

Be Inspired

LAKE BARRINGTON WOODS | NEIGHBORHOOD | a Senior Lifestyle community | LAKE BARRINGTON, IL 60010 | 847-842-8900

THIS MONTH'S silver star

MEET
RIA KUNZMANN

Walking has been her favorite activity since she was a child living at her grandma's and grandpa's farm near Carlsruhe, Germany.



Ria was born in 1932, the oldest child of Artur and Leni

Augustein. Her father was a butcher, and her mother kept busy with Ria's three younger brothers. Her father was conscripted into the German army around 1938.

Ria remembers those war years as times when food was scarce; what food there was rationed. Her mother did her best to keep the butcher shop going, but the German military soon took it over for their use. There were few schools available, and Ria was only able to attend occasionally. In 1942, news came that her father was missing in action, and he never came home again.

A young man named Ralph Kunzmann and Ria became close friends. Ralph was able to move to the United States in 1951 and found work as a baker in New Orange, N.J. After five years, he was able to send for Ria to come join him. They were married, and soon, Ralph was drafted into the U.S. Navy. While he was away, Ria stayed in a rooming house and learned how to get around the New Jersey streets, yes, walking, walking.

Ralph was in the Navy for 18 months, and when he came back, he went again to work in a bakery. After some years, their son, Ralph Junior, was born in 1965. Since Ria and Ralph had little chance for schooling, they made sure Ralph Jr. had a good education, attending private schools. Ria would take him to school, take time for her walk and then go to the bakery to help out there.

Later, Ralph was able to buy the bakery.

The senior Kunzmans lived in their McHenry home for 23 years. After Ralph died, Ria found it too difficult to care for the house by herself. With the help of their longtime friends Marlise and her husband, Ria moved to a roomy apartment at Lake Barrington Woods.

WE'RE LOOKING FORWARD TO

december events

"Life Can Only Be Understood Backwards; But It Must Be Lived Forwards."

In December, we will be having a Christmas Celebration on Dec. 18. Santa will be visiting at 1 p.m. for pictures. We will also have Christmas Crafts, a Holiday Singalong with Bonnie and a hot chocolate station.

We will also bring in the New Year 2022 on Friday, Dec. 31, from 8-10 p.m., with Johnny Gabor.



TRAIN YOUR BRAIN search for games

S E O N I M O D M X M P
S C H E C K E R S G I S
E M A H J O N G G N C D
H O S O C C E R G R H C
C N E P L R S P A F O F
H O G I U G O B S L C O
A P A N E N B Q D O K O
R O B O G L D M U G E T
A L B C E S A D O E Y B
D Y I H S I N N E T T A
E G R L D S R U G B Y L
S D C E B A S E B A L L

- Baseball
- Charades
- Checkers
- Chess
- Clue
- Cribbage
- Croquet
- Dominoes
- Football
- Hockey
- Golf
- Mahjong
- Monopoly
- Old Maid
- Ping Pong
- Pinochle
- Rugby
- Scrabble
- Soocer
- Tennis

neighborhood

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- BUS — Bus
- CLUB LOUNGE — CL
- COMMUNITY ROOM — CM
- CRAFT STUDIO — CK
- CREATIVE STUDIO — AS
- DINING ROOM — DR
- EAST DINING ROOM — EDR
- EAST PATIO — E Patio
- FAMILY ROOM — FAM
- FITNESS STUDIO — FIT
- FRONT LOBBY — FL
- GAME SALON — GS
- LIPOFSKY'S GRILL — GR
- LIVING ROOM — LR
- ON FLOOR BY MAIN ELEVATORS — By Elev.
- PATIO — PA
- SWIMMING POOL — SP
- TECH LAB — TL
- TV CHANNEL 1901 — TV1901

