

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

*Member Services' Carlo Iaccino and his band gave a concert to raise awareness of Alzheimer's Disease. Garlands members contributed over \$1000 from this event straight to the Alzheimer's Association!*



*Members cast hundreds of votes for the Olympic flags created by each department. Bronze went to Maintenance (Jen Long, left); Silver went to Housekeeping (Beverly Astudillo, right); and Gold went to Maintenance (Dominic Kempf, top)!*

*This weekly poker-playing group also gets together for a monthly lunch. Clockwise from top: Bob Schutte, Ollie Mayes, Jack Husak, Ron Goldenstern, John Galanos, Jim Schorr, Ed Littel, Steve Thorpe, Bob Boccaccio, and Bruce Smith. By the sound of it, they have a lot of fun!*



# Special Events

REQUIRE A RESERVATION

WHEN SPACE IS LIMITED, those who RSVP will be seated first.  
WHEN THERE IS A CANCELLATION, we notify everyone with a reservation.

For a printout of your reserved events, please call the Concierge (\*07). If you have questions or requests about any of our activities, please call Lynn Adams, Lifestyles Director (\*13).






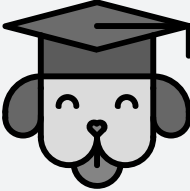
<p>Wednesday <b>Sept 4</b> 11:15 am- 12:45 pm</p>	<p><b>New Friends Lunch - rsvp *07</b> - <i>South Winslow, limit 18</i></p> <p>This is a great way to connect! Chat with members you may not know. Lunch is billed to your account. Non-alcoholic beverages and cookies are compliments of The Garlands. Afterwards, head to the Performing Arts Center to meet Sacagawea.</p>	
<p>Thursday <b>Sept 5</b> 1:00-2:00 pm</p>	<p><b>Martina Mathisen Presents Sacagawea: Adventures with Lewis &amp; Clark - rsvp *07 - Performing Arts Center</b></p> <p>We know all about Lewis and Clark, but what of Sacagawea? This highly-intelligent Lemhi Shoshone tribeswoman, indispensable to the most significant journey in U.S. history, has much to tell. Immerse yourself in her life and journey into the Louisiana Purchase. You may remember Martina from Six Wives or Marie Antoinette; now meet Sacagawea.</p>	
<p>Friday <b>Sept 6</b> 3:00-4:00 pm</p>	<p><b>Artist Reception for Liz Sincox - rsvp *07 - Art Gallery</b></p> <p>Top producing Barrington real estate broker Liz Sincox retired, started painting, and can't stop! Fortunately, her paintings sell so fast, she doesn't have to. Liz says her new life is "proof you're never too old to try something new!" Come have a glass of Champagne punch, hear about the dear cows, and visit with Liz.</p>	
<p>Saturday <b>Sept 7</b> 1:30-2:30 pm</p>	<p><b>September Birthday Bash with Jeffrey Deutsch - rsvp *07</b> - <i>Robie Lounge</i></p> <p>In his tribute to The Great American Songbook, singing pianist Jeffrey Deutsch weaves stories of our seven most beloved songwriters throughout his performance of their songs – sing along! Everyone is invited to celebrate September's birthdays with Chef Cindy's delicious cake and coffee. At 2:00 pm we all sing Happy Birthday.</p>	
<p>Saturday <b>Sept 7</b> 2:45-3:45 pm</p>	<p><b>Chess Anyone?? - rsvp *07</b> - <i>Galleria</i></p> <p>Kyle, a sophomore on the Wheaton Warrenville South Chess Team and grandson of member Dennis Schnack, is excited to share his chess knowledge during friendly one-on-one games. All skill levels welcome. Need a refresher? Here's your chance!</p>	



