



THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

JANUARY 2020



HOLIDAY STYLE

The festive Garlands Page Turners book club enjoys a holiday luncheon while wearing reindeer glasses.



WINTER WONDERLAND

A sampling of some of the *holiday magic* at The Garlands of Barrington at this year's annual *Winter Wonderland* event – a celebration for Garlands members, team members and their families. For more photos see page 10 or visit our blog at thegarlands.com.

(Above) Fred and Natalie Sponsler and family.

(Left) Phyllis Hamilton and Marlene Peterson volunteered their time to make our Holiday Cookies spectacular.

FEEL Better. AGE Better. LIVE Better.

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>Saturday JAN 4 1:30-2:30 pm</p>	<p>Birthday Bash with John Adair - rsvp to *07 <i>Robie Lounge</i></p> <p>If you attended the last Special Events Planning Meeting, you'll remember John, who came into the Surround Sound Theater and performed for us in person... acapella! Unanimous decision to bring him back asap. He'll perform Broadway, Opera, and Operettas. Ask him about his national television debut on The Merv Griffin Show, playing Las Vegas (The Sands, MGM Grand) with the mentor and long-time friend, Danny Thomas, or opening for the likes of Bob Newhart, Joan Rivers, Phyllis Diller, Milton Berle, George Burns, and several more. At this Birthday Bash, we're also celebrating the 105th birthday of Corky DeVol! Please enjoy a special treat and wish Corky continued health and fabulousness!</p>	
<p>Friday JAN 10 11:00 am-12:00 pm</p>	<p>Instant Pot/Crockpot Cooking (and Eating!) with Ann Wayne - rsvp to *07 <i>Surround Sound Theater</i></p> <p>Ann will focus on hearty, one-pot, delicious winter soups/stews that you can make and freeze super easily. Reserve a spot, and bring your appetite!</p>	
<p>Friday JAN 10 7:00-8:00 pm</p>	<p>"Lights Up" with Lara Allison - rsvp to *07 <i>Robie Lounge</i></p> <p>Join Lara Allison, graduate of Interlochen Arts Academy, current Boston Conservatory musical theater student and granddaughter of former Garlands residents Gayle Marie and Chuck Allison, in an after-dinner musical review featuring many of your past and current Broadway favorites.</p>	
<p>Monday JAN 13 7:00-8:00 pm</p>	<p>Evening Concert with Petra van Nuis and Andy Brown - rsvp to *07 <i>Performing Arts Center</i></p> <p>In honor of "Make Your Dreams Come True" day (January 13), jazz vocal duo Petra van Nuis (vocals) and Andy Brown (guitar) return to the Garlands to entertain you with dreamy songs from the Great American Songbook, including "I'll See You In My Dreams," and "Dream A Little Dream..."</p>	
<p>Monday JAN 20 7:00-8:00 pm</p>	<p>Peter Miletic Concert - rsvp to *07 <i>Performing Arts Center</i></p> <p>With his big personality and loads of talent, he made his last visit here (in the PAC) a fun time! Peter will lead us through standards, classic jazz, and swing from the '30s and '40s and truly enjoys performing these beautiful melodies as well as a little Johnny Cash and Neil Diamond.</p>	
<p>Friday JAN 24 1:00-2:00 pm</p>	<p>Craft in the Afternoon - rsvp to *07, 12-person limit; you must rsvp <i>Wellness Hallway</i></p> <p>We'll make a sweet decoration for every member in Skilled Nursing. And maybe one for your purse shelf or for that someone special.</p>	

Special Events

Monday
JAN 27
3:30-4:30 pm

Storytelling'- Siblings! - rsvp to *07
Performing Arts Center

Science can explain why telling/hearing true stories builds empathy and brings us closer to each other. All we need to know is that it's fun. Everyone with a sibling (or someone as close as a sibling) has a story to tell. We want to hear it! At this informal gathering, hosted by Lynn, we'll sit around the table and share our stories with a little aperitif and snack. The only requisite is that yours be about you or your life. If it's interesting to you, it'll be interesting for us... come!

Special Events - Save the Date!

Wednesday
FEB 26
7:00-8:00 pm

Classical Pianist Frederick Moyer Returns - rsvp to *07
Performing Arts Center

We're thrilled to welcome Mr. Moyer back to The Garlands! More information about this show to come in the February Gazette, but we want you to be able to plan for this concert. In short, he was playing with the Boston Symphony and the Boston Pops as a teenager, made his Carnegie Recital Hall debut at 25, and then took off. He's brilliant, fun, charming, and an outstanding storyteller, both through his music and words. This is a Don't Miss!