BIRTHDAYS THIS MONTH

- KATHERINE SIEKERMAN — 2nd
- EMMA GUSTAFSON — 3rd
- DORIS MORRISSEY — 4th
- RALPH HOGLUND — 4th
- BARBARA SKAMULIS — 4th
- MARILYN DASHIELL — 5th
- ANDY NARDUCCI — 8th
- KITTY SHANNON — 11th
- BOB DIMOND — 12th
- ROSE JELONEK — 12th
- ROBERT FOURNIER — 13th
- CASSIE AARON — 14th
- JOE BAUER — 14th
- JOANNE OLDENDORP — 16th
- HOWARD MARTINIE — 21st
- JEAN WIESE — 27th
- JOE KOVACK — 27th
- ROY MASINI — 28th

www.SeniorLifestyle.com
Activities are subject to change

TRANSPORTATION SCHEDULE

TUESDAY & THURSDAY
9 a.m.-3 p.m.
Medical Transportation



- 9:15 ● Exercise with Marites | FAM 5
- 9:30 ● St. Anne's Church Service | CM
- 9:30 ● Mass TV: Church Sermon | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:30 ● St. Mark's Protestant Service | CM
- 10:45 ● Fun Ball Game | CK
- 1:15 ● Balloon Fitness | FAM
- 2:00 ● Music with Kaleen Dolan | CM
- 3:15 ● Craft: Christmas Wreath Pom Poms | CK
- 7:15 ● Movie Night | FAM

- 9:15 ● Exercise with Marites | FAM 12
- 9:30 ● St. Anne's Church Service | CM
- 9:30 ● Mass TV: Church Sermon | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:30 ● St. Mark's Protestant Service | CM
- 1:15 ● Balloon Fitness | FAM
- 2:00 ● Music by Dante Salamante | CM
- 3:15 ● Craft: Christmas | CK
- 7:15 ● Movie Night | FAM

- 9:15 ● Exercise with Marites | FAM 19
- 9:30 ● St. Anne's Church Service | CM
- 9:30 ● Mass TV: Church Sermon | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:30 ● St. Mark's Protestant Service | CM
- 1:15 ● Balloon Fitness | FAM
- 2:00 ● Bing Crosby by John Boda | CM
- 3:15 ● Craft: Christmas | AS
- 7:15 ● Movie Night | FAM

- 9:15 ● Exercise with Marites | FAM 26
- 9:30 ● St. Anne's Church Service | CM
- 9:30 ● Mass TV: Church Sermon | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:30 ● St. Mark's Protestant Service | CM
- 1:15 ● Balloon Fitness | FAM
- 2:00 ● Music by Edizon Dayao | CM
- 7:15 ● Movie Night | FAM