<p>Mondays <b>Sept 9, 16, 23 &amp; 30</b> 10:00-11:30 am</p>	<p><b>Kaleidoscope Art Class - rsvp *07 by the Saturday before</b> - <i>Studio in Prairieview</i></p> <p><b>Carmella will bring supplies for everyone registered by the Saturday before.</b> This month she teaches techniques for drawing and painting different kinds of animals. You can bring a photo of a beloved family pet to work from: wouldn't that be a wonderful holiday gift?! Remember: the most charming art is not perfect. You can always talk with Carmella about what you'd like to learn next.</p>	
<p>Monday <b>Sept 9</b> 11:00 am- 12:00 pm</p>	<p><b>State Rep Marty McLaughlin Meet &amp; Greet - rsvp *07</b> - <i>Surround Sound Theater</i></p> <p>Current 52nd District State Rep and owner of a pension business, Marty McLaughlin is running for re-election. He looks forward to meeting members and sharing his record of advocating for seniors. Visit Marty's website before his visit to learn more: <a href="http://MartyForIllinois.com">MartyForIllinois.com</a> We'll have lemonade and cookies.</p>	
<p>Monday <b>Sept 9</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins - rsvp *07 - Performing Arts Center</b></p> <p>Colleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and are unable to take players after that time.</p>	
<p>Friday <b>Sept 13</b> 10:00 am- 12:00 pm</p>	<p><b>Breakfast with the BEST! - rsvp *21 - Performing Arts Center</b> \$10 member preferred price includes continental breakfast Join RUSH University</p> <p>Medical Center for the most important meal of the day, and a healthier tomorrow too! Dr. Naomi Parrella, Chief of Lifestyle Medicine and Medical Director of the RUSH Weight Loss and Lifestyle Medicine Clinics, discusses metabolic health, factors affecting weight loss, and tools for achieving a path to long-term success. This event is open to the public (\$20).</p>	
<p>Saturday <b>Sept 14</b> 10:00-10:45 am</p>	<p><b>Barrington String Ensemble Performance - rsvp *07</b> - <i>Robie Lounge</i></p> <p>These enterprising high school students offer us their favorite compositions each month.</p>	
<p>Monday <b>Sept 16</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes - rsvp *07 by 9/14</b> - <i>Performing Arts Center</i></p> <p>Everyone who BINGOs wins a prize –wines, chocolates, snacks, practical whatnots, and lots of other goodies. <b>We cannot accommodate walk-ins.</b></p>	
<p>Thursday <b>Sept 19</b> 4:30-5:00 pm</p>	<p><b>Coincidence Chronicles with Lynn - rsvp *07 - Robie Lounge, limit 10</b></p> <p>We talk about all kinds of offbeat things that have happened to us, from weird coincidences and dreams to the supernatural. Most we can't explain. We love hearing them: stop by and tell us yours.</p>	


# Special Events

REQUIRE A RESERVATION

<p>Monday <b>Sept 23</b> 7:00-8:00 pm</p>	<p><b>Trivia Night with Lynn and Abby - rsvp *07 by 9/23</b> - Burnham Room, limit 30</p> <p>Have some wine or pop (on us) and enjoy this really fun evening with new and old friends! Sit where you like. We cover everything from fact to fiction. The winning team gets a prize. <b>We are unable to accommodate walk-ins.</b></p>	
<p>Tuesday <b>Sept 24</b> 3:15-4:00 pm</p>	<p><b>Craft with Janette - rsvp *07 - Galleria (limit 10)</b></p> <p>Janette (pronounced Janet) from JourneyCare brings the supplies to make beautiful "watercolor" cards for members in Skilled Nursing and patients in JourneyCare. Plus, it's a fun group!</p>	
<p>Wednesday <b>Sept 25</b> 12:15-1:45 pm</p>	<p><b>J. Jill Fashion Show and Luncheon - rsvp *07 by 9/23</b> - Performing Arts Center, \$20 members; \$25 outside guests; 12:15 Fashion Show; 12:45 Luncheon</p> <p>Watch members, store staff, and maybe a few team members sashay across the stage in a variety of outfits and accessories from J. Jill, known for its relaxed, fashionable, and easy-to-wear clothing that fits women of all sizes and shapes. Chef is preparing a special Harvest Salad with Chicken and Chef Cindy has a special cookie for us. We're still looking for models: call Lynn in Activities (*13) before 9/9 if we can convince you to join in the fun!</p>	
<p>Friday <b>Sept 27</b> 9:30-10:15 am</p>	<p><b>What's Happening?! - rsvp *07 (Note start time this month)</b> - Surround Sound Theater</p> <p>For those who'd like a peek into the next month's Gazette, Lynn or Abby gives a brief overview of the next month's events and you can sign up for them on the spot.</p>	
<p>Friday <b>Sept 27</b> 10:30-11:00 am</p>	<p><b>Garlands Living 301 – Emergency Preparedness: Severe Weather, Fire, and Disasters - Surround Sound Theater</b></p> <p>What should you do when the power goes out? Or hear a fire alarm or tornado siren? What if you're in a wheelchair or have oxygen? Please attend this informational, and possibly lifesaving, presentation by Maintenance and Member Services. When the moment comes, you want to be confident you know what to do (hint: it's not "Call Member Services").</p>	
<p>Saturday <b>Sept 28</b> 11:15 am-12:15 pm</p>	<p><b>A Closer Bond Therapy Dogs Graduation (Love In) - rsvp *07</b> - Burnham Room</p> <p>We are the last step before certification for these great dogs from A Closer Bond Dog Community Center. About ten of them look forward to demonstrating their expertise in being too cute for words.</p>	

COMING UP IN OCTOBER!

<p>Friday <b>Oct 4</b> 10:00 am- 12:00 pm</p>	<p><b>Breakfast with the BEST! - rsvp *21</b> - \$10 member preferred price includes continental breakfast</p> <p>Join RUSH University Medical Center for the most important meal of the day, and a healthier tomorrow too! Dr. James Conners, Department of Neurological Sciences Chairperson helps us to understand the essentials of stroke care, detection, and prevention to safeguard your health This event is open to the public (\$20).</p>
<p>Saturday <b>Oct 12</b> 12:00-3:00 pm</p>	<p><b>Member, Team Member, and Family Fall Festival! - rsvp *07 to get wrist bands (necessary) - Outdoors, All Around the Square</b></p> <p>Celebrate the Fall season with members, team members, and family. The north side of campus will be transformed into a festival of fun with live music, fabulous food trucks, lawn games, photo ops, caricature and balloon artists, scarecrow on stilts, trackless train, pumpkin decorating, gigantic slide, and more! Complimentary hot dogs and hot apple cider. There is no charge for members and team members. There is a \$5 fee for family members. All registrations must be made with the Concierges. If you would like to purchase a Fall Fest t-shirt (\$15), they can also help with that.</p>



