

Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

FIRST ANNUAL LEAF-PEEPING EXTRAVAGANZA

Member Service representative Jerry Collum's "First Annual Bull Valley Leaf-Peeping Extravaganza" followed by lunch at the Public House in Woodstock was a seasonal hit!



FALL FINDS

Fred Choromanski enjoying fall.



GLOBE TROTTING

Sharon Thomson visiting the Mauritshuis Museum, The Hague, Netherlands.

Special Events

PLEASE RSVP SO WE CAN BE READY FOR YOU.

We sometimes need to invite walk-ins to wait until those who have reserved are seated.

If you're unable to make an event for which you've registered,
please cancel (*07) so someone else may have that seat.



<p>Friday NOV 1</p>	<p>The Play Readers Present: Thoroughly Modern Millie Jr. - rsvp to *07</p>
<p>Saturday NOV 2 3:00 pm</p>	<p>Performing Arts Center It's 1922 in New York City, and a young Millie Dillmount has just moved to the Big Apple in search of a new life. Her grand plan is to find a job as a secretary for a wealthy man and then marry him. However, her plan goes completely awry. Millie's wealthy boss is slow in proposing marriage, and the man she actually falls in love with doesn't have a dime to his name, or so he tells her. What's a small-town girl to do? Fun, laughter and dancing will erupt in the PAC as you sit and enjoy this boisterous musical number put on by The Play Readers. Cookies and coffee will be provided.</p>
<p>Saturday NOV 2 1:30-2:30 pm</p>	<p>Birthday Bash with Andrew Blendermann - rsvp to *07 Robie Lounge Fan-favorite Andrew Blendermann's repertoire spans over 2000 songs. You may know him from the viral video "Chicago's Magical Piano," (8.5 million views!), but you're more likely to remember him from entertaining us. Your song request is unlikely to stump him: ask for anything! At this month's Birthday Bash, We sing "Happy Birthday" to those celebrating a November birthday, and all members are encouraged to attend and enjoy coffee, tea, cake, and sugar-free cookies. Right after, remember to head to the PAC to watch your fellow members in Thoroughly Modern Millie Jr.!</p>
<p>Tuesday NOV 5 10:30 am- 2:30 pm,</p>	<p>The Sign Post Pop-Up Shop Café, across from Bank Although the specialty of the Sign Post is helping small businesses build their brand identity, you will think of more than one person you'd like to give one of these signs to! Ralph Anderson (son of members Bobbi and Ralph) has created signs for every grandchild's bedroom door. And more! You'll just have to come by to see them. Cash or personal checks only please.</p>
<p>Tuesday NOV 5 3:00-4:00 pm</p>	<p>Antique Carpets from Around the World - rsvp to *07 Surround Sound Theater Barrington Fine Rug Gallery will share its expertise and passion by analyzing the design, material, and workmanship in hand-woven antique carpets from the major weaving centers around the world.</p>
<p>Wednesday NOV 6 12:15-4:15 pm</p>	<p>Shop and Do Good! Café, across from Bank Paws for Pure Water is a nonprofit group of eight women, committed to bringing life-saving, life-changing clean water to villages in Africa. All of the proceeds from their extraordinary handmade mittens and wine-bottle covers are used to buy Deep Water Wells (\$7,500 each) in areas of great need. They have facilitated the installation of 12 wells so far... selling mittens!!! These mittens are made from repurposed wool sweaters, and they are artistic, gorgeous, magnificent, and warm! Paws for Pure Water also offers colorful, hand-crocheted Miracle Scrubbies, terrific in the kitchen or bath. All proceeds from Scrubbies go to provide shelter and rehabilitation for survivors of human trafficking. This Holiday Season... give gifts that will give back!!! Cash or personal checks only please.</p>



Special Events

Thursday
NOV 7
2:00-3:00 pm

Super Structures: The Future Is Now, An Architectural Tour of the World - rsvp to *07
Performing Arts Center

Buckle your seat belt and join this surprising tour. International traveler Jasmine Blaze (performed by superlative educational entertainer Martina Mathisen) takes us around the globe to experience the fantastic super-structures that are stunning the world today. You will be awe-struck!



Friday
NOV 8
Friday
NOV 15
4:00-4:20 pm

A Brief Introduction to Our December 14 Performer, Carol Welsman
Surround Sound Theater

Carol Welsman is the altogether superb Canadian jazz singer/pianist coming to entertain us after our three-course special dinner December 14. She is an internationally acclaimed singer and pianist whose expressive vocal styling and dynamic stage presence have captivated audiences around the world. When you watch this brief video: you will fall in love and understand why we're so excited to bring her to The Garlands! She also sings in five languages and is the granddaughter of the founder and first conductor of the Toronto Symphony.



