

Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



HAPPY HOUR

Happy Hour in the Robie Lounge with members Carol Brenner, Carol Finan, Penny Lumsden, Heather Kircher, and Doris Dorzweiler.



SHEEP TO CHIC

Suzanne Carmer and Jane Hoffman enjoying Natasha's presentation, From Sheep to Chic.





PERFECT!

Congratulations to the Prairieview team for earning a perfect survey from the Illinois Department of Public Health (L to R, front to back) Klaudia Mieczkowska, RN, Terri Forti (PV Activities Director), Kelly Irgang (DON), Alicia Leszko (Dietary and Nutrition Manager), Dawn L Kempf (VP/ Administrator), Amanda Hintz (Asst. Administrator) and Dr. Orazio Bartolomeo (Medical Director).

Special Events

Please RSVP to the Concierge at *07

<p>Saturday MAY 5 1:30-2:30pm</p>	<p>May Birthday Bash with Rose Colella - rsvp to *07 <i>In the Robie Lounge</i></p> <p>Featured in <i>The New York Times</i> and <i>Chicago Tribune</i>, among others, Rose Colella performs regularly at Chicago's jazz clubs. She'll be singing a fun, upbeat set of standards from the Great American Songbook (plus a Cinco de Mayo surprise), and she'll slip in anecdotes about the songs and composers throughout the program. Most importantly, "members are encouraged to sing along!" Rose comes by her talent via her grandmother, Lola Bard, a 1930s vocalist who performed and recorded with Bobby Hackett & The Original Dixieland Jazz Band. <i>The New York Times</i> article and other write ups on Rose are in the Gazette Binder in the Resource Center.</p>	
<p>Saturday MAY 5 4:30-6pm</p>	<p>Kentucky Derby Party - rsvp to *07 <i>In the PAC</i></p> <p>Watch the race while listening to Kentucky blue grass tunes strummed on the banjo. Sip on a Mint Julep and enjoy a Kentucky Derby treat. Betting will be \$1 per bet. Get ready to pick your winners. House odds prevail. If you wear a fancy hat, we throw another dollar in the pot.</p>	
<p>Mondays MAY 7, 14, 21, and June 4 10am-12pm</p>	<p>Art Class with Melissa Wood - rsvp to *07 <i>In the Art Studio in PV</i></p> <p>Even if you've never drawn before, come learn! Melissa's first class will focus on perspective, architecture, and tips; then you'll have input on what you'd like to learn. Bring drawing pencil, sharpener, drawing paper, and a ruler. If you need us to purchase supplies for you, please let Ginny know at the time you sign up for the class. Melissa can't wait to share her enthusiasm for art with Garlands members!</p> <p>Melissa is enjoying a successful career as an artist. She is a graduate of The School of The Art Institute and Harrington College of Design; her background is in Interior Architecture, Design, and Space Planning. See more on Melissa's career and photocopies of some of her work in the Gazette Binder in the Resource Center. Learn more at http://www.mwoodpen.com.</p> <p>Note: no class on Memorial Day, May 28.</p>	
<p>Sunday MAY 13 11:30am-1:30pm</p>	<p>Mother's Day Roses at the Winslow <i>In the Winslow</i></p> <p>If you are a Mom, please pick up your rose at the Winslow. Happy Mother's Day from The Garlands! While supplies last.</p>	
<p>Sunday MAY 13 10:30am-12:30pm</p>	<p>Family Portraits by Buschauer on Mother's Day - rsvp to 847-382-8484 <i>In the Robie Lounge</i></p> <p>Barrington photographer, Al Buschauer, will be set up before and during our Mother's Day Luncheon to create lovely professional portraits of families and friends. Call them at 847-382-8484 for pricing and to reserve your time. You can view their work at www.buschauerportraits.com.</p>	