**A Reminder from Your Member Advisory Committee (MAC)**

If you do not wish to observe recycling rules, do not use the bins in the garages. These are for recyclables only. Instead, use the trash rooms available on each floor of all buildings

Spiritual Ongoing Happenings

<p style="text-align: center;"><b>Is there a spiritual service you're missing?</b> Please call Activities Director Lynn Adams (*13). If we can make it happen, we will.</p>	
<p><b>Wednesdays</b> 2:00-2:30 pm</p>	<p><b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b> - Burnham Room in Building 3</p>
<p><b>Friday, September 6</b> 3:00-4:00 pm</p>	<p><b>Communion Service with St. Mark's Episcopal Church</b> - Eastlake Dining Room; All welcome!</p>
<p><b>Saturdays: 4:15-6:15 pm</b> <b>Sundays: 8:40-9:45 am</b> &amp; 10:30-11:45 am</p>	<p><b>Ride To and From St. Anne Catholic Community</b> -rsvp *02</p>
<p><b>Starting Tuesday, Sept 10</b> 1:00-1:45 pm; <b>Then all Tuesdays</b> 1:30-2:30 pm</p>	<p><b>Logos Bible Study with Carol and Bruce Smith</b> - Eastlake ; Please note exceptional start time for the just the first session. Hear renowned biblical scholar Dr. William Creasy read and offer his historical insights. Questions? Please call hosts Carol and Bruce Smith (72318).</p>

<p>Tuesdays <b>Sept 3 &amp; 10</b> 2:00-3:00 pm</p>	<p><b>Dick Schwemm on Composers - rsvp *07 for each one</b> - <i>Surround Sound Theater</i>; September 3 (Dvorak) and September 10 (Prokofiev) Member Dick Schwemm presents the lives and works of genius and pioneer composers with exquisite footage of the Berliner Philharmoniker performing.</p>	
<p>Wednesday &amp; Thursday <b>Sept 11 &amp; 19</b></p>	<p><b>Lanny Ori on the Wright Brothers - rsvp *07</b> - <i>Eastlake</i>; Wednesday, September 11, 11:00 am-12:00 pm, and <b>repeated</b> Thursday, September 19, 2:30-3:30 pm Garlands member and longtime professional book reviewer, Lanny Ori reviews this thrilling and profoundly American story by David McCullough about two brothers obsessed with a dream and determined to make it a reality.</p>	
<p>Friday <b>Sept 13</b> 9:30-11:00 am</p>	<p><b>Great Decisions with Julie Strauss</b> - rsvp *07 - <i>Burnham Room</i> From the Foreign Policy Association, Great Decisions is America's largest discussion program on world affairs. The September meeting covers Chapter 6, "Understanding Indonesia." We watch the brief video at the beginning and then discuss. You'll want the 2024 briefing book, available through the Foreign Policy Website (<a href="http://www.fpa.org">www.fpa.org</a>) or us (Lynn Adams, Activities Director *13), \$35, either way.</p>	
<p>Friday <b>Sept 13</b> 11:15-12:30 pm</p>	<p><b>Lecture: The Electoral College vs Popular Vote - rsvp *07 - Burnham Room</b> In this timely talk, Julie Strauss, PhD, explores why our nation's founders established the Electoral College and what the consequences of eliminating it could be. What do you think?</p>	
<p>Monday <b>Sept 16</b> 11:00 am-12:00 pm</p>	<p><b>Travel Talk with Theresa: Sheboygan - rsvp *07</b> - <i>Burnham Room</i> Malibu of the Midwest! Freshwater surfing capital of the world! Test your Sheboygan IQ or just enjoy its thriving art scene and miles of beaches.</p>	
<p>Tuesday <b>Sept 17</b> 1:00-2:30 pm</p>	<p><b>Fidelio Presentation - rsvp *07 by 9/16 noon</b> - <i>Performing Arts Center</i>; Tuesday, September 17, 1:00-2:30 pm, 1:00 coffee and cookies; 1:30 presentation President of the 150-year-old Musicians Club of Women and former performer, Jean Joslyn examines Beethoven's only opera. The Garlands and the Barrington &amp; NW Suburban Chapter Lyric Opera have partnered to bring this lecture. Please note, there will be outside guests.</p>	



These gatherings or live lectures **REQUIRE A RESERVATION**

# Lifelong Learning

Wednesday  
**Sept 25**  
11:15 am-  
12:15 pm

## **Genealogy Group - rsvp \*07 - Eastlake Dining Room**

Garlands member Pam Wilson loves to help others learn how to trace their family trees. Wherever you are on your journey, come! Your family is fascinating.



