

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 PATIO — E Patio
- FAMILY ROOM — FAM
- FRONT LOBBY — FL
- GAME SALON — GS
- LIBRARY — LIB
- LIPOFSKY'S GRILL — GR
- LIVING ROOM — LR
- MAIL ROOM — MR
- ON FLOOR BY MAIN ELEVATORS — By Elev.
- PATIO — PA
- PHYSICAL THERAPY — PT
- PRIVATE DINING ROOM — PDR
- SALON — Sal
- 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



<p>9:30 ● St. Anne's Church Service CM 5</p> <p>10:30 ● St. Mark's Protestant Service CM</p> <p>2:00 ● Pinochle GS</p> <p>2:00 ● Music with Kaleen Dolan CM</p> <p>3:00 ● Bridge GS</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>9:00 ● Trip: Walking Club at Field House Bus 6</p> <p>10:00 ● Shopping Trip: Jewel Bus</p> <p>10:15 ● Exercise with Linda CM</p> <p>12:30 ● Ladies' Bridge GS</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Trip: Dollar Tree FL</p> <p>1:00 ● Bingo with Joanne CM</p> <p>1:30 ● Men's Wii Bowling CM</p> <p>3:00 ● Scrabble GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:15 ● Movie: "An American in Paris" CM</p>	<p>10:00 ● Exercise with Chris From Genesis CM 7</p> <p>10:00 ● Cards/Dice Games with Dolores AS</p> <p>11:00 ● Words in a Word AS</p> <p>12:30 ● Craft: Clay Pot Nutcracker Tin Solder Part 2 AS</p> <p>1:00 ● Kindness Chain Traveling Shop by Debby FL</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>2:00 ● Singing by Trinity Oaks Christian Academy CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Movie: Residents' Choice CM</p>	<p>10:00 ● Trip: Shopping at Walmart Bus 8</p> <p>10:00 ● Exercise with Roger CM</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● One-Hour Bingo with Amy CM</p> <p>1:00 ● Trip: Fisher Nuts Outlet Bus</p> <p>3:00 ● Mah-Jongg GS</p> <p>3:30 ● Richard on the Piano FL</p> <p>6:30 ● Bridge GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:00 ● Bingo with Mary & Isabella CM</p> <p>7:15 ● Movie: "The Bells of St Mary's" CM</p>	<p>9:30 ● St. Anne's Church Service CM 9</p> <p>10:00 ● Exercise with Chris From Genesis CM</p> <p>10:30 ● "31" Card Game with Elle AS</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>1:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bob's Babes Wii Bowling CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>6:45 ● Wii "Golf" With Bob CM</p> <p>7:00 ● Mexican Train Dominoes CL</p> <p>7:00 ● Hand & Foot Canasta AS</p>	<p>9:00 ● Trip: Walking Club at Field House Bus 10</p> <p>10:00 ● Trip: Hobby Lobby Bus</p> <p>10:15 ● Exercise with Linda CM</p> <p>11:45 ● Trip: Richmond Brat House/ Anderson Candy Store Bus</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Bingo with Linda CM</p> <p>3:00 ● LCR Group Dice Game AS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:15 ● Movie: "The Andy Williams Christmas Show" CM</p>	<p>9:30 ● Communion with Kris LR 11</p> <p>10:00 ● Exercise in the Pool/ No Instructor SP</p> <p>10:30 ● Games with Anita AS</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Poker Club GS</p> <p>1:00 ● Magdalene of Lake Barrington High School CM</p> <p>2:15 ● Bingo with Claire & Ida AS</p> <p>3:00 ● Hot Chocolate CL</p>
<p>9:30 ● St. Anne's Church Service CM 12</p> <p>10:30 ● St. Mark's Protestant Service CM</p> <p>2:00 ● Pinochle GS</p> <p>2:00 ● Music by Dante Salamante CM</p> <p>3:00 ● Bridge GS</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>9:00 ● Trip: Walking Club at Field House Bus 13</p> <p>10:00 ● Shopping Trip: Jewel Bus</p> <p>10:15 ● Exercise with Linda CM</p> <p>11:45 ● Lunch: Egg Harbor Cafe FL</p> <p>12:30 ● Ladies' Bridge GS</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Bingo with Joanne CM</p> <p>1:30 ● Men's Wii Bowling CM</p> <p>3:00 ● Scrabble GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:15 ● Movie: "Dean Martin Christmas Show 1968" CM</p>	<p>10:00 ● Exercise with Chris From Genesis CM 14</p> <p>10:00 ● Cards/Dice Games with Dolores AS</p> <p>11:00 ● Words in a Word AS</p> <p>12:30 ● Craft: Christmas Holiday Plaque AS</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>1:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bible Study with Earl CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Movie: Residents' Choice CM</p>	<p>10:00 ● Trip: Shopping at Walmart Bus 15</p> <p>10:00 ● Exercise with Roger CM</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● One-Hour Bingo with Amy CM</p> <p>1:00 ● Trip: Shopping at Kohl's Bus</p> <p>3:00 ● Mah-Jongg GS</p> <p>3:30 ● Richard on the Piano FL</p> <p>6:30 ● Bridge GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:00 ● Bingo with Mary & Isabella CM</p> <p>7:30 ● Movie: "Mrs. Miniver" CM</p>	<p>9:30 ● St. Anne's Church Service CM 16</p> <p>10:00 ● Exercise with Chris From Genesis CM</p> <p>10:30 ● "31" Card Game with Elle AS</p> <p>11:00 ● Carol & Chip Pop Up Shop FL</p> <p>11:00 ● Town Hall Meeting CM</p> <p>1:00 ● Book Club: The Giver of Stars CM</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>2:00 ● Suburban Hearing GR</p> <p>3:30 ● Meet & Greet New Residents at Happy 1/2 Hour CL</p> <p>6:45 ● Wii "Golf" With Bob CM</p> <p>7:00 ● Mexican Train Dominoes CL</p>	<p>9:00 ● Trip: Walking Club at Field House Bus 17</p> <p>10:00 ● Shopping: Aldi Bus</p> <p>10:15 ● Exercise with Linda CM</p> <p>11:00 ● Making Baby Hats/ Advocate Good Shepherd Hospital AS</p> <p>11:45 ● Trip: Georgian Restaurant & Home Goods Store Bus</p> <p>12:00 ● This Month's Birthday Lunch DR</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Bingo with Linda CM</p> <p>3:00 ● LCR Group Dice Game AS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Movie: "A Christmas Carol" CM</p>	<p>9:30 ● Communion with Kris LR 18</p> <p>10:00 ● Exercise in the Pool/ No Instructor SP</p> <p>10:30 ● Games with Anita AS</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Santa Claus Is Coming FL</p> <p>1:00 ● Christmas Hot Chocolate Station with Cookies CL</p> <p>1:00 ● Christmas Crafts AS</p> <p>1:00 ● LBW's Christmas Party FL</p> <p>1:00 ● Poker Club GS</p> <p>1:30 ● Singalong Christmas Songs with Bonnie FL</p>
<p>9:30 ● St. Anne's Church Service CM 19</p> <p>10:30 ● St. Mark's Protestant Service CM</p> <p>2:00 ● Pinochle GS</p> <p>2:00 ● Bing Crosby by John Boda CM</p> <p>3:00 ● Bridge GS</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>9:30 ● Bacoa Christmas Bingo, Lunch & Entertainment Bus 20</p> <p>12:30 ● Ladies' Bridge GS</p> <p>12:45 ● Pinochle GS</p> <p>1:30 ● Men's Wii Bowling CM</p> <p>3:00 ● Scrabble GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Movie: "The Walton's Christmas Movie" CM</p>	<p>WINTER BEGINS 21</p> <p>10:00 ● Exercise with Chris From Genesis CM</p> <p>10:00 ● Cards/Dice Games with Dolores AS</p> <p>11:00 ● Words in a Word AS</p> <p>12:30 ● Craft: Christmas Stocking AS</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>1:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bible Study with Earl CM</p> <p>2:30 ● Bob's Babes Wii Bowling CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Northwest Suburban Band CM</p> <p>7:30 ● Movie: Residents' Choice CM</p>	<p>10:00 ● Trip: Shopping at Walmart Bus 22</p> <p>10:00 ● Exercise with Roger CM</p> <p>12:30 ● Trip: Long Grove Chocolate Outlet in Buffalo Grove Bus</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● One-Hour Bingo with Amy CM</p> <p>2:00 ● Ladies Christmas Tea Party DR</p> <p>3:00 ● Mah-Jongg GS</p> <p>3:30 ● Richard on the Piano FL</p> <p>6:30 ● Bridge GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Bingo with