

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

The Big Winners of Super Bowl Squares 2025: L to R, Sylvia Carlson, Jim Schorr, Liz McKay, Ron Goldenstern, Marilyn Klug, Jean Pitt (won two squares!), and Ron Spiekhout.



Larry Feltes, Shirley Conibear, and Betty Lang got comfy to watch Super Bowl LIX.



Jen (Maintenance), Jane Dawson, and Tracy (Sales) at our 2025 Inspira Valentine's Day Bake Sale. Proceeds allowed the team member Inspira Committee to give generously to Barrington Food Pantry.




MARCH 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 Mar 1 1:30-2:30 pm</p>	<p>March Birthday Bash with Peter Miletic - rsvp *07 - <i>Robie Lounge</i></p> <p>Peter is a Garlands favorite with his boundless energy, vast repertoire, great sense of rhythm, and huge natural talent. Everyone is invited to celebrate March birthdays with Chef Cindy's delicious cake and coffee. At 2:00 pm we all sing Happy Birthday.</p>	 A black and white photograph of Peter Miletic, a man with short hair, wearing a dark shirt, looking slightly to the right. Musical notes are overlaid on the background.
<p>Saturday Mar 1 2:45-3:45 pm</p>	<p>Chess Anyone? - <i>Galleria</i></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>	 A black and white photograph of chess pieces on a checkered board. A white king is in the foreground, and other pieces are scattered across the board.
<p>Sunday Mar 2 5:00-7:00 pm</p>	<p>97th Academy Awards Pre-Show and Show Live in the SST! - rsvp *07 by 3/1 - <i>red carpet & 1st hour of awards, Surround Sound Theater (limit 25)</i></p> <p>Jammies and robe are appropriate. Fill out your ballot on arrival. Whoever picks the most winners wins a prize. Cross talk encouraged. Come for the wine spritzers, soft drinks, popcorn, sweets, sunglasses, and cigarette holders for our fake cigarettes. Stay for the bad behavior. All are welcome to watch to the end.</p>	 A black and white photograph of the Oscar statuette standing on its base.
<p>Mondays Mar 3, 10, 17, 24 & 31 10:00-11:30 am</p>	<p>Kaleidoscope Art Class - rsvp *07 by the Saturday before - <i>Art Studio in Prairieview</i></p> <p>Learn techniques to paint lifelike creatures set against forest backdrops in acrylic. Perfect for all skill levels! Carmella brings supplies for everyone registered by the Saturday before.</p>	 A black and white photograph of a rabbit, painted in a style that makes it look like a forest creature, with a soft, painterly texture.
<p>Monday Mar 3 4:00-5:00 pm</p>	<p>Lundi Gras Fête - rsvp *07 - <i>Timbers Lounge</i></p> <p>So we don't interfere with Mardi Gras dining, your "krewé" is bringing Mardi Gras entertainment on Lundi! Le Travaillant Band will have you toe tappin' and speaking in Creole before 5:00. They're the real deal. Hurricanes available at the bar!</p>	 A black and white photograph of a band of four men playing instruments. One is playing a guitar, another a bass, and another a drum set.