Things To Do

**Music at The
Garlands with
Bruce Smith**

-rsvp *07

**Monday, January 6,
11:00 am-12:00 pm,
Surround Sound Theater**

**Tuesday, January 7, 2:00-3:00 pm,
Surround Sound Theater**

Classical Russian Music- Tchaikovsky: Pyotr Ilyich Tchaikovsky's beautiful Symphony No 6, also known as the Pathetique Symphony, performed by the Frankfurt Radio Philharmonic Orchestra of Germany. Additionally, you'll hear a short opening piece, "Meditation from Thais" by Massenet, played by violinist Janine Jansen, supported by The Berlin Philharmonic. In high-definition color.

The SST provides seating for up to 40. Please take the time to RSVP to the concierge at *07 so that we know how many members to expect.



From Zero to Infinity with Rem Stokes -rsvp *07

**Thursday, January 16, 11:00 am-12:00 pm,
Surround Sound Theater**

"From Zero to Infinity" with Rem Stokes is another in the series of brief histories of familiar things, this time our number system. Did you ever wonder what zero really means, where it came from, and why it is still being debated? And where and when did these number symbols originate? Come and find out.

**Play Readers Planning Meeting for Spring
and Fall**

Monday, January 20, 2:00-3:00 pm, Eastlake

All are invited to attend. If you are interested in joining Play Readers or would like to learn more, stop in the Eastlake as we plan our Spring and Fall Shows.

Things To Do

CUSD 220 Superintendent Dr. Brian Harris Talks about the March Referendum -rsvp *07

**Wednesday, January 22, 4:00-5:00 pm,
Performing Arts Center**

On March 17, 2020, the Board of Education is placing a \$147 referendum question on the general election ballot. This referendum would improve safety and security at Barrington 220 schools, prepare students for their futures, and protect the community's investment in Barrington 220 buildings. With previous bond debt being paid off, the district has a unique opportunity to fund these investments while lowering property taxes. Learn more about the upcoming referendum and ask questions.

Coffee with Management

Wednesday, January 29, 9:30 am, Performing Arts Center

Coffee with Management is a time for Management to update members, listen to you, and answer any questions you may have.

LifeLong Learning Opportunities

Great Decisions with Gary Midkiff -rsvp *07

**Friday, January 10, 10:00-11:30 am,
Eastlake Dining Room**

Great Decisions is America's largest discussion program on world affairs. This month's topic, The United States and Mexico: The State of the State Department and Diplomacy, is the last of 2019. If you would like to order the book (\$32) for the 2020 series, which begins February 14, 2020, please call Lynn *13 and let her know you'd like to join this vibrant group of thinkers!

Harper College: And the Award Goes To the Women of World War II, with Myra Loris

-rsvp *07

Friday, January 17, 10:30-11:30 am, Burnham Room

Yes, we can, and we did! A Garlands favorite, Myra looks at the historically unique and momentous role of women in WWII, at home and in the workplace, as they contributed

Fitness & Inspiration

THE GARLANDS
Inspira

February Love Stories -call *15

Sandra and Bethanie are looking for volunteers to tell us their love stories. We want to interview couples or singles who would be willing to share the best part of their marriage adventures with us. We will be asking you questions and filming it. It will be a romantic addition to our Valentine's Day month! Please contact Sandra at *15 if you are interested in being one of our lovely volunteers!

Functional Fitness Workshop -rsvp *15

Friday, January 10, 12:00-1:00pm, Fitness Center

Come to the fitness center to get some brand new, safe fitness tips and enhance your new year's workout program. With over 50 years of experience, master personal private trainers Paul, Amy, and Barb will be here to answer all of your questions. Please sign up for your free 20-minute training session while enjoying some healthy snacks!

Gong Bath-Balinese Gong Meditations -rsvp *07

**Wednesday, January 15,
11:30 am-12:15 pm, Fitness Studio**

The gong is considered sacred and the oldest instrument on the planet. It has been used for centuries for meditation, healing and musical pleasure. When you breathe and allow the gong to wash over you, you will experience a feeling you've never felt before. Listening to the gong for 45 minutes and receiving its sound vibrations, is equal to four hours of sleep, and that's just one of the amazing benefits of it. Instantly you will be relaxed and put into a meditative state with every part of your being. Check out www.lightprevails.com for any questions or further information on the Gong Bath.

