

THE GARLANDS GAZETTE

FEBRUARY 2011



Pastor Zina Jacques from Barrington's Community Church instructs members on how to make candles during "Spiritually Speaking."



The Faassens enjoy a holiday get-together planned by Cathy and Tina at the Comprehensive Group.



Bonnie Smith, Raine Julien and Cookie Cook celebrate New Year's Eve at The Garlands.



Jack and Rita Roche enjoy New Year's Eve festivities.



Member, Mickey Friewer with her daughter, Nancy, displays her folk artwork at The Garlands Gallery.



The members wanted to publically thank Chef Hans and Georgiy from engineering for building a beautiful gingerbread house that was enjoyed by all during the holidays.

IN THE NEIGHBORHOOD

Coffee And...Chocolate Tasting

Tuesday, February 1, 2-3pm in the Café, please sign up by January 31 at Noon.

Sample a variety of chocolates including dark, milk and white.

Election-themed Movie— “The Best Man”

Wednesday, February 2, 3:30pm in the Surround Sound Theater

Please join Bill Lieberman to enjoy these themed movies before the election. Bill will lead the group in a discussion prior to the movie.

Green and Groceries

Friday, February 4, 11:30-Noon in the Café

Help our environment by collecting your complimentary EngAGE grocery bag. Healthy fruit will be served and at noon there will be a drawing for a Jewel gift card. You must be present to win.

Birthday Bash with Terry

Saturday, February 5, 1:30-2:30pm in the Café

Due to the popularity of this event, we are asking all members to sign up if they are going to attend. This way we can have enough cake and chairs for all. All members are welcome to celebrate February birthdays and listen to piano and voice music by Terry. The hostesses for this event are Dori Hoyne and Betty Bruns. Please call Jill if you are able to be a hostess for a birthday event. Hostesses are needed for May 2011 and forward.

Super Bowl Sunday

Sunday, February 6, 5:25pm

The game will be on in the Grill, the Timbers Lounge and Café for your viewing pleasure.

Book Browsers

Tuesday, February 8, Noon in the Eastlake

Book: “Atlas Shrugged”

Leader: Marlene Peterson

Garlands Pilots, Airmen and Airwomen and Anyone Interested in Flying Get-Together

Tuesday, February 8, 2:30pm in the Café

An invitation has been sent to anyone that we know who may be interested in this group. However, if we inadvertently missed you, please contact Jill at *13. This group meets to spend time reminiscing about flying and other related subjects.

Book Club II Begins!

Thursday, February 10, 3pm in the Eastlake

Please contact Mary Jo Davis at 71136 for more information.

“Music in the Morning”

Friday, February 11, 11:30am in the Café

Relax and socialize with cookies as you listen to “Love Songs from the Movies” including classics such as “True Love,” “Night and Day,” “Embraceable You,” “As Time Goes By” and more!

Valentine’s Day Party

Monday, February 14, 11am-Noon in the Café

Cookies and punch will be served. Please wear red! A red raffle will be held at the end of the party. Winners must be present.

Mini Golf

Wednesday, February 16, 11:30-Noon in the Café

This ongoing, monthly competition commences 2/16. See who The Garlands “Golfer of the Month” will be.

Jewelry Repair

Thursday, February 17, 1:30-3pm in the Café

From Betsy’s One of a Kind, Betsy Skibinski will repair your costume jewelry for a nominal fee. Please bring your items down for an estimate. Most items will be repaired on-site. Betsy also brings a few jewelry items for purchase if you need a gift or a special piece for yourself.

Homemade Cookie Exchange

Friday, February 18, 1-1:30pm in the Café, Please sign up with the Concierge by 2/16.

You may bake from scratch or from a mix but no purchased cookies will be accepted. Please plan to bake at least two dozen cookies to exchange. We will divide the cookies among the participants, and everyone will go home with a delicious assortment.

Memory Board Activity

Sunday, February 20, 1:30pm-4:30pm, PAC

\$10 per board to cover the cost of supplies will be billed to your account. Please call Paula at *40 reserve a board by Friday, February 4th.

A memory board is a creative and fun way to display your photographs. You bring 15-20 of your favorite photographs and all the rest of the supplies will be provided.

Stop by the Resource Center to see an example of what you can create!

Invite family members to join in on the fun in helping you make your board or reserve a board for them so they can create their own. Hot chocolate and cookies will be served.

Sing Along

Tuesday, February 22, 11-11:30am in the Café

Bring your voices and sing along to CDs or DVDs.

Bingo

Wednesday, February 23, 1pm, in the Café

Bring your money and your luck. Fifty cents a board. Be the first to yell B-I-N-G-O!

Taylor Marie's Clothing Sale

Thursday, February 24, 3-6pm in the Robie Lounge Hallway

Shop this mobile retail store bringing fashionable women's clothing and accessories from respected, high quality brands. A fitting room will be available to try clothing on before purchasing.

Quarterly Member Meeting with Bruce

Friday, February 25, 11:30am in the PAC

Academy Award Show

Sunday, February 27, 7pm in the Café

This program will be shown on the TV in the Café. Sparkling cider will be provided. Please watch for specific times in "This Week."

National Peanut Day

Tuesday, March 1, 2-2:30pm in the Café

Learn about how this day came about and get your complimentary bag of peanuts.