Mary & Isabella CM</p> <p>7:00 ● Hand & Foot Canasta AS</p>	<p>9:30 ● St. Anne's Church Service CM 23</p> <p>10:00 ● Exercise with Chris From Genesis CM</p> <p>10:30 ● "31" Card Game with Elle AS</p> <p>11:00 ● Wii Jeopardy CM</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>1:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bob's Babes Wii Bowling CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>6:45 ● Wii "Golf" With Bob CM</p> <p>7:00 ● Mexican Train Dominoes CL</p> <p>7:00 ● Hand & Foot Canasta AS</p>	<p>CHRISTMAS EVE 24</p> <p>9:00 ● Trip: Walking Club at Field House Bus</p> <p>10:00 ● Trip: Jewel Bus</p> <p>11:45 ● Trip: Chen Chinese Cuisine Bus</p> <p>12:45 ● Pinochle GS</p> <p>3:00 ● LCR Group Dice Game AS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Movie: "White Christmas" 1954 CM</p>	<p>CHRISTMAS DAY 25</p> <p>9:30 ● Communion with Kris LR</p> <p>10:30 ● Games with Anita AS</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Poker Club GS</p> <p>1:00 ● Singalong with Bonnie CM</p> <p>3:00 ● Hot Chocolate CL</p>
<p>9:30 ● St. Anne's Church Service CM 26</p> <p>10:30 ● St. Mark's Protestant Service CM</p> <p>2:00 ● Pinochle GS</p> <p>2:00 ● Music by Edizon Dayao CM</p> <p>3:00 ● Bridge GS</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>10:15 ● Exercise with Linda CM 27</p> <p>11:00 ● Resident Calendar Planning Meeting CM</p> <p>12:30 ● Ladies' Bridge GS</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Bingo with Joanne CM</p> <p>1:30 ● Men's Wii Bowling CM</p> <p>3:00 ● Scrabble GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:15 ● Movie: "Disturbia" CM</p>	<p>10:00 ● Exercise with Chris From Genesis CM 28</p> <p>10:00 ● Cards/Dice Games with Dolores AS</p> <p>11:00 ● Words in a Word AS</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>1:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bible Study with Earl CM</p> <p>2:30 ● Bob's Babes Wii Bowling CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>7:00 ● Hand & Foot Canasta AS</p> <p>7:30 ● Movie: Residents' Choice CM</p>	<p>9:00 ● Trip: Walking Club at Field House Bus 29</p> <p>10:00 ● Trip: Shopping at Walmart Bus</p> <p>10:00 ● Exercise with Roger CM</p> <p>11:45 ● Trip: Lunch McGonigal's Pub Bus</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● One-Hour Bingo with Amy CM</p> <p>3:00 ● Mah-Jongg GS</p> <p>3:30 ● Richard on the Piano FL</p> <p>6:30 ● Bridge GS</p> <p>7:00 ● Poker Club GS</p> <p>7:00 ● Bingo with Mary & Isabella CM</p> <p>7:00 ● Hand & Foot Canasta AS</p>	<p>9:30 ● St. Anne's Church Service CM 30</p> <p>10:00 ● Exercise with Chris From Genesis CM</p> <p>10:30 ● "31" Card Game with Elle AS</p> <p>11:00 ● Wii Jeopardy CM</p> <p>1:00 ● Women's Water Aerobics/ Bonnie SP</p> <p>1:30 ● Bob's Babes Wii Bowling CM</p> <p>2:30 ● Bob's Babes Wii Bowling CM</p> <p>3:30 ● Happy Half Hour CL</p> <p>6:45 ● Wii "Golf" With Bob CM</p> <p>7:00 ● Mexican Train Dominoes CL</p> <p>7:00 ● Hand & Foot Canasta AS</p>	<p>NEW YEAR'S EVE 31</p> <p>9:00 ● Trip: Walking Club at Field House Bus</p> <p>10:00 ● Trip: Dollar Tree CK</p> <p>12:45 ● Pinochle GS</p> <p>1:00 ● Trip: Jewel Bus</p> <p>3:00 ● LCR Group Dice Game AS</p> <p>8:00 ● New Year's Eve Party CM</p>	

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!



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!



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,

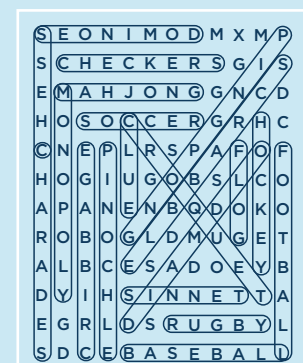
John



MANAGEMENT TEAM

John Apostolopoulos, *Executive Director*
Janice Stender, *Business Office Manager*
Kay Reissig, *Director of Sales & Marketing*
Niko Tsamos, *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*



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