Special Events

Friday MAY 18 7-8pm	Andrew Blendermann Returns - rsvp to *07 <i>In the PAC</i> <p>Andrew Blendermann has entertained regularly at Big Shot in Arlington Heights, Mastro's in Chicago, and The Signature Room at the 95th as well as Howl At The Moon, Shirley's Piano Bar, the Drake Hotel, and the Red Head Piano Bar. You may know him from a viral video called "Chicago's Magical Piano," (8.5 million views!), but you're more likely to know him from the December 2017 Birthday Bash in the Café where he made a big splash. Members requested his return <i>while the last note was still ringing</i>. His 22-page play list is in the <i>Gazette</i> Binder in the Resource Center. All requests welcome.</p>	
Thursday MAY 24 3-4pm	Claude Monet: His Influencers and Influences - rsvp to *07 <i>In the SST</i> <p>We'll look at those who influenced Oscar-Claude Monet, his work, and the influence his work had on successive generations of artists. We'll also examine the impact of impressionism on neo-impressionism, post-impressionism, fauvism, cubism, and The Blue Rider. Instructor: Debra Levie of Art Alive Programming.</p>	
Monday MAY 28 2:15-3:30pm	Memorial Day Salute with VFW Post 7706 and Carolyn Wehner - rsvp to *07 <i>In the PAC</i> <p>At 2:15, VFW Post 7706 Commander Paul Corwin will honor the 100th anniversary of Armistice Day with a reading and a moving musical recording of "In Flanders Fields." At 2:30 Carolyn Wehner, who entertained at April's Birthday Bash, will sing a medley of military anthems and patriotic songs that span the Korean War and World War II years – a "Sentimental Journey" through the Big Band era of the 1940s and 1950s – featuring the music of Frank Sinatra, Johnny Mathis, Bobby Darin, Doris Day, Patti Page, and more. There will be red, white, and blue refreshments.</p>	
Wednesday JUN 6 7-8:15pm	The Time Warp! - rsvp to *07 <i>In the PAC</i> <p>Disc Jockey/Game Show host Eric St. John brings his retro game show to The Garlands, including massive screen and all the bells and whistles. Questions are centered on classic movie and TV clips, 1940s-80s Hollywood rumors, and classic comedy and music. There will be prizes!</p>	
Friday JUN 22 6:30-8:30pm	Behind The Scenes of The TV Show "Happy Days" - rsvp to *07 <i>In the PAC</i> <p>\$25 per person. Emmy Award winner Fred Fox, Jr. has been written and produced for television for over forty years, including the iconic "Laverne and Shirley" and "Family Matters." Fred's entertaining presentation will focus on his seven years with the #1 hit show "Happy Days," starring Ron Howard and Henry Winkler. He'll share the making of the show, the many experiences and travels of the "Happy Days" team, photographs and clips from some special episodes, plus fun bloopers. He'll also talk about his father's career writing for Bob Hope, George Burns, and Lucille Ball, among others. Fred welcomes your questions. Sip on malteds and root beer floats and enjoy deserts from the 50s. Tables of 10 will be assigned in RSVP order. After May 20, members may invite outside guests. This event is open to the public.</p>	

Things to Do

Golf at Makray Memorial Golf Club

Garlands members are invited, compliments of The Garlands, to play golf at Makray, Monday through Friday, any time, provided space is available, and weekends after 2:00 pm. In order to play, members must sign the 2018 Garlands Golf Club agreement, available at the Concierge desk or Member Services. We will then provide you with a picture ID card, which you'll need in order to receive complimentary greens fees during the above-mentioned times. Allow two to three days from the time you sign the agreement until you have your picture ID card for Makray. **Golfers call Makray directly (847-381-6500) for a tee time for either 9 or 18 holes. You do not pay for the greens fee, but you do pay Makray directly for a golf cart, if you use one, as well as any expenses other than greens fees.** By May 15, also at the Concierge desk, there will be a list of members who have signed the Garlands Golf Club Agreement. That way you can call around if looking for a player.

Jewelry Repair and Sales by Betsy

**Tuesday, May 1, 1:30-3:30 pm,
in the Wellness Hallway**

Betsy repairs and custom designs costume jewelry in a 1,000-square-foot room with an 16-foot wall of 400 necklace sets and 2 million beads. She specializes in matching her jewelry to your special outfits: bring a photograph or the outfit! All items under \$75. Cash and checks accepted.



LuLaRoe Clothing Sale

**Friday, May 4, 11:00 am-3:30 pm,
Wellness Hallway**

We have many new spring outfits to show off, along with leggings, skirts, dresses, jackets, blouses, tops and t's. Our clothes are sized from XXS-2X we truly have something for everyone. We always discount our items between 10 and 15 percent for all our beautiful seniors.

"Carousel," Live from Lincoln Center with The New York Philharmonic Orchestra -rsvp *07

**Wednesday, May 9,
and Thursday, May 10,
7:00-10:00 pm, the SST**

Set in a remote New England fishing village, Rogers & Hammerstein shaped their vision around competing themes of love, brutality, poverty, and disappointment; they then composed some of the most glorious music ever written for the stage, including "If I Loved You," "What's The Use Of Wond'rin,'" "June Is Bustin' Out All Over," "When I Marry Mr. Snow," "A Real Nice Clambake," and "You'll Never Walk Alone."

The New York Philharmonic captures the power and subtlety of this dazzling work in an all-star performance, starring soprano Kelli O'Hara as Julie Jordan and baritone Nathan Gunn as Billy Bigalow. Some of the reviews: "Kelli O'Hara's performance is breathtaking!"; "One of the best versions of Carousel. The full New York Philharmonic brings out the beauty of the score."; "For a concert production, it's the richest version of this musical you can get, backed by one of the greatest orchestras in the world and a phenomenal cast of class-act Tony winning performers."

Please take the time to RSVP to the Concierge at *07 so that we know how many members to expect.

Town Hall -rsvp *07

Wednesday, May 16, 2:00-3:00 pm, the PAC

Town Hall Meetings are a forum for Administration and Department Directors to update members on a variety of topics with an open exchange for questions and answers. Learn the latest Garlands news ahead of the Gazette. Hear what fellow members are asking.