FEEDING THE SPIRIT AND SOUL

Catholic Communion Services

Sundays at 10:45am at Prairieview

Protestant Communion Service

Wednesday, February 9 at 11:30am in the 3rd Floor Dining Room in Prairieview

Area pastors will conduct this service on the second Wednesday of the month as long as there is interest. Please sign up with the Concierge.

Catholic Mass

The third Monday of the month

Monday, February 21, 11am at Prairieview

Bible Study

Mondays, 2:30pm in the Eastlake

Please note that the time is back to the original time.

Daily Devotions

A large print Daily Devotional is placed in the Resource Center. Please read the devotion and sign your name under that date. It will be fun to see how many different members participated at the end of the year.

WELLNESS CENTER

Blood Pressure Screening

Tuesday, February 1, 9-11am

Blood pressure can be taken any time the Wellness Nurse is in. Call and make an appointment at *40 or stop in during Wellness hours.

The Doc is in ...

Call Paula at * 40 to schedule appointments for the following:

Dental Health Onsite:

Wednesday, February 2

Call Gloria at 312-787-0872 to schedule an appointment.

Podiatrist:

Dr. Warheit

Wednesday, February 16,

8:30am-2:30pm

DestiNATION

Ongoing until Thursday,

March 17

Get your green on as we travel to Dublin, Ireland, just in time for St. Patrick's Day. It's a long journey, 3671 miles, but The Garlands of Barrington members can do it. Every step, every lap and every mile counts, so get your pedometers on and don't forget to track what you do in the fitness center. Erin go bragh!



Sample Healthy Foods

Tuesday, February 15, 1:45-2:15pm in the Café

Join Paula Irving, Wellness Nurse, as she gives you the health benefits of almonds and walnuts. Almonds and walnuts will be served!

Comprehensive Group

By appointment only. All scheduling needs and questions call *47.

Healthcare/Wellness

Resource Library

Wellness Center

Browse our books and if you don't see what you are looking for, let the Wellness Nurse know.

Advocate Good Shepherd Medical Office

Tuesday, 9am-5pm, Wednesday and Thursday 9am-3pm, 1st floor Prairieview

Tracie Cook RN, MS, CNP is available to see patients by appointment or walk-in.

Coumadin Clinic

By appointment only. Tracie communicates all her findings to your primary physician. Call 847-852-3770 for more information.

Prescription Recycling

Wellness Center during Wellness Nurse Hours

Did you know that disposing of unused or unwanted pharmaceuticals is an emerging and complex environmental issue? You may now bring your unused and unwanted over-the-counter and prescription pills to the Wellness Center. Leave all medication in bottles, if possible, or put in a sealed plastic bag. Remove all personal information on prescription bottles before bringing them to the Wellness Center. **No controlled medication allowed.** Any questions? Call Paula at *40.

Heartfelt wishes for a Happy Birthday!

February 2011

Bobbie Wood	2/4	Bill Cook	2/13
Rose Serwa	2/6	Mary Betz	2/14
George Bockstahler	2/7	Conrad Zwik	2/17
JoAnn Ziegler	2/8	Ruth Butcher	2/18
David Guthrie	2/10	Hollis Schoepke	2/22
Jane Hoffman	2/10	Mary Barnes	2/27
Gethsemane Artiaga	2/10	Corinne Anda	2/28

ONGOING HAPPENINGS

*What do you like to do? If it isn't in this Gazette, please call Jill *13 and next month we can try to get a group going. All events will be cancelled on New Years Eve and New Years Day.*

Women's Lunch – Mondays at noon in the South Winslow

Ladies Bridge – Mondays at 1pm in the Robie Lounge

Ladies Pool – Mondays, 1st and 3rd, at 3pm in the Timbers

Ladies Poker – Mondays, 2nd and 4th, at 3:30 pm in the Timbers

Happy Hour – Mondays at 4:30pm in the Grill

Black Jack – Tuesday, 3rd of month, at 11am in the Café

Questions with Bruce – Tuesday, 1st of month, at 11am in the Surround Sound

Men's Lunch – Tuesdays at noon in the South Winslow

Gin Rummy – Tuesdays at 2pm in the Robie Lounge

Men's 8-Ball Practice – Tuesdays at 3:30pm in the Timbers

Men's Texas Hold'em – Tuesday, 2nd of month, at 7pm in the Timbers

Crafts – Wednesday, 1st of the month, at 1:30pm in the Café. Limited to 10.

Co-Ed Bridge – Thursdays (see calendar) at 7pm in the Robie Lounge

Men's Poker – Thursdays at 2pm in the Timbers

Happy Hour – Thursdays at 4:30pm in the Robie

Travel Agency – Thursday, 1st of month, at 4:30pm in the Robie Hallway

Men's Bridge – Fridays at 1pm in the Robie Lounge

Just Talk – Saturdays, 1st and 3rd, at 10am in the Café

(please note this event will resume on January 15 with a special invitation to new members)

Scrabble – Saturdays, 2nd, 3rd, 4th, 5th, at 1:30pm in the Café

Movies – shown Wednesdays at 7:15pm, Saturdays at 7:30pm and Sundays at 3pm and 7:30pm in the Surround Sound Theater

Wii Bowling – Please call Sandra *41 for more information on this fun activity.

