

THE BARN SENIOR Spotlight



December 2025



Weekday Luncheons

Meals will be served every day from noon to 1 p.m. at the [Schaumburg Barn](#). Please refer to the [December 2025 calendar](#) for a description of meals served on specific days. All meals are offered at a \$4-4.50 suggested donation unless otherwise noted.

Restaurant Days On Mondays and Select Fridays: (\$6 suggested donation)

Monday, Dec. 1: Guzman y Gomez

Steak Bowl with white rice, black beans, pico de gallo, lettuce, salsa, shredded cheese, and fruit

Monday, Dec. 8: Denny's

Scrambled eggs, 2 pancakes, hashbrowns, 2 sausage links, and 2 bacon strips

Monday, Dec. 15: North of the Border

One chicken and one pork tamale, Spanish rice, refried beans, and fruit

Friday, Dec. 19: Sweet Orange

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

December Activities & Events

- December 2025 Meals
- Fresh Salad Bar on Tuesdays
- Social Saturdays
- Alden Poplar Creek Luncheon
- Market Days
- Tech Corner
- Social Programs
- Upcoming Presentations
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**Happy Birthday and Best Wishes to
All Our December Birthday
Celebrants!**

Barn Closed:

- Friday, December 12

Fettucine alfredo with grilled, chicken breast, broccoli, bread roll, and fruit

Monday, Dec. 29: Brandy's Gyros

Gyro, coleslaw, chips, and fruit

To register, please use our [online registration system](#) by visiting www.myactivecenter.com or call The 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.

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

- Wednesday, December 24 – Christmas Eve
- Thursday, December 25 – Christmas
- Wednesday, December 31 – New Year's Eve
- Thursday, January 1 – New Year's Day

Sign Up for This E-Newsletter

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

Fresh Salad Bars 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:

Dec. 2: Minnesota Wild Rice Soup and Stuffed Cabbage Rolls

Dec. 9: Tomato Florentine Soup and Deviled Egg Salad

Dec. 16: Vegetable Gumbo Soup and Bacon and Spinach Quiche

Dec. 23: Vegetable Lentil Soup and Italian Beef Sandwich

Dec. 30: Cream of Broccoli Soup and Tuna Salad Sandwich

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



Alden Poplar Creek Luncheon

Sponsored by [Alden Poplar Creek](#), a special luncheon will be held from 10 a.m. to 2 p.m. Friday, Dec. 26. There is a \$4 suggested donation for lunch.

Menu: Pumpkin Bisque Soup, Garden Salad, Chicken Breast with Cranberry Cream Sauce, Garlic Mashed Potatoes, Green Bean Almondine, and Chocolate Brownies



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.

Dec. 13: Pilot Pete's

Beef pot roast, mashed potatoes, fresh garden salad, and dessert

Provided in partnership with [Rotary Club of Schaumburg-Hoffman Estates](#)

2025 Older Adult Market Days



**GREATER
CHICAGO
- FOOD -
DEPOSITORY™**

In partnership with the [Greater Chicago Food Depository](#), the Schaumburg Barn holds 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 **1:30–3 p.m. Mondays, Dec. 8 & 22**. 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 [2025 Market Day flyer](#) for a full list of this year's 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](#).

Programs & Presentations

Special Thanks



We extend our sincere appreciation to the Alexian Brothers Medical Center team for spreading holiday cheer through delicious treats for our 95 patrons and for assisting with activities, engaging with attendees, and uplifting the spirits of all present.

Tech Corner

The Barn holds a Tech Corner assistance program where trained staff is able to assist with any questions about a range of different technology devices. Assistance is available from **10 a.m. to noon Friday, Dec. 19** at the Schaumburg Barn.

For more information, contact Michelle Avila (mavila@schaumburg.com), 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. Tuesday, Dec. 9.**

Bingo

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

Brain Games

A themed interactive program featuring a variety of brain-challenging games will take place at **10:30 a.m. Thursday, Dec. 18**. Instructional materials will be distributed during the session.