Rethinking God -rsvp *07

Thursday, May 17, 11:00 am, the SST

Through the years, the characterization of God has changed in a way that it's most appropriate for our age to take its turn and do a rethinking job. Join member Rem Stokes as we explore the different ways we have viewed God over the centuries.



Things to Do

Garlands Living 301: Emergency Preparedness

-rsvp *07

Friday, May 18, 11:00 am-12:00 pm, the PAC

Do you know exactly what to do when you hear fire alarms or a tornado siren on our campus? What about when the power goes out? Do you know what to do if this happens and you are in a wheelchair or have oxygen? (Hint: it's not "call Member Services.") Please attend this informational, and possibly lifesaving, presentation by Roger Mutter, Director of Member Services, and Scott Weimer, Director of Maintenance. When the moment comes, you want to be certain you know precisely what to do.

Celebrate the Royal Wedding of Prince Harry and Meghan Markle

Saturday, May 19, 6:00 am, SST

Classical Music in the Evening -rsvp *07

Thursday, May 24, 7:00 pm in the SST

Join us for "Classical Music In The Evening." This program will feature a total of six pieces: two with pipe organ played by Dutch organist, Gert van Hoef, and four other orchestral pieces. The organ pieces will be "Danse Macabre" by Camille Saint-Saëns and "Conquest of Paradise" from the movie of the same name. The second half of the concert will include Franz Liszt's "Liebestraum No. 3"; "The Méditation from Thaïs," featuring violinist Chanelle Behdnarczyk; "Polovtsian Dances," performed by the Polish University Symphony Orchestra; and the beautiful "Rachmaninov Piano Concerto no. 2, 2nd movement," played by pianist Hélène Grimaud with orchestra accompaniment.

Please take the time to RSVP to the Concierge at *07 so that we know how many members to expect.

And It's A Big Mixed Bag with Uncle Bud

-rsvp *07

**Friday, May 25, 7:00-8:00 pm, the PAC and
Saturday, May 26, 2:00-3:00 pm, the PAC**

This program features four quirky, old, hard-to-sing songs (lyrics will be available), up tunes, and sing-along ballads. It will conclude with Bud's popular Armed-Forces Service Songs Medley. Refreshments included.



IT'S A GARLANDS
THREE-PEAT!

CONGRATULATIONS

Prairieview
Skilled Nursing

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THE GARLANDS®
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The 1930s -rsvp *07

*Three dates: Tuesdays, May 1, 8, and 15,
10:00-11:00 am , the Burnham Room.*

Instructor: Myra Loris

Register for the full series (descriptions below) or only those classes that interest you.

The 1930s: Dust, Discrimination, and Deviance -rsvp *07

Tuesday, May 1, 10:00-11:00 am, the Burnham Room. Instructor: Myra Loris

Take a historical tour of the Dust Bowl. You will also examine the American context, as it fostered the rise of racism in the 30s, and Eleanor Roosevelt as a voice for tolerance and change.

The 1930s: Something for Everyone –Arts and Culture in the Depression -rsvp *07

Tuesday, May 8, 10:00-11:00 am , the Burnham Room. Instructor: Myra Loris

President Kennedy and the

Cuban Missile Crisis -rsvp *07

*Friday, May 11, 10:00-11:30 am,
Burnham Room*

Instructor: Gary Midkiff

Gary's current foreign-policy newsletter is in the "Gazette" binder in the Resource Center.

The 1930s: Decade of Progress -rsvp *07

Tuesday, May 15, 10:00-11:00 am, the Burnham Room. Instructor: Myra Loris

You will explore the scientific and technological advances of the 1920s and 30s that laid the foundation for the modern era, with special focus on the amazing 1933 Chicago World's Fair.

Computer Lab in the Resource Center

Mondays, 3:45-4:45 pm, with Anthony

Help is available every week if you have a question about your computer or smartphone! Anthony is a high-school student who comes here to help you with your technology issues. Often he has no "customers." You can get help with any technology. Whatever you don't understand about your smartphone, ask him, even if it's how to turn it on!

Ongoing Happenings

What do you like to do? If it isn't in this Gazette, please call Nate (77415), and we will try to get a group going. Starting in the June Gazette, this section will include, if applicable, a contact person for each of the member-driven "happenings."

Art in the Studio – Thursdays, 10:00am-Noon, Prairieview Art Studio

Bible Study – Tuesdays at 1:00 pm, Tiffany Living Room 1st floor (restarts 1/9)

BINGO – 3rd Wednesday at 1:00 pm, Wellness Hallway

Birthday Bash – 1st Saturday at 1:30 pm, Robie

Book Browsers – 2nd Tuesday of the month at 3 pm, Eastlake

Book Lovers Club – 2nd Thursday of the month at 3 pm, Eastlake

Catholic Communion Services – Sundays at 10:45 am, 3rd floor PV Dining Room and Wednesdays at 10:15 am, 3rd floor PV Dining Room