SPECIAL EVENTS

Art Reception—Debbie Weaver

Saturday, February 12, Noon-4pm in the Gallery

Rhythm in the Robie—Chinese New Year

Thursday, February 3, 3:30-4:30pm

Listen to 10 different Chinese instruments to bring in the Chinese New Year before the Chinese Buffet.

Jazz Saxophone Music

Monday, February 14, 5-7pm in the Timbers/ Grill foyer

As you enter for dinner, enjoy the soothing sounds of the sax. If you wish, you may sit in the Timbers Lounge and enjoy the music.

Rhythm in the Robie—Tom Stanfield

Thursday, February 17, 7-8pm in the Robie Lounge

From The Abbey in Lake Geneva, Tom Stanfield will tickle the ivories as he sings songs that you remember.

FITNESS CLASSES

Ladies Get Up and Go!

Mondays and Wednesdays, 9-9:30am

An invigorating exercise class for women set to the pace of fun and lively music. Weights, bands, balls and simple cardio leave you feeling energized and ready to get up and go!

Theraqua

Mondays, Wednesdays, and Fridays, 10-10:45am in the pool

Enjoy the soothing feeling of the water on your joints as you stretch and strengthen your muscles and have a light cardio-vascular workout.

Osteoball with Paula

Tuesdays at 1pm

The popularity of this class keeps building and building. Come join joyous nurse Paula and the gang of Osteoball followers for this fun, effective workout. All exercises are done seated with the use of a light air-filled ball to strengthen muscles and bones!

Men's Torture Chamber

Tuesdays and Thursdays, 9-9:30am

Just kidding! This is a great strength class for men of all fitness levels. We sweat, we sing, some say we're silly, but we just like to have a good time. Won't you join us?

Open Water Walk

Tuesdays, 3-3:30pm in the pool

The entire body feels loose and relaxed after a gentle half hour walk in The Garlands heated pool. Easy chairlift access is available for members wanting pool entry assistance.

Pilates

Thursdays from 9:30-10am

A challenging mat-based exercise class done on the floor to strengthen the core and tone and elongate the body. Participants lie on their backs for many of the exercises and use chairs to get up and down from the floor.

Balance Fitness for Men and Women

Fridays at 9am in the PAC



Congratulations to Garlands member Julia Steco, age 81, on her 300 Wii Bowling Score.

You may recall that Julia earned a score of 274 last year. This year she topped her best with a 300—that's ten consecutive strikes on all of ten frames! Amazing! Congratulations, Julia!

The Garlands has gone completely CYBER!



Will you be our FRIEND on Facebook? Become a "friend" of The Garlands on Facebook and follow our news! Just type in The Garlands of Barrington in your Facebook search and become a Fan!

The Lyric Opera Lectures co-sponsored by the Barrington Chapter of the Lyric Opera and The Garlands of Barrington 2011 Series

Lectures are held in the Surround Sound Theater unless otherwise noted.

Please reserve your spot with the Concierge no later than the day before the event.

Lohengrin

2/9/2011, 3:30pm, John Piepgras

Hercules

3/1/2011, 3:30pm, Gary Pett

SPA AND FITNESS CENTER

Hours at Spa Vargas at The Garlands

Mondays and Tuesdays: 9am-3pm; Wednesdays, Thursdays, Fridays: 9am-7pm

Saturdays: 9am-6pm



spa Vargas
enjoy the party and the relaxation



THE FITNESS CENTER

Hotel guests over the age of 16 may use the fitness center after signing a waiver and getting a wristband from Member Services. Hotel guests may use the pool when classes are not in session after signing a waiver and securing a wristband.

The pool and locker rooms are open 7 days a week from 7am-7pm.

Family Swim: Fridays 4-7pm, Saturday and Sunday 1-7pm.

The Ping Pong Table

Located in the Burnham Room. Please call Member Services at *02 to set it up if you wish to play.

“Matter of Balance”—A Fall Prevention Program

*Mondays 2/14, 2/21, 2/28 and 3/7, Wednesdays 2/16, 2/23, 3/2 and 3/9 and Friday, March 11, 1-3pm in the Burnham room of the new building. Please call Sandra at *41 to register.*

In this program taught by certified instructor, Sandra Sieber, your balance will be assessed, specific exercises will be taught and practiced, specific medical conditions that predispose one to fall will be discussed. Participants learn problem solving attitudes and how your attitude and your habits affect the risk of a fall. You will also learn to assess the physical safety of your home and community. The class is limited to eight people. A waitlist will be taken and the class will be offered in the future if we have interest.

New! Yoga Demo Class

Tuesday, February 8 at 9:30-10am in the Fitness Studio

Amy Ricks, a Barrington area yoga teacher, will be coming to The Garlands. She will be demonstrating a gentle half hour yoga class. Please attend. If you enjoy the class and we have at least six people to sign up, we will invite Amy back to teach a six week yoga class!

Low Vision Members Group

The Barrington Library delivers 50 titles to our library each month and half of those are in large print. They will add five books on CD. If you are interested in borrowing a CD player to listen to a book on tape, please contact Jill at *13. Also the library has homebound delivery service.

Library staff members and volunteers will deliver materials to Barrington Public Library District patrons who are temporarily homebound (30-day minimum), the permanently disabled, or the elderly without transportation. Call 847-382-1300 ext. 360 and ask for homebound delivery.