<p>Thursday Mar 6 12:30-3:00 pm</p>	<p>Your Old Home Movies and Snapshots! - rsvp *07 - Thursday, March 6, 12:30-1:00 pm (Presentation), Surround Sound Theater. 1:15-3:00 pm Wellness Hallway (one on one)</p> <p>Want to see your old home movies on your laptop or smart TV? Steve Bulmash, has been fixing/digitizing photos, films, negatives, slides, and more for 30 years. He speaks briefly and then takes appointments to assess your own films and images. Call the Concierge for a 15-minute time slot. Fun Fact: Steve is also part of the Buffalo Grove Encore Singers who performed in the PAC December 6!</p>	
<p>Friday Mar 7 1:00-3:30 pm</p>	<p>Arias, Musicals, and Ice Cream! - rsvp *07 - Performing Arts Center, \$13; 1:00, social time. 1:30, performance. 2:30, ice cream sundaes.</p> <p>In partnership with the Barrington Chapter Lyric Opera, we present mezzo-soprano A.J. Wester (Chicago Symphony, among others). Following her performance, we'll have an old-fashioned ice cream sundae social! This program requires a signed agreement and does not accommodate walk-ins.</p>	
<p>Saturday Mar 8 10:00-10:45 am</p>	<p>Barrington String Ensemble Performance - Robie Lounge</p> <p>These enterprising high school students offer us their favorite compositions each month.</p>	
<p>Monday Mar 10 3:30-4:30 pm</p>	<p>BINGO for Coins - rsvp *07 by 3/8 - 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>Tuesday Mar 11 & 25 12:30-1:00 pm</p>	<p>Game Time! - rsvp *07 - Galleria</p> <p>Could be charades, 20 questions, Pictionary, or any of about 20 games. It's a brain break!</p>	
<p>Thursday Mar 13 7:00-8:30 pm</p>	<p>Early St. Patrick's Day with Switchback! - rsvp *07 - Performing Arts Center</p> <p>Together over 25 years, Marty McCormack and Brian Fitzgerald draw on traditional Celtic music and original Americana songs in a stunningly synchronized show, guaranteed to thrill. Seen on PBS, Switchback is a Garlands favorite. Don't miss this! Irish coffees available. Stay after to hear about traveling to Ireland with them.</p>	
<p>Friday Mar 14 11:00-11:30 am</p>	<p>Congressman Mike Quigley Visits - rsvp *07 - Surround Sound Theater</p> <p>Illinois District 5 Representative Mike Quigley (D) and Congressional Aide Max Sklowdowski explain how their office can be of service to Garlands members and discuss current projects. Ask questions; have a cookie. Learn about him at https://quigley.house.gov/about.</p>	

Special Events

REQUIRE A RESERVATION

<p>Saturday Mar 15 12:30-2:00 pm</p>	<p>Panhellenic Badge Day Tea - rsvp by 3/7 to Dina Wasmund (847) 525-8279 - Roycroft Dining Room, \$30 (you will pay directly to CNSAP) Join other sorority alumnae from the Northwest Suburbs for a Chicago Northwest Suburban Alumnae Panhellenic 2025 Sorority Badge Day Tea.</p>
<p>Monday Mar 17 3:30-4:30 pm</p>	<p>BINGO for Prizes - rsvp *07 by 3/15 - Performing Arts Center Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>
<p>Thursday Mar 20 4:30-5:00 pm</p>	<p>Coincidence Chronicles with Lynn or Abby - rsvp *07 - Robie Lounge, limit 10 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>Saturday Mar 22 11:00 am-12:00 pm</p>	<p>A Closer Bond Therapy Dogs Graduation - rsvp *07 - Burnham Room We are the last step before certification for these great dogs from A Closer Bond Dog Community Center. About seven of them look forward to demonstrating their expertise in being too cute for words.</p>
<p>Monday Mar 24 7:00-8:00 pm</p>	<p>Trivia Night with Lynn, Abby, and William - rsvp *07 by 3/22 - Burnham Room, limit 30 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 Mar 25 3:15-4:00 pm</p>	<p>Craft with Janette - rsvp *07 by 3/18 - Galleria, limit 10 This neurographic watercolor art incorporates mindfulness and moves you to a calm, Zenlike state.</p>
<p>Thursday Mar 27 10:00-10:45 am</p>	<p>What's Happening?! - rsvp *07 - Surround Sound Theater For those who'd like a peek into the following month's Calendar, Abby gives a brief overview of upcoming events, and you can sign up for them on the spot.</p>
<p>Friday Mar 28 10:30-11:00 am</p>	<p>Garlands Living 301 – Emergency Preparedness: Severe Weather, Fire, and Disasters - rsvp *07 - Surround Sound Theater On our campus, what should you do in different kinds of emergencies? 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>