Sunday
NOV 10
3:00-4:30 pm

Art Reception for Garlands Member Nancy K Wilson
Art Gallery by the Performing Arts Center

The work of Nancy Wilson, sister of Garlands member Sally Leffew, is on display in collections and homes throughout the United States and Asia. In 1999-2000, two well-known fine arts academies (in Qufu and Beijing) exhibited 35 of her Chinese paintings, and the China History Museum exhibited three of her paintings. At that time, Nancy was the first Caucasian and the first woman to be so celebrated. Enjoy a glass of champagne or fruit punch while you learn about Nancy's fascinating career as an artist and sculptor. Her sculptures will be on display only during the Art Reception.



Monday
NOV 11
12:15-2:00 pm

Veterans Day Luncheon and Presentation - rsvp to *07
Performing Arts Center

Lunch 12:15, complimentary for veterans; \$10 for non-veterans (please sign your agreement at the Concierge desk – not part of monthly Food & Beverage allotment). Presentation 1:00 pm

Rescued from bottom of an abandoned fox hole in Papua New Guinea during WWII, Smoky, the dog, served in the South Pacific with the 5th Air Force, 26th Photo Recon Squadron and flew 12 air/sea rescue and photo reconnaissance missions. Smokey earned eight battle stars and many medals for the lives she saved and for her bravery. She later brought joy and comfort to thousands of sick and injured troops, is the first recorded therapy dog, and inspired the creation of today's therapy dog programs. Her story is really about the help, hope, and comfort she brought to veterans during war.



Tuesday
NOV 12
7:00-8:00 pm

Peter Oprisko: That's Amore- The Dean Martin Story!
- rsvp to *07
Performing Arts Center

This fun-filled extravaganza pays tribute to the life and career of one of the most entertaining romantic crooners by featuring a plethora of sing-along hits as well as Dean's trademark tipsy brand of humor. Peter and his band entertained us in April with Silver Screen Gold, after a fabulous dinner.



Special Events

<p>Wednesday NOV 13 11:00 am</p>	<p>Travel Happily, with Viking Travel - rsvp to *07 by Nov. 6 <i>Performing Arts Center</i></p> <p>LOVE TO TRAVEL? Don't let age stop you. Meet award-winning Viking Travel experts who are dedicated to meeting the special needs of mature travelers. This event is for all ages. Multi-generational travel offers a way to carve out time together, reconnect in a meaningful way, and have fun far from quotidian concerns. Learn how you can experience a completely worry-free and fun-filled vacation, regardless of the ages and abilities of your family and friends. Viking crafts vacations are as unique as you are. Live out your retirement dreams and family goals as you see the world! Tidbits and Tea will be served.</p>	 <p>VIKING TRAVEL Travel Specialists Since 1971</p>
<p>Friday NOV 15 11:00 am-12:00 pm</p>	<p> Instant Pot/Crockpot Cooking (and Eating!) with Ann Wayne - rsvp to *07 by Nov. 13 <i>Performing Arts Center</i></p> <p>Ann provides recipes and generous portions of the day's fare, Turkey and Wild Rice Soup followed by Pumpkin Cheesecake! Reserve your spot, and bring your appetite.</p>	
<p>Friday NOV 15 11:30 am-2:30 pm</p>	<p>Gail's Gazebo Pop-Up Shop <i>Wellness Hallway</i></p> <p>Among other design accomplishments, Gail Anderson was part of the team at Silvestri Display House that created window displays for Marshall Fields, Carson Pirie Scott, and Sears. She now brings items from her two gift stores for your holiday gift giving: specialty giftware, silk floral creations, decorator accent pieces, and more! Cash or personal check please.</p>	
<p>Saturday NOV 16 11:30 am-2:30 pm</p>	<p>Mary Jane's Pop-Up Gift Shop <i>Cafe</i></p> <p>Jewelry! Cards! Ornaments! and more. Cash or personal check please.</p>	
<p>Monday NOV 18 12:45-1:45 pm</p>	<p>Bettor Up: Profiting Through Investment Gaming - rsvp to *07 <i>Surround Sound Theater</i></p> <p>A window of opportunity for the sophisticated investor has opened by coupling the recent legalization of sports gambling with the growing focus on analytics and artificial intelligence. Modeling the game (baseball in this case) and economics of investment has identified significant opportunities. Methods of analysis and along with actual prodigious results will be discussed.</p>	
<p>Tuesday NOV 19 7:00-8:15 pm</p>	<p>Storytelli' - Coincidence! - rsvp to *07 <i>Performing Arts Center</i></p> <p>Everyone has a personal coincidence story. We want to hear it! At this informal gathering, we'll sit around tables and pass the microphone to (up to) ten people who'd like to relate their five-minute stories. If we have more than ten, we'll draw names out of a hat. It's harder than you think to stay under five minutes. A good guideline is: be sure that all parts of your story either lead up to the topic or are about the topic (i.e. no side stories). The more far-fetched the coincidence, the more we're going to love it. We'll have tidbits to snack on and a nice digestif!</p>	

