We had a fantastic night celebrating Friendship Villages 42nd Anniversary and our Centenarians! A HUGE thank you to “The Moods” for coming out

Thursday, February 14 at 7:00 pm in Assembly Hall
Join us for an evening of great entertainment with the The Falconaires Orchestra. Refreshments served. BYOB – bring your own bottle.

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities</td>
<td>2-4</td>
</tr>
<tr>
<td>Announcements</td>
<td>14</td>
</tr>
<tr>
<td>Birthdays</td>
<td>16</td>
</tr>
<tr>
<td>Clubs, Groups &amp; Meetings</td>
<td>11-12</td>
</tr>
<tr>
<td>Looking Ahead</td>
<td>13</td>
</tr>
<tr>
<td>New Residents</td>
<td>12</td>
</tr>
<tr>
<td>The Pulse/Fitness</td>
<td>9-10</td>
</tr>
<tr>
<td>Spiritual Life</td>
<td>7-8</td>
</tr>
</tbody>
</table>
A Tribute to Irving Berlin with Jeffrey Deutsch  
*Friday, February 1 at 7:00 pm in Assembly Hall*

Irving Berlin was one of America's best and best-loved composers of popular songs. From our second national anthem, "God Bless America" to our holiday favorites like "White Christmas", Irving Berlin provided a soundtrack for our country for over 70 years. Please join Jeffrey Deutsch for great songs, wonderful stories and laughter.

Valentines- Jewelry-making - *Sign Up*  
*Tuesday, February 5th at 10:30 am in the Arts & Crafts room A/392*

Come enjoy making Valentines jewelry for a loved one or keep it for yourself! Jewelry makes a wonderful gift for Valentine’s Day! Join in the fun with our jewelry instructor Tatyana. There is no charge for this class. *You must sign up at the BG or BWP Hospitality desks to participate in this class on Monday February 4th after 9:00 am.*

Mystical Mandala Lecture  
*Tuesday, February 5th, 2:00 PM in Sarah’s Grove*

Join Chaplain Shawn for an educational lecture “Entering the Mystical Mandala.” The mandala is a circular spiritual/cultural art form that is present in every society and religion of the world. Witness the wonder of this art form and why it has such a universal connection. Interested in exploring mandalas further? Sign-up at either hospitality desk for Shawn’s watercolor mandala classes every Thursday in February at 1:30 PM in the Bridgegate Arts and Crafts room. (Sign-up limit is 8 residents who intend to attend all 4 classes.) Questions – Chaplain Shawn x5650.

Chines New Year – Moon Festival  
*Tuesday, February 5 at 7:00 PM in Assembly Hall*

Celebrate Chinese New Year, the Year of the Pig, with Kerry Leung for an evening of traditional Chinese music. Kerry will play six different instruments during his performance.

Project Linus Blanket Making & Tying  
*Wednesday, February 6 at 1:00 pm in the Arts & Crafts Room A392*

Join us and become a ‘blanketeer’ by helping make these wonderful blankets for Project Linus! Do you have fabric you would like to donate? Our ‘blanketeers’ are looking for all types of cotton fabric or fleece. Questions, call Linda x5290.
Travelogue—Tuscany
*Wednesday, February 6 at 7:00 pm in Assembly Hall*
Travel to Tuscany the land of breath-taking landscape & beautiful cities! The birthplace of famous artists, palaces, museums, vineyards and medieval cities. Your host is Maryaldene.

‘My Precious Love’ with John Adair
*Friday, February 8 at 7:00 pm in Assembly Hall*
Valentine’s Day is just around the corner. Come hear some of the most beloved ‘love songs’ with the incredible crooner John Adair.

Bridge Lessons
*Saturdays at 1:00 pm in the Salt Creek Room*
Learn to play Bridge with our wonderful volunteers Barb & Sherrie. Sign up at the hospitality desk. Call Sherrie x4276 or Barb x5723 for more information.

Artists Portrait Painting of Models
*Mondays, at 9:00 am in the Wintergarden*
Visiting artists called ‘The Friendly Painters’ are painting portraits of our residents. Models are paid $30 to sit for their portrait. If you are interested in becoming a model, please call Marian Neumann x5624 or Donna x4254.

Create a Card – All Occasion Cards
*Monday, February 11 at 1:30 PM in the Arts & Crafts room, A392*
Join us and make beautiful cards for family and friends. No experience necessary! The fee is only $5. Delores Hertel is your instructors. Sign up when you come to class!