SEE APRIL SPECIAL EVENTS ON PAGE 7

<p>Monday Mar 3 3:30-4:30 pm</p>	<p>Wildlife Talk: Warblers Unveiled - rsvp *07 - Surround Sound Theater Discover the true songbirds of summer, known for their beautiful colors and melodies. We'll explore the diverse species of warblers, their unique habitats and their critical role they play in our ecosystems.</p>
<p>Friday Mar 7 9:30-11:00 am</p>	<p>Great Decisions with Julie Strauss - rsvp *07 - Burnham Room March topic: "U.S. Changing Leadership of the World Economy." From the Foreign Policy Association, Great Decisions is America's largest discussion program on world affairs. Book available through us for \$38 total or at www.fpa.org (\$42-\$49 total).</p>
<p>Monday Mar 17 11:00 am-12:00 pm</p>	<p>Travel Talk: Five Illinois State Parks - rsvp *07 - Note *Surround Sound Theater* Melissa takes us to Giant, Mississippi Palisades, Moraine Hills, Cache River State Natural Area, and Adeline Jay Geo-Karis Illinois Beach State Park!</p>
<p>Tuesday Mar 18 11:30-12:45 pm</p>	<p>Julie Strauss Lecture: Can the U.S. Elect a Female President? - rsvp *07 - Surround Sound Theater To date, no women have won the White House. Julie Strauss, PhD, explores how much can be explained by gender, policies, and stereotypes.</p>
<p>Thursday Mar 20 2:00-2:45 pm</p>	<p>Music At The Garlands with Bruce Smith - rsvp *07 - Surround Sound Theater Bruce Smith brings us the Munich Philharmonic Symphony Orchestra, conducted by maestro Lorin Maazel, performing two compositions by Maurice Ravel: his lush Concerto in G Major with German concert pianist Alice Sara Ott and La Valse, Ravel's choreographic poem for orchestra tribute to the waltz.</p>
<p>Friday Mar 21 11:00 am-12:00 pm</p>	<p>Darryl Peterson, Investigating the Fountain of Youth - rsvp *07 - Eastlake Professor Emeritus at Chicago Medical School and Garlands member, Darryl Peterson has spent much of his career studying biological processes associated with cellular injury and aging. Thus, he is prepared to discuss the fascinating future of scientific research on aging and life extension.</p>
<p>Wednesday Mar 26 11:15 am-12:15 pm</p>	<p>Genealogy Group - rsvp *07 - Eastlake Dining Room Garlands member Pam Wilson can help you trace your family tree. Wherever you are on your journey, come! Your family is fascinating.</p>
<p>Wednesday Mar 26 3:30-4:30 pm</p>	<p>Music Appreciation with Jim Kendros - rsvp *07 - Robie Lounge Jim celebrates three composers born in March and gives a mini piano concert. You'll learn – and hear – how Bach created his Brandenburg Concertos, why Haydn is still considered the "Father of the Symphony," and the significance of the Mazurka in Chopin's life.</p>
<p>Monday Mar 31 3:00-4:00 pm</p>	<p>Tom Banfield on French Cathedrals: How They Are Built and Why They Burn - rsvp *07 - Surround Sound Theater While living in France with French wife, Jacqueline, member Tom Banfield loved the structure and construction process of France's magnificent cathedrals. This presentation includes the burning of Notre Dame de Paris and the history of similar cathedral fires.</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.**

Bus to Elgin Symphony Orchestra for Ticket Holders

- rsvp *07 by 3/1

Sunday, March 2, 12:45-5:00 pm, 1000 Lobby

12:45 depart. 1:30 pre-concert chat. 2:30 concert. 4:30 pick up.

Beethoven Violin Concerto. Member Services distributes season-ticket-holder tickets at the bus. Everyone must rsvp for this transportation, whether you have purchased tickets through us or on your own, a week in advance, please.

Barrington Area Library 2nd Friday - rsvp *07 by 3/13

Friday, March 14, 6:15-8:15 pm, 1000 Lobby

Experience the joy of traditional Irish jigs, reels, and dances with the Nippersink Rogues, who fold in culture, and fun silliness.

Lyric Opera: La Bohème - rsvp *07, waitlist only

Wednesday, March 19, 11:00 am-approx 6:00 pm, 1000 Lobby

11:00 depart. 1:00 pre-performance discussion. 2:00 performance. 4:20 depart for home.

First Balcony Rear: \$109. First Balcony Front: \$216. Main Floor Select: \$336

Brunch and the Art Institute of Chicago - rsvp *07 by 3/10

Thursday, April 3, 8:45 am-5:30 pm, 1000 Lobby, limit 13, \$46, Members pay own breakfast (\$30)

8:45 bus departs. 10:00ish Brunch. 11:30 bus to Art Institute. 3:30 depart for home.