Catholic Service – 3rd Thursday, 11:15 am monthly, 3rd floor PV dining room

Christian Evening Monthly Services – 3rd Monday at 7:00 pm, SST

Co-Ed 8 Ball Pool – Saturdays at 2 pm, Timbers Lounge

Co-Ed Bridge – Thursdays at 7 pm, Robie Lounge

Coffee with Istvan – 2nd Wednesdays at 9:30 am, Café

Episcopalian Communion – Last Tuesday at 3 pm, Eastlake (starting Jan 2018)

Film Classics – 2nd and 4th Monday of the month at 7 pm, SST

Gin Rummy – Thursdays at 1 pm, Robie Lounge

Hand & Foot Canasta – Tuesdays at 11 am, Timbers Lounge

Happy Hour – Mondays, Tuesdays, Wednesdays at 4:30 pm, Timbers, and Thursdays, Fridays, Saturdays at 4:30 pm, Robie

Just Talk – Saturdays 1st & 3rd at 10 am, Eastlake

Knit, Crochet, Stitch Group – 1st Wednesdays at 1 pm, 2000 entrance living room

Ladies Bridge – Mondays at 12:45 pm, Robie Lounge

Ladies Lunch – Mondays at Noon, Winslow

Mahjong – Wednesdays at 1 pm, Timbers

Men's 8-Ball Practice – Tuesdays at 2 pm, Timbers

Men's Bridge – Fridays at 1 pm, Robie Lounge

Men's Lunch – Tuesdays at Noon, South Winslow

Men's Poker – Thursdays at 2 pm, Timbers

Mexican Train Dominoes – Sundays, 1:30 pm, The Grill

Movies – Saturdays at 7 pm, Sundays at 2pm and 7 pm, Wednesdays at 7 pm, SST

Page Turners Book Club – 2nd Mondays at 2:30 pm, Eastlake

Pastor Joe - Thursdays at 1:30 pm, SST

Pinochle Players – Mondays at 1 pm, Wellness Hallway

Protestant Service – 2nd Wednesdays at 11 am, SST

Scrabble – The 2nd, 3rd, 4th, and 5th Saturday at 1:00 pm, Wellness Hallway

Sewing – 2nd Mondays at 1 pm, Wellness Hallway

Therapy Dogs – 1st and 3rd Thursdays at 11 am, Wellness Hallway

Watch Batteries and Knife Sharpening - 1st Mondays at 1:30 pm, Café (none 1/1)

Wine Club – 3rd Monday at 4 pm, Roycroft-rsvp *07

Fitness Center

*All fitness/movement classes will continue monthly, please obtain fitness brochure for details about the classes or call *41 for more info on all classes offered.
Please check your monthly calendar for times and locations.*

Support Group

The Garlands is considering forming a support group for people with neurological symptoms such as Parkinson's Syndrome. If you are interested, please contact member Mary Betz.

Bingo Workout!

Friday, May 4, 10:30-11:00 am , the Fitness Studio

Join certified personal trainer Angie Berthelsen in an opportunity to make exercising fun! Her bingo themed workout will include exercises emphasizing balance, strength, stretching and more. The winner will receive a gift certificate good for 30 minutes of personal training.

Six Strategies for Fitness Success

Friday, May 25, 11:00 am-12:00 pm , the SST

Mark J. Guthrie, owner of Five Point Fitness and noted authority on aging will discuss exercising safely and effectively including exercises to avoid, getting up and down off the floor, falling, and much more!

Zumba!

**Tuesdays and Thursdays, 2:00-2:30 pm,
the Fitness Studio**

Join Alex for some cardio dance! It's a fun way to burn some calories and also learn a few dance moves. You can sit or stand for this class. All are welcome to join.

Yoga Basics

Wednesdays, 11am in the Fitness Studio

This gentle mat class includes seating and standing poses to refresh, energize, improve balance, deepen breathing and enhance sense of well-being. Each session will incorporate range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation. Students should be able to stand unassisted but many of our practices are done with props, including chairs, so help and modifications are available.

Exercise Essentials

**Mondays, Wednesdays, Fridays, 9:00 am,
the Fitness Studio**

9:00-9:30 am standing/ chair exercises

9:30-9:45 am floor exercises

In this class you'll be reawakening muscles you didn't know you had! We will cover the very foundational core movements to improve your walking, build bone density, and prevent injury—a must-do class for all fitness levels.

Men and Women's Fitness Class

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

We will use balls, bands, weights and tubing for a total body workout in this fun class set to lively music. All activity levels are welcome.

Chair Yoga

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

We'll combine deep breathing and gentle range of motion stretches for a relaxing workout. All levels welcome.

Theraqua

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

Feel relaxed and buoyant after exercising in the pool! This fantastic, feel good class is designed for all levels and includes mild cardio, strength, and stretching. It is especially therapeutic for those with arthritis, joint pain or edema.

Friday Fun Walk

Fridays 2:00-2:30 pm, meet in the 1000 Lobby

Join us each week for a walk around the Garlands. In the warmer months we will be going outdoors and in the colder months we will walk indoors. Join us for good conversation, great scenery, and wonderful movement. All speeds of walkers welcome.