Chinese New Year- *Sign Up
*Tuesday, February 12th at 1:00 pm in the Arts & Crafts room A392*
Bring in the new year with your decorative Paper lanterns and paper fortune cookies! It is the year of the ‘pig’! Susan will show you how to create your very own masterpiece! There is no charge for this class. *You must sign up at the BG or BWP Hospitality desks to participate in this class on Monday, February 11th after 9:00 am.*

Valentine’s Day Party
*Thursday, February 14 at 7:00 pm in Assembly Hall*
Join us for an evening of great entertainment with the The Falconaires Orchestra. No reservations required. Refreshments served. BYOB – bring your own bottle.
Music for Love & Country with Double Play Flute & Tuba  
Friday, February 15 at 7:00 PM in Assembly Hall  
Join Patrick Sciannella, tubaist and Amy Ridings, flutist for an entertaining evening of great music. The program will feature the duo’s own arrangements of music honoring both Valentine’s Day and Presidents’ Day.

"Keys and Strings" Breaking Grounds in Music - Piano and Guitar Concert  
Sunday, February 17 at 1:00 pm in Assembly Hall  
Breaking Grounds in Music studio presents an afternoon of piano and guitar. The concert includes children’s piano as well classical music. The guitar students will play contemporary rock, pop and classical music. Mark your calendar for these very talented students.

Mardi Gras - Jewelry-making - *Sign Up  
Tuesday, February 19th at 10:30 am in the Arts & Crafts room A/392  
Enjoy making jewelry ‘New Orleans style’! With all the Mardi Gras colors, purple, green and gold! Have fun with instructor Tatyana. There is no charge for this class. *You must sign up at the BG or BWP Hospitality desks to participate in this class on Monday February 18th after 9:00 am.

An Evening of Music with the Plonk Piano Studio  
Thursday, February 21 at 7:00 pm in Assembly Hall  
Come hear the very talented students of Plonk Piano students ages 10-17 play classical and a variety of other music for your listening pleasure.

Around the World with Richard Gersten  
Friday, February 22 at 7:00 pm in the Assembly Hall  
Come along on an adventure of travel and reminisce as Richard takes you on a musical trip around the world visiting countries and traveling back to the cities of the USA. Richard is an accomplished pianist and vocalist—don’t miss this incredible journey!

Create a Card – All Occasion Cards  
Monday, February 25 at 1:30 PM in the Arts & Crafts room, A392  
Join us and make beautiful cards for family and friends. No experience necessary! The fee is only $5. Delores Hertel is your instructor. Sign up when you come to class!

Glass Bottle Luminary- *Sign Up  
Tuesday, February 26th at 1:00 pm in the Arts & Crafts room A392  
‘Light up the house’ with a luminary glass bottle! Susan will demonstrate and help with your craft if needed. There is no charge for this class. *You must sign up at the BG or BWP Hospitality desks to participate in this class on Monday, February 25th after 9:00
Roosevelt Winter Lecture at Roosevelt University Schaumburg
Friday, February 1st from 10:00 AM to 11:30 AM
“Hedda! A Musical Conversation” – Scorned by many as a crackpot in a hat, Hedda Hopper had a broad and enduring effect on film and politics. Her column, with a readership of 32 million, was the voice of small town America. Sign up for the bus at the resident services desk or call Jeannette at 5539 if you are driving to reserve your seat. The bus leaves at 9:15 AM and returns at noon. Seating is limited!

From Punch Cards to Personal Computers
Friday, February 1st from 1:00 to 2:00 PM in Sarah’s Grove
This presentation looks at the 20th century developments that resulted in the powerful handheld devices we use today. We will explore the major impact of World War II on digital computing, the impact of the transistor, the creation of the microprocessor by Intel in 1971 and the introduction of the IBM PC. Beyond the advancements in technology, we will also look at the men and women that made the advances possible.

Professor Gary Midkiff Lecture
Monday, February 11th from 1:30 to 3:00 PM in Sarah’s Grove
The Presidency of Harry Truman – He was a compromise candidate for Vice President. FDR met with him twice once he began his fourth term. He inherited a Cabinet dedicated to continuing FDR’s policies and burnishing FDR’s image rather than helping a new President. He left office with a low approval rating yet he has come to be recognized as one of our 5 best Presidents!