Wednesday  
**Sept 25**  
3:30-4:30 pm

## **Music Appreciation with Jim Kendros - rsvp \*07** - Robie Lounge

Learn more about the lives, times, and works of Mozart, Vivaldi, Bach, and Chopin. As always, Jim performs parts of the pieces on our piano.



Thursday  
**Sept 26**  
3:15-4:15 pm

## **The Wildbird Shack with Alyse Burman - rsvp\*07** - Surround Sound Theater

How much do you know about our eight Illinois owls? Alyse is obsessed with owls and thinks they are the most unusual creatures on our planet.



**ALL outings REQUIRE A RESERVATION**

## Let's GO!

**PLEASE NOTE:** ALL outings require a reservation. Call Concierge \*07. Departures for all outings leave from the 1000 Entrance Lobby. Let the Concierge (\*07) or Member Services (02) know ahead of time if you'd like to be picked up at the 2000 or 3000 Lobby. **We purchase tickets for outings based on signed agreements. Your reservation is complete when your signed agreement is turned in to the Concierge.**



## **Member Models Needed, All Shapes and Sizes! - rsvp \*07 by 9/9**

**Tuesday, September 10, 10:00 am-1:00 pm, 1000 Lobby; 10:00 depart; 10:30 at J Jill w/staff; 11:30 lunch; 12:45 pick up**

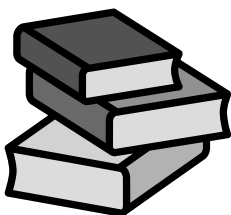
The more, the merrier! Whatever your look or ability to sashay, we want you. We'll go be styled and get tips at the J Jill store in the Arboretum and then, if all agree, go have a bite of lunch together at Wok n Fire (Pan Asian: Pad Thai, sushi, huge menu) next door.

## **Second Fridays at Barrington Area Library**

- rsvp \*07 by 9/12, 4:00 pm

**6:15 depart; 7:00 program; 8:15 pick up. Please note: earlier pick ups are not available.**

We offer transportation to and from the Library to hear Die Musikmeisters Band perform a lively evening of traditional German polkas, waltzes, and folk music.



The number of "walking shoes" indicates how much you'll walk on the trip.



Little walking



Some walking



A lot of walking

**Rigoletto at Lyric Opera of Chicago - rsvp \*07 by 9/10 with your pricing preference**  

**Wednesday, September 18, 11:00 am-approx 7:00 pm, 1000 Lobby; 11:00 depart; 1:00 pre-performance discussion; 2:00 performance; 5:15 pick up 5:15; Main Floor Prime \$306. Main Floor 1 & 2 \$222. Main Floor 3 \$160. Main Floor 4 \$123**

This trip is unchaperoned. You must be able to get from the bus into the opera house and back to the bus. We recommend bringing a lunch. The Lyric accepts credit cards, not cash, for F&B on site. If the group would like and time permits, driver is happy to make a stop on the way home.

**Art In the Barn - rsvp \*07 by 9/26**   

**Saturday, September 28, 12:15-2:30 pm. \$5 entry; each member pays at gate; Depart 12:15; Pick Up 2:30; Return 2:45**

Over 150 juried artists, music, entertainment, and a fabulous variety of food vendors! Maps available at Concierge Desk. Art in the Barn is not only legendary but is also a major fund-raiser for the Auxiliary of Good Shepherd Hospital. Liz Sincox's paintings, currently hanging in our Art Gallery, go directly from us to Art in the Barn. Say hi to Liz when you spot them! Of note: Garlands member Carolyn Husemoller was one of the ten women who founded Art in the Barn nearly 50 years ago (she also cofounded Kaleidoscope School of Fine Art)!

**Season Tickets to Elgin Symphony Orchestra - rsvp \*07 by 9/10**  

**Sundays, September 29, November 10, January 26, March 2, April 6, and May 4, 12:45-5:00 pm, 1000 Lobby; \$330 for the subscription of all six performances. The holiday performance of Sunday, December 16 is an additional \$70. We offer transportation to all these performances.**

See flyer for details of season ticket and holiday concerts.

**Bus to the Elgin Symphony Orchestra for Ticket Holders - rsvp \*07 by 9/24** 

**Sunday, September 29, 12:45-5:00 pm, 1000 Lobby**

Member Services will distribute season-ticket-holder tickets at the bus. Pre-Concert Chat, 1:30; Concert, 2:30; Pick Up 4:30; Return by 5:00. Everyone must rsvp for this transportation, whether you have purchased tickets through us or on your own, a week in advance, please.

**Million Dollar Quartet and Lunch - rsvp \*07 by 9/20**  

**Wednesday, November 20, 10:10 am-5:00 pm, \$80; Depart 10:10; Arrive in Aurora at Altiro Latin Fusion (tapas!) 11:15; Walk to Stolp Island Theater\*12:45; Performance 1:30; Pick Up 3:45; Return by approx 5:00.**

This is Million Dollar Quartet as it's meant to be seen! With outstanding young talent, in a theater built for this show (you are sitting IN Sam Phillips's famed Sun Studio in Memphis), Elvis, Jerry Lee Lewis, Johnny Cash, and Carl Perkins, all between 22 and 24, converge for one night in 1956 and magic happens. Too many great reviews to list. The walk from lunch to the theater is a hair shorter than the one from Member Services to the Grill. We've allowed loads of time.

