

March 2023

Newsletter

DONATE

VOLUNTEER



A NOTE FROM BACOE'S EXECUTIVE DIRECTOR

Every day, our Bacoea community of belonging grows, and I'm so proud to continue our journey of redefining aging with you all. On February 4th, Bacoea held our most successful [Dancing with the Barrington Stars](#) fundraiser to date, raising funds for critical programs that provide access to fundamental needs like food, transportation, and healthcare.

Our clients are at the heart of everything we do at Bacoea, which is why I'm excited to share their inspiring stories in a new addition to our newsletter, "Community Connections" (see page 2).

To support Bacoea's rapidly growing community of older adults, caregivers, and families, please visit www.bacoea.org. I hope to see you at one of Bacoea's upcoming events (see our events and programs calendar on page 4). Please, join us on March 13th for a free lunch and entertainment at our St. Patrick's Day Lunch and Bingo celebration!

Terri Channer
Executive Director



www.bacoea.org



(847) 381-5030

CommunityConnections

Lu's Story



Lucile (Lu) Watson has lived in Barrington for 13 years. She's 96, and she, "doesn't feel old at all." A regular attendee of Bacoa's Cuisine Club, Lunch & Bingo Program, and Never Idle Hands Knitting Club, Lu has built long-term friendships at our fun and engaging programs.

"I'VE MADE A LOT OF FRIENDS HERE, AND THAT MAKES ME VERY HAPPY" -LU

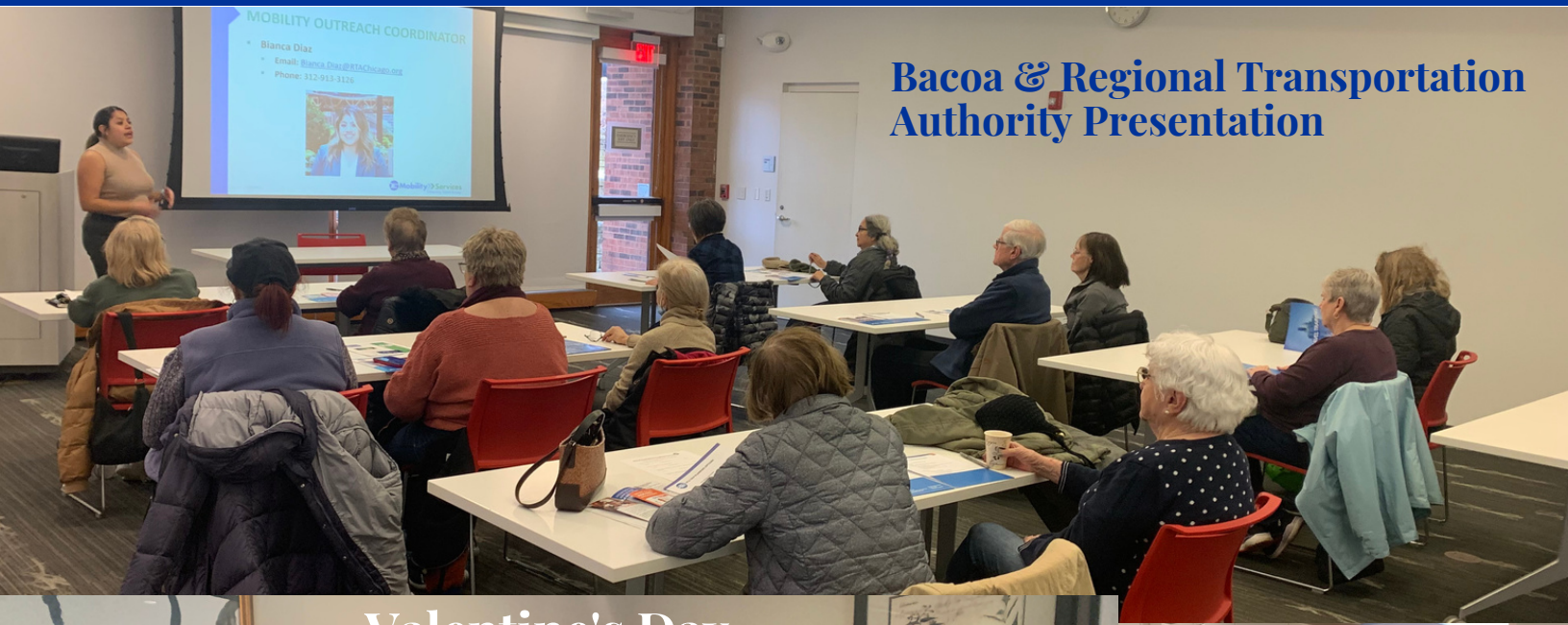
After an overnight hospital visit, Lu called Bacoa's Program Manager, Janine O'Leary, to pick her up. Not only did Janine make sure Lu got home safely, Bacoa's social services staff helped Lu with insurance paperwork to pay bills from her hospital stay. As part of the Bacoa community, Lu knew she would be supported and cared for by Bacoa at the moment she needed it most.



