The calendar tells us it’s spring but Mother Nature keeps teasing us with remembrances of winter. In the past week I have basked in the sunlight on our deck, wondered how there could still be any piles of snow on the ground, and pushed my nose against the window watching and listening to the rain.

But no matter what the weather throws at us I am eager and anxious for better days ahead. It has started to feel like a very dark cloud has been lifted from us, and a very exciting future is ahead of us. With that feeling in mind, Bacoa staff has been planning so many wonderful and stimulating events in the coming months. I think you will enjoy all of them.

If you are looking to get out and about try Bacoa’s Free Lunch, Bingo and Entertainment for a celebration of spring on April 11th at Barrington Park District.

Want to do some spring cleaning? Attend the event about Decluttering: Finding a Neater You at Barrington Area Library on April 14th.

Looking for a chance to have stimulating conversation and great food? Join us at Beelow’s Steak House on April 13th.

Want to get some exercise? Our Outsiders Trail Walking Club is meeting up on April 14th & 28th.

Seeking culture? Come and join us at Barrington High School’s Spring Play: James & the Giant Peach on Thursday, 4/28.

We also have some amazing zoom programs planned for April. Tune into Sound Check on April 15th to hear a discussion on Tinnitus. And learn about your civil liberties on April 20th.

In our new travel series, you can take a virtual tour of New Zealand on April 21st.

And in an inaugural program on Dementia Friendly Barrington, Join the Alzheimer’s Association in their presentation on Understanding the Path of Those Who Wander.

If you have a particular program you would like to engage in, and don’t see it in our calendar, let us know, and we will make it happen!

I hope you have a lovely, warm and beautiful April. I have already set my sites on it.

-Terri Channer, Executive Director

Pictures of the Month

Bacoa’s Theatre Fans (left) took a trip to Lincolnshire, Illinois for lunch at the Cheesecake Factory and then attended the Marriot theatre performance of “West Side Story”.
Bacoa clients Linda Biek and Daphne Matthews (right) try out the Barrington Area Library MakersLab in a educational program with Digital Services Specialist, Ken Fritz.

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## April Events and Programs

Bacoa's Active Aging Programs require pre-registration 847-381-5030

[CLICK HERE FOR COMPLETE PROGRAM CALENDAR AND TO REGISTER ONLINE]

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tr>
<td>1</td>
<td><em>Never Idle Hands</em>, 10AM-Noon, Pepper Park Coffee, Barrington</td>
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| 4    | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Bingo & Lunch, 10:30-1PM, Barrington Park District, $12 |
| 5    | *Virtual Bingo*, Noon-1PM, ZOOM  
- Meet Bacoa at the South Barrington Park District, ????  
- BHS Orchestra Concert, 6:30PM, BHS Auditorium. RSVP by 4/4 |
| 6    | *Feel Grand Series*: Autoimmune Diseases, 1PM-2PM |
| 7    | *Movie Maniacs*, TBD, Call Bacoa for information  
- *A Day Out Respite Program*, $45 (Evaluation is required before participation) |
| 8    | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Bingo & Lunch EASTER, 10:30-1PM, Barrington Park District, Free |
| 11   | *Alzheimer’s Support Group*, ABC’s of Resources, 10:30AM-Noon, ZOOM  
- Cuisine Club, Noon-2PM, Beelow’s Lake Zurich, $25, RSVP by 4/4 (Menu choices below) |
| 13   | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Low Vision/Blind Group Support, Lake Barrington Woods, 1PM-2:30PM  
- Outsiders Trail Walking Club, 9:30AM, Deer Grove East |
| 14   | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Sound Check, Hearing Program, 1:00PM-2:00PM, TBD  
- Never Idle Hands, 10AM-Noon, Pepper Park Coffee, Barrington |
| 18   | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Bingo & Lunch, 10:30-1PM, Barrington Park District, $12  
- The Last Chapter: "How to Live Your Life and Thrive", 1-2:30PM, Zoom |
| 19   | *Memory Café*, 10-11:30AM, Ela Library (call Ela to register)  
- Virtual Bingo, Noon-1PM, ZOOM |
| 21   | *A Day Out Respite Program*, $45 (Evaluation is required before participation) |
| 25   | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Bingo & Lunch, 10:30-1PM, Barrington Park District, $12 |
| 26   | *Community Education Event*, 1PM (See details below)  
- Virtual Bingo, Noon-1PM, ZOOM  
- Chat with the Nurse, 1PM, Zoom |
| 27   | *Family Caregiver Support Group*: Effective Communication Strategies, 11:30, Revere Court, S Barrington |
| 28   | *A Day Out Respite Program*, $45 (Evaluation is required before participation)  
- Outsiders Trail Walking Club, 9:30AM, Deer Grove East  
- BHS Spring Play, James & the Giant Peach, 7PM BHS Theatre |

**REGISTRATIONS IS REQUIRED FOR ALL EVENTS.**

April Cuisine Club Menu Choice:  
California Salad, Veggie Wrap, Chicken Breast Caprese or "Flirt" Steak Sandwich  
You must preorder your meal by 4/4/2022, 3PM

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### COMMUNITY EDUCATION - DEMENTIA FRIENDLY BARRINGTON

Join Bacoa for a Virtual Community Education Event

"Understanding the Path of Those Who Wander"  
In this presentation, Laurel Gumpert, Education Program Coordinator AFA, will explore what it may be like to walk in the shoes of someone who is wandering to build empathy and insight into this behavior. Additionally, we will explore signs and symptoms that can lead to challenges and identify strategies to engage the individual in meaningful living and increase safety.

**Date**: Tuesday April 26th 1-2 pm, ZOOM, RSVP required.
Did you know that by bringing the outdoors in, you can improve both your health and mood? The presence of flowers or any type of greenery in your home can help reduce blood pressure and anxiety, and they can also improve your mental acuity. Furthermore, plants are natural air purifiers and have the ability to reduce noise from outdoors, which can further decrease stress. With proven health advantages, indoor gardening is a great hobby for older adults, providing them with a bit of nature in the comfort of their own home. But don’t worry if you’re not a gardening expert or you don’t typically have a green thumb. Even if you haven’t had success in the past, you can still fill your space with easy-to-grow greenery.

Here are five of the best low-maintenance house plants to grow indoors. With such a variety of plants, you can surely find one that will work for you!

- Peace lily, indirect light, warm environment moist soil
- African violet, southern light, let soil dry out before watering
- Aloe vera, bright natural light, let soil dry out completely before watering
- Spider plant, bright to medium light, evenly moist soil
- Artificial plant, no commitment, no care and all the benefits.

The most important thing when considering plants for indoors is to pick varieties that are appropriate for your environment and your lifestyle. Whether you choose a flower, succulent, or an artificial plant, you can be sure that it will brighten up your day and will give your home a splash of life.

adapted from Brad Breeding, 2015

Healthier Barrington Coalition is conducting a survey to assess the needs of the Barrington Area Community. Make a difference in our community. Complete the community needs assessment today!
Join the Bacoa Team

Client Care Receptionist

For more information, call Terri Channer at 847-881-0471 or

Email Resume to Executive Director, Terri Channer

Careers at Bacoa

BARRINGTON AREA COUNCIL ON AGING
6000 Garlands Lane, Suite 100
Barrington, Illinois 60010
847-381-5030

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require pre registration.
info@bacoa.org

www.bacoa.org