Crochet Group

Join our group of yarn crafters at **10:30 a.m. Wednesday, Dec. 10** to work on various projects and share techniques.

Social Games

31 Card Game at 10:30 a.m. **Monday, Dec. 1**

Bunco Tournament Game 10:30 a.m. **Tuesday, Dec. 16**

LRC Game 10:30 a.m. **Tuesday, Dec. 2**

Pokeno Game at 10:30 a.m. **Tuesday, Dec. 23**

Under the Blanket at 10:30 a.m. **Friday, Dec. 19**

Wii Bowling Game at 10 a.m. **Friday, Dec. 26**

Yoga

Chair Yoga class takes place from **10:30–11 a.m. Wednesdays, Dec. 3 & 17**.

Zumba

Classes take place from **10–10:30 a.m. Wednesday, Dec. 10**.

Upcoming Presentations

Complimentary Lunch and Learn – Pearl Healthcare and Arden Courts Promedica

11:30 a.m. Tuesday, Dec. 2

Public Safety Presentation

11:45 a.m. Monday, Dec. 8

Encore Village Presentation – Treats and Bingo Sponsorship

11:30 a.m. Tuesday, Dec. 23

Upcoming Events

Thankful Thursdays in December

\$2 meals Sponsored by the Senior Advisory Council

Delicious Holiday Meals & Festive Activities Each Week!
Registration is now open.

▣ **December 4:**

Chicken & ribs, macaroni & cheese, baked beans, potato salad, dinner roll, fruit salad, cookie — plus a Holiday Mocktail Station and Musical Gift Unwrap!



▣ **December 11:**

Roast turkey with dressing, mashed potatoes with gravy, peas & carrots, cranberry Jell-O, pumpkin pie — plus our Cookie Potluck & Cocoa Social!

▣ **December 18:**

Roasted pork chop in burgundy mushroom sauce, sage dressing, scalloped potatoes, broccoli, cinnamon-sliced apples with cinnamon and vanilla sauce — plus our festive Ugly Sweater Celebration!

Holiday Extravaganza Party

The Holiday Extravaganza Party will be held from 10:30 a.m. to 2 p.m. Friday, Dec. 5 at the Seville located at 700 S. Barrington Rd. in Streamwood. (Doors open at 10 a.m.) There will be complimentary Valet Parking. Festivities will include a four-course lunch, live entertainment, special raffles and gift card bingo.

The lunch menu will include: Chicken caprese, Dutches potato, vegetable medley, cream of chicken wild rice soup, coffee and dessert. The cost to attend the event is \$45 and space is limited.

Registration is now open. Call The Barn at (847) 524-7496 to register.



New Year's Eve Celebration

Join us to ring in the New Year 2026 at 12 p.m. (noon) on Monday, December 29 with non-alcoholic bubbly and special dessert sponsored by the Senior Advisory Council. This event is complimentary to registered lunch attendees. Enjoy a catered lunch from Brandy's featuring a Gyro, Coleslaw, chips, fruit. The cost to attend is \$6.



Please call The Barn at (847) 524-7496 to register for lunch.

My Active Center - Barn Online Registration Information

At this time, patrons of the Schaumburg Barn can register for meals and activities [online](https://www.MyActiveCenter.com) at www.MyActiveCenter.com.

Important Things To Note:

- Each registrant will need an email address to utilize this system. An email confirmation will be sent once registration is approved by staff.
- We will not be taking online payments until further notice. All payments will continue to be made in person.
- While we will continue to take registration in-person or over the phone at (847) 524-7496, we encourage people to attempt this online process. The sooner you start, the better!
- For those without access to a computer, we will have online registration available at The Barn.
- Please be sure to bring your MyActiveCenter key tag to check-in whether or not you registered online. This will allow us to check you in for the day.