First stop, Eggy's 60's Diner (don't be fooled by the name. It's fabulous). Then the Art Institute for hours of meandering. To add AIC's first-ever showing of Frida Kahlo's work (additional \$5), let the Concierge know when you rsvp. 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 own earbuds/headphones to listen. Need help with this? Come see Lynn or Abby and we'll show you. We will also offer this trip June 5. Price not yet available.

Bus to Elgin Symphony Orchestra for Ticket Holders - rsvp *07 by 3/24

Sunday, April 6, 12:45-5:00 pm, 1000 Lobby

Tchaikovsky and Sibelius.

Bus to Woodfield Mall - rsvp *07 by 3/9

Friday, April 11, 11:00 am-3:30 pm, 1000 Lobby

11:00 depart. 1:30 arrive Macy's. 3:00 pick up Macy's.

Anchored by Nordstrom, Macy's, and JC Penny, you'll find nearly 300 stores and restaurants. Please note, departure and pick-up times are fixed.

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



Little walking



Some walking



A lot of walking

Titanique at Broadway Playhouse, Water Tower Place - rsvp *07 waitlist only 

Saturday, May 10, 12:00-approx 5:30 pm, 1000 Lobby, \$113

Winner of 2023's Outstanding Off-Broadway musical! Our story begins when (not the real) Céline Dion hijacks a Titanic Museum tour and enchants the audience with her totally wild take on what happened to Jack and Rose on that fateful night, in a one-of-a-kind theatrical voyage bursting with campy chaos.



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: Frank Lloyd Wright and Hemingway in Oak Park - rsvp *07 - waitlist only   

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.

Guided tour of Frank Lloyd Wright's home and studio and the Unity Temple. Lunch is at Lou Malnati's. Then visit Ernest Hemingway's Birthplace Museum. Extensive walking. Chaperone and Transportation provided by the Park District. **Must be able to step up into a commercial van.**

SPECIAL EVENTS - COMING UP IN APRIL

Elgin Symphony Orchestra Program - Two Violas - rsvp *07

Tuesday, April 1, 3:00-4:00 pm, Performing Arts Center

John LeGear: Movie Music Romance III - rsvp *07

Wednesday, April 16, 12:30-1:30 pm, Performing Arts Center

John says that if you enjoyed the first two presentations in this 12-episode series of "movie music" shows, you'll be thrilled by the artful editing and clever music mixes in Movie Music Romance III!

Edutainer Betsey Means as Elizabeth Cady Stanton - rsvp *07

Friday, April 18, 1:00-2:00 pm, Performing Arts Center

In Betsey's tenth performance here, she brings to life author, lecturer, and chief philosopher of the woman's rights and suffrage movements.

Good Ol' Fashioned Diner and Sock Hop with Jade 50's! - rsvp *07


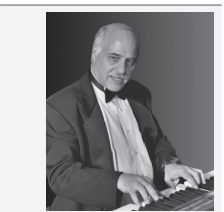


Saturday, April 26, 5:00-8:15 pm, Performing Arts Center, limit 140. \$55, does not come out of monthly allotment.

Get out your blue jeans or circle skirts and cardigans! After a filling supper, our jukebox comes to life with a special performance by Jade 50s, the band that accompanied Dick Clark on his live rock and roll shows in the 70's and 80's. This high-energy group has performed alongside Chuck Berry, Bo Diddley, and Jerry Lee Lewis, to name a few. If you'd like to sit with a group (max 10 to a table), choose one person, first and last name, as your "group ID" and give the Concierge that group ID when you sign up.

Things To Do

<p>Saturdays Mar 1 & 15 10:00-11:00 am</p>	<p>Just Talk with Tom Banfield - Eastlake 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>Mar 4, 11, 18 & 27</p>	<p>Therapy Dog June, Liesl, and Maya! - Wellness Hallway <i>Tuesdays, March 4, 11 and 18, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl). Thursday, March 27, 11:00 am-12:30 pm (golden retriever Maya). Wellness Hallway.</i> These therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays Mar 4 & 18 3:30-4:30 pm</p>	<p>Barrington Area Library at The Garlands - Wellness Hallway 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, x-3120). Remember to say you live at The Garlands.</p>	
<p>Wednesdays Mar 5, 12, 19 & 26 6:30-9:00 pm</p>	<p>Wednesday Co-Ed Bridge Group - Robie Lounge Please note: to play in the Wednesday Co-Ed Bridge group, members must sign up on Wednesday of the week before. Call Peggy Clough (73307) or Jill Theis (72124) with questions or to sign up.</p>	
<p>Wednesdays Mar 5 & 19 4:00-5:30 pm</p>	<p>Tech Lab with William! - Galleria 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>Wednesday Mar 5 3:00-5:00 pm</p>	<p>Girl Scout Cookies for Family, Friends, and You! - Wellness Hallway You've received your form. If you turn it in to the Concierge by Monday, March 3, you can pick up your cookies at this time. If you haven't ordered yet, no worries! Order from Brownie Troop 75925 when they're here.</p>	
<p>Tuesday Mar 11 12:00-2:00 pm</p>	<p>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway 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>	
<p>Thursday Mar 13 2:00-3:00 pm</p>	<p>Town Hall - Performing Arts Center Town Hall is a forum for management to apprise members of news and updated information concerning life at The Garlands. We strongly encourage members to attend this meeting which occurs five times a year.</p>	