Special Events

<p>Wednesday NOV 20 11:00 am- 2:00 pm</p>	<p>Lularoe Pop-Up Shop <i>Performing Arts Center (Back Half)</i> Get a head start on the holidays or just peruse for some cheerful pick-me-ups.</p>
<p>Thursday NOV 21 4:30-6:00 pm</p>	<p>New Member Reception - rsvp to *07 <i>Robie Lounge</i> Longtime Garlands member reach out to greet new member, who receive a corsage to wear during the reception. Introductions begin at 5:00 pm, followed by a group photograph. Enjoy cheese and cracker while you mingle.</p>
<p>Friday NOV 22 1:00-2:30 pm</p>	<p>Craft in the Afternoon: Beading with Mary Ann from Michael's - rsvp to *07 by Nov. 19, limit 10 crafters <i>Wellness Hallway</i> Mary Ann will bring all the supplies for you to make a beautiful sweater guard and, if there's time, a holiday bracelet (no clasp!) for a grandchild, friend, or yourself!</p>
<p>Friday NOV 22 7:00-8:00 pm</p>	<p>Friday Evening Concert with Jeffrey Deutsch- The International Show - rsvp to *07 <i>Performing Arts Center</i> Let Jeffrey take you around the world with favorite songs (Girl From Ipanema, A Foggy Day in London Town, Georgia on My Mind, I Left My Heart in San Francisco) and his signature humor. Singer/piano player and Garlands regular, Jeffrey has opened for The Smothers Brothers, Billy Crystal, and the Beach Boys; has performed at Chicago's Symphony Center and, for years, on Crystal Cruises. You've likely heard him sing jingles for national brands on TV or the national anthem at Cubs and Bulls games. Come ready to sing along!</p>



Special Events ~ Save the Date!

<p>Friday DEC 6 7:00-8:00 pm</p>	<p>Buffalo Grove Singers ENCORE: Holiday Harmonies - rsvp to *07 <i>Performing Arts Center</i> The Buffalo Grove Singers' traveling ensemble "Encore!" shares the spirit of the season with "Holiday Harmonies." This joyful program features holiday classics, novelty selections and seasonal cheer. Encore! will bring a smile to your face as they sing your holiday favorites. There's something for everyone to enjoy, and Encore! is certain to add warmth to your holiday season.</p>
<p>Sunday DEC 8 4:30-7:00 pm</p>	<p>Winter Wonderland - rsvp to *07, required for planning purposes <i>Garlands Campus</i> Members and your families and team members and their families are again invited to get into the holiday spirit with our eighth annual Winter Wonderland celebration. You can pet reindeer, visit with Santa, snuggle under a blanket on the horse-drawn wagon and sleigh rides, join Victorian carolers, watch Nutcracker selections, feast, and so much more. Winter Wonderland is powered by members and team members, so this is also a time to give: all members are invited to volunteer for an hour or half-hour or to bake cookies (the more, the merrier!), and to donate a new, unwrapped toy to our local charities. More information to come!</p>

Special Events ~ Save the Date!

<p>Saturday DEC 14 5:30-8:30 pm</p>	<p>Holiday Dinner and Performance -Carol Welsman and Friends - rsvp to *07 Performing Arts Center <i>5:30 pm cash bar (Pre-Event Area outside PAC); 6:00 pm plated three-course dinner; 7:00 pm performance</i> <i>Tickets are \$40 per person (\$35 for reservations made by November 22)</i> Chef Ergin will prepare a special holiday feast. Carol Welsman is the internationally-acclaimed and altogether superb Canadian jazz singer and pianist whose expressive vocal styling and dynamic stage presence have captivated audiences around the world. Herbie Hancock, among others, raves about her. We're so excited to bring her to The Garlands! She also sings in five languages and is the granddaughter of the founder and first conductor of the Toronto Symphony. Carol and her band will be dressed to the nines.</p>
<p>Tuesday DEC 31 7:00-9:00 pm</p>	<p>New Year's Eve Party with White Elephant Raffle and Eddie Korosa and the Boys from Illinois - rsvp to *07 Performing Arts Center Dress all the way up!</p>

Things To Do

Chicago Bears Football Games

Timbers Lounge

Bring a beverage and snacks to fortify you as you cheer your team on with other Bears fans!

Bring a beverage and snacks to fortify you as you cheer your team on with other Bears fans!

Sunday, November 3, 12:00 pm, against Philadelphia on FOX

Sunday, November 10, 12:00 pm, against Detroit on CBS

Sunday, November 17, 7:20 pm, against LA Rams on NBC

Sunday, November 24, 12:00 pm, against NY Giants on FOX

Thursday, November 28, 11:30 am, against Detroit on FOX



Barrington 220 Award-Winning STEM Program

-rsvp *07

Monday, November 4, 11:00 am-12:15 pm, Performing Arts Center

Join district teachers and administrators for this interactive presentation on why Barrington 220 created a STEM initiative in our elementary schools. See how they are teaching students, ages five through ten, engineering, coding, and robotics. You will have the opportunity to try some of these activities yourself and maybe find a new interest or hobby!