- 9:15 ● Exercise with Lilly | FAM 6
- 9:45 ● Wii Jeopardy | FAM
- 10:30 ● Love on a Leash: Pet Therapy with Duffy & Dexter | FAM
- 1:00 ● Craft: Recycled Bottle Snowman | CK
- 2:00 ● Hot Chocolate/ Lemonade Social | CK
- 2:15 ● St. Nicholas Day Trivia | CK
- 2:30 ● Sweet Bingo | CK
- 3:15 ● Making Dog Treats | CK
- 4:00 ● Hanukkah Trivia | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Lilly | FAM 13
- 9:45 ● Wii Jeopardy | FAM
- 10:30 ● Love on a Leash: Pet Therapy with Duffy & Dexter | FAM
- 1:00 ● Craft: Recycled Bottle Snowman | CK
- 2:00 ● Hot Chocolate/ Lemonade Social | CK
- 2:15 ● St. Lucia Day Trivia | CK
- 2:30 ● Music Bingo | CK
- 3:30 ● Bunco | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Lilly | FAM 20
- 9:30 ● Bacoa Christmas Bingo, Lunch & Entertainment | Bus
- 10:30 ● Love on a Leash: Pet Therapy with Duffy & Dexter | FAM
- 2:00 ● Hot Chocolate/ Lemonade Social | CK
- 2:15 ● Music Bingo | CK
- 3:00 ● Gingerbread House Game | CK
- 3:30 ● Bunco | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Lilly | FAM 27
- 9:45 ● Wii Jeopardy | FAM
- 10:30 ● Love on a Leash: Pet Therapy with Duffy & Dexter | FAM
- 1:00 ● Craft: Recycled Bottle Snowman | CK
- 2:00 ● Hot Chocolate/ Lemonade Social | CK
- 2:15 ● Guess the Song! Music Bingo | CK
- 3:00 ● Whammo | CK
- 3:45 ● 'Learn a New Language' Day : Discussion | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Lilly | FAM 7
- 10:00 ● Singalong with Penny & Maryann | FAM
- 11:00 ● Wii Wheel of Fortune | FAM
- 1:00 ● All About December! Jingo | CK
- 2:00 ● Singing by Trinity Oaks Christian Academy | CM
- 3:15 ● Happy Hour | CK
- 3:30 ● Walk Down Memory Lane — Christmas Edition | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Lilly | FAM 14
- 10:00 ● Singalong with Penny & Maryann | FAM
- 11:00 ● Wii Wheel of Fortune | FAM
- 1:00 ● Cooking Club: Jellied Snowball Cookies | CK
- 2:00 ● Guess the Christmas Song! Music Bingo | CK
- 2:45 ● Family Feud Trivia: Christmas Edition | CK
- 3:15 ● Happy Hour | CK
- 3:30 ● Walk Down Memory Lane — Christmas Edition | CK
- 7:15 ● Movie Night | CM

- WINTER BEGINS 21
- 9:15 ● Exercise with Lilly | FAM
- 10:00 ● Singalong with Penny & Maryann | FAM
- 1:00 ● Craft: Winter Scene on Canvas | CK
- 2:00 ● Christmas Around the World! Jingo | CK
- 2:30 ● Top Toys of the Decades Game | CK
- 3:15 ● Happy Hour | CK
- 3:30 ● Walk Down Memory Lane — Christmas Edition | CK
- 7:30 ● Northwest Suburban Band | CM

- 9:15 ● Exercise with Lilly | FAM 28
- 10:00 ● Singalong with Penny & Maryann | FAM
- 11:00 ● Wii Wheel of Fortune | FAM
- 1:00 ● All About December! Jingo | CK
- 2:00 ● Guess the Singer! Music Bingo | CK
- 2:45 ● 30 Second Mysteries : Trivia Game | CK
- 3:15 ● Happy Hour | CK
- 3:30 ● Walk Down Memory Lane — Christmas Edition | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 1
- 10:00 ● Wii Wheel of Fortune | FAM
- 10:45 ● Dice Game: "Roll the Dice to Break the Ice" | FAM
- 1:00 ● Easy Whammo! | CK
- 1:30 ● Christmas Jingo | CK
- 2:00 ● Hot Coffee & Hot Tea Social | CK
- 2:30 ● Christmas Sweet Bingo | CK
- 3:30 ● Entertainment: Richard on the Piano | FL
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 8
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Game: Bean Bag Toss | FAM
- 1:00 ● Brainy Game: What Am I? "Christmas Words" | CK
- 1:30 ● Jingo: History Trivia | CK
- 2:00 ● Hot Coffee & Hot Tea Social | CK
- 2:30 ● Christmas Sweet Bingo | CK
- 3:30 ● Richard on the Piano | FL
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 15
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Games | FAM
- 1:00 ● Decorate Your Own Gingerbread House | CK
- 2:00 ● Hot Coffee & Hot Tea Social | CK
- 2:30 ● Meet & Greet New Residents to LBW | CL
- 2:30 ● Christmas Sweet Bingo | CK
- 3:30 ● Richard on the Piano | FL
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 22
- 10:00 ● Wii "Wheel of Fortune" | CK
- 10:45 ● Fun Games | FAM
- 1:00 ● Easy Whammo! | CK
- 2:00 ● Ladies' Christmas Tea Party | DR
- 2:30 ● Christmas Sweet Bingo | CK
- 3:30 ● Richard on the Piano | FL
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 29
- 10:00 ● Wii "Wheel of Fortune" | CK
- 10:45 ● Fun Games | FAM
- 2:00 ● Hot Coffee & Hot Tea Social | CK
- 2:30 ● Sweet Bingo | CK
- 3:30 ● Richard on the Piano | FL
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 2
- 10:00 ● Wii "Jeopardy" | FAM
- 10:45 ● Fun Game: Bean Bag Toss | FAM
- 1:00 ● Baking Club: Hanukkah Cake | CK
- 2:30 ● Jingo: "Resident's Choice" | CK
- 3:00 ● Jingo: "Christmas Around the World" | CK
- 3:30 ● Happy Hour | CK
- 4:00 ● Sharing Time: Ideas/Opinions about Hanukkah | CK