Fitness Center

Complimentary Fitness Program Designed Just for You!

Don't forget as a member of the Garlands of Barrington you can receive a FREE personal fitness program. Call *41 to receive a program specific to your needs!

May Birthdays

*Wishing Members a Happy Birthday to those celebrating their special day.
Please attend the Birthday Bash at 1:30pm on Saturday, May 5 in the Robie Lounge.*

Jackie Matecki	May 02	Dick Stranahan	May 07	Marilyn Laystrom	May 20
Joyce Thompson	May 03	Jean Latko	May 08	John Matecki	May 20
Terry Herdrich	May 03	Bill Dennie	May 11	Jim Harrer	May 22
Myung Chung	May 04	Marvin Herb	May 14	Lina Abraham	May 23
Marilyn Helberg	May 05	Gerda Schak	May 14	Carol Tucker	May 25
Phyllis Baber	May 05	Alma Gene Guenther	May 14	Karen Robinson	May 25
Steen Metz	May 05	Bill Mullin	May 14	Evie Dawson	May 25
Sal Leopardo	May 05	Carol Kauss	May 15	Millie Wilson	May 25
Rebecca Blickenstaff	May 07	Eleanor Ehrenfreund	May 16	Sallie Olson	May 29

The Gazette to Go

Going on vacation? Going to visit family? You can't take the Garlands with you, but you can take the *Gazette*. Bring along a copy of the *Gazette* and have a picture taken while holding it in front of something which shows where you have been. Give a copy to your children and grandchildren so they can join in the fun. Give Nate the picture and it will be displayed where all can see. Let's see how far the *Gazette* can travel!



Above: Joyce Carlson and Arlene Schoenherr enjoyed their trip to DC during Cherry Festival time.

Left: Kate Dunn and Rebecca Blickenstaff soaking up the sun and warm weather in Florida.

Wellness Programs

Wellness Center Hours

The Wellness Center is open and staffed by a Registered Nurse Monday through Friday, 8:00 am to 4:30 pm, and on Saturday, 8:00 am to noon. The Garlands Home Care Solutions Manager is available Monday through Friday, 8:30 am to 5:00 pm.

Blood Pressure Testing

Drop in or make an appointment during Wellness Center nursing hours to have the nurse check your blood pressure and other vitals. (*40)

Lab Services

Blood draw services are offered every Tuesday at 9:00 am in the Wellness Center.

This service is provided by NICL Lab and a minimum 20 hour advance notice is required.

Please call *40 for more information on this service.

Comprehensive Group / HealthPRO Rehabilitation

For all of your therapy needs. By appointment only. Please call *47 for information and scheduling.

Outdated Prescriptions and Other Medications

These items may be brought to the Wellness Center Monday through Friday 8:00 am-4:30 pm.

Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

THE DOCTOR IS IN...

Audiologist: Dr. Regina Dziejwior

Wednesday, May 16, 9:00 am-12:00 pm, Wellness Center

Dr. Dziejwior has over 35 years of experience and offers professional hearing evaluations along with state-of-the-art hearing solutions including wireless hearing aid technology, compatible with consumer devices such as TV's and cell phones. She also offers hearing aid repairs and maintenance services for most brands. Please call the Wellness Nurse at *40 to make an appointment.

Podiatrist: Dr. Warheit

Wednesday, May 2, 8am – 3pm AND

Wednesday, May 30 8am – 3 pm, Wellness Center

Appointment necessary. (847-577-1649)

Dentist: Dr. Mueller

Monday, May 14

Dr. Mueller of Dental Health Onsite sees all members in the Prairieview building in the 2nd floor exam room located next to the nurse's station. Appointment necessary. (Gloria at 773-929-8888)

Eye Doctor: Dr. Lenzen

Next appointments will be Friday, May 18

Dr. Lenzen sees all members in the Prairieview building in the 2nd floor exam room located next to the nurse's station. Appointment necessary (*40).

Walker Assessment and Repair Clinic

Wednesday May 9, 10:00 am to Noon, Wellness Center

A properly adjusted and functional walker can help to keep you safe and prevent falls! Stop in for an inspection – and, if necessary, adjustment to your walker. Staff from Mark Medical Supply in Wheeling will be on hand to provide this complementary service.

Wellness Lecture Series

*If any member has an interest in any topic, please let one of the wellness nurses know. Maybe your topic will be our next featured in our ongoing lecture series! Please RSVP to *40.*

Disease Proof: Reduce Your Risk of Chronic Illness -rsvp *40

Wednesday, May 16, 11:00 am, SST

In his book, Disease Proof: Slash Your Risk of Heart Disease, Cancer, Diabetes and more by 80 Percent, David Katz, MD explains how you can drastically reduce your risk of developing chronic illnesses by making changes in your lifestyle and diet. Join Nurse Annette as she presents this information to you in a condensed form.

Better Balance through Tai Chi -rsvp *40

Wednesday, May 23, 11:00 am, SST

Learn how the ancient practice of Tai Chi can help you to maintain and improve your balance. Some simple exercises will be demonstrated for you to do at home. Presented by Tina Wilkens, Physical Therapist at HealthPro.

