

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

Sgt Molina from the Great Lakes Naval Base collected many boxes of Toys for Tots donated by members. With him, right to left, are Viet Nam veteran (Army) Rick Weber, Army veteran Frank Maher, and future military (Air Force), Dominic Kempf. Thank you all for your service!



The best little carolers (from Barrington Junior Women's Club) came to sing for us!



We had perfect weather for Winter Wonderland sleigh rides! Here, the Seibert and Gerry families.



At Winter Wonderland, Ed O'Hare went undercover!

JANUARY 2025

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).

<p>Saturday Jan 4 1:30-2:30 pm</p>	<p>January Birthday Bash with Maureen Christine: 60s & 70s - rsvp *07 - Robie Lounge</p> <p>Maureen Christine's beautiful voice covers Carol King, The Shirelles, Beatles, and many more favorites from 1960-1979. Everyone is invited to celebrate January's birthdays with Chef Cindy's delicious cake and coffee. At 2:00 pm we all sing Happy Birthday.</p>	
<p>Mondays Jan 6, 13, 20 & 27 10:00-11:30 am</p>	<p>Kaleidoscope Art Class - rsvp *07 by the Saturday before - Art Studio in Prairieview</p> <p>Carmella brings supplies for everyone registered by the Saturday before. This month Carmella guides us through snowy landscapes and frosty details in watercolor. Perfect for beginners and experienced artists alike!</p>	
<p>Tuesdays & Wednesday Jan 7, 14, 21 & 29</p>	<p>The Chosen, Season 4-rsvp *07 (note new schedule) - Surround Sound Theater</p> <p>Episodes 1 and 2: Tuesday, January 7, 10:00 am-12:15 pm, no intermission Episodes 3 and 4: Tuesday, January 14, 10:00 am-12:00 pm, no intermission Episodes 5 and 6: Tuesday, January 21, 9:00 am-11:10 am, no intermission Episodes 7 and 8: Wednesday, January 29, 9:30 am-12:20 pm, 10-minute intermission</p> <p>Set against the backdrop of Roman oppression in first-century Israel, this multi-season series takes an intimate look at Jesus's revolutionary life and teachings through the eyes of those who knew him best.</p>	
<p>Wednesday Jan 8 11:15 am - 12:45 pm</p>	<p>New Friends Lunch - rsvp *07 - South Winslow, limit 18</p> <p>Chat with members you may not know. Lunch is billed to your account. Non-alcoholic beverages and cookies are compliments of The Garlands. After, it's a short walk to the PAC to hear Steen Metz's talk.</p>	
<p>Wednesday Jan 8 1:00-2:00 pm</p>	<p>Steen Metz: A Child In Theresienstadt - rsvp *07 - Performing Arts Center</p> <p>Of the 15,000 children who passed through the Theresienstadt camp in what is now the Czech Republic, fewer than 1,200 survived. One of them is Garlands member Steen Metz. After many years of complete silence, he has now spoken to well over 100,000 people. This is a Don't Miss.</p>	

<p>Saturday Jan 11 10:00-10:45 am</p>	<p>Barrington String Ensemble Performance - rsvp *07 - Robie Lounge</p> <p>These enterprising high school students offer us their favorite compositions each month.</p>	
<p>Monday Jan 13 1:00-2:15pm</p>	<p>Bill Murray (not that Bill Murray) Improv - rsvp *07 (waitlist only) - PAC, limit 10</p> <p>Course leader Bill Murray coaches this relaxed session for members who are not ready to give up being young! He'll walk us through fun, unscripted situations and our reactions to each other. Bill is a veteran of the Chicago area entertainment business as well as the founder of a local improv troupe.</p>	
<p>Monday Jan 13 3:30-4:30 pm</p>	<p>BINGO for Coins - rsvp *07 by 1/11 - Performing Arts Center</p> <p>Carleen 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>Thursday Jan 16 4:30-5:00 pm</p>	<p>Coincidence Chronicles with Lynn - rsvp *07 - Robie Lounge, limit 10</p> <p>We talk about the offbeat things that have happened to us, from weird coincidences and dreams to the supernatural. We love hearing them: stop by and tell us yours. We meet near or at the bar.</p>	
<p>Monday Jan 20 2:00-3:00pm</p>	<p>Chess Anyone? - rsvp *07 - Galleria</p> <p>Join Wheaton Warrenville South sophomore Kyle for a friendly one-on-one game. Or play with a friend, and Kyle can help you both. All skill levels welcome. Need a refresher? Here's your chance.</p>	
<p>Monday Jan 20 3:30-4:30 pm</p>	<p>BINGO for Prizes - rsvp *07 by 1/18 - Performing Arts Center</p> <p>Everyone who BINGOs wins a prize –wines, chocolates, snacks, practical whatnots, and lots of other goodies. We cannot accommodate walk-ins.</p>	
<p>Monday Jan 27 7:00-8:00 pm</p>	<p>Trivia Night with Lynn and Abby - rsvp *07 by 1/25 - Burnham Room, limit 30</p> <p>We can tell you this: there will be many questions about 2024! 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. We are unable to accommodate walk-ins.</p>	
<p>Tuesday Jan 28 3:15-4:00 pm</p>	<p>Craft with Janette - rsvp *07 (limit 10) by 1/21 - Galleria</p> <p>Paint postcards in acrylics to send or put on mini easels. All supplies provided. Plus, it's a fun group to get creative with!</p>	