Survival of the Fittest: History of the 7 Barrington Suburbs
Thursday, February 14th from 1:30 to 2:30 PM in Sarah’s Grove
Co-sponsored with Harper College—This talk covers the fascinating history of the seven sister suburbs of the Barrington area. It is a social history with rich anecdotes, ranging from heartfelt to humorous, with a few scandalous stories along the way! Author Dr. Sharon Kissane has conducted extensive research on the area.
Life Long Learning for February 2019

Roosevelt Winter Lecture at Roosevelt University Schaumburg
Friday, February 15th from 10:00 AM to 11:30 AM
“Chicago’s Talking Statues” – The Talking Statues of Chicago share their stories as written by Chicagoans, voiced by Chicago actors, and co-produced by Chicago Theaters. Beth Sair will introduce us to many of the featured historical figures and artworks throughout Chicago. Sign up for the bus at the resident services desk or call Jeannette at 5539 if you are driving to reserve your seat. The bus leaves at 9:15 AM and returns at noon. Seating is limited!

Slow Down The Symptoms
Wednesday, February 20, 11am-Noon in Salt Creek
Learn how to build new neuropathways to slow down the symptoms of Parkinson’s Disease. Tips to prevent secondary symptoms such as poor posture and balance will be covered. Material is based on OhioHealth programming and Parkinson’s Disease Foundation Research.

eWOW – Exploring the World Our Way
Thursday, February 21st from 2:00 to 3:00 PM in Sarah’s Grove
Live from Penn Museum of Archeology and Anthropology in Philadelphia, Pennsylvania. This program is sponsored by the Friendship Senior Options Foundation

Roosevelt Winter Lecture at Roosevelt University Schaumburg
Friday, February 22nd from 10:00 AM to 11:30 AM
“You Are What You Wear: Fashion Statements in Art” – This lively talk explores changing modes of dress and personal style as represented in world art through the ages. We will see how fashions reflect varied ideas of beauty, taste, status, eroticism and politics. Sign up for the bus at the resident services desk or call Jeannette at 5539 if you are driving to reserve your seat. The bus leaves at 9:15 AM and returns at noon. Seating is limited

Meet with Senator Laura Murphy
Monday, February 25th—1:00 to 2:15 PM in Herman’s (Bridgewater Place) & 2:30 to 3:30 PM in the Bridgegate Main Atrium (Library)
Senator Murphy and her staff will meet with you privately and answer questions about: senior services, consumer protection and fraud, veteran’s benefits and other State services and benefits. Drop in assistance! No appointment needed!

Questions about Lifelong Learning programs? Contact Jeannette 5539.
Spiritual Life for the Month of February 2019

Village Worship
With the Chaplains
Wednesdays at 10:15 AM
Birch 1 Atrium
February 6 - Chaplain Caryn
February 13 - Chaplain Shawn
February 20 - Chaplain Caryn
with Fr. Manny Borg
(Episcopal Liturgy
with Communion)
February 27 - Chaplain Shawn

Resident Hymn Sing
Tuesdays at 7:00 PM
Main Atrium

Jewish Shabbat
Friday, February 22
4:00 PM
Dogwood Atrium 3rd Floor
Join our volunteers from Beth Tikvah Congregation

Quarterly Remembrance Service
Sunday, February 10
3:00 PM Assembly Hall

Rosary and Communion
Friday February 8
Friday, February 22
BWP Chapel
10:00 AM
Join volunteers from St. Matthew RC Church

Catholic Mass
Tuesday, February 26
10:00 AM
Assembly Hall
Join Fr. George Kane for prayers and Sacrament

Resident Rosary Group
Tuesdays at 3:00 PM
BWP Chapel
Grow Your Spirit  
Wednesday, February 20th  
3:00 PM  
Sarah’s Grove  
Chaplain Caryn will interview Chaplain Cindy Wallace  
(Alexian Brothers Behavior Health Hospital).  
Come hear her story and learn about her ministry!  
All are invited!

Centering Prayer Group  
Wednesdays at 1:30 PM  
Woodfield Room

Questions about  
Spiritual Life Programs?  
Chaplain Shawn at 5650  
Everyone is always welcome  
At any Spiritual Life program!

Watch your weekly calendar for updates and changes!

February Bible Studies  
"Feed Your Spirit“  
...with the Chaplains  
Mondays at 10:00 AM  
Birch 1 Atrium  
* * * *  
"Bible Talk“  
Wednesday, Feb 6 at 7:00 PM  
Birch Atrium 1st Floor  
* * * *  
"Spirit Discovery“  
Tuesday Feb 5 and 19 at 10:30 AM  
Cedar Atrium 3rd Floor  
* * * *  
"Lunch and Prayer with Pastor Jon Nielson“  
Friday, February 8  
at 11:30 AM - Herman’s  
* * * *  
...with Mark Coleman  
Thursdays at 10:00 AM  
Apple Atrium 3rd Floor  
* * * *  
...with Sue Leitgeb  
Thursdays at 3:00 PM  
Dogwood Atrium 3rd Floor

Watch your weekly calendar for any changes.
Heart Healthy Foods

Join us for an interactive presentation on Heart Healthy Foods. Diet is a major component of health and wellness. The Friendship Village Dietitians will be going over which foods are the best options to support a healthy heart. So, prepare your taste buds, and have your questions ready. Your ticker will thank you for it. As always, there will be samples for you to try.