Sample Healthy Foods -rsvp *40

Thursday, May 31, 11:00 am, Wellness Hallway

Join us for a healthy taste of beets! Chef Nick will prepare a tasty sample using this food. The Wellness Nurse will also give a short presentation on its health benefits.

Food! Glorious Food

*Reservations are required for all events at *17, unless otherwise noted.*

Taste of Mexico Buffet -rsvp *17

Thursday, May 3, 5:00-7:00 pm

Winslow Dining Room

Celebrate Cinco de Mayo at our Mexico-inspired, flavor-fiesta buffet.

Mother's Day Luncheon -rsvp *17

Sunday, May 13, 11:00 am-1:30 pm

Winslow Dining Room

Chef Nick puts a Garlands twist on the traditional Sunday meal, in honor of that most special person: Mom! The Café will be closed for Dinner.

The Garlands Wine Club -rsvp *17

Monday, May 21, 4:00 pm, Roycroft

South of the Border Night -rsvp *17

Wednesday, May 23

5:00 – 7:00 pm, The Grill

Margaritas will be available.

Café Month End Buffet

Sunday, May 27 5:00 – 7:00 pm in The Café

Down Home Fried Chicken Buffet

Memorial Day Hours

Monday, May 28

Breakfast & Lunch in the Café

7:00-10:00 am Special Breakfast menu

11:00 am-3:00 pm Regular Café menu

Closed for Dinner

In observance of Memorial Day, there will not be a Happy Hour

Members' Corner

If you have something that you would like to include in this section of our next Gazette, please email ladams@thegarlands.com with your entry by the 12th of the month before (example: May 12 for the June Gazette)

One Anothering Series

By Karen Stathakis

May – Accept One Another

The concept of accepting one another becomes more meaningful to me when I consider the opposite. Antonyms for accept are deny, discard, refuse, reject. For those of us who have experienced rejection in any form, acceptance can be a much-needed experience. This has been true in my life for many years. In the past, accepting others was often challenging for me because I didn't accept myself. It seemed more natural to make judgments about myself, and about people who I disagreed with, or those who were different from me.

I came to realize that self-rejection and judging were not beneficial! I needed to accept myself with all the flaws, failures and limitations. Striving for perfection and acceptance was an unrealistic goal. I acknowledged that I don't have the power to make another person change; I can only change me and my attitude! I have since chosen to accept myself where I am, and endeavor to make needed improvements in my life along the way.

We are all imperfect people, living in an imperfect world, doing our best to live happy, productive lives. As I embrace that truth and accept myself for who I am, I open myself up to accepting others too, just as they are. Living with that attitude of acceptance in my mind brings peace to my soul. Accepting one another, just as God accepts us, is a life-giving gift we can freely give and receive.

Biblical reference: Romans 15:7

How to Plant a Garden

(for the garden of your daily living!)

submitted by Joyce Carlson

Plant Three Rows of Peas

Peace of mind. Peace of heart. Peace of soul.

Plant Four Rows of Squash

Squash gossip. Squash indifference.
Squash grumbling. Squash selfishness.

Plant Four Rows of Lettuce

Lettuce be faithful. Lettuce be kind.
Lettuce be patient. Lettuce really love one another.

No Garden Should be Without Turnips

Turnip for meetings. Turnip for Service.
Turnip to Help One Another.

Finally, In our Garden We Must Have Thyme

Thyme for Family. Thyme for Each Other.
Thyme for Friends.

Water freely with patience and cultivate with love.
There will be much fruit in your garden because you reap what you sow.

Bulletin Board

Suggestion Box

We welcome your input on any topic you like! In the Resource Center, beneath the right-side bulletin board, is a large wood Suggestion Box. In front of it are notes and pens/pencils. We check the Suggestion Box weekly and will forward your comments to the correct party. If your name is on the note, someone will respond to you personally. Of course, if your issue is urgent, call Member Services (0).



Bulletin Board

Attention Garlands Authors!

Our Garlands Library is dedicating a permanent shelf for books written by our members (genealogy excluded). If you have written a book and would like to donate a copy, please call Rita Roche (71204) or Lynn Adams (*13 or Ladams@thegarlands.com). We will have an open house in July and would like to celebrate our authors!

BACOA (*Barrington Area Council on Aging*)

BACOA is an extraordinary resource for all of us and is housed in our front yard (Prairieview, ground floor). Are you aware they can help you with all your questions regarding Medicare—including Part D—and Medicare supplements, prescription drug assistance, Retiree health plans, and claims processing? You can pick up a BACOA newsletter any time at the Concierge desk in the 1000 Lobby, or call them (847-381-5030).

Book Clubs (*07)

Our three current book clubs are complete, so we will begin forming new book clubs, with 12 participants each. If you'd like to sign up for one, please call Ginny, the Concierge, and let her know. As soon as Club 4 gets to 12 members, we'll send those members a sheet with everyone's names and numbers. Those members will take it from there, and we'll open up for Club 5. If you name your book club, let Ginny know. We'll get it into Ongoing Happenings. Also, gentlemen, if you would like your own book club, rather than co-ed, just ask Ginny to start one for you.