Special Events

REQUIRE A RESERVATION

Friday
Jan 31

10:00-10:45 am

What's Happening?! - rsvp *07

- Surround Sound Theater

For those who'd like a peek into the following month's Gazette, Abby gives a brief overview of upcoming events, and you can sign up for them on the spot.



COMING UP IN FEBRUARY!

February Birthday Bash with Jeffrey Deusch - rsvp *07

Saturday, February 1, 1:30-2:30 pm, Robie Lounge

Johnny Mercer wrote over 1,400 songs. Jeff plays your favorites and weaves through them fantastic tales about Mercer and his life.

Lunch and Leslie Goddard as Violet Jessup - rsvp *07 by 2/3

Wednesday, February 5, 12:00-2:00 pm, Performing Arts Center, \$25

Following a light lunch of soup, quiche, and special dessert, Leslie Goddard, Ph.D, inhabits Violet Jessup, the only person to survive the sinking of both the Titanic AND the Britannic (she grabbed her toothbrush the second time!). Violet tells impossible stories and takes us behind the scenes of the most glamorous luxury liners of her day. You will not believe the coincidences in this woman's life.



Annual Super Bowl Party! - rsvp *07

Sunday, February 9, 5:15-7:30 pm, Performing Arts Center

Kickoff is at 5:30 on the big screen. More details in the February Gazette. Super Bowl Squares will go up on Monday, February 3.

Roberta Recommends: Good Reading for Everyone! - rsvp *07

Wednesday, February 12, 11:15-11:45 am, Eastlake

After 25 years as a librarian at Maryland's Howard County Library, member Roberta Rood's book obsession compelled her to launch the blog "Books to the Ceiling" (<https://robertarood.wordpress.com/category/books>). Retired, and no longer obliged to read every new book as it's published, Roberta luxuriates in the classics, semi-classics – and the occasional new release – and brings piles of great reading recommendations to us, with handouts!

Valentine's Day Music - rsvp *07

Friday, February 12, 6:15-7:15 pm, Robie Lounge

Songs of the Silver Screen with John LeGear - rsvp *07

Wednesday, February 19, 12:30-1:45 pm, Surround Sound Theater

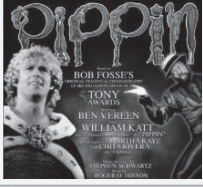


History buff and film editor John LeGear presented Holiday Movies and Music in the PAC in December. He's back next month to cut a wide swath through 100 years of film, music, romance, and comedy.