**The Marriage of Figaro at Lyric Opera of Chicago - rsvp \*02**

**Wednesday, November 28, 11:00 am-approx 7:00 pm, 1000 Lobby; Depart 11:00; Pre-Performance Discussion 1:00; Performance 2:00; Pick Up 5:15; Main Floor Prime \$282. Main Floor 1 & 2 \$198. Main Floor 3 \$134. Main Floor 4 \$123.**

This trip is unchaperoned. You must be able to get from the bus into the opera house and back to the bus. We recommend bringing a lunch. The Lyric accepts credit cards, not cash, for F&B on site. If the group would like and time permits, driver is happy to make a stop on the way home.



<p>Tuesdays, Wednesday &amp; Thursdays <b>Sept 3, 10, 12 18 &amp; 26</b></p>	<p><b>Therapy Dogs June, Liesl, Myra, and Maya!</b> - <i>Wellness Hallway</i> Tuesday, September 3 and 10, and Wednesday, September 18, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl). Thursday, September 12, 10:00-11:00 am (golden retriever Myra). And Thursday, September 26, 11:00 am-12:30 pm (golden retriever Maya) <b>These therapy animals love YOU but should not interact with member dogs.</b></p>	
<p>Tuesdays <b>Sept 3 &amp; 17</b> 3:30-4:30 pm</p>	<p><b>Barrington Area Library at The Garlands</b> - <i>Wellness Hallway</i> If you'd like them to bring particular books or audio books, you can call and request them (847-382-1300 x3160). Remember to say you live at The Garlands.</p>	
<p>Tuesdays <b>Sept 3 &amp; 17</b> 4:00-5:30 pm</p>	<p><b>Tech Lab with William!</b> - <i>Galleria</i> Need a little guidance with your cell phone, tablet, or laptop? Barrington High School student William helps members understand their technology and avoid scams</p>	
<p>Fridays <b>Sept 6 &amp; 27</b> 5:30-7:00 pm</p>	<p><b>Bobby Schiff at the Piano</b> - <i>Robie Lounge</i> Bobby is one of the best in Chicago. He can play (amazingly beautifully) almost anything you request.</p>	
<p>Saturdays <b>Sept 7 &amp; 21</b> 10:00-11:00 am</p>	<p><b>Just Talk-Tom Banfield</b> - <i>Eastlake Dining Room</i> In this member-run, loosely-guided group, you can discuss or raise any subject you like and hear other members' views on the topic, proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. If you have questions, you can call Garlands' member Tom Banfield (31400), but you no longer need to make a reservation. Just come!</p>	
<p>Tuesday <b>Sept 10</b> 12:00-2:00 pm</p>	<p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair</b> - <i>Wellness/Café Hallway</i> Betsy repairs and custom designs costume jewelry in her studio of 2 million beads. She specializes in matching her jewelry to your special outfits and accepts cash and checks (not credit or debit cards).</p>	
<p>Tuesday <b>Sept 24</b> 10:00-11:00 am</p>	<p><b>Meet the MAC!</b> - <i>Robie Lounge</i> Enjoy a cup of coffee with your Members Advisory Committee. The MAC serves as an active mechanism for members to share ideas for improving services, programs, or the Garlands lifestyle. Come be heard or just catch up with the MAC.</p>	
<p>Thursday <b>Sept 26</b> 2:00-3:00 pm</p>	<p><b>Town Hall</b> - <i>Performing Arts Center</i> ETown Hall is a forum for management to apprise members of news and updated information concerning life at The Garlands. This is a great way to be in the know!</p>	

## **Meditation with Bhante Rahula**

*Thursday, September 5, 1:00-1:45 pm, Fitness*

Bhante is a Buddhist monk at the Blue Lotus Temple in Woodstock. He has spent years dedicating his life to teaching the practice of loving kindness and mindfulness in your everyday life. A great way to boost your mood, and practice self care. Meditation is a perfect way to honor your mental health needs.

## **Gong Bath - rsvp \*07**

*Wednesday, September 11, 1:00-2:00 pm, Grill Patio*

A gong bath is known as a sound bath or sound massage. It's known to reduce stress and help with sleep deprivation. The sound waves wash over your body so you can inhale, exhale and relax. Yoga mats will be provided. Please bring pillows and blankets to make you feel more comfortable. You can lay down or be seated in a chair.

## **Bus to Bocce Ball at Pin Stripes - rsvp \*07**

*Thursday, September 19, 1:00-3:00 pm, 1000 Lobby, \$9 per person: Reservation complete when you've signed your agreement w/Concierge.*

Come celebrate Bethanie's birthday and play Bocce at Pinstripes. You can pay individually when you arrive. Drinks and food are a separate charge. Get ready to party hard.