Things To Do

<p>Saturday Mar 15 11:30 am- 1:30 pm</p>	<p>Midday Broadway: Cats - Surround Sound Theater Filmed at London's Adelphi Theater (with Elaine Paige!)</p>	
<p>Fridays Mar 21 & 28 4:30-6:00 pm</p>	<p>Bobby Schiff on Piano - Robie Lounge Bobby is legendary. He can play (amazingly beautifully) almost anything you request.</p>	
<p>Tuesday Mar 25 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>	
<p>Wednesdays Mar 5, 12, 19 & 26 1:00-3:00 pm</p>	<p>Stitching with Friends! - Galleria Fireplace You're in great company if you love knitting, needlepoint, crochet, or any of the needle arts. Bring your latest project and enjoy the camaraderie.</p>	

Spiritual Ongoing Happenings

Is there a spiritual service you're missing?
Please call Activities Director Lynn Adams (*13). If we can make it happen, we will.

<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, March 7 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, 4:15-6:15 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</p>

Fitness Programs



52 Steps for a Stanley

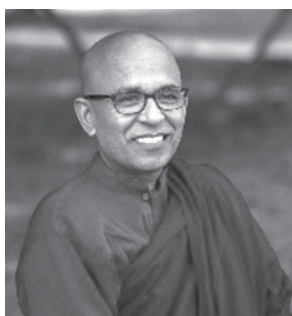
There are 52 stairs leading up to the fitness center.

Whomever climbs the most stairs in the month of March will win an amazing new cup to keep you hydrated and looking like the cool young kids. To enter this contest, sign up with Bethanie and Axana in the fitness center.

Chair Tai Chi

Monday, March 10, 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

Tuesday, March 11, 11:30-12:30 pm, Fitness

Take a break and relax this winter. Are you stressed? Winter blues got you down? Let Bhante Saujatha guide you through a nice relaxing journey.

Fitsprings Class at Neon Soul Yoga

- rsvp *07 special activity

Thursday, March 13, 1:00-3:00 pm, 1000 lobby, \$30

Featured on WGN morning news recently, this fun class blends the core principles of Yoga and Pilates with dynamic strength training, functional stability, and high-intensity low-impact workouts. See their website: <https://neonsoul.com/classes/fitsprings/>. Questions? Call Bethanie, *41.

St. Patrick's Day Pool Party

Monday, March 17, 10:00-10:30 am, Pool

Celebrate St. Paddy's Day with a pool workout, your Irish jig and a green treat afterwards. Stay lucky and be healthy!

School of Rock Guitar Lesson-rsvp *07

Wednesday, March 19, 1:45-3:15 pm, 1000 Lobby

Who wants to jam out? Have you ever wanted to learn how to play guitar? Join Bethanie and your friends for a free one hour lesson! Just bring you!! They will provide the guitars. This will be limited to 10 members. Please sign up asap.

Golf Conditioning with Bethanie

Tuesdays and Fridays in the month of March, 10:30-11:00 am, Fitness

Are you ready for golf season? Get your body ready to move! We will work on flexibility, mobility and strength training. We won't teach you how to golf, we will teach you how to stay fit during the golf season.

Water Walking with Member Carol Smith

Thursdays in March, 9:30-10:00, am, Pool

If aqua classes aren't your thing, water walk and socialize with member Carol Smith. Please bring other members to join you!