<p>Wednesday & Friday Jan 8 & 10</p>	<p>Lanny Ori on Georgia O'Keefe - rsvp *07 <i>Wednesday, January 8, 11:00 am-12:00 pm, Eastlake</i> <i>AND repeated, Friday, January 10, 1:00-2:00 pm, Eastlake</i></p> <p>Long-time book reviewer and discussion leader, member Lanny Ori discusses artist Georgia O'Keeffe, famous for her flower paintings, southwestern landscapes, fierce independence, and legendary life.</p>	
<p>Monday Jan 6 3:30-4:30 pm</p>	<p>Wildlife: The Birds, Whales and Glaciers of Alaska - rsvp *07 - Surround Sound Theater</p> <p>With Alyse Burman, embark on an adventure to Fairbanks, Denali, and Homer, land of natural marvels and thriving habitat of Puffins, Common Murres, Humpback Whales, and glaciers.</p>	
<p>Thursday & Friday Jan 16 & 24</p>	<p>Music at The Garlands with Bruce Smith: Puccini! - rsvp *07 - Surround Sound Theater</p> <p><i>Thursday, January 16, 2:00-4:00 pm</i> <i>AND repeated Friday, January 24, 11:00 am-1:00 pm</i></p> <p>Madame Butterfly: considered one of the great western operas, this is the tragic love affair of a naïve, disillusioned Japanese girl and a thoughtless American playboy sailor, set to a well thought-out story and wonderful music.</p>	
<p>Monday Jan 20 11:00 am-12:00 pm</p>	<p>Travel Talk: Nature and History Meet at Valley Forge - rsvp *07 - Burnham</p> <p>Valley Forge, Pennsylvania where General Washington's troops camped for a winter: not only historically significant, it's beautiful! Take an educational as well as stunning tour with Melissa Schwartz.</p>	
<p>Tuesday Jan 21 11:30-12:45 pm</p>	<p>Julie Strauss Lecture - rsvp *07 - Surround Sound Theater</p> <p>Julie Strauss, Ph.D., explores the competing political views of founders Hamilton (Federalist) and Jefferson (anti Federalist). Do you know how their disagreements manifested in the U.S. Constitution in our new republic's early days? Join the conversation! Note location.</p>	
<p>Wednesday Jan 22 11:15 am-12:15 pm</p>	<p>Genealogy Group - rsvp *07 - Eastlake Dining Room</p> <p>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.</p>	
<p>Wednesday Jan 22 3:30-4:30 pm</p>	<p>Music Appreciation with Music Historian Jim Kendros - rsvp *07 - Robie Lounge</p> <p>Since Mozart and Schubert were born in January, Jim explores Mozart's Haffner Symphony and Schubert's Symphony No 5. Take an educational dive into these masters.</p>	

Things To Do

<p>Wednesdays, Jan 1, 8, 15, 22 & 29 1:00-3:00 pm</p>	<p>Stitching with Friends! - <i>Galleria Fireplace</i> This group has expanded to every Wednesday! You're in great company if you love knitting, needlepoint, crochet, or any of the needle arts. Bring your latest project and enjoy the company of fellow stitchers as you make progress. Note new location!</p>	
<p>Fridays Jan 3 & 24 4:30-6:00 pm</p>	<p>Bobby Schiff on Piano - <i>Robie Lounge</i> PLEASE NOTE TIME CHANGE — Bobby is one of the best in Chicago. He can play (amazingly beautifully) almost anything you request.</p>	
<p>Saturdays Jan 4 & 18 10:00-11:00 am</p>	<p>Just Talk with Tom Banfield - <i>Eastlake</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.</p>	
<p>Jan 7, 14, 15 & 23</p>	<p>Therapy Dog Liesl, June, or Maya - <i>Wellness Hallway</i> <i>See Calendar for times.</i> These therapy animals love YOU but should not interact with member dogs.</p>	
<p>Tuesdays Jan 7 & 21 3:30-4:30 pm</p>	<p>Barrington Area Library at The Garlands - <i>Wellness Hallway</i> If you'd like Whitney, Adult Services Librarian, and Barb 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>Wednesdays Jan 8 & 22 4:00-5:30 pm</p>	<p>Tech Lab with William! - <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>Tuesday Jan 14 12:00-2:00 pm</p>	<p>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - <i>Wellness/Café Hallway</i> Betsy repairs and custom designs costume jewelry and specializes in matching her jewelry to your special outfits. She accepts cash and checks (not credit or debit cards).</p>	

Things To Do

<p>Saturday Jan 18 11:30 am- 1:20 pm</p>	<p>Midday Broadway: Pippin - Surround Sound Theater Winner of 5 Tony Awards, Pippin is the Broadway musical that made director choreographer Bob Fosse famous, long before Cabaret and Chicago. Filmed in 1980, so the quality is a little grainy.</p>	
<p>Wednesday Jan 22 9:30-10:15 am</p>	<p>Coffee with Management - Performing Arts Center At this informal gathering, enjoy a danish, ask questions, give feedback, or just chat with management.</p>	
<p>Friday Jan 24 1:30-2:15 pm</p>	<p>HealthPro Open House - HealthPro office on 2nd fl by Sullivan Elevator, (2219) Meet Director Janica Miranda, have a treat, and learn why the HealthPro motto is "Empowering wellbeing and an independent lifestyle through rehabilitation and wellness."</p>	
<p>Tuesday Jan 28 10:00-11:00 am</p>	<p>Meet the MAC! - Robie Lounge 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>	