Small Changes Can Make a BIG Difference -rsvp *07

**Friday, January 24, 1:00-2:00 pm,
Surround Sound Theater**

Join Carol Childers, C.N, L.D.N. licensed nutritionist and founder of All Ways Healthy in Lake Zurich for a head to toe discussion! She will touch upon supplements for the aging population as well as diet and exercise. New year, new you...come learn how to enhance your health! She will be answering questions for the last 15 minutes.

NEW Virtual Reality Bike Exercises Body, Mind and Competitive Spirit for Garlands Members



By Dr. Sandra Sieber

We all know that exercising is beneficial. However, thinking and engaging the brain during exercise boosts Brain Derived Neurotrophic Factor (BDNF), which substantially encourages brain growth. That's exactly what the Garlands newest piece of "exergaming" equipment delivers!

The interactive nature of The Garlands new *CyberCycle* forces riders to *think* while exercising, offering a dual benefit for both physical and cognitive health. A study in the *American Journal of Preventive Medicine* found that virtual reality-enhanced exercise like *CyberCycling* offer greater cognitive benefit than traditional exercise. *CyberCyclists*, the study showed, experienced a 23 percent reduction in progression to mild cognitive impairment compared to traditional exercises.



Riders use their minds in a variety of ways, from shifting gears to avoiding obstacles. They are in charge of steering, pedaling, and staying on the road. Riders sit in a large, comfortable seat with handlebars on each side that include buttons for shifting gears. Riders can choose from 48 different races across four difficulty levels, from basic courses of a few miles to extreme treks with challenging uphill grades. Virtual locales range from redwood forest to an undersea course laden with sharks and shipwrecks. The longest course is 20 miles.

With over 200 *CyberCycle* teams worldwide, the Garlands can even compete in nationwide challenges with other senior communities all in a healthy spirit of competition. Since each rider logs in with a unique password, they can track their own progress, the progress of their team and the more than 1,300 riders throughout the world on their computer or smartphone. They can also compete with a ghost rider that represents their best previous ride on a particular course.

The Garlands is always ahead of the curve in utilizing the latest and greatest in technological advancements and that includes exergame equipment like the *cybercycle*. I want to personally encourage all members to get oriented to this fun, fast and easy workout. Your brain will thank you! Call *15 to sign up for an orientation.

In addition, I am also excited to introduce a ground-breaking exergame balance system to our fitness center in 2020. We hope members will take advantage of this opportunity to improve their brain, balance and overall well being.

Wellness Programs

Wellness Center Hours

The Wellness Center is open and staffed by a Registered Nurse Monday through Friday from 8:00 am to 4:30 pm and on Saturday from 8:00 am to 2:00 pm. The Garlands Home Care Solutions Manager is available Monday through Friday from 8:30 am to 5:00 pm.

Blood Pressure Testing -call *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 -call *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

-call *47 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 from 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.

FREE WALKER ADJUSTMENTS

Thursday, January 16, 10:00-11:30 am in the Wellness Center

For your safety and convenience, a representative from Mark Drug in Wheeling will provide complimentary assessments and, if needed, adjustments to your walker or wheelchair. Recommendations for any needed repairs may also be obtained at this time.

THE DOCTOR IS IN...

Audiologist: Dr. Regina Dziejior -call *40

Wednesday, January 22, 9:00 am-11:30 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

-call 847-577-1649

Wednesday, January 29, 8:00 am-3:00 pm, Wellness Center

By appointment only.

Dentist: Dr. Mueller of Dental Health Onsite

-call 773-929-8888

Monday, January 13, Prairieview, 2nd Floor Exam Room, next to Nurse Station

By appointment only.

Eye Doctor: Dr. Lenzen

-call *40

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

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

Wellness Lecture Series

*If any member has an interest in any topic, please let one of the Wellness Nurses (*40) know. Maybe your topic will be the next one featured in our ongoing lecture series!*

Movement and The Brain -rsvp *40

**Wednesday, January 15, 11:00 am,
Surround Sound Theater**

Discover how movement and exercise can enhance memory and brain function! There will be an interactive discussion and short active demonstration of simple moves that you can do at home to enhance brain function. Presented by Tina Wilkens and Laura Gordon, Physical Therapists at HealthPro.

Sample Healthy Foods -rsvp *40

Thursday, January 23, 11:00 am, Wellness Hallway

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

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.

Games!