RECURRING CLASSES

Balanced Body

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

Fit Aqua

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

Cardio Sculpt

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!

Mondays, Wednesdays, and Fridays, 11:00-11:30 am

Men/Women's Fitness

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

Balance Class Fitness

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

Chair Yoga

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

Fitness Programs

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.

Barre Total Body

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

Low-impact workout combining elements of ballet with regular fitness exercises. Targets posture, balance, and muscular endurance.

Pickleball

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

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.

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 - Wednesdays, 6:30 pm, Robie Lounge (Peggy Clough 73307 & Jill Theis 72124)

Bridge-Co-Ed - Thursdays, 6:30 pm, Robie Lounge (Tom Banfield 72206-Note new number!)

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

Bulletin Board

Cribbage!

Several members are looking for other Cribbage players. Interested? Call new member Bill Bey.

Do Good the Easy Way!

Please take empty prescription bottles and cancelled postage stamps to our Library. You'll see the baskets straight ahead as you walk in. Missionaries reuse the bottles for the people they serve. Questions? Call Dorothy Fisk (71237) Cut the stamps from your mail, leaving about ¼ inch around them.

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.

Garlands Library

A huge thank you to members Sally Nutini and Roberta Rood who stepped up to lead the Library Committee, which also includes Theresa Perkins, and Kathie Faulwetter. They have been wildly busy, streamlining the collection: purging old books, bringing order and delight to our bookshelves. Please call Sally or Roberta if you'd like to help. Next time your home is cleaned, go visit the library to pick out your next great read!

First Italian Social Club Dinner

Are you Italian American by blood or marriage, and would you like to attend our first Italian Social Club Dinner on Thursday, March 20, 5:30 pm? For information, rsvp to Tom Fasolo (72202) or Frank Rubino (71218) no later than Monday, March 17. Our purpose is to promote friendships, share stories, and have fun! Seating is somewhat limited.

Trash Talk, brought to you by fellow members

Here's an easy-to-keep all-year resolution: take reusable totes with you to the market. You can purchase them for about 99¢ each at any supermarket. Just like that, you no longer need to deal with those problematic plastic bags. The best recycling is not needing to recycle at all!!

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.

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 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.

Members Advisory Committee (MAC)

The Members Advisory Committee is an active and elected committee for members to share ideas and suggestions of services and programs to promote a valued Garlands lifestyle. The MAC encourages all members to attend the monthly Meet the MAC! gatherings. The next one is Thursday, March 25, 10:00-11:00 am, Robie Lounge. In December, new MAC Chair Steve Bromet confirmed the 2025 MAC.

MAC (Members Advisory Committee) 2025

Steve Bromet

Chair
Building 3

Bill Lawton

Vice-Chair
Building 3

Peggy Clough

Secretary
Building 3

Deanne Born

Villas

Rita Coake

Building 1

Gene Dawson

Building 1

Christy Gaples

Building 3

Carol Garibotti

Building 2

Chuck Larabee

Building 3

Roche Marilyn

Building 3

Frank Rubino

Building 1

Janie Schutte

Building 1

Ron Spiekhout

Building 2

MAC members whose terms expired in December are previous Chair, Judy Thierer, Clyde Dawson, Sophia Hausen, Don Kenney, and Sally Leffew. We thank them for their service to all Garlands members and especially thank Judy Thierer who went above and beyond in the name of service to fellow members!

Newly elected members, who began terms January 1, 2025, are Gene Dawson, Christy Gaples, Chuck Larabee, Marilyn Roche, and Janie Schutte. Welcome!



The Doctor is in... By appointment only.

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment

Wednesday, March 12, 8:00 am-2:00 pm

Wednesday, March 26, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth

Call 847-382-6010 to schedule an appointment

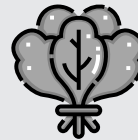
Wednesday, March 26, 10:00 am-12:00 pm

Wellness Lecture Series

Walker Adjustment and Repair Clinic

Wednesday, March 12, 10:00am-12:00pm,
Wellness Center

A properly adjusted walker can help keep you safe and prevent falls! Stop in for a complimentary inspection and adjustment by Mark Medical Supply staff.



Sample Healthy Foods: Spinach

Tuesday, March 25, 11:00am-11:30 am,
Wellness Hallway

Our Wellness Nurse outlines the benefits of spinach as a healthy food option and offers a sampling, prepared by our culinary team.

