd., Barrington. Cost: \$25; RSVP by January 11. *Noon.*

Thursday, January 20: “Planning your own End Game: What are YOUR Final Wishes?” Paula Sexton of the Neptune Society tackles the sometimes-difficult subject of putting your final wishes in place. She will discuss the benefits of pre-planning, traditional services vs cremations and the costs involved, as well as Veteran's benefits. Most importantly, she'll cover communicating your desires to loved ones so that your wishes will be respected. RSVP by January 14. Meeting at the Barrington Area Library at *11:00 a.m.*

Monday, January 24: “Bingo and lunch at the Barrington Park District.” *10:45 a.m.*

Tuesday, January 25: “Virtual bingo.” *11:00 a.m.*

Tuesday, January 25: “Jazz Band Concert at BHS.” Enjoy an evening of jazz performed by Barrington High School students at the BHS auditorium. Tickets are free for older adults; reservation is required by January 4. *6:30 p.m.*

Wednesday, January 26: “Brain Games.” Join Janine for virtual games. *11:00 a.m.*

Thursday, January 27: “Amphibians and reptiles of Lake County.” Expand your knowledge of the reptiles and amphibians living in Lake County. Learn about their natural history and special adaptations through experiences with natural artifacts and live animals. Presented by Lake County Forest Preserves. *11 a.m. via Zoom.*

Thursday, January 27: “Annual Legacy Check-up: Wills, Trusts and More.” This presentation will be live at Barrington Area Library. Start your new year out right by giving yourself and your loved ones peace of mind. Attorneys Linda Fine and Caroline Hecht of Buckley Fine Law explore how to perform an annual check-up on important documents such as advance directives, power of attorney, Five Wishes, trusts, and wills. RSVP by January 21. Meeting held at Barrington Area Library. *3:30-5 p.m.*

Monday, January 31: “Bingo and lunch at the Barrington Park District.” *10:45 a.m.*

February

Tuesday, February 1: “Virtual bingo.” *11:00 a.m.*

Wednesday, February 2: “Feel Grand with Jane Seymour.” Lynne O’Malley of Right at Home hosts a Zoom group viewing and discussion of "Feel Grand with Jane Seymour," a PBS series focused on overcoming the challenges of aging. Today’s topic Combating Fatigue. RSVP to get the zoom link. *1 p.m.*

Thursday, February 3: “Custom Coasters at the MakersLab.” Come and create a set of custom coasters free of charge with Ken Fritz of Barrington Area Library. RSVP to Janine at Bacoa by January 26. *10:30 a.m.*

Thursday, February 3: “Movie Maniacs.” Details TBA.

Friday, February 4: “Never Idle Hands.” *10 a.m.*

Saturday, February 5: “Dancing with the Barrington Stars.” This evening gala held at the Elgin Community College’s Arts Center, the Blizzard Theatre, is Bacoa’s big fundraiser of the year. For ticket information and to show your support visit www.bacoa.org

Monday, February 7: “Bingo and lunch at the Barrington Park District.” *10:45 a.m.*

Tuesday, February 8: “Virtual bingo.” *Noon.*

Wednesday, February 9: “Bacoa Bookworms.” Discussion of *Everything I Never Told You* by Celeste Ng, at Pepper Park Coffee in Lake Barrington. *11 a.m.*

Thursday, February 10. “Decluttering: A “Neater” you in 2022.” Professional Organizer Annette Migala of “Neater” offers useable advice to get us out of the chaos from our clutter to a more organized and simplified new year. Tips and techniques abound with step by step plans to a “neater” life. Live presentation at Barrington Area Library. RSVP to Janine at Bacoa. *2:00 pm*

Friday, February 11: “Virtual Family Feud.” Via zoom *11:00 a.m.*

Monday, February 14: Valentine's Day celebration at bingo and lunch at the Barrington Park District. Free lunch with entertainment, bingo cost is \$1. Steve Justman performs at noon. *10:45 a.m.*

Tuesday, February 15: "Virtual bingo." *11:00 a.m.*

Wednesday, February 16: Cuisine Club at the Ciao Baby! 232 E. Main St. Barrington. Cost: \$25; RSVP by February 8. *Noon.*