Spring in Namaqualand by Lloyd and Mary McCarthy -rsvp *07

Monday, November 18, 3:00-4:00 pm, Surround Sound Theater

"Spring in Namaqualand" is another naturelogue by members Lloyd and Mary McCarthy. Namaqualand is a large, sparsely inhabited area in the northwest corner of South Africa. The focus of the program is a photographic wildflower workshop during a season of exceptional bloom. In addition to the workshop, the McCarthys traveled by VW camper van from Cape of Good Hope in the south and to the Kalahari in the north, giving them an opportunity to view and record some of South Africa's birds and animals in addition to the flowers.

Things To Do

A Taste of Chocolate with Rem Stokes -rsvp *07

**Wednesday, November 20, 10:00-11:00 am,
Surround Sound Theater**

Chocolate. Who doesn't love chocolate? In this talk, we will trace the history of chocolate from its beginnings with the Mesoamerican natives, the arrival of chocolate in Europe, the re-invention of chocolate from a drink into a solid candy, and the enormous growth of an industry that provides our beloved chocolate.

The Sharing Table -rsvp *17 by November 18

**Wednesday, November 20, 11:15 am,
South Winslow Dining Room**

New and established members are encouraged to attend the popular Sharing Table lunch to share the art of conversation with other members. New Neighbor Committee members will join you. The Sharing Table is usually the second Wednesday of the month in the Winslow. Call *17 (by Monday, November 18) for your reservation and specify the Sharing Table. Lunch will be billed to your account. Coffee and cookies on us. You may walk away with a new friend! We look forward to your company!

Coffee with Management

**Monday, November 25,
9:30-10:30 am,
Performing Arts Center**

LifeLong Learning Opportunities

Harper College: Migration of the Monarchs -rsvp *07

Friday, November 1, 10:30 am-12:00 pm, Burnham Room

Dr. Suzanne Rausch takes you on a fascinating journey of Monarch Butterflies. Each year the Monarchs of the northeastern United States and Canada set off on a seemingly-impossible migration that will take four generations to complete. A single Monarch must travel 5,000 miles to arrive at the mountain-top resting ground in the Angangueo region of Mexico. Its great-grandchild (so to speak) will be the next in the family to fly 5,000 miles back to the US and Canada. How do they know when and where to go, which generation stays put, and which undertakes this extraordinary journey? Suzanne will tell (and show) you the Monarch mysteries we've unspooled and which ones scientists have yet to solve. So knowledgeable and whip-smart, if Suzanne is interested in a topic, we will be too!

Great Decisions with Gary Midkiff -rsvp *07

Friday, November 8, 10:00-11:30 am, Eastlake Dining Room

Great Decisions is America's largest discussion program on world affairs. This month's topic is Cyber Conflicts and Geopolitics. The remaining 2019 series topics are (December) The United States and Mexico: Partnership Tested, and (January 2020) State of the State Department and Diplomacy. If you would like to order the 2019 book (\$32) for the 2019 series, which began June 14, please call Lynn *13 and let her know you'd like to continue with or join this vibrant group of thinkers! If you have any questions about this lively program, call Lynn *13.

And The Award Goes To Laughter with Myra Loris -rsvp *07

**Friday, November 22,
10:30-11:30 am,
Burnham Room**

An in-depth look at the role of humor, wit, and wisdom as part of the American Experience. We will focus on Benjamin Franklin, Mark Twain, Will Rogers, and other American humorists who, while they were amusing the masses, also promoted social change and the expansion of equality.

LifeLong Learning Opportunities - Save the Date!

 **Everyday Life in East Germany with Anette Isaacs** -rsvp *07

Monday, December 2, 1:00-2:00 pm, Burnham Room

Fitness & Inspiration

High-Intensity Interval Training Reduces Cellular Aging-Demo Class! -rsvp *41

Tuesday, November 19, 9:10-9:30 am, Fitness Center

The latest research out of Mayo shows older adults may benefit more than young adults from engaging in high intensity interval training (HIIT). The benefits of briefly pushing your body to the max, then letting it recover, and then pushing it again, helps improve cardiovascular and respiratory health, and reduce fat and control glucose, according to recent studies. But the new study, published in Cell Metabolism, finds interval training has additional benefits for older adults, namely reversing signs of aging within cells. Try this demo class out for yourself and learn how to supercharge your cellular health. Call *41 to sign up.

Turkey Trot -rsvp *07

Wednesday, November 27, 1:00-2:00 pm, Meet at 1000 lobby, Outdoors

Please come pre-burn your piece of pie and get your steps in on our turkey day trot! We will walk two laps around the building. Dress warm and be ready to get your gobble on.

November Safety Tip!

We care about you too much to not pass this on... again

When your phone or doorbell rings, whoever is there can wait! If you miss the call by the time you get to the phone, the person will leave a voicemail if it's important. If there's someone at the door, that person is prepared to wait while you safely make your way to open it. There is no person at the other end or the other side who is as important as your safety. If you need help retrieving voicemails, please call Member Services (0), and they'll schedule someone to give you a refresher.

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 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 (*40)

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

Lab Services (*40)

Blood draw services are offered every Tuesday, 9:00 am, in the Wellness Center. This service is provided by NICL Lab. Advance notice of, at a minimum, 20 hours is required.

