

THE BARN SENIOR Spotlight



October 2024



Weekday Luncheons

Meals will be served every day from noon to 1 p.m. Please refer to the [October 2024 calendar](#) for a description of meals served on specific days. All meals are offered at a \$3.25 suggested donation unless otherwise noted.

Restaurant Days On Mondays
(\$5 suggested donation)

Mondays:

October 7: Nana's Hot Dogs - Cheeseburger with lettuce, tomato and mayo, chips and fruit

October 21: Sweet Basil Cafe - Ham or turkey sandwich with lettuce, tomato and mayo, chicken noodle soup and fruit

October 28: Sweet Orange Pancake House & Cafe - Chipotle fried chicken with American cheese, pickle, red onion, and chipotle mayo on bun, salad and fruit

For more information, contact:

Marina Lvovich
Senior Services Coordinator
mlvovich@schaumburg.com

Caitlin Wilson
CNN Café Manager
cwilson@cnnssa.org

The Barn: (847) 524-7496

October Activities & Events

- October 2024 Meals
- Fresh Salad Bar on Tuesdays
- Social Saturdays
- Alden Poplar Creek Luncheon
- Market Days
- Tech Corner
- Social Programs
- Upcoming Presentations
- Halloween Party and Magic Show
- Nursing Notes

Barn Closed

Monday, Oct. 14 - Indigenous People Day/Columbus Day

To register, call the [Schaumburg Barn](#) at (847) 524-7496 and provide your name, phone number and event date(s) you are interested in signing up for at least one week prior to selected dates.

Please note: If you sign up for a meal and need to cancel, please do so at least two days in advance.

**Happy Birthday and
Best Wishes to All Our October
Celebrants!**

**Sign Up for This
E-Newsletter**

If you would like to receive this e-newsletter via email, please send your email address to mlvovich@schaumburg.com

Fresh Salad Bars at The Barn on Tuesdays



Fresh Salad Bar Days will be held at noon every Tuesday at The Barn. Salad bars showcase a variety of fresh vegetables and include a soup and sandwich. We welcome you to sign up to try our fresh array of veggies in a pick-your-own deli bar setting.

Fresh Salad Bar Days on Tuesdays:

October 1: Tomato Soup & Cheeseburger

October 8: Lumberjack Soup & Stuffed Green Pepper

October 15: Cream of Potato Soup & BLT Chicken Salad Sandwich

October 22: Tomato Lentil Soup & Chicago Style Hot Dog

October 29: Split Pea Soup & Meatball Marinara Sub

All meals are served with a salad and a variety of toppings.

Social Saturday Luncheon

Come join us for food, games and some much-needed socialization on the weekends.

Luncheons are offered at a \$5 suggested donation. Each month, food is ordered from local restaurants. Space is limited. Please call the Schaumburg Barn at (847) 524-7496 to register.

October 5: Schaumburg-Hoffman Lions Club

Menu: Brat, red cabbage, spaetzle, German potato salad, bread and butter, and dessert.

Provided in partnership with the [Schaumburg-Hoffman Lions Club](#)

October 19: Brandy's Gyros

Menu: Gyro sandwich, coleslaw and dessert

2024 Older Adult Market Days



In partnership with the [Greater Chicago Food Depository](#), the Schaumburg Barn provides Market Days for seniors. Market Days provide free, nutritious food including fresh fruits, vegetables, and non-perishable groceries to adults ages 60 and older in the community.

This month's Older Adult Market distribution dates will take place from **1:30 to 3 p.m. on Mondays, October 7 and 21**. Items will be distributed inside The Barn on a first-come, first-served basis. If you are a returning client, **please bring your green scan card for each Market Day** to make registration more efficient.

Please refer to the [2024 Market Day calendar flyer](#) for a full list of scheduled distribution dates. For information about additional food resources in our community, please contact the Greater Chicago Food Depository at (773) 247-FOOD (3663) or visit their [website](#).

Tech Corner Program

Hosted by Michelle Avila and Jordan Cannataro from the Village of Schaumburg Nursing Division.

What: The Barn holds a Tech Corner assistance program where trained staff will be able to assist you with any questions you may have about a range of different technology devices.

When: 10 a.m. to noon on **Friday, October 25**

Where: Schaumburg Barn, 231 S. Civic Dr.

For more information, contact [Michelle Avila](#), [Jordan Cannataro](#), or call Nursing and Senior Services at (847) 923-3766.

Social Programs

The Schaumburg Barn Senior Program will be offering a variety of social programs listed below for participants who are taking part in the congregate meal program:

Balloon Volleyball

A fun and interactive sit-down activity will be played at 10:30 a.m. on **Thursday, October 3**.

Bingo

Bingo will be played **every day** after lunch from 1 to 2 p.m.

Book Club

In partnership with the Schaumburg Township District Library, the book club meets at Nursing and Senior Services, 746 E. Schaumburg Rd., once a month to discuss various books of interest. The next book club meeting will be held from 10:30 to 11:30 a.m. on **Tuesday, October 8**.