Feedback on Events

We're interested in hearing your feedback on performances, presentations, and lectures you attend on our campus. We welcome emails (Ladams@thegarlands.com), phone calls (*13), and visits to tell us what you think. If you call and get a voice mail, feel free to leave your feedback on it, along with your name and apartment number, so we can get back to you.

Games

There is a cabinet across from the Wellness Center that contains table games suitable for adults and children. They are for anyone to borrow and play where you like. Enjoy!

Newspapers in Common Areas

The newspapers in common areas are for all members who wish to read them *in the common areas*. Please leave them there so anyone may enjoy. If you'd like to purchase a subscription so you can read the paper in your home, the Concierge desk (*07) has contact information for major newspapers.

Volunteer

Members needed to volunteer, please call Nate (77415)

TV Reader – It's not too late to be a TV star! Would you be willing to read a favorite book, magazine article, or short story on Channel 17 at a specific time for members to tune in?

Newspaper Readers – Members needed to read a section of the newspaper to another member. Times will be arranged by the two members.

All Volunteers Appreciated:

Really, we appreciate all that you, member volunteers, do! Whether it's coming to the aid of those off campus, cheering a fellow member, delivering a lecture/presentation, serving on the MAC, being the contact person for a member-driven activity, acting as host/hostess, or having an uncanny knack for noticing a need and taking ownership of filling it. You volunteer in too many ways to list here, but everyone on campus Thanks You for your willingness and work!



Knit, Sew, Stitch Group

The Knit, Sew, Stitch Group just received this from Children's Home Aid of Carpentersville: "Dear Garlands Knitters, Thank you so very much for all the wonderful knitted items you donated to our families. With this cold spring, these hats, mittens, and booties are badly needed! Our Moms just love the face cloths for their babies. Thank you for helping us give our children hope, opportunity, and bright futures!"

Member Name Badges

You may have noticed some members wearing magnetized name badges. Please contact Lynn (*13 or Ladams@thegarlands.com) if you'd like us to order one for you. They are \$12.50 each and will show up on your monthly bill.

Let's Go

*Please note you must reserve with the Concierge *07 for all outings. Note that most trips require a minimum of 8 people for the trip to operate. If the trip you have signed up for is cancelled due to low participation, you may arrange to have tickets purchased for you as well as transportation arranged for you at an additional charge to attend the event.*

Departures for all outings leave from 1000 Entrance Lobby.

Pickup arrangements from the 2000 or 3000 Lobbies are to be made prior to Departure time.

No walking shoe = no walking,
may be handicapped accessible



Limited Walking



Some Walking



Mostly Walking

Elgin Symphony Orchestra for Season Ticket

Holders -rsvp *07 for waitlist

Sunday, May 6, 1 pm, Meet in 1000 Lobby, If you've purchased your own ticket, then bus only is \$5pp

Depart at 1 pm, Concert at 2:30 pm, Pickup at 4 pm,
Back at 4:45 pm

Bernstein and Mahler 5.

Barrington White House presents:

Robert Gruca, Guitar Music, Old and New

-rsvp Nate, 77415

Sunday, May 6, 6:30 pm meet in 1000 Lobby, \$23 pp-rsvp Nate (77415).

Tickets will be purchased as Members sign up until they are sold out.

Depart at 6:30 pm, Concert at 7:00 pm, Pickup at 8:15 pm, Back at 8:30 pm

Be amazed by the artistry! Gruca is an exciting guitarist who possesses powerful musical interpretation and complete technical command over his instrument. A national guitar competition winner, Gruca will perform from his wide repertoire of Renaissance, Baroque, Romantic and Twentieth Century music. Watch his fingers fly across the strings.

Robert Gruca performs a wide range of solo, chamber and concerto repertoire. In recent seasons he has toured throughout the U.S. and Canada.

Anderson Japanese Garden Walk and Lunch at

Machine Shed -rsvp *07

Tuesday, May 8, 8:00 am meet in the 1000 Lobby, \$18.50 for tickets and transportation (pay there); each member also pays for own lunch at restaurant. RSVP by May 4th

Depart at 8:00 am, Gardens at 9:30 am, lunch at 12:30 pm, back at 3:00 pm

Revel in the peaceful and calming Anderson Japanese Gardens. They are recognized as one of the premier Japanese gardens in North America. Surround yourself with nature in an outdoor setting that inspires the mind & energizes the soul. Afterwards we will have lunch at the Machine Shed just a few minutes away. They are known for their mouthwatering pork and barbeque. This will be a treat.

Barrington Area Library presents: Spring Fling with The Meteors

-rsvp *07


Friday, May 11, 6:30 pm meet in 1000 Lobby, free event

Depart at 6:30 pm, Concert at 7:00 pm, Pickup at 9:30 pm, Back at 9:45 pm

Second Fridays goes into the 60s with The Meteors. Let it all hang out at our very first Spring Fling! Popular Chicago band The Meteors recreates the greatest hits of the 1960s, while you listen, enjoy refreshments – maybe even dance!