Spiritual Ongoing Happenings

<p align="center">Is there a spiritual service you're missing? Please call Activities Director Lynn Adams (*13). If we can make it happen, we will.</p>	
<p>Wednesdays 2:00-2:30 pm</p>	<p>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - Burnham Room in Building 3</p>
<p>Friday, January 3 3:00-4:00 pm</p>	<p>Communion Service with St. Mark's Episcopal Church - Eastlake Dining Room; All welcome!</p>
<p>Saturdays & Sundays</p>	<p>Ride To and From St. Anne Catholic Community - rsvp *02 - Saturdays, 4:45-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am</p>
<p>Tuesdays 1:30-2:30 pm</p>	<p>Bible Study with Stan Guillaume - Eastlake; This month: the Beatitudes of Jesus.</p>

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.**

Les Misérables at The Cadillac Theater - rsvp *07 - waitlist only

Friday, January 3, 11:00 am-6:00 pm, 1000 Lobby



Orchestra: \$250. Loge (which are great!): \$175 Members pay own dinner.

This brilliant staging has taken the world by storm and has been hailed as "a reborn dream of a production!" We will stop for dinner once outside Chicago. We recommend bringing a lunch on the bus or eat before we go.

Barrington Area Library 2nd Friday - rsvp *07 by 1/6



Friday, January 10, 6:15-8:15 pm, 1000 Lobby

Flash back to the swingin' sixties of Sinatra and Bobby Darin. Musicians "Martini Lunch" also put their signature spin on soul, blues, and pop tunes that fit that classic vibe.

Close to You- Music of The Carpenters at the Metropolis Theater and Dinner at Peggy Kinnane's - rsvp *07, waitlist only



Saturday, January 18, 4:45-10:00 pm, 1000 Lobby, \$45 plus members pay own dinner.

5:15-6:30, dinner at Peggy Kinnane's Irish Pub. 6:30, walk across the street. 7:00, show. 9:30 pick up.

"When Lisa Rock hits the lower range of her marvelous voice," notes critic Alan Bresloff, "you can see Karen Carpenter." Lynn or Abby chaperone this trip. We have rented additional transportation to accommodate 24.

Bus to Elgin Symphony for Ticket Holders - rsvp *07



Sunday, January 26, 12:45-5:00 pm, 1000 Lobby

12:45 bus departs. 1:30 pre-concert discussion. 2:30 concert. 4:30 depart for home.

Tchaikovsky's Pathétique Symphony. Member Services distributes tickets we've purchased for season ticket holders.



The Palmer House and Art Institute of Chicago!



- rsvp *07 by 2/5

Thursday, February 13, 8:45 am-5:30 pm, 1000 Lobby, limit 13, \$25, Members pay own breakfast (approx \$30); 8:45 bus departs. 10:00ish Palmer House. 11:30 bus to Art Institute. 3:30 depart for home.

How better to spend a winter day than seeing everything you love at the Art Institute? First stop, Lockwood Restaurant at the Palmer House for a delicious breakfast. Then straight to the Art Institute for at least three hours of meandering by all their famous paintings: Van Gogh, Caillebotte, Toulouse Lautrec, Monet, Seurat, Wood, Hopper, Picasso! Or whatever you'd like to see. Take a break any time in their café or restaurant. Plan your time at www.artic.edu. The AIC no longer offers rentable tours on headphones. Instead, download the museum app from your phone's app store. Must bring earbuds/headphones to listen. Need help with this? Come see Lynn or Abby in January and we'll show you.

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

Little walking

Some walking

A lot of walking

Lyric Opera: Sondra Radvanovsky in Concert, The Puccini Heroines

- rsvp *07 by 1/20

Sunday, February 16, 11:00 am-6:15 pm, 1000 Lobby

Main Floor Prime: \$341. Main Floor 1 & 2: \$266. Main Floor 4: \$164; 11:00 bus departs.