Brain Games

A themed interactive program featuring a variety of brain-challenging games will take place at 10:30 a.m. on **Tuesday, October 29**. Instructional materials will be distributed during the session.

Canvas Painting

Join us for a guided painting class at 10:30 a.m. on **Tuesday, October 8** where all materials are provided and participants have the opportunity to turn their blank canvases into a piece of artwork.

Crochet Group

Join our group of yarn crafters at 10:30 a.m. on **Wednesdays, October 9 and 23** to work on various projects and share techniques.

Chair Massage

Ease your tension and relax at our 5 minute chair massage. Join us on **Thursday, October 24** from 10 to 11 a.m. Jennifer Blose our message therapist wants you to know that massage time doesn't have to be about the neck, back and hips. If you have other specific pain, please let her know. She can help with carpal tunnel, forearm pain, sore hands, arthritis, and knee pain as well. You can learn more about Jennifer Blose, our massage therapist, on her [website](#).

Social Games

31 Card Game at 10:30 a.m. on **Monday, October 28**

Left, Right, and Center at 10:30 a.m. on **Tuesday, October 15**

Pokeno Game at 10:30 a.m. on **Tuesday, October 22**

Under the Blanket at 10:30 a.m. on **Friday, October 11**

Bunco Tournament Game 10:30 a.m. on **Tuesday, October 1**

Walking Club

Walking group will be held from 9:30 to 10 a.m. **every Friday (weather permitting)**

Yoga

Chair Yoga Class takes place from 10:30 to 11 a.m. on **Wednesdays, October 2 and 16**

Zumba

Classes take place from 10 to 10:30 a.m. on **Wednesdays, October 9 and 23**

Upcoming Presentations

Indigo at Bartlett - Food Demonstration

- 11 a.m. on **Wednesday, October 2**

Public Safety Presentation

- 11:30 a.m. on **Friday, October 4**

OneTrust Home Loans Overview and Complimentary Lunch

- 11:30 a.m. on **Thursday, October 10**

Michaels Funeral Home Overview of Services and Complimentary Lunch

- 11:30 a.m. on **Thursday, October 17**

Halloween Party and Magic Show

Join us for a Halloween Celebration from **10 a.m. to 2 p.m. on Thursday, October 31**. Get ready to be amazed by the **magic show of magician Mark Presley starting at 11 a.m.** We welcome you to bring your favorite Halloween-themed treats to supplement our sweet treat table. We will have a Halloween costume contest and look forward to seeing you in costume!

The cost to attend is **\$5** and will include a catered lunch from KFC. Menu: Chicken pot pie, corn, chocolate cake and fruit.



Upcoming Events

Thursday, November 7: Lunch and Bowling Outing

The event will be held Poplar Creek Bowl located at 2354 W. Higgins Rd. of Hoffman Estates. The event will include lunch and bowling. Lunch will include pizza, wings, Caesar salad, and non-alcoholic beverages. The event will be held from **11 a.m. to 2 p.m.** **The cost of the event is \$30.** **Registration will begin Tuesday, October 1.**

Friday, November 15: Dinner and Mystery at the Theatre

The event will start with dinner at Chandler's Chop House Grille & Banquets located at 401 N. Roselle Rd. in Schaumburg. Dinner will begin at **5 p.m.** and will feature a choice of a fish fry or broasted chicken with sides and dessert. Dinner will be followed by a whodunnit murder mystery at the Al Larson Prairie Center for the Arts, 201 Schaumburg Ct., where you are the detective solving the mystery. The Mystery Show will start at 7:30 p.m. **The cost of the event is \$60.** **Registration will begin on Tuesday, October 1.**

Friday, Dec. 6: Holiday Extravaganza Party

The event will be held at the Seville located at 700 S Barrington Rd. of Streamwood. Festivities will include a four-course lunch, live entertainment, special raffles, and bingo. The event will be held from **10 a.m. to 2 p.m.** The cost of the event is **\$45.** Registration will begin on **Monday, October 28.**

Nursing Notes

With the season just beginning, let's be careful not to fall this fall! Use the checklist below to find and fix trip and fall hazards in your home.

Also, Fire Prevention Week is October 6-12 – don't forget that the Schaumburg Fire Department offers free home safety checks. Crews can test/install smoke alarms and carbon monoxide alarms, discuss fall prevention, discuss cooking safety and general fire safety, and inspect the property to identify any potential safety issues. Just call (847) 885-6300 or dial 311 in Schaumburg to make an appointment.



STAIRS & STEPS (IN- AND OUTDOORS)

Are there papers, shoes, books or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you are walking. Some nightlights go on by themselves after dark.

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.
- Do not use suction cup grab bars! Install with screws into the wall.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.
- Do not use suction cup grab bars! Install with screws into the wall.

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The Barn | 231 S Civic Drive | Schaumburg, IL 60193 US

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