- 9:15 ● Exercise with Marites | FAM 9
- 9:30 ● Medieval Times Lunch and Tournament
- 10:00 ● Wii "Jeopardy" | CK
- 10:45 ● Fun Game | FAM
- 1:00 ● Baking Club: Christmas Cookies | CK
- 2:30 ● Jingo: Residents' Choice | CK
- 3:00 ● Jingo: Christmas Around the World | CK
- 3:30 ● Happy Hour | CK
- 4:00 ● Sharing Time: Family Tradition About Christmas | CK

- 9:15 ● Exercise with Marites | FAM 16
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 11:00 ● Town Hall Meeting | CM
- 1:00 ● Baking Club: Christmas Brownies | CK
- 2:30 ● Jingo: Christmas Around the World | CK
- 3:00 ● Jingo: Christmas | CK
- 3:30 ● Happy Hour | CK
- 4:00 ● Sharing Time: Reminisce About Past Christmas | CK

- 9:15 ● Exercise with Marites | FAM 23
- 10:00 ● Wii "Jeopardy" | FAM
- 10:45 ● Fun Games | FAM
- 1:00 ● Baking Club: Christmas Cookies | CK
- 2:30 ● Jingo: Christmas Carol | CK
- 3:00 ● Jingo: Christmas Around the World | CK
- 3:30 ● Happy Hour | CK
- 4:00 ● Sharing Time: Happy Christmas Moments | CK

- 9:15 ● Exercise with Marites | FAM 30
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Games | FAM
- 1:00 ● Baking Club: Brownies | CK
- 2:30 ● New Year Jingo | CK
- 3:00 ● Jingo: 1960s Trivia | CK
- 3:30 ● Happy Hour | CK
- 4:00 ● Sharing Time: New Year's Resolution | CK

- 9:15 ● Exercise with Marites | FAM 3
- 10:00 ● Wii Wheel of Fortune | FAM
- 10:45 ● Pet Therapy: Murphy & Joanne | FAM
- 1:00 ● Brainy Game: What Am I? "Christmas Words" | CK
- 1:45 ● Jingo: History Trivia | CK
- 2:00 ● Hot Chocolate & Coffee Social | CK
- 3:00 ● Jingo: Christmas Carol | CK
- 3:45 ● Sharing Time: Ideas About Christmas | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 10
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Game: Ring Toss | FAM
- 1:00 ● Bunco | CK
- 1:30 ● Easy Whammo! | CK
- 2:00 ● Hot Chocolate & Coffee Social | CK
- 2:30 ● Jingo: Christmas Jingo | CK
- 3:00 ● Jingo: 1960s Trivia | CK
- 7:15 ● Movie Night | CM

- 9:15 ● Exercise with Marites | FAM 17
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Pet Therapy: Murphy & Joanne | FAM
- 10:45 ● Fun Game: Ring Toss | FAM
- 1:00 ● Bunco | CK
- 1:30 ● Easy Whammo! | CK
- 2:00 ● Hot Chocolate & Coffee Social | CK
- 7:15 ● Movie Night | CM