Thursday, February 17: "Get Zen at Ten: Chair Yoga with Amy Ritchie." Via zoom *10 a.m.*

Thursday, February 17: "Move to Keep Moving" an exercise open house led by certified personal trainer, Lindy Burckle, of Fit Life in Barrington (442 W Northwest Highway). Take this preview class of an exciting upcoming *fall prevention* series coming this spring. In addition to the class, there will be a healthy snack buffet and a prize giveaway. Cost is \$5 Please contact Janine by 2/9 to reserve your slot. *11am*

Friday, February 18: "Never Idle Hands." *10 a.m.*

Monday, February 21: No bingo and lunch due to President's Day

Monday, February 22: "Virtual bingo." *11:00 a.m.*

Wednesday, February 23: "Reima Ratti: Life and Art in the Great Depression" Presented virtually by Lake County's Dunn Museum. This is a Great Depression era story of a young, untried Waukegan artist, Reima Victor Ratti. This presentation will share details of the artist's days in the CCC and his artistic inspirations. We will also take a closer look at his artwork from the Dunn Museum's collection. RSVP to receive the zoom link. *11:00a.m.*

Thursday, February 24: "Mamma Mia!" This is Barrington High School's musical production for the year. Tickets are free. Rsvp to Janine by February 4. *6:30 p.m.*

Monday, February 28: "Bingo and lunch at the Barrington Park District." *10:45 a.m.*

March

Tuesday, March 1: "Virtual bingo." *11:00 a.m.*

Wednesday, March 2: "Feel Grand with Jane Seymour." Lynne O'Malley of Right at Home hosts a Zoom group viewing and discussion of "Feel Grand with Jane Seymour," a PBS series focused on overcoming the challenges of aging. Today's topic Autoimmune Disease. RSVP to get the zoom link. *1 p.m.*

Wednesday, March 2: "BHS Band Concert." Live music performed by talented students at Barrington High School. Tickets are free. Rsvp to Janine by February 16. *6:30 p.m.*

Thursday, March 3: "Movie Maniacs." Details TBA.

Friday, March 4: "Never Idle Hands." *10 a.m.*

Monday, March 7: "Bingo and lunch at the Barrington Park District." *10:45 a.m.*

Tuesday, March 8: "Virtual bingo." *11:00 a.m.*

Wednesday, March 9: "West Side Story." This daytrip includes transportation, lunch at the Cheesecake factory and a matinee performance at the Marriott Lincolnshire. Space is limited. Cost is \$85. Registration required by February 16. *10:30- 4:00 p.m.*

Thursday, March 10: "Outsiders Trail Walk". We will meet at 9:30 am to walk the Trail at Citizen's Park (weather permitting). Please contact Janine to arrange a meeting place.

Friday, March 11: "Trivia." Join Janine for this virtual game. *11:00 a.m.*

Monday, March 14: St. Patrick's Day celebration at bingo and lunch at the Barrington Park District. Lunch is free. Bingo cost \$1. Mike Knauf will be performing at noon. Rsvp by March 9. *10:45 a.m.*

Tuesday, March 15: "Virtual bingo." *11:00 a.m.*

Wednesday, March 16: "Rules of the Road." This class, conducted by the by the Illinois Secretary of State's office, prepares you to take the driver's license at the Garlands of Barrington. *10 a.m.-noon*

Wednesday, March 16: Cuisine Club at McGonigal's Pub, 105 S. Cook St. Barrington. Cost: \$25; RSVP by February 8. *12:30 p.m.*

Thursday, March 17: "Get Zen at Ten: Chair Yoga with Amy Ritchie." Via zoom *10 a.m.*

Friday, March 18: "Never Idle Hands." *10 a.m.*

Monday, March 28: "Bingo and lunch at the Barrington Park District." *10:45 a.m.*

Tuesday, March 29: "Virtual bingo". *11:00 a.m.*

Wednesday, March 30: "Virtual Name that Tune." Join Janine for this musical game via zoom. *11:00 a.m.*

Thursday, March 31: "Outsiders Trail Walk". We will meet at 9:30 am to walk the Trail at Citizen's Park (weather permitting). Please contact Janine to arrange a meeting place.