1:00 pre-performance discussion. 2:00 performance. 4:15 depart for home.

World-renowned diva Sondra Radvonovsky brings her magnificent voice and incandescent dramatic powers to arias spanning Puccini's vast repertoire: Tosca, La Bohème, Madama Butterfly, and Turandot, plus gorgeous melodies from his rarer works, all supported by the lush sound of the Lyric Opera Orchestra.

Glengarry Glen Ross at Parker Players in Barrington - rsvp *07 by 1/31

Sunday, February 23, 1:15-4:15 pm, 1000 Lobby, \$36

1:15 bus departs. 2:00 performance. 4:00 depart for home.

Sharp dialogue and searing wit by David Mamet and performed by Barrington's own Parker Players. Their immersive staging draws you into the drama, making you a part of the high-stakes action as it unfolds around you.



PARK DISTRICT

Day Trips with the Barrington Area Park District

These trips fill up quickly. Our Concierge will ask you a few questions so we can register you with the BPD.

Day Trip with Barrington Area Park District: Volo Auto Museum, Antique Mall, Titanic Exhibit, and Lunch - rsvp *07 by 3/23, space permitting



Wednesday, April 23, 8:45 am-3:15 pm, 1000 Lobby, \$104

8:45, depart to Park District. 3:00, pick up from Park District. 3:15, return home.

At Volo, explore one of our nation's largest modern and classic car collections, rare and bizarre mechanical marvels, the 300-vendor Antiques Mall, AND the \$6 million collection of Titanic artifacts. Following this sensory overload, you head to Lindy's Landing for lunch overlooking Bangs Lake. Please tell the Concierge your choice of the following: chopped salad, fried chicken breast on a bun, or fish tacos. Also included: fruit and cheese, vanilla ice cream, and coffee, tea and Coke products. Chaperone and Transportation provided by the Park District. **Must be able to step up into a commercial van. Extensive walking.**

Day Trip with Barrington Area Park District: Frank Lloyd Wright and Hemingway in Oak Park - rsvp *07 by 4/20, space permitting



Tuesday, May 20, 6:40 am-5:15 pm, \$98

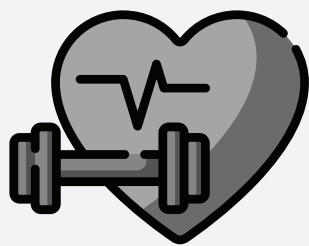
6:40 am, depart to Park District. 5:00 pm, pick up from Park District. 5:15, return home.

This guided tour of the inside of Frank Lloyd Wright's home and studio as well as the Unity Temple give us a look into the birth of Prairie Style. Lunch is at Lou Malnati's for thin-crust pizza, Malnati's salad, soda, and a cookie. After, you visit Ernest Hemingway's Birthplace Museum to explore the roots of the author's life and work. Extensive walking is involved with this trip. Chaperone and Transportation provided by the Park District. **Must be able to step up into a commercial van. Extensive walking.**

Fitness Programs

NO CLASSES NEW YEAR'S DAY

**New year,
new you!
Make 2025
your year!**



Do you want or need to lose a few extra pounds from the holidays? Make an appointment with Bethanie to talk about fitness goals and healthy eating habits. A personal program will be created for you. Consistency is the key to drive you to your success.

Happy Hour Ping Pong - rsvp *07

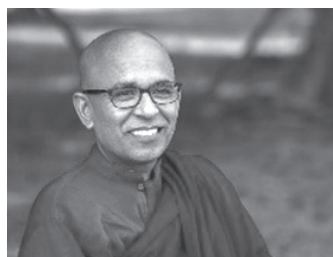
Thursday, January 9, 2:00-3:00 pm, Burnham Room

Join the crew for a game of Ping Pong and enjoy wine and beer for socializing afterwards.

Chair Tai Chi

Monday, January 13, 10:15-11:00 am, Fitness

Sharon, from MoonWillow Studio will guide us through a series of seated Tai Chi exercises that can be adapted to use at home.



Meditation with Bhante

*Wednesday, January 15,
12:00-12:30 pm, Fitness*

You deserve to relax and unwind with a tranquil meditation.