Comprehensive Group / HealthPRO

Rehabilitation (*40) for information and scheduling
For all your therapy needs. By appointment only.

Outdated Prescriptions and Other Medications

These items may be brought to the Wellness Center Monday through Friday, 8:00 am to 4:30 pm. Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

Social Worker

The social worker from Care Navigators will be in the Wellness Center every first Wednesday of the month from 9:00 am to 1:00 pm.

Wellness Programs

THE DOCTOR IS IN...

Audiologist: Dr. Regina Dziejior -call *40

*Wednesday, November 20, 9:00 am-11:00 am,
Wellness Center*

***** Dr. Dziejior is now offering free 15-minute hearing screenings for Garlands members!**

With over 35 years of experience, Dr. Dziejior offers professional hearing evaluations along with state-of-the-art hearing solutions including wireless hearing aid technology compatible with consumer devices such as TVs and cell phones. She also offers hearing aid repairs and maintenance services for most brands. By appointment only.

Podiatrist: Dr. Warheit -rsvp 847-577-1649

*Wednesday, November 27, 8:00 am-3:00 pm,
Wellness Center*

By appointment only.

Dentist: Dr. Mueller of Dental Health Onsite

-rsvp 773-929-8888

*Monday, November 18. Prairieview, 2nd Floor
Exam Room, next to Nurse Station*

By appointment only.

Eye Doctor: Dr. Lenzen -rsvp *40

*Prairieview, 2nd Floor Exam Room, next to Nurse
Station.*

By appointment only. The next appointments will be in December.

**To honor our veterans, Pennino Family Dentistry
will be offering free cleanings to veterans.
Appointments are limited so call 847-381-6222 to make yours today**

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.*

How's Your Posture? -rsvp *40

*Thursday, November 14, 11:00 am, Surround
Sound Theater*

Learn about the importance of good posture and discover tips on how to maximize it. Free posture screenings will also be provided. Presenters will be Tina Wilkins and Laura Gordon, Physical Therapists at ProHealth, located in Prairieview.

Sample Healthy Foods -rsvp *40

*Thursday, November 21, 11:00 am,
Wellness Hallway*

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

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 prior.

From Your Garlands Holiday Fund Committee

We're excited to have this be the best year ever for The Garlands Holiday Fund. If you haven't received our 2019 Committee letter in your mail cubby by November 2, please ask the Concierge (*07), Member Services (0), or Lynn Adams in Activities (*13) to give you one.

Be YOU, Totally YOU!

This year our members' images, stories and experiences are the focal point of our at The Garlands advertising, direct mail and online marketing efforts. Select "Be YOU, Totally YOU!" at The Garlands vignettes are featured in *The Gazette* each month.

Be YOURSELF

While Richard and Dorothy may go in different directions, their paths always lead them back to each other at The Garlands – where they can be themselves.

In their Garlands home, each spouse has space – in the home as well as in their relationship – to be him or herself and follow their own individual passions – along with plenty of encouragement.

A longtime English Professor at Iowa State University, Dorothy retired to pursue writing fiction. Since then she's published three young adult fantasy novels with a fourth book in press.

While building John Deere tractor diesel engines, Richard, an engineer, accumulated 25 patents and earned the prestigious John Deere Fellow Award for his meaningful work to reduce emissions.

Today, Dorothy writes her books and blogs at local coffee shops and belongs to the Barrington Writers' Workshop. Richard plays bridge with several area groups and attends lectures. Together they enjoy Garlands wine club gatherings and social dinners.



Read more Garlands members' vignettes at <https://www.thegarlands.com/whats-new/blog/> and view them on display throughout the community.

Bulletin Board

Reservations for Activities, Events, Lectures, Programs

We want to give you excellence! The only way we know how to set up for an activity is by the number of members who reserve. PLEASE RSVP TO ALL ACTIVITIES REQUESTING AN RSVP We can usually accommodate a few walk-ins, but we're unable to accommodate 25 or 30 without interrupting the program. If you won't be attending an event for which you're registered, please let someone else take your spot. Cancel by calling the Concierge at *07.

Game Room

We heard you! Due to the overwhelming feedback we've received, we are now moving board games from the Wellness Hallway to the "Game Room," formerly known as the gift shop. We haven't moved any of your regular game times into the Game Room yet, but we're happy to do so (Pinochle! Scrabble!) It's as easy as a phone call (Lynn *13)

Toys for Tots

1000 and 300 Lobbies

In collaboration with the U.S. Marine Corps Reserve, The Garlands of Barrington is proud to be an authorized Toy Drop Site. Please help us deliver toys to children in need this holiday season. Between now and Thursday, December 12, you're invited to bring a new, unwrapped toy to the Toys for Tots big box in both the 1000 and the Prairieview lobbies. You can also drop it off at the Concierge Desk in the 3000 Lobby. Thank you for your generosity.

Hat and Mitten Tree

Located in the Resource Center

From Thanksgiving until the end of the year, hang up your hats, mittens, gloves, and scarves for the less fortunate during this cold winter season on the Hat and Mitten Tree. All donations can be placed on the tree as a

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: John and Jerri Olszewski visiting Shanghai, China with the skyline in the background.