Please call Jill at *13 if you need assistance reading documents.

Garlands of Barrington Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 THE GARLANDS® <i>— of Barrington —</i>		1 9:00 Men's Fit 9:00 Blood Pressure 9:00 GSH Medical Office 10:00 Standing Tai Chi 11:00 Questions with Bruce 12:00 Men's Lunch 1:00 Women's Osteoball 2:00 Chocolate Tasting 2:00 Gin Rummy 3:00 Water Walk 3:30 Men's 8-Ball 7:00 WWII Video	9:00 Women's Fit 9:00 Dental Health 9:00 GSH Medical 10:00 Coed Therapu 11:45 Guys & Dolls 12:30 Women's Tea 1:30 Crafts 2:30 Coed Team W 3:30 Election Mov 7:15 Movie
6 10:45 Catholic Prayer and Communion Service 1:00 Let Freedom Sing 1:00 Family Swim 3:00 Movie Matinee 5:25 Super Bowl Sunday 7:30 Movie	7 9:00 Women's Fit 10:00 Coed Theraqua 12:00 Ladies Lunch 1:00 Ladies Bridge 1:30 Trader & Dominick's 2:30 Bible Study 3:00 Wii Bowling Practice 3:00 Ladies Pool 4:30 Happy Hour 7:00 Islam DVD	8 9:00 Men's Fit 9:00 GSH Medical Office 9:30 Yoga 9:30 Barrington Writers 10:00 Standing Tai Chi 11:00 Walgreen's 11:30 Mexican Lunch 12:00 Men's Lunch 1:00 Women's Osteoball 2:00 Gin Rummy 2:30 Pilots 3:00 Water Walk 3:00 Book Browsers 3:30 Men's 8-Ball 7:00 Texas Hold'em	9:00 Women's Fit 9:00 GSH Medical 10:00 Coed Therapu 11:30 Protestant Co 12:30 Women's Tea 1:00 Speaking of Unmentional 2:30 Coed Team W 6:30 Dementia Sup Group 7:15 Movie
13 10:45 Catholic Prayer and Communion Service 1:00 Family Swim 3:00 Movie Matinee 7:30 Movie	14 9:00 Women's Fit 10:00 Coed Theraqua 11:00 Valentine's Day Party 12:00 Ladies Lunch 1:00 Ladies Bridge 1:30 Caputo's 2:30 Bible Study 3:00 Wii Bowling 3:30 Ladies Poker 4:30 Happy Hour 5:00 Jazz Saxophone 7:00 Islam DVD	15 9:00 Men's Fit 9:00 GSH Medical Office 10:00 Standing Tai Chi 11:00 Black Jack 12:00 Men's Lunch 1:00 Women's Osteoball 1:30 Spiritually Speaking 1:45 Healthy Foods 2:00 Gin Rummy 3:00 Water Walk 3:30 Men's 8-Ball 7:00 WWII Video	8:30 Podiatrist 9:00 Women's Fit 9:00 GSH Medical 10:00 Coed Therapu 11:30 Mini Golf 12:30 Kohl's Shoppi 12:30 Women's Tea 2:30 Coed Team W 5:00 Pasta Night 7:15 Movie
20 10:45 Catholic Prayer and Communion Service 1:00 Family Swim 1:30 Memory Board 3:00 Movie Matinee 7:30 Movie	21 9:00 Women's Fit 10:00 Coed Theraqua 11:00 Catholic Mass 12:00 Ladies Lunch 1:00 Ladies Bridge 1:30 Trader & Dominick's 2:30 Bible Study 3:00 Wii Bowling 3:00 Ladies Pool 4:30 Happy Hour 7:00 Islam DVD	22 9:00 Men's Fit 9:00 GSH Medical Office 10:00 Standing Tai Chi 11:00 Sing Along 12:00 Men's Lunch 1:00 Women's Osteoball 2:00 Eurofresh (Lobby) 2:00 Gin Rummy 3:00 Water Walk 3:30 Men's 8-Ball 7:00 WWII Video	9:00 Women's Fit 9:00 GSH Medical 10:00 Coed Therapu 10:00 Walmart 12:30 Women's Tea 1:00 Bingo 2:30 Coed Team W 2:30 Cooking Demonstration 7:15 Movie
27 10:45 Catholic Prayer and Communion Service 1:00 Family Swim 3:00 Movie Matinee 7:00 Academy Awards 7:30 Movie	28 9:00 Women's Fit 10:00 Coed Theraqua 12:00 Ladies Lunch 1:00 Ladies Bridge 2:30 Bible Study 3:00 Wii Bowling Practice 3:30 Ladies Poker 4:30 Happy Hour 7:00 Islam DVD		