Safe and Effective Strength Training For Seniors with Personal Trainer, Paul Brune

Friday, January, 17, 2:30-3:30 pm, Fitness

Learn how to properly use the fitness machines and the effectiveness of the correct muscle groups for each. Basic body weight and free weight movements will be discussed. Paul is the owner of Functional Fitness in Barrington.

The Salt Escape with Bethanie, Arlington Heights - rsvp *07

*Thursday, January 23, 1:30-4:00 pm, 1000 Lobby,
\$40*

Salt therapy, aka Halotherapy, can improve anxiety, sleeplessness, allergies, asthma, inflammation, and even the common cold. Please dress comfortably. Zero-gravity chairs and blankets provided. The temperature of the room will be between 70 and 74 degrees. Join us for therapeutic rest and relaxation to kick off the new year.

Lunch and Puttshack with Bethanie, Oak Brook - rsvp *07

Friday, January 31, 11:00-3:30 pm, 1000 Lobby, \$25

This is a 9 hole fun indoor golf course. No paper and pen for this game. The balls track your gameplay and you can lose or earn points based on how you play.

We will have lunch and play afterwards. The cost for golf and transportation will be \$25 per person. Lunch is on your own.

RECURRING CLASSES

Pilates

Thursdays, 8:30-9:00 am, Fitness

This is a mat based class that focuses on strength, stamina, flexibility and foam rolling.

Balanced Body

Mondays, Wednesdays 9:15-10:00 am, Fitness

Fit Aqua

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

Cardio Sculpt (formally known as Sexy Back.)

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

Get your heart rate up while increasing your overall body strength.

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

Fitness Programs

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

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.

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

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

No matter how you walk or roll, 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!

Floor Yoga

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

Chair Fitness

Fridays, 9:15-9:45 am

Beginner Balance

Fridays, 2:00-2:30 pm, Fitness

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

Bulletin Board

Facebook!

When was the last time you went to our Facebook page – The Garlands of Barrington? If you've gone on an outing or attended an event, there's a good chance you'll see photos of it here. (Let Lynn Adams, *13, know if you wish to be excluded from these photos.) Tell your family to check in often to see what you've been up to. Recent posts: the Tiffany 3 Block Party, our trip to the Elmhurst History Museum, Dorothy Winsor's Book Launch.

Garden Planters

Registration is open for 2025 garden planters! Ask for a packet and form at the Concierge desk. Read it to understand your responsibilities; sign; and give the form to our Concierge.

Italian Club

Are you Italian American by blood or marriage? We are forming a social (strictly non-political) club, "The Garlands Italian American Social Club," to promote friendships, share stories, and have fun! If this interests you, please contact either Tom Fasolo (72202) or Frank Rubino (71218). Together we'll create our meet-up plan.

Do Good the Easy Way!

Please take your empty prescription bottles to our Library on the level above Robie Lounge. You'll see the basket straight ahead by the window as you walk in. Missionaries reuse them to take medical supplies to people they serve. Any questions contact Dorothy Fisk (71237) Also cancelled postage stamps are needed. Cut them from your mail leaving about 1/4" around them.

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.

Garlands Library Seeks New Committee Members

The books in our beautiful Garlands Library are maintained by members. Several members have stepped up as co-organizers. However, they need many members to offer an hour. Please call Lynn Adams (*13) if you'd like to help regularly or periodically (that's a librarian joke).

January Food and Beverage Events

Wine and Chocolate Tasting - rsvp 77743

Friday, January 10, 6:30-7:30 pm, The Roycroft, \$15

After dinner, enjoy the taste of fine wine and chocolates from around the world.

Kitchen Tour - rsvp 77743

Wednesday, January 15, 3:00 pm, The Winslow

Take a tour of the Winslow kitchen with Chef and Jason. This tour fills fast!
Don't wait to rsvp!

Taste of Asia Buffet - rsvp *17

Thursday, January 16, 4:30-7:00 pm, The Winslow, \$30

The first themed buffet of the new year with an Asian flair that has something for everyone.

Bootleggers Cocktail Demo - rsvp 77743

Friday, January 17, 3:00, The Grill Bar, \$10

Sip and learn about cocktails created during the bootlegger's era.

Mocktail and Cheese Tasting - rsvp 77743

Tuesday, January 21, 3:00 pm, The Robie Lounge, \$10

An alcohol-free social that combines the making of unique mocktails with lovely cheeses.