Monday, February 8th
BWP Fitness Center
2:00pm-3:00pm

Variety Class

Variety Class for the month of February is Brain Games. Each week, we will test your brain in different ways. Games, puzzles, and fun problem solving are some of the ways we will challenge you throughout the class.

February is National Heart Month - a great time to make sure your ticker is tickin' properly. We've all heard it: change your diet, maintain a healthy weight, be physically active, drink more water. But why? Can this advice really help you lower your cholesterol and improve your heart health? YES! Making small

HAPPY Valentine’s DAY
A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Bring your written answers to the riddle of the week to the fitness staff at BWP fitness center for a chance to win a prize!

**Abdominal Recliner**

Sit at the very front portion of a chair, with your feet flat on the floor. Sit with good posture (sit up tall, shoulders back and down, spine aligned). Be sure to contract your abdominal muscles to prevent any slouching or arching of the back. Lean back until your shoulder blades just touch the back of the chair, or your feet feel as if they are going to raise off of the floor. Exhale on the way back. Sit up in a slow and steady movement. Engage your abdominal muscles and raise yourself back to the original position. Inhale when you are returning to original position. Be sure to keep your back as straight and flat as possible throughout the exercise.

Do 3 sets of 10 repetitions.
Quarterly Resident Finance Meeting  
*Monday, February 4th at 10:00 am in the Salt Creek Room*
Join us for a meeting with Mike Flynn, Vice President of Finance and Chief Financial Officer of Friendship Senior Options. The meeting is open to all residents who are interested in learning more about the financial health of the Friendship Village of Schaumburg.

Plan for the Future: How an Estate Plan helps put You in Control  
*Tuesday, February 5th at 2:00 pm in the Woodfield Room*
Join us to learn how to provide for the people you care for, leave a meaningful legacy, confirm your beneficiaries are listed correctly and manage estate tax burden for you and your heirs. Questions, call Karen in the Foundation office at x-6254

Radio Show Meeting  
*Monday, February 11, 2-3pm in Salt Creek*
Join resident, Fritz Michaelis, who has been involved in producing and performing in radio shows. We will investigate the interest in creating a radio show and talk about the possible acts.

Caregiver Support Group  
*Monday, February 18th, 11:30 AM in the BWP Chapel*
Join Life Service Manager Lisa Aitken for a Caregiver Support Group. This is a discussion group for those offering care to a spouse or have a spouse living in another area of Friendship Village. Questions - Lisa x2003.

German Club  
*Wednesday, February 27 11:30-12:30pm in the Prairie Room*
Bring your favorite German desert recipe. If you feel up to it, make your recipe so we can all sample. Sample Jill’s Gingerbread. Bring a story about your recipe and its history.

“Join Together with the Band” FV Band Meeting  
*Wednesday, February 27, 1-2pm in Salt Creek*
Do you play an instrument and are interested in exploring the start of a FV band? Did you play an instrument and want to dig it out and play it again?
February Town Hall Meeting
*Wednesday, February 27th at 10:30 am in Assembly Hall*
Join us for the Town Hall meeting, on Wednesday, February 27th at 10:30 am in Assembly Hall. We hope to see you there!

Resident Association Meeting
*Thursday, February 28th at 2:00 pm in Assembly Hall*
The Resident Association meetings are held three times a year in February, June and September. Don’t miss this important meeting and the opportunity to meet and talk with the members of the Leadership Council. Refreshments will be provided.
Trillium Presents Celtic/Irish Concert  
*Friday, March 1 at 7:00 pm in Assembly Hall*

Trillium acoustic quartet returns just in time for St. Patrick's Day! Well-known for their extensive traditional Celtic repertoire, join them for an evening of instrumental jigs, reels and hornpipes along with family-friendly pub tunes, sing-alongs and ballads guaranteed to get your feet tapping! Mark your calendar for this Celtic/Irish concert that will be out the Irish in everyone!

Hogan Irish Dancers  
*Monday, March 4 at 7:00 pm in Assembly Hall*

Come see the incredible Irish dancers from the Hogan Dance Academy. You will be amazed at these very talented students’ performance.

The History of Mardi Gras with Tim Wilsey  
*Tuesday, March 5 at 7:00 pm in the Assembly Hall*

Join us for a celebration of culture, art, life and the great music of New Orleans! A dedication to the great artists and their impact on music, from Louie Armstrong & Dr. John to Fats Domino & The Preservation Hall Jazz Band. Come and party on this Mardi Gras day!