Let's Go

Northbrook Court for Luxury

Shopping -rsvp *07   

Friday, May 18, 9:30 am. Meet in 1000 Lobby

Depart at 9:30 am, Shop at 10:00 am, Pickup at 12:30 pm, Back at 1:00 pm.

If you're looking for luxury, you'll find it here in one of more than 90 specialty stores featuring the most sought-after brands on the market.

Monthly Supper Club to Incontro A Tavola

-rsvp *07 

Sunday, May 20, 4:30 pm. Meet in 1000 Lobby; members pay for own meal; rsvp by May 18.

Depart at 4:30 pm, Dinner at 5 pm, Pickup at 6:30 pm, Back at 7:00 pm.

Incontro A Tavola loosely translates to meeting around the table. Friends, family, and loved ones develop many memories around the dining table, so we invite you to our restaurant to create some with us. Our food combines multiple regions of Italy to bring the best of each style for our guests. Experience a traditional, yet modern, take on Italian cuisine.

Drury Lane Theatre: South Pacific with Lunch

-rsvp *07 by May 12  

Thursday, May 31, 10:30 am, meet in 1000 Lobby; \$70 pp, bring additional money for gratuity and tax on your lunch bill. (Lunch covers only salad and entrée)

Depart at 10:30 am, Lunch at 11:30 am, Show at 1:30 pm, Pickup at 4:15 pm, Back at 5:00 pm

Timelier than ever, South Pacific is a landmark musical proving that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. South Pacific is the winner of the 1950 Pulitzer Prize for Drama and ten Tony Awards, including Best Musical.

Time to schedule
your next
appointment!

Spa Vargas
*49
847.277.9250
Tuesday
9am- 2pm
Wed-Friday
9am- 4:30pm
Saturday
9am-3pm

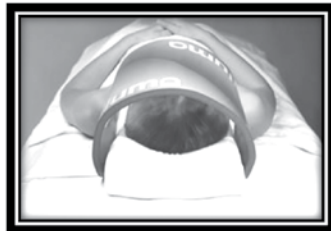


Lisa Oller
She has been taking care of people's skin for over 6 yrs. Her biggest inspiration is being able to educate people about skin care and how a home regimen is just as important.



Based on NASA research, LED Phototherapy now at Spa Vargas!

Light Emitting Diode (LED) phototherapy is the application of light energy to tissue to obtain therapeutic benefits. The energy is used to improve cellular performance. Phototherapy LED is known for its healing and anti-inflammatory properties which increase circulation, accelerate tissue repair. Celluma LED Phototherapy is FDA cleared to treat: Muscle & Joint Stiffness and pain, Muscle Tension, Muscle Spasm, Arthritis and Wrinkles.



The service consists of a series of six 25 minute sessions for \$150. The service can be added to any of our facial or massage services!

\$25 off our series of 6 only pay \$125! Offer expires 5/31/2017. Call and make your appointment today!!

Mention this promotion when booking your appointment. Not valid with any other discounts or promotions.

Please Welcome



Ken & Willa Larwin

Born in Texas, Willa Larwin grew up in Stillwater, OK. After Oklahoma State University and obtaining her Cosmetology license, she came to Chicago to live with her sister and work in the beauty industry. When Estee Lauder Cosmetics began to revolutionize cosmetics marketing, Willa was the right person in the right spot at the right time and went on to travel the country for 25 years, opening Clinique and Lauder counters and training staff. But before that, she was working at the cosmetics counter at JJ Newberry in Melrose Park. One day the Ad Manager of JJ Newberry said, "Willa, there's someone I've been thinking you should meet."



Meanwhile, Ken Larwin grew up on the southwest side of Chicago. At 16, he got a full-time job, 4:00 pm to midnight, after school, as a dispatcher at the *Chicago Tribune*. More than once he awakened at the end of the train line, way past his stop, in the wee morning hours. At 18, the *Tribune* moved him into the advertising department, where he worked, still full time, while attending Loyola. At 21, he progressed into outside advertising and continued to move up the ladder until his retirement after 44 years. One day during the early years Ken called on his longtime account, JJ Newberry, in Melrose Park, and the Ad Manager said, "Ken, there's someone I've been thinking you should meet." In May, Ken and Willa will celebrate 55 years of marriage. Wise ad manager.

Ken's personal connection to Barrington is that, as a teen, he'd take the train out to Barrington on Saturday mornings and then walk/hitchhike to the family's summer cottage in Island Lake. Ken and Willa also have two unexpected ties to The Garlands: when they moved here in October, they learned that living here were 1) the parents of their son's best friend since second grade in Arlington Heights, Harriet and Jack Ahr, and 2) their neighbor for almost 30 years in South Barrington, Janet Lareau.

Before moving into The Garlands, the Larwins also lived in Scottsdale, AZ, and Edmond, OK. Their son lives in Arlington Heights.