"I'M VERY GRATEFUL FOR BACOA" -LU

To support Active Aging Programs that provide community and social engagement for older adults throughout the Barrington Area, visit www.bacoa.org.

PICTURES OF THE MONTH



**Bacoa & Regional Transportation
Authority Presentation**



**Valentine's Day
Cuisine Club**



**Alzheimer's
Poetry Project**



'A Day Out'

est.
1984 **Bacoa**
aging redefined

www.bacoa.org



'A Day Out' Music

MARCH EVENTS AND PROGRAMS



News About Activities and Upcoming

- March 3rd**
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free
- March 6th**
Lunch & Bingo, Barrington Park District, 10:30am-1pm, \$12
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
- March 7th**
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)
Barrington High School Choir Concert, 7:00-8pm, Free, RSVP to Bacoa by 3/1
Movie Maniacs (location and movie TBD, call Bacoa at 847-381-5030 for more info)
- March 8th**
Cuisine Club at McGonigal's Pub in Barrington, Noon-2pm, \$25, RSVP to Bacoa by 3/1
Alzheimer's Caregivers Support Group, 10:30-Noon, Zoom, Free
- March 9th**
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
MakersLab-Monogramed Mugs at Barrington Area Library, 1-2pm, Free RSVP by 3/1 (12 person sign up limit)
Outsiders Trail Walking Club, Citizens Park, 9:30am, free (*event is weather permitting*)
Low Vision/Blind Support Group, 1-2:30pm, Lake Barrington Woods, Free, must call Bacoa at 847-381-5030 to register before first meeting
- March 10th**
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free
- March 13th**
Free St. Patrick's Day Special Lunch & Bingo Celebration, Barrington Park District, 10:30am-1pm, Free
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
- March 15th**
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)
- March 16th**
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
- March 17th**
Zen at 10: Chair Yoga, Zoom, 10-11am, Free
- March 20th**
Lunch & Bingo, 10:30am-1:00pm, Barrington Park District, \$12
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
- March 21st**
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)
Memory Cafe, Ela Area Public Library, 10-11am, free (for individuals with dementia and their care partners)
- March 23rd**
Trip to the Art Institute with lunch at Miller's Pub, 8:30am-2pm, \$65, contact Bacoa at 847-381-5030 for more information)
- March 24th**
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free
- March 27th**
Lunch & Bingo, 10:30am-1:00pm, Barrington Park District, \$12
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
- March 28th**
Virtual Bingo, Zoom, 11am-Noon, Free (3 prizes per week)
- March 29th**
Rules of the Road, 10am-Noon, The Garlands of Barrington, Free
- March 30th**
Outsiders Trail Walking Club, 9:30am, Citizen's Park, Free (*event is weather permitting*)
Adult Day Program, \$45 (Prior evaluation is required, call 847-381-5030)
- March 31st**
Never Idle Hands Knitting & Crochet Club, Pepper Park Coffee, 10am-Noon, Free



Join our monthly Cuisine Club



Cuisine Club



Wednesday, March 8th Noon-2pm

McGonigal's Pub
105 S Cook St.
Barrington

**Call Bacoa by 3/1 to
RSVP: 847-381-5030**

COST \$25





**PRESENT TM
FIT & STRONG!**

**TUESDAYS &
THURSDAYS
\$8 PER CLASS
1:30-3PM**

**MARCH 7TH-
MAY 25TH**

**Includes 60-minutes of exercise
and 30-minutes of group
discussion/health education**

**Fit & Strong!TM is an exercise/behavior
change program for older adults with
lower extremity osteoarthritis.**

Benefits Include

- Manage arthritis
- Exercise safely
- Decrease joint pain & stiffness
- Improve daily function
- Reduce anxiety & depression
- Develop & maintain an active lifestyle

**Classes Held at NeuroBalance Center:
1529 S. Grove Ave. Barrington
For More Information:
Call 847-800-6162**

Join Bacoa for a free St. Patrick's Day meal
and \$1 bingo at the Barrington Park
District on Monday, March 13th.



St. Patrick's Lunch & Bingo

Monday,
March 13th
10:30am-1:00pm

RSVP to Bacoa
at 847-381-5030

Happy
St. Patrick's
Day



SOCIAL SERVICES



meals with
wheels



EASY
riders



SUPPORTED BY