## **RECURRING CLASSES**

### **Pilates**

*Thursdays, 8:30-9:15 am, Fitness*

*This is a mat based class that focuses on strength, stamina, flexibility and stability.*

### **Brain and Body: A movement group for members with neurological disorders**

*Wednesdays, 1:00-1:45 pm, Fitness*

Join us for mild stretching, chair yoga, resistance training, and light boxing exercises known to improve coordination and manage the symptoms and challenges of Parkinson's Disease, Multiple Sclerosis, familial tremor, and similar problems.

### **Pickleball**

*Thursdays, 9:30-10:30 am, Burnham*

If you don't know the rules, that's ok! We will teach you. All levels are welcome. Please bring water and wear tennis shoes.

## **Only Legz**

*Thursdays, 10:15-10:30 am, Fitness*

Do this class if you have weak legs!!! We focus on exercises that will strengthen the muscles needed to sit, stand, balance and walk.

## **Ping Pong**

*Thursdays, 2:00-3:00 pm, Burnham*

Enjoy friendly competition with neighbors and make new friends. All ages and skill levels are invited!

## **Balanced Body**

*Mondays, Wednesdays and Fridays, 9:15-10:00 am, Fitness*

## **Fit Aqua**

*Mondays, Wednesdays and Fridays, 10:00-10:30 am, Pool*

## **Bring Your Sexy Back**

*Mondays and Wednesdays, 11:30-12:00 pm, Fitness*

## **Absolutely-Abs**

*Monday and Wednesdays, 12:00-12:10 pm, Fitness*

## **Zumba Gold with Axana!**

*Tuesdays, 9:00-9:30 am, Fitness*

*Fridays, 11:00-11:30 am, Fitness*

## **Men/Women's Fitness**

*Tuesdays and Thursdays, 9:30-10:00 am, Fitness*

## **Karaoke Balance Class! Sing, balance and dance your way through this class**

*Tuesdays and Thursdays, 10:30-11:00 am, Fitness*

## **Chair Yoga**

*Tuesdays and Thursdays, 11:00-11:30 am, Fitness*

## **Boot Camp**

*Tuesdays and Fridays, 1:30-2:00 pm, Fitness*

This is a Circuit training workout. We will utilize the cardio equipment as well as free weights, cable machine and resistance bands.

## **Floor Yoga**

*Thursdays, 2:00-2:30 pm, Fitness*

## **Beginner Balance**

*Fridays, 2:00-2:30 pm, Burnham*

This class offers a blend of exercises designed to improve core strength, coordination and flexibility.



### Ongoing Rides to Stores - rsvp \*02

All times listed are for departures, and all are at the 1000 Lobby. If you'd like to be picked up at your building, please indicate this when you make your reservation. The bus/car leaves on time. The return trip to The Garlands is one hour after drop-off at the store.

#### Jewel-Osco

Every Monday, Tuesday, Thursday, & Friday, 10:00 am and 2:00 pm

#### Trader Joe's

1st & 3rd Mondays, 1:30 pm

#### Target

2nd Tuesday of the month, 10:00 am

#### Eurofresh

4th Tuesday of the month, 10:00 am

#### Heinen's Grocery Store

Every Wednesday, 10:00 am and 2:00 pm

#### Walmart

Last Wednesday of the month, 10:30 am

## Bulletin Board



### Garlands Golf Club 2023 at Makray

Members are invited to play golf at Makray Memorial Golf Club in Barrington. Your greens fees are compliments of The

Garlands. Call Lynn Adams (\*13) in Activities to find out how it works!

### Aluminum Soda Pop Can Tabs

Wonder why we collect them in our second-floor Library? Member Dorothy Fisk gets them to a collection point for United Scrap Metal, which in turn pays Ronald McDonald Houses for every pound of tabs. Ronald McDonald Houses provide complimentary lodging for the parents of hospitalized children. Every soda can tap helps!

### Book Clubs at The Garlands

We have several book clubs which closed at 12 or so members. We have a new one which has just begun. If you'd like to be in it, please call Lynn Adams (\*13) in Activities. Book Clubs are member run.

### Elections/Voting 2024

It's not too soon to plan. Are you registered? How do you vote early or by mail? Every answer you could ever want is at: <https://elections.il.gov>

Once there, click "Information For Voters," top left. If you don't vote early or vote by mail, know that on Election Day (Tuesday, November 5), our bus will

make three trips to the polls at Langendorf Park: 10:00 am, 12:00 pm, and 2:00 pm. Everyone who shows up at those times will be transported, even if we make several trips to do so. For anyone new to the area, we are Lake County, Cuba Township, Village of Barrington.

### Gardeners

A friendly alert: the last date to clean out your garden planters is Monday, October 14. Please remove all plant material, per your agreement. A friendly reminder: in 2025, regardless of seniority or extra planters left over, all planter assignments will be one per household (that's half of a double or one whole of the southernmost half-sized singles in the West Gardens). Also in October: you will be able to register for a 2025 garden planter.

### Personalization

Would you like to update the nameplate on your door or your outgoing voicemail? Sarah Parker (\*25), in Sales, can do that!

### Puzzles

To all our puzzlers: if ever you'd like to work on a puzzle too large for the Galleria puzzle boards, don't despair! Take it to the third-floor Tiffany Puzzle room, where you can spread out until you're done.