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.



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

March Food and Beverage Events

Mardi Gras Specials – rsvp *52

Tuesday, March 4, 4:30 - 8:00 pm, The Grill

Celebrate Fat Tuesday in the Grill with specials created by Chef Glenn that honor this creole holiday. The regular dinner menu for the evening will also be available.

National Oreo Day

Thursday, March 6, 8:00 am - 4:00 pm, The Galleria

The Galleria will have special desserts for sale created by Chef Cindy as well as drinks to celebrate National Oreo day.

Fish Fry Friday – rsvp *17

Friday, March 7, 14, 21, 28, 4:30 - 8:00pm, The Winslow, \$25

During the 40-days of Lent we will offer our fresh battered fried fish every Friday. This meal includes fish, our famous fries and coleslaw.

Kitchen Tour – rsvp 77743

Wednesday, March 12, 3:00 pm, The Winslow

Have you wondered what goes on behind those kitchen doors? Now is your chance to see how our full-service restaurant operates. Jason and Chef Glenn take you on a narrated tour of the Winslow kitchen.

Chef Glenn's Table – rsvp 77743

Friday, March 14, 5:00 pm, Roycroft Dining Room, \$90

Enjoy an elegant evening of food and wine. Chef Glenn will delight you by preparing a five-course dinner including dessert from our very own pastry chef Cindy. Courses are paired with unique wines. (non-alcohol wine will be available)

St. Patrick's Day Buffet – rsvp *17

Monday, March 17. 4:30 - 7:00 pm, The Winslow, \$35

Please note the Grill is closed this evening. You are sure to be lucky and find a dish that will delight your taste buds this evening at our St. Pats buffet. The buffet will feature all your favorite traditional Irish fare and desserts.

Irish Cocktail Demonstration – rsvp 77743

Thursday, March 20, 3:00 pm, The Grill Bar, \$15

Jason and Drina will present great Irish drinks with stories and a little Irish folklore.

End of the Month Buffet

Sunday, March 30, 4:00 - 6:00 pm, Café Dining Area

Menu & price announced the week prior.

New menu item! By request, freshly baked rolls are now available at lunch!





Welcome!



BARBARA BEY
*Arrived from Barrington
in January*



BILL BEY
*Arrived from Barrington
in January*



BETH ALLENDOERFER
*Arrived from Elgin
in January*



BILL ALLENDOERFER
*Arrived from Elgin
in January*

March Birthdays

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



Mary Schwemm	Mar 01	Pat Wille	Mar 14	Gisela Seehafer	Mar 18
Vic Faraci	Mar 02	Christy Gaples	Mar 14	Lorraine Omalley	Mar 19
Lynn Cernok	Mar 04	Rita Gabis	Mar 14	Tom Fasolo	Mar 19
Jean Pitt	Mar 06	Darrell Dick	Mar 14	Barbara Bey	Mar 21
Art Laystrom	Mar 08	Joe Cusimano	Mar 15	Susan Powers	Mar 23
Bonnie Gekler	Mar 11	Dick Van Egeren	Mar 15	Bill Crowell	Mar 24
Dolores Vonderheide	Mar 11	Lolly Buckingham	Mar 17	Marge Gerry	Mar 25
Carol Smith	Mar 12	Carol Loitfellner	Mar 17	Lee Myalls	Mar 25
Alice Van Egeren	Mar 13	Pat Lavelle	Mar 17	Therese Schoen	Mar 25
Tom Banfield	Mar 13	Herb Schmidt	Mar 18	Mary Lou Sheedy	Mar 25
Kay Reich	Mar 14	Mary Jane Bailey	Mar 18		

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



Carroll Dudley and Kara Sponsler with Barrington Mom Francesca Faso, who accompanied an outstanding group of middle- and elementary-school students. They hand delivered more than 50 cards they had made for Garlands members!

Gisela Seehafer, Steen Metz, Ron and Jeanine VanDeVelde, Jackie Matecki, and Bill Mullin at the pre-game Super Bowl Tailgate Buffet.



Joyce Carlson, Sally Graham, Rita Gabis, Carol Brenner, Pat Wille, and Willa Larwin met edutainer Leslie Goddard as Violet Jessup, who survived the sinking of Titanic and Majestic!