St. Patrick's Day Jewelry-making - *Sign Up*  
*Tuesday, March 5th at 10:30 am in the Arts & Crafts room A/392*

‘Luck of the Irish’ come enjoy making your lucky Jewelry! Our jewelry instructor Tatyana will help you along the way! There is no charge for this class. *You must sign up at the BG or BWP Hospitality desks to participate in this class on Monday March 4th after 9:00 am.*

St. Patrick's Day  *Sign Up*  
*Tuesday, March 12th at 1:00 pm in the Arts & Crafts room A392*

Looking for fun, come join the arts and craft group and make your own felt pin or hair accessory with an Irish touch! Susan will show you how to put it all together! No prior experience necessary. There is no charge for this class. *You must sign up at the BG or BWP Hospitality desks to participate in this class on Monday, March 11th after 9:00 am.*
ESO Sunday Matinee Series – Bus Sign Up
If you have signed up for the Elgin Symphony Orchestra Sunday Concert Series and you need bus transportation for Sunday, February 10, please sign up at the Hospitality desks. This bus sign up is for individuals who have purchased their tickets for the Sunday Matinee Concert Series at Hemmens Cultural Center. The cost of the bus transportation is $6.25.

Marketing Events for February
Please be aware that our Marketing department will have an event on Tuesday, February 12th at 11:00 inside of Assembly Hall. On this day, parking may be challenging at Bridgewater Place. We apologize for the inconvenience this may cause.

Shop til You Drop! $6 Sale Returns!
*Monday, February 25 & Tuesday, February 26, 9-3pm in Sarah’s Grove*
Shop for inexpensive gifts or something for yourself. Jewelry, scarves, purses, socks, and men’s items. Cash and charge accepted.

Hosts Needed for Holiday Programs
We need resident hosts to announce entertainers and to turn on the microphone system for entertainment during the holidays. If you are interested, please call Donna x4254. Thank you!

Do You Need a Shopping Buddy?
When you go shopping on one of our scheduled bus trips, do you have difficulty reading labels in the store or reaching an item on the shelf? If you do, we have a list of shopping buddy volunteers who would like to help you! They are other residents who will go on the bus with you. Please contact Jeannette at 5539 for a list of names to call.

Resident Writer or Photographer Needed for “No Contact” Movie Rehearsals
Do you like to write? Call Jill Steco #5420 if you are interested in periodically attending rehearsals to write stories about the progress of the movie or snap some fun photos to be included in the Monthly Newsletter.
**Phishing Emails and Fake Web Pages** - A “phishing” email lures you into divulging your login credentials — your username and password — through convincing emails and links to web pages information.

**The Nigerian Scam** - If you an email from a member of the Nigerian royal family – don’t believe it.

**Lottery Scams** - A conventional email informs you that you have won millions of dollars. The catch: Before you can collect your winnings, you must pay the "processing fee" which can be upwards of several thousands of dollars.

**Advanced Fees for Guaranteed Loan or Credit Card** - Reputable credit card companies may charge an annual fee, but it is never charged upfront. Avoid this one by never paying an upfront fee for credit or loans.

**Offer to Pay More than the Asking Price on Items for Sale** - The scammer finds an ad you have for selling an item and sends you an email offering to pay much more than your asking price. The money order you receive looks real and many times is authentic, but stolen. Upon the check clearing, your bank informs you that the money order is not real.

**Disaster Relief Scams** - Scammers set up fake charity websites to steal money donated to the victims of disasters. If your request for the donation came via email, there is a chance it is a phishing attempt. Do not click on any links in the email or provide any bank account or credit card information. Contact a recognized charitable organization directly.

**Travel Scams** - You receive an email with the offer to get amazingly low fares to some exotic destination, but you must book it today or the offer expires that evening. You’ll find out the travel is free but the hotel rates are highly overpriced.

**“Make Money Fast” Chain Emails** - A classic pyramid scheme: You receive an email with a list of names and are asked to send 5 dollars (or so) by mail to the person whose name is at the top of the list, add your own name to the bottom, and forward the updated list to a number of other people. Don’t do it.

"**Turn Your Computer Into a Money-Making Machine!**" - Don’t just send money for instructions on how to download and install a program on your computer that will turn it into a money-making machine. This can result in malware or a zombie bot (hidden program hackers run on your computer).

**What to do if you encounter a suspicious email?**

   Delete email and delete from your trash bin.

**What to do if you click on a suspicious email?**

   Turn-off your computer.