FEBRUARY 2011

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	9:00 Men's Fit 9:00 GSH Medical Office 9:30 Pilates 10:00 Standing Tai Chi 10:00 & 2:00 Jewel 10:00 Art 2:00 Men's Poker 3:30 Chinese Instruments 4:30 Travel Service 4:30 Happy Hour 5:00 Chinese Buffet 5:00 Buffet 7:00 Co-Ed Bridge	4	9:00 Coed Balance Fitness 10:00 Coed Theraqua 11:30 Green & Groceries 12:30 Elgin Symphony 1:00 Men's Bridge 2:30 Jewel 4:00 Family Swim	5
Onsite Office na m Wii /ii ie	3	9:00 Coed Balance Fitness 10:00 Coed Theraqua 11:30 Music in the Morning 1:00 Men's Bridge 2:30 Jewel 4:00 Family Swim 5:00 Chef's Table (Roycroft)	10:00 Just Talk 1:00 Family Swim 1:30 Birthday Bash 5:00 Candle Light Dinner 7:30 Movie	
9	9:00 Men's Fit 9:00 GSH Medical Office 9:30 Pilates 10:00 Standing Tai Chi (Fitness Center) Jewel 10:00 Art 11:15 Volunteer 2:00 Jewel 2:00 Men's Poker 3:00 Book Club 2 4:30 Happy Hour 5:00 Buffet 7:00 Co-Ed Bridge	11	12	
Office na mmunion m Wii bles /ii port	10	9:00 Coed Balance Fitness 10:00 Coed Theraqua 11:30 Current Events 1:00 Cookie Exchange 1:00 Men's Bridge 2:30 Jewel 4:00 Family Swim	12:30 Art Reception 1:00 Family Swim 1:30 Scrabble (Cafe) 5:00 Candle Light Dinner 5:00 Chef's Table 6:30 Elgin Opera 7:30 Movie	
16	9:00 Men's Fit 9:00 GSH Medical Office 9:30 Pilates 10:00 Standing Tai Chi 10:00 & 2:00 Jewel 10:00 Art 1:30 Jewelry Repair 2:00 Men's Poker 4:30 Happy Hour 5:00 Buffet 7:00 Piano in Robie 7:00 Co-Ed Bridge	18	19	
Office na ng m Wii /ii	17	9:00 Coed Balance Fitness 10:00 Coed Theraqua 11:30 Member Meeting w/Bruce 1:00 Men's Bridge 2:30 Jewel 4:00 Family Swim 5:00 Taste of The Garlands	10:00 Just Talk 1:00 Family Swim 1:30 Scrabble (Cafe) 5:00 Candle Light Dinner 7:30 Movie	
23	9:00 Men's Fit 9:00 GSH Medical Office 9:30 Pilates 10:00 Standing Tai Chi 10:00 & 2:00 Jewel 10:00 Art 2:00 Men's Poker 3:00 Clothing Sale 4:30 Happy Hour 5:00 Buffet 7:00 Co-Ed Bridge	25	26	
Office na m Wii /ii n	24	1:00 Family Swim 1:30 Scrabble (Cafe) 5:00 Candle Light Dinner 7:30 Movie		

BARRINGTON AREA COUNCIL ON AGING— UPCOMING TRIPS

BACOA and Travelex are offering:

Burgundy and Provence—Uniworld Boutique River Cruise

Departure date: April 3, 2011. A rich combination of fine food and wine, history and scenery. The seven-night cruise through southern France features shore excursions through the countryside, entertainment and cultural programs.

Pacific Coast Crystal Cruise

Departure date: April 10, 2011. Experience the great outdoors, urban strolls and even a spa day on this seven-day cruise up the West Coast. Among the stops: Los Angeles, San Francisco, Seattle and Vancouver.

Canadian Rail Tour

Departure date: September 29, 2011. This trip is still in the planning stages, but it will include stops in Toronto, Montreal, Ottawa and Quebec City. For more information, contact Gwen Coles at Travelex at (847) 519-4819.

BACOA and Collette are offering:

Copper Canyon Adventure

Departure date: March 19, 2011. Explore the cultures and landscapes of the Copper Canyon in northern Mexico. This nine-day trip includes stops in San Carlos, Creel, and Chihuahua, as well as first-class train travel through the canyons.

Discover the French Riviera

Departure date: September 14, 2011. Enjoy the sun and the sea on this eight-day tour. Tour is based in Nice and includes tours of the city as well as trips to Monaco and San Remo, Italy.

GO GREEN/STAY IN TOUCH

Do you regularly use email? We would love to start using email as a way of communicating to our members. Please register your email address with The Garlands Concierge.

Additionally, please submit your local adult children's email addresses to the Concierge as well. We'd be happy to send them an online copy of the monthly *Gazette* and other periodic updates about The Garlands.

Garlands Members Ring in the New Year in Style!



THE GARLANDS TRAVEL CORNER

Travel Talks

If you are interested in doing a travel talk or in being part of a travel panel, please indicate your interest to Jill at *13.

Travel Tips

Do you have a travel tip that you would like to share? Please submit via email to jlund@thegarlands.com.

Travel Forum Round Table

Is anyone interested in having a round table discussion about a specific place traveled? Please call Jill *13 if interested.

Come Travel With Me...

If you are interested in going to a destination, we will list your destination here. Jill will make a list of members interested in going to that destination to see if a group trip can be formed. Where do you want to go?

La Plata, in Northeast Missouri with Don Reed, May 20-22

It includes Amtrak round trip during daylight hours and a two night stay at a railroad-themed inn. Points of interest include: historic houses, shops, eating establishments, and lots of railroad memorabilia and operations.

Full info is available online at www.20thCentury.org (the RR club) and Don Reed, 72312. Cost per person for a double is \$329, single \$425 and triple \$299. Door-to-door transportation from The Garlands and two meals are included. Trips are also available to the Quad Cities Rail Festival July 22-24 and the Beech Grove Shops (RR) July 30, with details provided by Don Reed later.