### Traveling out of Town?

Take a Gazette with you! Send us a clear photo of you holding it, and we'll put it in a future Gazette! Email to [Ladams@thegarlands.com](mailto:Ladams@thegarlands.com).



# September Food and Beverage Events

## Labor Day Hours of Operation

*Monday, September 2*

*Galleria 7:00 am – 4:30 pm*

*Café 11:00 am – 3:00 pm*

*The Grill – Closed*

*The Winslow – Closed*

### **Kitchen Tour - rsvp 77743 (full)**

*Wednesday, September 4, 3:00-4:00 pm,  
Winslow Kitchen*

Curious about our Food & Beverage operation? This behind-the-scenes tour is for you! Jason Babor and Chef Glenn will be your guides.

### **Wisconsin Supper Club Night - rsvp \*17**

*Thursday, September 12, 4:30-8:00 pm,  
The Winslow – Prices vary*

Relive that swanky social club evening of a Wisconsin supper Club. Music and table-side entertainment will enhance the special menu from relish trays to prime rib. Our supper club menu is ala carte and will be the only menu this evening.

### **Prohibition Cocktail Demonstration - rsvp 77743**

*Wednesday, September 19, 3:00-4:00 pm,  
The Grill, \$10*

A how-to demonstration and tasting of the most popular drinks from the prohibition era.

### **End of Summer BBQ Buffet - rsvp \*17**

*Saturday, September 21, 4:00-7:00 pm,  
Winslow Courtyard, \$35*

Partake in one final courtyard buffet with tasty BBQ selections to end summer with a bang!

### **Lobster Night - rsvp \*17**

*Wednesday, September 25, 4:30-8:00 pm, Grill  
– Prices vary*

Chef Glenn presents a special seafood menu incorporating various lobster dishes. The Grill's nightly menu is offered as well.

### **National Coffee Day**

*Sunday, September 29, 12:00-2:00 pm, Galleria  
– prices vary*

The Galleria's fantastically talented Baristas are celebrating National Coffee Day with inspired coffee drinks and sweets prepared by Chef Cindy.

### **End of the Month Buffet**

*Sunday, September 29, 4:00-6:00 pm,  
Café Dining Area*

Menu & price announced the week prior.





## The Doctor *is in...* By appointment only.

**Podiatrist: Dr. Warheit**  
Call 847-577-1649 to schedule an appointment

Wednesday, September 18, 8:00am-2:00pm  
By appointment only.

**Audiologist: Dr. Corinne Koepsell-Roth**  
Call 847-382-6010 to schedule an appointment

Wednesday, September 25, 10:00am-12:00pm  
By appointment only.

**Wellness Center Hours** Monday through Friday,  
8:00 am-4:30 pm, Saturday, 8:00 am-2:00 pm.  
The Wellness Center is open by APPOINTMENT ONLY.  
Dial \*03 to speak with Wellness Center staff about  
your needs and to schedule an appointment.

**The Wellness Center Manager is available:**  
Monday through Friday, 8:30 am-5:00 pm. Ext. 77459

### Blood Pressure Testing

**Call 77458 to schedule an appointment.**  
Blood pressure testing will be provided by  
appointment only. Vitals (blood pressure and/or  
weight monitoring) can be taken in the wellness  
center free of charge. This service will be offered  
by one of our certified nursing assistants and  
information will be documented and provided to our  
Wellness Nurses.

### Lab Services - Call \*40

Blood draw services are offered every Tuesday in the  
Wellness Center. This service is provided by LifeScan  
Health Lab. \*Minimum 24 hours advance notice is  
required\*

### HealthPRO Heritage Rehabilitation

**Call \*47 for information and scheduling.**  
For all your therapy needs. By appointment only.

### Outdated Prescriptions and Other Medications

Please bring any outdated medications to the  
Wellness Center Monday through Friday from  
8:00 am to 4:30 pm for proper disposal. Putting  
medications down the sink or flushing them can  
result in harmful chemicals in our drinking water.

## Influenza and COVID-19 Vaccination Clinics - rsvp \*03 by Mon, 9/23

### \*Please Read Carefully\*

Friday, September 27, 10:30 am-2:30 pm, Performing  
Arts Center

Monday, September 30, 10:30 am-2:30 pm,  
Performing Arts Center

CIMPAR Pharmacy will be onsite to host two  
vaccination clinics. They will offer High Dose  
Influenza and Covid-19 (Moderna and Pfizer)  
vaccines. To be eligible for participation on either  
day, you must register with the Wellness Center in  
person or at \*03 by Mon, 9/23.

When registering, you will be asked to:

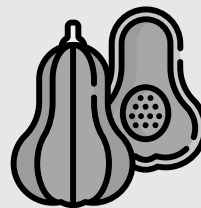
- 1) provide your insurance information
- 2) specify which vaccine/s you want to receive
- 3) specify which date of the two dates you  
would like to attend. Please note there are no set  
appointment times.

Failure to register and provide all three components  
will result in being turned away from the clinic. If  
you leave a voicemail by 9/23, the Wellness Center  
will call you back for your information. Do not leave  
this information in your voicemail.