Any Sheepshead players out there? Three Wisconsinites who miss playing very much are looking for more players. It's a fun game... would you like to learn how to play? You could be an honorary Wisconsinite! Call Alice Van Egeren today!

Garlands Library Corner

Welcome to our newest volunteer, Mari Harrer, and a big thank you to Corrine Anda for her many years of library service in so many areas--Happy Retirement.

On lending books: If you have books to donate, it is vital that you communicate with us before dropping them off at the library: our space is extremely limited, and we have no storage area. We accept books published after 2010, classics, and current "best sellers," both fiction and non-fiction.

New subscription: The Garlands have ordered a subscription to *Smithsonian* magazine for 2020... a great reason to come enjoy some quiet time!

Returning Barrington Library books: Please continue to check out and return Barrington Library books on due dates so they will continue to provide this wonderful service.

On display: This quarter our front displays feature Classics and Large Print.

Volunteer with us: Volunteers are always welcome!

Thank you, Your Library Committee (71204 for all questions)

Lost and Found

All items found on campus get to Member Services (0). Let them know if you've lost something.

Your Mailing Address

When giving out your address, be sure to include your apartment/villa number every time. A piece of mail sent to The Garlands without your apartment/villa number will be delayed in reaching you.

What If You Lose Your Wallet?

From a fellow member: make a record now of items you keep in your purse or wallet so if it goes missing, you can make important phone calls. One easy way is to use a printer and make copies of both sides of every card. This copy should be kept with other necessary information such as medical and let your family know where to find them.

Bulletin Board

Book Club?

We have a new book club starting. Please call Lynn if you'd like to join. Meeting day/time currently being worked out.



Landscaping

All who come to our campus can agree that our outdoor spaces are a joy in every season, Maureen Doessel of the Country Home and Garden Club, visited our campus in August and decided on-the-spot to nominate The Garlands for recognition. *"We were floored at how beautiful the landscaping is here,"* she said.

The award was presented to Joan Kerkla, Administrative Manager and Garlands Landscape Coordinator, and to The Garlands landscape contractor, Jim Yaeger of Damgaard Landscape, and his crew for their role in the beautification of Barrington. Read more in our blog at thegarlands.com.

Hosting a Private Event? Who helps you, Activities or Catering?

To plan a private meal or if you plan to engage someone to deliver a lecture or performance for your private group, your contact is Alejandrina (Drina) Benisch (77744). Food & Beverage Events Coordinator. She will reserve the room for your event and arrange for any needed F&B or audio-visual equipment. She'll also point you in the right direction for event parking, coat check, etc. She will not get the message out to other members. (For that you need to call Lynn in Activities.) To ensure we can meet your needs, Drina asks that you work as far ahead as possible.

If you would like to invite all Garlands members to an event, please get the details of it to Lynn Adams, Lifestyles Director (*13) or Nate Szkil, Lifestyles Coordinator/Media Specialist (77415), before the 12th of the month prior. So by March 12 for an April event. Lynn/Nate will ensure it gets into the correct Gazette, onto our TV screens, and in the weekly *This Week*.

What is the MAC?

The Member Advisory Committee, a member-driven committee was created in 2005. They have a process for selecting members and leadership and meet bi-monthly or as needed. They serve as an active mechanism for members to share ideas and suggestions for improving services, programs, and the Garlands lifestyle. The committee has an open dialogue with the Administration and is helpful in guiding program development and enhancing current programs or practices.

Your current members are Marilyn Helberg (Chair), John Seaman (VP), Carol Brenner (Secretary), Suzanne Carmer, Gary Griffin, Marj Lutz, Nancy Leonard, Dick Schmidt, Fred Sponsler, Judy Thierer, Dave Ullius, and Jan Zilkowski.

Welcome Jason Babor

Please join us in welcoming Jason Babor to the position of Food and Beverage Manager at The Garlands. Jason most recently served as Food and Beverage Manager at Marriott Suites O'Hare in Rosemont and, prior to that, worked at Eagle Brook Country Club in Geneva, The Cheesecake Factory in Lincolnshire, Chicago Bread Company in Downers Grove and London Bridge Resort, Lake Havasu City, AZ. He lives in Schaumburg with his wife and three daughters.



"I'm excited to be at The Garlands and look forward to working with our chefs to take the dining program to new heights," says Babor.

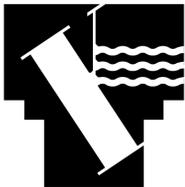
Happy New Year from Spa Vargas

It is with a heavy heart that Spa Vargas says goodbye! We want to thank you all for your loyalty over the years. You have become part of our family and we cherish each of you! We would like to wish all of you happiness and good health for 2020!