Left: Penny Lumsden with family on a cruise ship in Juno, Alaska.

November Birthdays

Wishing a Happy Birthday to those members celebrating their special day this month. Whether or not you have a birthday, please come celebrate at the Birthday Bash with entertainer Andrew Blendermann, Saturday, November 2, 1:30 pm, Robie Lounge. For more information, see Birthday Bash on Page 2.

Judith Setterstrom	Nov 04	Suzanne Carmer	Nov 14	Maxine McQuaid	Nov 23
Frank Todd	Nov 06	Janet Fear	Nov 14	Frank Lucas	Nov 26
Dolores Gray	Nov 07	Cam Carruth	Nov 15	Rita Roche	Nov 27
Dennis Golbesky	Nov 08	Frank Rubino	Nov 15	Jerri Olszewski	Nov 27
Marion Rettke	Nov 11	Bunny Ehlert	Nov 18	John Brown	Nov 28
Jenny Post	Nov 12	Vivian O'Neill	Nov 18	Jan Trede	Nov 29
Dave Ullius	Nov 12	Norval Stephens	Nov 20	Connie Zukowski	Nov 30
Peggy Clough	Nov 13	Carol Brenner	Nov 23	Jean Pagnotta	Nov 30

Ongoing Spiritual Gatherings



*You can get a list and map of local houses of worship (churches, temples, mosques) in the Resource Center. Member Services does provide transportation to local churches. RSVP to *07.*

Bible Study - Tuesdays, 1:00 pm, Tiffany 1st Floor Living Room

Catholic Communion Services - Sundays, 10:45 am, and Wednesdays, 10:15 am, 3rd Floor PV Dining Room

Catholic Service - 3rd Thursday of the month, 11:15 am, 3rd Floor PV Dining Room THIS SERVICE HAS BEEN CANCELED UNTIL FURTHER NOTICE. WE REGRET THE INCONVENIENCE.

Christian Evening Monthly Service - 3rd Monday of the month, 7:00 pm, Surround Sound Theater

Episcopal Communion - Last Tuesday of the month, 3:00 pm, Eastlake Dining Room

Presbyterian Series with Pastor Joe - Thursdays, 1:30 pm, Surround Sound Theater

Protestant Service - Used to be 2nd Wednesday of the month, 11:00 am, Surround Sound Theater. Father Tom will no longer bring a monthly service to The Garlands. He will, however, be back for weekly Wednesday services during Lent.

Ongoing Rides to Stores



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. Bus/car leaves on time. The return trip to The Garlands is one hour after drop off at the store.

Butera Market - 2nd Tuesday of the month, 10:00 am

Eurofresh Market - 4th Tuesday of the month, 10:00 am

Heinen's Grocery Store - every Saturday, 10:00 am

Jewel-Osco - every Thursday, 10:00 am and 2:00 pm

Trader Joe's - 1st and 3rd Monday of the month, 1:30 pm

Walgreens - 2nd Tuesday of the month, 1:30 pm

Walmart - 3rd Wednesday of the month, 10:00 am

Ongoing Happenings



*What do you like to do? If it isn't in this Gazette, please call Lynn *13, and we will try to get a group going. The following events are one hour unless otherwise indicated. Please call Lynn (*13) if any of these happenings need to be updated.*

Art in the Studio - Thursdays, 10:00 am-12:00 pm, Prairieview Art Studio

BINGO – 1st & 3rd Wednesday of the month, 4:00 pm, Wellness Hallway

Birthday Bash - 1st Saturday of the month, 1:30 pm, Robie Lounge

Co-Ed 8 Ball Pool - Saturdays, 2:00 pm, Timbers Lounge

Coffee with Management (Tom, Dawn, or Ed) - Monday, November 25, 9:30-10:30 am, Performing Arts Center

Computer Lab with Anthony - Mondays, 4:00 pm, Resource Center

Computer Lab with Bradley - Wednesdays, 2:30 pm, Resource Center

Dog (Penny the Irish Setter Therapy Dog and Her Human), Thursdays, 10:45 am, Wellness Hallway

Gin Rummy - Thursdays, 1:00 pm, Robie Lounge

Hand & Foot Canasta - Tuesdays, 11:00 am, Timbers Lounge

Happy Hour - Mondays, Tuesdays, Wednesdays, 4:30-6:00 pm, Timbers Lounge. Thursdays, Fridays, Saturdays, 4:30-6:00 pm, Robie Lounge

Jewelry Repair & Sales by Betsy's One-of-a-Kind Jewelry - 1st Tuesday of the month, 1:30-3:30 pm, Wellness Hallway

Just Talk - 1st & 3rd Saturdays of the month, 10:00 am, Eastlake Dining Room

Knit, Crochet, Stitch Group - 1st Wednesday of the month, 1:00 pm, 2000 Entrance Living Room