## Wellness Lecture Series

### Sample Healthy Foods: Butternut Squash

Tuesday, September 24, 11:00 am-11:30 am,  
Wellness Hallway



Join us for a short talk  
presented by our Wellness  
Nurse regarding the  
benefits of butternut squash  
as a healthy food option  
and sample a healthy recipe  
prepared by our culinary  
team.

## Ongoing Happenings

*If it's listed here, folks are hoping you'll join them! If you have questions about any of these activities, call the person named in parentheses. Please alert us to any changes in this information. Would you like to be doing something that isn't in the Gazette? Please call Lynn (\*13) so we can get it in the system.*

**Bridge-Co-Ed** - Thursdays, 6:30 pm, Robie Lounge (Tom Banfield 31400)

**Bridge-Men's** - Tuesdays, 1:00 pm, Robie Lounge (Tom Fasolo 72202)

**Bridge-Men's** - Wednesdays, 1:00 pm, Tiffany 2nd Floor Game Room (Lyle Davidson 72113)

**Bridge-Ladies** - Mondays, 12:30 pm, Robie Lounge (Carleen Smith 71221)

**Canasta Hand & Foot** - Tuesdays, 11:00 am, Robie Lounge (Esther Lark 72115)

**Gin Rummy** - Thursdays, 1:00 pm, Galleria (Lee Heckmeck 72116)

**Mah Jongg (American)** - Tuesdays, 12:30 pm, Timbers Lounge, Fireplace Room (Phyllis Hamilton 33408)

**Mah Jongg (American)** - Thursdays, 10:00 am, Timbers Lounge Fireplace Room (Carleen Smith 71221)

**Mah Jongg (Chinese)** - Fridays, 1:00 pm, Timbers Lounge Fireplace Room (Peggy Clough 73307)

**Movies** - Wednesdays, Fridays, Saturdays, and Sundays: 3:00 pm, Surround Sound Theater. (Abby Nelson, 77415, Activities, for movie requests)

**Mexican Train Dominoes** - Sundays, 1:00 pm, Timbers Lounge (Marj Lutz 73208)

**Pinochle** - Mondays, 1:00 pm, Timbers Lounge Fireplace Room (Ron Spiekhout 72110)

**Poker-Men's** - Thursdays, 1:00 pm, Timbers Lounge (Steve Thorpe 73320)

**Sewing** - Need buttons re-attached? Something hemmed? Member Marilyn Laystrom to the rescue! 2nd Monday of the month, 1:00 pm, Galleria

**Member Steen Metz Holocaust Survivor** - 15th of every month, 1:00-2:10 pm, Channel 1902

## September Birthdays

*Wishing a Happy Birthday to those celebrating this month! See Birthday Bash on Page 2.*



Carl Gerami	Sep 01	Suzie McGinn	Sep 10	Rich Winsor	Sep 23
Gloria McKinney	Sep 01	Carl Michelotti	Sep 11	Barbara Lim	Sep 23
Mary McLaughlin	Sep 02	DeDe Zwilling	Sep 14	Nancy Leonard	Sep 25
Sonia Miller	Sep 04	Diane Lolli	Sep 14	Wilma Kobeski	Sep 26
Jackie Cusick	Sep 05	Sandra Takla	Sep 14	Carol Horschke	Sep 27
Scottie Jeffers	Sep 05	Heather Kircher	Sep 15	Anita Russell	Sep 27
Joyce Luecke	Sep 06	Barb Rueb	Sep 15	Mari Harrer	Sep 28
Liza Kaufman	Sep 06	Kathy Callahan	Sep 16	Marcia Todd	Sep 28
Gary Couch	Sep 07	Linda Larson	Sep 19		
Terry Sbertoli	Sep 10	Donna McMahon	Sep 22		





*Welcome!*



**NELSON CHEUNG**  
*Arrived from Huntley  
in April*



**SHU CHEUNG**  
*Arrived from Huntley  
in April*



**PETER ORDWAY**  
*Arrived in June*



**SUSAN ORDWAY**  
*Arrived in June*



*The Rubino and Laystrom families go back to when their kids formed lifelong friendships in junior high! L to r: Frank Rubino, Charlotte (Marilyn's daughter), Marilyn Laystrom, Lisa (Frank's daughter), and Jennifer (Marilyn's daughter)*



# THE GARLANDS® Inspira

At The Garlands, we believe that the secret to happiness and joyful longevity is a healthy balance of physical and mental fitness, a sense of community and a positive attitude. Our members feel better, age better and live better with this inspiring approach we call Inspira!



THE GARLANDS®  
— of Barrington —



Everyone loved Concierge Martha Nielsen's Adventure to Norway!



At the August New Friends Lunch, members Gwen and Chuck Larabee, Norma Star, and Sally Koziar welcomed new member Sally Graham (back left) and Sally Koziar's out of town guest, Nancy (between the two Sallys).

Mary Jeanne Bolger and Diane Lolli, two of our Opening Ceremonies medalists, show off their Parisian Olympic style. Also medaling, Norma Star and Bob Powers.