THE GARLANDS TO GO!

Please arrive in the lobby at least 5 minutes prior to the listed departure time.

In order to respect departmental and individual schedules, the bus will leave promptly at the advertised time.

Please join us on these exciting day trips by signing up at the Concierge desk.

Complimentary Grocery Transportation

Please check the calendar or call the Concierge for details. Seating is limited so please make a reservation with the Concierge.

Guys and Dolls, Marriott Lincolnshire

Wednesday, February 2, depart 11:45am, show time 1pm, \$50 per person. Please reserve by January 17.

Welcome to the world of high rollers, loveable lowlifes and Salvation Army soul savers. Enjoy thrilling dance and a timeless score including "Luck Be a Lady." Please eat your lunch prior to boarding the bus or order a box lunch from the dining room to take and eat on the bus as lunch is not included in this outing.

"Let Freedom Sing," Carmel High School, Mundelein
Sunday, February 6, 1-4pm, show is 2-3pm. This is free, however you must sign up for transportation by 2/1.

A special presentation of a professionally choreographed and produced cabaret from Carmel Catholic High School students.

Elgin Symphony, Hemmen Cultural Center

"Night on Bald Mountain"
Friday, February 4, 12:30pm departure

"Don Juan and Dvorak" Friday, March 4, 12:30pm departure
Please contact Jill at *13 about ticket availability.

Walgreen's—Barrington
Tuesday, February 8, 11am-12:30pm

"Elgin Opera Goes Hollywood!" Gala Concert, Hemmens Cultural Center
Saturday, February 12, 6:30pm departure, show starts at 7:30pm. Reserve by 2/1. \$15-\$35 per person

Music you have heard in the movies sung in original languages with English subtitles. Excerpts from La Traviata, Madama Butterfly, Aida and Don Giovanni.

Kohl's, Lake Zurich
Wednesday, February 16, 12:30-2:30pm

Walmart, Lake Zurich
Wednesday, February 23, 10-Noon

BULLETIN BOARD

Your Guide to Abbreviations...

Many times there just isn't room to write out the long names of the rooms here at The Garlands. Please note the PAC = The Garlands Center for the Performing Arts; SST= Surround Sound Theater.

Making Reservations

We ask members to call the Concierge at *07 to make reservations for all Garlands activities with a speaker or entertainer where seating is limited or needs to be set up. Also, if there is food or beverage with an activity, please call Grace so that we can have the right amount of food prepared. Any dining events, call the dining room as indicated. Any Wellness events, call Paula as indicated.

Know Your Current Events with Paula

Friday, February 18, 11:30am in the Café

Come test your knowledge or learn something new. This is a fun way to exercise your brain and EngAGE.

Brain Teaser:

Call Paula at *40 with your answer.

Can you guess the next three letters in the following series and why?

C Y G T N T L I T E.....

Congratulations Toby Myers and Corinne Anda for getting last month's brain teaser correct. mailbox is a seven-letter word with hundreds of letters in it.

Volunteers Needed— “New Life for Old Bags”

**Thursday, February 10,
11:15am in the Café**

The Garlands and Prairieview in collaboration with organizations will work together to make mats for the homeless to sleep on. Plastic grocery bags will be recycled and crocheted into these mats. There are many jobs like cutting strips and crocheting them together or organizing the pieces. Please attend this demo session to see how you can be of help and make our environment GREEN.

Ladies Poker Group Needs More Members

This group meets the second and fourth Mondays at 3:30pm and more players are needed. Please call Jill *13 if you are interested in being part of this group.

Casual Bridge Club to Begin

If you are a bit rusty or just want to play for fun, please contact Jane Hoffman at 71127.

Backgammon Anyone?

If you are interested in getting a game going or forming a monthly group of players, please contact Jane Hoffman at 71127.

Mail Alert

The last two months we have found the wrong mail in our boxes and many are missing statements. Please check your mail to make sure it belongs to you before opening. Please put the rightful owner's mail in their cubby. Thank you.

~Fellow Members

Used Batteries

There is a recycling bucket in the Resource Room in which to place your used batteries.

The Garlands Library

A few of the recent additions to our Garlands library:

Fiction

Mary Higgins Clark—The Shadow of Your Smile (large print)

Jonathan Kellerman—True Detectives (large print)

James Patterson—Don't Blink (large print)

Elizabeth Kostova—The Swan Thieves

Brad Thor—The Athena Project

Non-Fiction

Lee Edwards—William F. Buckley, Jr., the Maker of a Movement

Henry Paulson, Jr.—On the Brink

Mary Roach—Packing for Mars

Garden Planters

Spring is right around the corner and the planters are almost ready. Please call Jill *13 to reserve your planter today. You may share a planter with a friend to make growing even more fun!

Dementia Support/ Educational Group

**Second Wednesdays each month,
beginning March 8, 6:30-
7:30pm at Prairieview, in the
second floor north living room.**

Contact Lynn Laystrom at *36 or Kathy LaPorte at *55 for more information on this group designed for families of loved ones

BARRINGTON WRITERS TO READ AT THE GARLANDS

Tuesday, February 8, 9:30am-12:30pm in the PAC

The 34 year Barrington Writers Workshop will visit February 8 to hold a joint meeting with Garlands members in the PAC from 9:30AM to 12:30PM.