Ladies Bridge - Mondays, 12:45 pm, Robie Lounge

Ladies Lunch - Mondays, 12:00 pm, Winslow Dining Room

Mah Jongg, Wednesday Group - Wednesdays, 1:00 pm, Timbers Lounge, Fireplace Room

Mah Jongg, Thursday Group - Thursdays, 10:00 am, Tiffany 2nd Floor Game Room

Mah Jongg (Chinese), Friday Group - Fridays, 1:00 pm, Timbers Lounge, Fireplace Room

Men's 8-Ball Practice - Tuesdays, 2:00 pm, Timbers Lounge

Men's Poker - Thursdays, 2:00 pm, Timbers Lounge

Mexican Train Dominoes - Sundays, 1:30 pm, Timbers Lounge

Movies - Sundays, 2:00 and 7:00 pm, Wednesdays, 7:00 pm, and Saturdays, 7:00 pm, Surround Sound Theater

Music Appreciation with Jim Kendros – 3rd Thursday of the month, 2:30-3:30 pm, Prairieview, 3rd Floor Dining Room. Call Prairieview Concierge *37 ahead of time to be sure he's coming.

Pinochle Players - Mondays and Wednesdays, 1:00 pm, Wellness Hallway

Scrabble (2 groups at the same time!) - 2nd, 3rd, 4th, and 5th Saturdays of the month, 1:00 pm, Wellness Hallway

Sewing (need buttons re-attached? something hemmed? Member Marilyn Laystrom to the rescue!) 2nd Monday of the month, 1:00 pm, Wellness Hallway

Therapy Dog, Penny the Irish Setter, Thursdays, 10:45 am, Wellness Hallway

Wine Club Canceled - 3rd Monday, 4:00 pm, Roycroft Dining Room-rsvp *07 This event is canceled until further notice.

Limited Ongoing Group

*These groups have limited space or require a specific number of people. Please contact Activities if you'd like to join or participate (*13 or 77415).*

Book Browsers - 2nd Tuesday of the month, 3:00 pm, Eastlake Dining Room.

Co-Ed Bridge - Thursdays, 7:00 pm, Robie Lounge

Keen Readers Club - 2nd Thursday of the month, 3:00 pm, Eastlake Dining Room

Men's Bridge - Fridays, 1:00 pm, Robie Lounge

Page Turners Book Club - 2nd Monday of the month, 2:30 pm, Eastlake Dining Room

Let's Go

Please note:

- **ALL outings require a reservation. Call Concierge (*07) or Nate (77415) respectively.**
- This icon  means there is a cost associated with the outing. To reserve your spot on the bus, you will need to sign a Payment Agreement at the Concierge Desk.
- This icon  means there are stairs in order to get to our event.
- The number of "walking shoes" indicates how much you'll walk on the trip.

No walking shoe = no walking,
may be handicapped accessible



Limited Walking



Some Walking



Mostly Walking

- **Departures for all outings leave from the 1000 Entrance Lobby. Let the Concierge (*07) or Member Services (0) know ahead of time if you'd like to be picked up at the 2000 or 3000 Lobby.**

Elgin Symphony Orchestra Season Ticket

Holders -rsvp *07 

Sunday, November 3, 1:00 pm, 1000 Lobby, Call for waitlist if not a ticket holder

Depart 1:00 pm, Show 2:30 pm, Pickup 4:00 pm, Back 4:45 pm

Andrew Grams, conductor

Adele Anthony, violin

Chabrier, España

Edwards, Maninyas Violin Concerto

Ravel, Mother Goose ballet

Ravel, Bolero

William Sonoma Cooking Demo with Bethanie,

Deer Park -rsvp *07 by November 3rd  

Wednesday, November 6, 10:30 am-1:00 pm, 1000 Lobby, \$25 per member

Depart 10:30 am, Demo 11:00 am, Pickup 1:00 pm, Back 1:30 pm

A chef from the store will be showing you how to prepare a veggie and pumpkin lasagna along with a delicious salad. This will also include a demo on knife sharpening. Bring your appetite!

Barrington Area Library 2nd Friday Presents

The Wandering Boys -rsvp *07 

Friday, November 8, 7:30 pm, 1000 Lobby, free

Depart 7:30 pm, Concert 8:00 pm, Pickup 9:15 pm, Back 9:20 pm

A hard-driving homage to traditional bluegrass: rapid picking, clever arrangements, and crisp four-part harmony. The Wandering Boys frequently perform at storied Chicago venues like The Hideout and Schuba's Tavern.

Woodfield Mall Holiday Shopping

-rsvp *07 

Tuesday, November 12, 1:00 pm, 1000 Lobby, free

Depart 1:00 pm, Shop 1:30 pm, Pickup 4:00 pm, Back 4:45 pm

Woodfield Mall is one of the largest shopping destinations in the United States. With more than 2 million square feet of retail shops, restaurants, and family-friendly amenities, Woodfield Mall has a unique mix that creates a completely new and refreshing experience to take your holiday shopping to the next level. It features nearly 300 stores, specialty shops, and restaurants. Your shopping destination includes prominent department stores Nordstrom, Macy's, Lord & Taylor, and JCPenney while complemented with best of brand retailers Apple, Michael Kors, Lululemon, Anthropologie, BOSS, A/X Armani Exchange, MAC Cosmetics, Morphe, H&M, and Zara.