How To Register:

1. Visit The Barn in person to create an account. Staff will take your picture (optional) and assign you a keytag.
2. Next you will need to register for an online account at www.MyActiveCenter.com. You may do this at home or with assistance at The Barn. You will need an email address (If you do not have an email address, staff can help create one for you. We have created many in the past.), your assigned keytag number, your phone number, and think of a potential 6-character password to use upon login.
3. After initial registration, only your email and created password will be needed to login.
4. Once logged in, sign up for your desired activities and meals separately for each day that you are attending. You can sign up for the entire month at a time. Remember that in order to participate in activities, you must sign up for lunch. For this reason, meals are listed first in registration.
5. Each day you attend, you will need to bring in your keytag to the center to check in.

Nursing Notes

Upcoming Wellness Clinics

Nurses from the Village of Schaumburg Nursing and Senior Services Division will be hosting a monthly Wellness Clinic at The Barn from 10–11 a.m. on the first Monday of each month on a first-come, first-served basis.

- Dec. 1
- Jan. 5
- Feb. 2
- March 2
- April 6
- May 4
- June 1
- July 6
- Aug. 3
- Sept. 14 (2nd Monday)
- Oct. 5
- Nov. 2
- Dec. 7



Available assessments include temperature, blood pressure, heart rate, oxygen saturation, and blood

Upcoming Blood Drives

Looking for ways to give back? Donate blood at the next Community Blood Drive taking place from 2:30–6:30 p.m. on at The Church of Jesus Christ of Latter-day Saints located at 1320 W. Schaumburg Rd. Your single donation has the potential to impact multiple lives!

Make appointment by calling 1-877-258-4825 or [register online](#) and use sponsor code ORD0SH98. Walk-ins are also welcome. All donors take home a coupon for a pint of Culver's frozen custard and are entered into a drawing for a chance to win one of four \$25 gift cards.



Upcoming blood drives:

- Tuesday., Jan. 20
- Thursday, March 19
- Thursday, May 14
- Tuesday, July 14
- Tuesday, Sept. 15
- Tuesday, Nov. 10

For more information about Schaumburg's Community Blood Drives, please visit the [village's website](#), dial 311 in the village or call (847) 895-4500.

"How to Survive the Holidays"

"How to Survive the Holidays" is an event being sponsored by the Village of Schaumburg's Committee on Aging. It is being held at 10 a.m. Wednesday, Dec. 3 at the Schaumburg Township building, 1 Illinois Blvd. in Hoffman Estates.

This event will feature Janet Stachula, a nurse that works in the township building, speaking on topics to make the holiday season less stressful. There will also be a raffle held courtesy of the Committee on Aging. No registration required; walk-ins welcome.

If you are unable to attend the session, read on for some quick tips on not just surviving, but thriving during this season!

1. Plan ahead and plan your spending – many events can conflict and can stretch your dollars. Create a calendar and a budget to stay on track.
2. Say no – it is ok to decline invitations, some or all!
3. Ask for and accept help – share your to-do list with others if the burden is too heavy.
4. Create relaxing surroundings – music, candles and catching some sun when it is out can ease stress.
5. Maintain healthy habits – holidays can ruin our healthy habits, take a short walk and keep healthy snacks handy to offset the tempting unhealthy foods that may be served at parties.

6. Share feelings – if there has been a recent loss, or if the holiday brings back feelings of a lost loved one, be sure to share the feelings with others. Opening up can help ease grief.
7. Respect differences – with the world as it is, many are on opposite sides of issues. Focus on similarities and common ground rather than the differences. Forgive and forget!
8. Be realistic – Forget about perfection and enjoy the company around you!
9. Take a break – your needs are important too! Don't get too caught up doing so much for others that our forget about yourself. Take a nap, read a book or watch a movie.
10. LAUGH – it relaxes the whole body and can relieve physical tension and stress!

Questions? Call (847) 524-7496

Funds in whole or in part for this publication were provided through an award from Age Option under Title III of the Older American Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network, Inc. does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Humans Right Act, The U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, The Age Discrimination Act, The Age Discrimination in Employment Act, and The U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8965 [Voice and TDD] or contact Williams Burns, Director of Personnel at [312] 207-5290.



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