- CHRISTMAS EVE 24
- 9:15 ● Exercise with Marites | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Game: Ring Toss | FAM
- 1:00 ● Bunco | CK
- 2:00 ● Easy Whammo! | CK
- 2:00 ● Hot Chocolate & Coffee Social | CK
- 3:00 ● More Fun Games | CK
- 7:15 ● Movie Night | CM

- NEW YEAR'S EVE 31
- 9:15 ● Exercise with Marites | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Game: Ring Toss | FAM
- 2:00 ● Hot Chocolate & Coffee Social | CK
- 7:15 ● Movie Night | CM
- 8:00 ● New Year's Eve Party | CM

- 9:00 ● Exercise with Marites | FAM 4
- 9:30 ● Communion with Kris | LR
- 10:00 ● Barrington High School Orchestra Ensemble | CM
- 1:00 ● Singalong with Bonnie | CM
- 2:15 ● Christmas Sweet Bingo | CK
- 3:00 ● Hot Apple Cider Social | CK
- 3:30 ● Christmas Jingo | CK
- 4:00 ● Sharing Time: Plans for Christmas | CK
- 7:15 ● Movie Night | FAM

- 9:15 ● Exercise with Marites | FAM 11
- 9:30 ● Communion with Kris | LR
- 10:00 ● Wii: "Wheel of Fortune" | FAM
- 10:45 ● Ball Game | FAM
- 1:00 ● Magdalene of Lake Barrington High School | CM
- 1:00 ● Singalong with Bonnie | CM
- 2:15 ● Christmas Sweet Bingo | CK
- 3:00 ● Hot Apple Cider Social | CK
- 7:15 ● Movie Night | FAM

- 9:15 ● Exercise with Marites | FAM 18
- 9:30 ● Communion with Kris | LR
- 9:45 ● Exercise with Marites | FAM
- 10:00 ● Wii: "Wheel of Fortune" | FAM
- 10:45 ● Ball Game | FAM
- 1:00 ● Santa Claus Is Coming | FL
- 1:00 ● Christmas Crafts | AS
- 1:00 ● Christmas Hot Chocolate Station with Cookies | CL
- 1:30 ● Christmas Singalong with Bonnie | FL
- 7:15 ● Movie Night | FAM

- CHRISTMAS DAY 25
- 9:15 ● Exercise with Marites | FAM
- 9:30 ● Communion with Kris | LR
- 9:45 ● Exercise with Marites | FAM
- 10:00 ● Wii "Wheel of Fortune" | FAM
- 10:45 ● Fun Games | FAM
- 1:00 ● Singalong with Bonnie | CM
- 2:15 ● Christmas Sweet Bingo | CK
- 3:00 ● Hot Apple Cider Social | CK
- 7:15 ● Movie Night | FAM



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

This month, our HEART Hero is RAMIRO GONZALES. You might not see him every day, but he has been working at LBW in our Kitchen as a cook for 21 years already! He's been married to his wife, Zeferina, for 26 years! "From the stomach to her heart," he said smiling. Ramiro enjoys cooking not only for our residents but also for his family, and he loves to host summer barbecues.

His favorite holiday is New Year's. "I'm thankful that God is giving me another year." We are thankful to have you at LBW, Ramiro!



IT'S OUR PLEASURE TO SERVE YOU ... *word from your leadership team*

IT IS AN HONOR BY JOHN
APOSTOLOPOULOS,
EXECUTIVE DIRECTOR

In Aristotelian terms, according to the interpretation of the great American philosopher and educator, Mortimer J. Adler, the good leader must have ethos, pathos and logos. The ethos is his moral character, the source of his ability to persuade. The pathos is his ability to touch feelings, to move people emotionally. The logos is his ability to give solid reasons for an action, to move people intellectually.