Let's Go

Cryoeffect Coldspa/Oxygen Bar- South Barrington with Bethanie -rsvp *07

Friday, November 15, 12:30-2:00 pm, 1000 lobby, \$15 per member, Max of 6 members

Depart 12:30 pm, Spa 1:00 pm, Pickup 1:30, Back 2:00 pm

This oxygen bar will reduce pain and inflammation, help sleep patterns, boosts the immune systems, repair muscle and tissue, and helps with stress relief and depression. Relax while inhaling oxygen from a state of the art medical-grade device. This allows rich and highly oxygenated blood to circulate more smoothly through your system eliminating free radicals and toxins. There are six spots available; three can go in at a time. 15 minutes for \$15 for each group.

Bulldogs Grill Lunch and Lake County Model Railroad Open House -rsvp *07

Saturday, November 16, 1:00 pm, 1000 Lobby, Members pay for own lunch

Depart 1:00 pm, Lunch 1:20 pm, Trains 2:30 pm, Pickup 3:00 pm, Back 3:30 pm

Start with lunch at Bulldogs where all their burgers are handcrafted in-house with a special blend of chuck and sirloin to create the tastiest and juiciest burgers on the planet! Then check out small scale freight and passenger trains running on the Wauconda Central railroad. Trains, buildings, and miscellaneous equipment for sale at our outdoor garage sale. Look for the large yellow railroad sign over our doorway.

Supper Club to Bistro Wasabi in Hoffman Estates -rsvp *07

Sunday, November 17, 4:45 pm, 1000 Lobby, Members pay for own meal, Max 8 members.

Depart 4:45 pm, Dinner 5:00 pm, Pickup 6:45 pm, Back 7:00 pm

Bistro Wasabi serves inspired sushi, perfectly broiled steaks, and contemporary Asian fusion cuisine. Try their Mexican-inspired entrées with sushi. From shrimps and scallops to broiled salmon, they serve an array of entrées. They're known for their expertly broiled steaks and chops as well as their charbroiled New York steak. They serve Korean- and French-inspired appetizers. Pair these appetizers with sushi. You'll find a great variety of appetizers on their menu.

Barrington Area Library Presents The Music and Influence of Glen Campbell -rsvp *07

Wednesday, November 20, 1:30 pm, 1000 Lobby, free

Depart 1:30 pm, Music 2:00 pm, Pickup 3:00 pm, Back 3:10 pm

In collaboration with Barrington Area Council On Aging (BACOA) Musician Steve Justman presents the compelling music and story of an iconic American entertainer, musician, singer, recording and television star, member of The Wrecking Crew, and a multi-award winner.

Barrington Dance Ensemble Presents The Nutcracker at BHS -rsvp *07

Saturday, November 23, 1:30 pm, 1000 Lobby, \$12 tickets

Depart 1:30 pm, Show 2:00 pm, Pickup 4:30 pm, Back 4:45 pm

Enjoy this wonderful performance by the Barrington Dance Ensemble as they put on The Nutcracker. This holiday classic will thrill and delight your senses. The show runs 2 hours and 15 minutes with a 15-minute intermission.

Elgin Symphony Orchestra Season Ticket Holders -rsvp *07

Sunday, November 24, 1:00 pm, 1000 Lobby, Call for waitlist if not a ticket holder

Depart 1:00 pm, Show 2:30 pm, Pickup 4:00 pm, Back 4:45 pm

José Luis Gomez, guest conductor

Isabella Lippi, violin

Eleanor Bartsch, violin

Bach, Concerto for Two Violins

Stravinsky, Concerto in D "Basel Concerto"

Dvořák, Symphony No. 8

Food! Glorious Food

*Reservations are required for all events at *17, unless otherwise noted.
We cannot guarantee seating without a reservation.*

Café Month End Buffet -rsvp *17

Sunday, November 24, 5:00-7:00 pm in the Café

Join us for fresh carved roast beef from our talented culinary team.

Thanksgiving Day -rsvp *17

**Thursday, November 28, Breakfast in the Café,
8:00-10:00 am**

(No reservation required for Breakfast)

**Traditional Thanksgiving repast,
11:30 am-1:30 pm, Winslow Dining Room**

Parties of six or more will be served Family Style

***Please note: the Winslow Lunch Menu will not be available. The Café will be closed. There will be neither Happy Hour nor dinner in the Winslow on Thanksgiving Day. The Winslow will be closed for Dinner.

Spa Vargas

MOISTURIZE YOUR FACE

Every morning we wash our faces but
are we really cleaning our face?
Going the extra mile of having a
facial can help rehydrate your skin.

Why get a mini facial?

Facials feel good, while offering a
soothing sense of relaxation,
cleansing, application of a mask fit
for your skin, toner, and moisturizer.
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