Writers will read poems and articles for everybody to critique. Members are encouraged to come, listen and share their opinions about what they hear. Jack Roche will read his latest poem "Joy" at about 10:30am. Join us, have a cup of coffee or tea. Enter and leave as often as you want. We are a casual group. Readers won't mind.

Mitchell P. Kartalia and I

On a September morning in 1935 I reported for my 7 A.M. shift on the ward A 2. During the night a University of Cincinnati student had been admitted. I remember seeing his name on the chart "Mitchell P. Kartalia" and experienced a bit of interest in this new patient. I was scheduled to attend him pre-op for a hernioplasty.

Mitch was assigned to a cheerful 6 bed ward where no one was very ill. One man sort of initiated interesting repartee among them. This patient had been sent a large bouquet of brilliant rusty colored mums and also had a radio playing songs of the era such as "Red Sails in the Sunset" and "When We're Out Together Dancing Cheek to Cheek." This was a nice diversion from the usual large ward of 24 patients.

Mitch and I, after his surgery, had a few conversations which usually concerned our reading choices such as Readers' Digest and both of us had enjoyed reading Zane Grey of the "purple sage and the tumbling tumbling tumble weed."

Toward the end of Mitch's stay he asked about my knowledge of algebra and if I could help him. He handed me the book and on a page had written. "How about a date if and when I get out of here?" I dropped the book, probably in shock, and came up after retrieving it. Then I said "Yes."

Mitch had to leave school because he was not allowed to do stairs.

I began a correspondence with him, the envelopes were addressed to Avella, PA. He returned to Cincinnati in January, came to the Nurses' Home and we had our first date to see the Wayne King Show. In a few days I learned he had taken my nurse friend Nan to see Wayne King also. I was sort of stunned since Nan had a "Hometown Honey."

Later on at a date at a popular spot in Cincinnati called "La Normandy" I had my first alcoholic drink, "Golden Fizz" and we danced. He asked me then and again on the next date at La Normandy, as we danced to the same song, asked if I had listened to the words of "It's a Sin to Tell a Lie." I finally understood and there were no more dates with Nan, and we had our song.

We have a dear friend here who has often entertained all of us at the piano during Happy Hour here at The Garlands. I share with her being from Southern Ohio, and the memories of both of us attending a one room school. She, Mitch and I have all attended the one room school. She also has learned our story of "It's a Sin to tell a Lie" and usually includes it when she performs. Thank you, Evelyn.

~Becky Kartalia

JOY

Joy comes in with ocean breezes, sunshine and spacious skies.

The marvel is Joy pushing away the shadows.

Stronger than ocean breezes, sunshine and spacious skies is the Joy of love rushing in to end the emptiness.

Joyful changes are wondrous. Searching hearts discover each other and ignite fresh love, crushing old sorrows.


Contagious Joy envelopes our family hearts to share and encourage the new love to hold fast the longed for dreams.

~John Patrick Roche
The Garlands of Barrington
December 27, 2010

THE LIFELONG LEARNING CENTER

Lectures are held in the Surround Sound Theater unless otherwise noted. Please reserve with the Concierge no later than the day before the event.

Speaking of Unmentionables:

The Rise and Fall of Ladies Underwear  **Harper College**
(Part of Lunch and Learn)

Wednesday, February 9, 1-2pm in the Café, please sign up by 2/7.

Women's fashions are shaped, literally and figuratively, by the underclothes. Throughout history a woman's frame has not always been entirely her own. Delicate pieces of linen and lace, stiff corsets, and sturdy hoops and bustles are fascinating to modern eyes. They are the unseen history of an era. Modern contrivances are no less remarkable. Who in the world thought of control top panty hose? And we thought we were liberated! Ellie Carlson will present this novel and sometimes risqué presentation and will unveil some myths about women's unmentionables. Participants will also view actual examples of historic underwear.

Where Angels Walk  **Harper College**

Wednesday, March 30, 2-3pm in the PAC, please sign up by 3/28.

Join author Joan Wester Anderson and immerse yourself in stories of angels. Anderson's book, "Where Angels Walk," is a collection of inspiring stories about angelic interventions and was on the *New York Times* bestseller list for more than a year. If you believe in angels, then you will rejoice in this thrilling collection of stories attesting to angelic interventions in human affairs. If you do not believe, you may find yourself wavering as you listen to true stories of intervention. It may even help you remember a time in our own life when an angel walked beside you.

Other Opportunities to Exercise the Mind Muscle

Great World Religions: Islam DVD Series from The Teaching Company
Mondays at 7pm in the Surround Sound Theater. No reservations needed.

This DVD series features lectures by Professor John L. Esposito, Professor of Religion and International Affairs and Professor of Islamic Studies at Georgetown University who also serves as a consultant to the Department of State. He has written over 25 books and is editor-in-chief of *The Oxford History of Islam*.