Notre Dame University has a motto in its Leadership Program, "The value of a Leader is directly proportional to the Leader's values." Recently, I was offered the position of the Executive Director of Lake Barrington Woods, and with humility and a profound sense of accountability, I have accepted it. Needless to say, the role requires hard work and critical thinking; however, the most important elements of success in performing the duties are morality and transparency in achieving optimum results while working collectively with a dedicated team of professionals, who have a heart for service and a love for humanity.

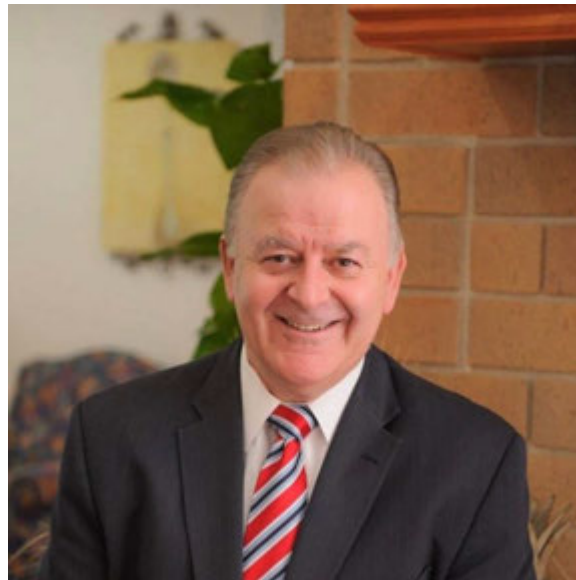
For over 16 years, I have served the Senior Living field with dignity, respect, passion, honesty, endless energy and a lot of love in various capacities. Certainly, I will do my best to make everyone's life better for both residents and staff, while maintaining our focus on becoming profitable, and everybody's support is highly appreciated, for leadership is not a privilege. It is an honor, and I thank you from the bottom of my heart for giving me this honor to serve you in one of the most prestigious senior living organizations, Senior Lifestyle Corporation.

In my personal life, I am married to a teacher; I have five children, one daughter and four sons, and one grandson. I love to read. I try to write. I play chess. I like soccer. I watch the Chicago Blackhawks, my favorite team. I participate in various events through my fraternity. I like a good laugh and talking to people. I enjoy traveling, the arts and Baroque music. I am devoted to both of my families: home and Lake Barrington Woods.

My door and my ears will always be open to hear when you are happy or sad, satisfied or upset about something, and we will try to make it right because you deserve to live well.

Thanks,

John



RECAP: HOW WE STAYED
CONNECTED THIS MONTH

november was a great month

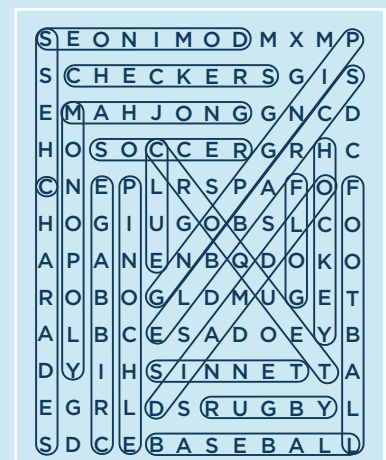
We had a fantastic Veterans Day lunch with entertainment from Ray Forlenza, "The Sax Man." Then, we had our monumental Casino Night!



MANAGEMENT TEAM

John Apostolopoulos, *Executive Director*
Janice Stender, *Business Office Manager*
Kay Reissig, *Director of Sales & Marketing*
Niko Tsampos, *Dining Services Director*
Jessica Cork, *Dining Room Manager*
Pat Buttner, *Director of Plant Operations*
Maria Rodriguez, *Health and Wellness Director*
Linda Kumar, *Resident Program Director*

TRAIN YOUR BRAIN *solution*



SENIOR
LIFESTYLE

your life, your style



PET
FRIENDLY