New Year Chefs Table - rsvp 77743

Thursday, January 23, 5:00 pm, The Roycroft Dining Room, \$80

The first of many Chefs tables of the year. Chef Glenn prepares a wonderful, coursed dinner with Chef Cindy's dessert. Fine wines will pair with each course or, if you prefer, a choice of alcohol-free wine and mocktails.

End of the Month Buffet

Sunday, January 26, 4:00-6:00 pm, Café Dining Area

Menu & price announced the week prior.

National Hot Chocolate Day

Friday, January 31, 8:00 am-4:00 pm, The Galleria

Sample delicious hot chocolates and treats to celebrate National Hot chocolate day.





The Doctor is in... By appointment only.

Podiatrist: Dr. Warheit
Call 847-577-1649 to schedule an appointment
Wednesday, January 8 and 22, 8:00am-2:00 pm
By appointment only.

Audiologist: Dr. Corinne Koepsell-Roth
Call 847-382-6010 to schedule an appointment
Wednesday, January 29, 10:00am-12:00 pm
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.

Wellness Lecture Series



Sample Healthy Foods: Quinoa

Tuesday, January 28, 11:00am-11:30 am,
Wellness Hallway

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



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

Costco

2nd 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

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

Canasta Hand & Foot - Tuesdays, 11:00 am, Robie Lounge (Janet Zilkowski 71129)

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 (Janet Zilkowski 1129)

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

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

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

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

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

Stitching with Friends - Wednesdays, 1:00-3:00 pm, moved to Galleria

January Birthdays

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



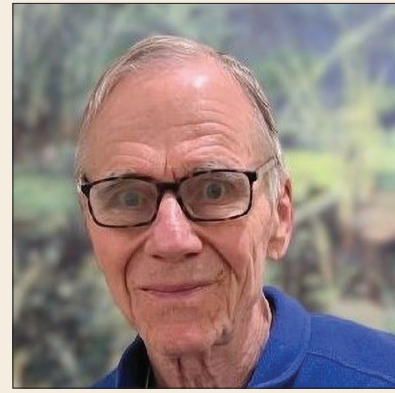
Jan Walkington	Jan 01	Greg Vonderheide	Jan 07	Ruth Guillaume	Jan 15
Mary Jeanne Bolger	Jan 01	Penny Lumsden	Jan 07	Don Jones	Jan 17
David Danley	Jan 02	Shui Cheung	Jan 07	Ruth Dallstream	Jan 19
Jane Dawson	Jan 02	Chuck Dallstream	Jan 11	Theresa Perkins	Jan 20
Betty McGonigle	Jan 03	Darrel Bader	Jan 12	Dick Weaver	Jan 23
Cathy Mikes	Jan 04	Marylyn Klug	Jan 12	Richard McCaffrey	Jan 30
Marianne Lenz	Jan 04	David Graham	Jan 14		



Welcome!



CATHLEEN BAYER
*Arrived from Barrington
in November*



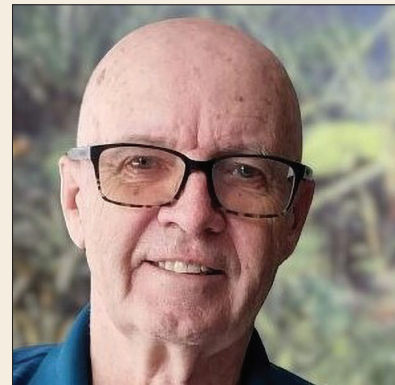
ERIK BAYER
*Arrived from Barrington
in November*



MERIDITH RANDOLPH
*Arrived from Barrington
in November*



ANN KRULL
*Arrived from Saratoga
Springs, NY in November*



BOB KRULL
*Arrived from Saratoga
Springs, NY in November*



At Winter Wonderland, Tracy Dellaria and Michelle Murphy from Sales vied to be Top Elf!

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



Liz McKay brought her Gazette to Williamsburg!



L to r, Gary Couch, Paula Meyers, Sally and David Graham, and Bob Boccaccio at our annual Holiday Dinner Extravaganza.



Pinkies up at The Drake's Palm Court! L to r: Sarah Dockery, Deanna Born, Carol Brenner, Lee Myalls, Norma Star, Marge Gerry, Kathie Faulwetter, Roberta Rood, Ruth Weiler, Carol Garibotti, and Liz McKay!