2/7: Lectures 1 and 2—Islam Yesterday, Today and Tomorrow and The Five Pillars of Islam

2/14: Lectures 3 and 4—Muhammad and God's Word, the Quranic Worldview

2/21: Lectures 5 and 6—The Muslim Community, Faith and Politics and Paths to God, Islamic Law and Mysticism

2/28: Lectures 7 and 8—Islamic Revivalism and The Contemporary Resurgence of Islam

3/7: Lectures 9 and 10—Islam at the Crossroads and Women and Change in Islam

3/14: Lectures 11 and 12—Islam in the West and The Future of Islam

Would You Like to Host a Block or Floor Party?

Members are invited to get acquainted with other members on their floor or wing. Some members may host these parties in their home or choose to host it in one of The Garlands common areas such as the Timbers Lounge. As a host or hostess please complete a block party request form (obtain and return to Jill at *13) at least two months prior to your party date. Your block party will be advertised in the *Gazette* and on the Touchtown TV. Hosts are encouraged to take pictures and email them to Jill at jlund@thegarlands.com so that they can be used in future *Gazettes* to promote these types of engaging events.

FOOD, GLORIOUS, FOOD

Chinese New Year Dinner Buffet

Thursday, February 3, 5-7pm in the Winslow Dining Room

Please call *17 for reservations.

Mexican Luncheon

Tuesday, February 8, 11:30am-1:30pm in the Winslow Dining Room

An authentic Mexican themed menu will be served. **Please note:** the Winslow lunch menu will not be available. Please call *17 for reservations.

Chef's Table

Friday, February 11 and Saturday, February 12, 5pm in the Roycroft Dining Room

Join Chef Hans and F&B Director Istvan for the Chef's Table! Istvan shares his extensive knowledge of wine while Chef Hans prepares your mouthwatering dinner just steps away from your table! Space is limited. Please call *14 for reservations.

Pasta Night

Wednesday, February 16, 5-7pm in the Grill

Please note: the Grill dinner menu will not be available. Please call *17 for reservations.

Cooking Demonstration

Wednesday, February 23, 2:30pm in the Café

Watch one of The Garlands chefs prepare a tasty meal in the Café! Small samples will be given at the end of the demonstration as well as the recipe for the dish created! Space is limited, please call *14 to reserve your spot!

Taste of The Garlands

Friday, February 25, 5-7pm in the Performing Arts Center

Details on ticket prices and menu items are available at the host podium in the Winslow Dining Room! **Please note:** the Winslow Dining Room will be closed for dinner.



WELCOME NEW MEMBERS

Carol and Norb Schwarz Residence 3221

Carol and Norb Schwarz moved from Chicago to their new home in Phase II in The Garlands from Chicago in November. They have three children and five grandchildren all living in the Chicago area and suburbs.



Carol began a teaching career after earning her business degree from the University of Texas in Austin. Subsequently she had held various office management positions with physician and hospital service organizations. Following her retirement from the active business world, Carol has focused on her

main interests of reading, hiking, travel, photography and bridge. Her travels have taken her from polar bear country in Churchill Canada to the Galapagos Islands and whale watching in Baja. This past September she and Norb joined a Road Scholar (Elderhostel) hiking trip to Yellowstone and the Titans.

Norb is a Wisconsin native and spent most of his business career in the commercial banking industry. After moving to Chicago in 1994 he helped found a consulting group devoted exclusively to serving family businesses. In addition to joining Carol on the golf course during the summer, Norb enjoys watercolor painting and can be seen occasionally at the billiard tables in The Garlands.

Please welcome Norb and Carol Schwarz to the Garlands

WELCOME NEW MEMBERS

George and Dorothy Pratt Residence 2214

George and Dorothy Pratt recently moved to The Garlands from their previous home located six miles to the



north of The Garlands. Their discovery of Tower Lakes in Barrington in 1954 coincided with George's career working for the American Can Company which once resided on the very piece of property on which The Garlands now sits.

Dorothy and George have enjoyed all their years living in Barrington watching the growth and expansion which now includes The Garlands. Even though George had long since retired, he frequented The Garlands attending the American Can reunion lunches hosted here. George joins several other past coworkers now living just a few apartments down the hall from him.

George once considered himself an Easterner in that he grew up and attended school in areas such as New Bedford, MA, Rochester, NY, and Harvard. During World War II George studied Japanese in an Army Intelligence Unit mostly at the University of Michigan and then later in Japan, courtesy of the United States Army. But it was as a chemist following the war that George moved

to Maywood, IL, making his transition to the Midwest permanent.

Dorothy and George met at American Can, both working as chemists. Dorothy grew up in Oak Park and graduated from Wellesley with a chemistry degree and worked in the food chemistry lab for American Can. However, what she enjoyed most was her position as a secretary at Northwestern Medical School where she became friends with the most interesting and talented people such as doctors and graduate students from all over the world. Dorothy left her position to marry George and found it to be quite an adjustment, moving to Barrington after being a city girl most of her life.

Soon after their move to the country, the Pratt family expanded to six, giving Dorothy a very full and busy life in Tower Lakes. It is a good thing the Pratts live in the middle of the United States since their children are spread out, living in Colorado, Florida, Atlanta, Alabama and one grandchild, Edward, attends Brown University. Three of their children visited during the moving process and holidays with one more expected to make an appearance soon.

While George and Dorothy have never lived beyond Barrington, they have been fortunate enough to have visited far beyond its borders to such places as Europe, the Middle East and the Far East.

Please welcome George and Dorothy to The Garlands.



THE GARLANDS
—of Barrington—

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