Got Mail?

Please be sure to register your email with the concierge so you can receive occasional Garlands emails like the holiday greeting we sent out featuring The Garlands Winter Wonderland video. Simply stop by the front desk and ask to be added to the list so you can be "in the know."

TEDDIE'S SALON



THE GARLANDS

Welcome Kossof Salon

Teddie Kossof entered the beauty industry in the late '60s and in 1975 opened the doors to his namesake salon and spa in Northfield. Forty-four years later it continues to be among the nation's top salons, serving Chicago's North Shore.

Keeping it in the Family

In 1998, his son, Alan joined the salon business and co-owns the salon, overseeing the daily operations. In 2005, Alan began a new division of beauty salons, specializing in operating salons in retirement communities. Today, the family business has grown to six locations in the northwest suburbs of Chicago.



***Teddie and Alan Kossof of
Kossof Salon***

In 2020, Kossof Salon is coming to The Garlands!

"We are excited about the opportunity to partner with The Garlands," says Alan. "The Garlands is such a great setting and enjoys such a wonderful reputation. We're really impressed!"

Getting to know Garlands members and their needs is a primary goal for Alan and director of operations/Garlands salon manager, Kim Marroquin, both of whom look forward to continuing the relationships with the existing Garlands salon stylists and technicians. Be sure to stop by for a visit and let them know what is most important to you with regard to convenient, on-site salon, barber and spa services.

Spa and Salon Renovations

In addition, and in anticipation of Kossof's arrival, The Garlands intends to refresh the Salon and Spa interiors with new equipment and furnishings in the new year. No disruption of services is anticipated during the renovation.

In the meantime, Garlands members, their families and Garlands team members can continue booking hair, nail and massage services in the comfort of The Garlands community by calling members services or *49. Services and pricing will remain the same throughout the transition. You can also visit the Kossof website at seniorbeautylifestyle.com to purchase gift cards online.

Please join us in welcoming the Kossof team as of January 1 and plan to kick the new year off right with Kossof salon and spa services for a brand new you!

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.

The Garlands Winter Wonderland

We thank all our members and team members who baked cookies and volunteered their time, for their delicious and wonderful contributions! YOU- and the best, most generous student volunteers in all the land - are the special ingredients that made Winter Wonderland 2019 flow the magical way it did.



A Sweet Village

New Garlands Gingerbread Maker Crushes the Ultimate Candy Challenge!

The Garlands gingerbread village, a treasured Garlands tradition, stops residents and visitors in their tracks as they marvel at the candy craftsmanship of the 72 sugar-coated buildings that comprise this masterpiece.

This year admirers will spy some sweet additions and tasty changes thanks to new gingerbread maker, Garlands Pastry Chef, Julie Swieca-Gannon who put her unique, candy stamp on the beloved Garlands tradition.

“I love a Christmas village and wanted to bring that vision to life,” said Julie, who called the chance to re-imagine the candy culinary creation a “dream opportunity.”

Find out more about Julie’s inspiration, process (hint: it involved working in the basement for 120 hours wearing earmuffs) and tricks of the trade (spoiler alert: think glue!), by reading our blog at thegarlands.com.



The **Night Before Christmas** Video

Special thanks to Garlands Play Readers, John and Barbara Seaman, Garlands Grandchildren of John and Jackie Matecki and all our Winter Wonderland guests for lending their time and talent to The 2019 Garlands Holiday video. Be sure to go to thegarlands.com and see this year's video set to the following "Garlands-ized" adaptation of "The Night Before Christmas." You just might see some familiar faces!

'Twas the night before Christmas . . . at The Garlands of Barrington

'Twas the night before Christmas, when all thro' the house . . .
Not a creature was stirring, not even a mouse!
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

And Mama in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap,
When out at The Garlands there arose such a clatter,
We sprang from the bed to see "Why all the chatter?"

Away to the window we flew like a flash,
Tore open the shutters, and threw up the sash.
The moon on the breast of the new fallen snow,
Illuminated The Garlands landscape with twinkle lights all a glow.

Of course! 'Twas the night of The Garlands Winter Wonderland bash--

A festive tradition that is always a blast!
More rapid than eagles the guests they all came,
Garlands residents, their families and staff—they greeted us by name!

The children so excited to visit grandma and gramps
Dressed in their holiday finest throughout the hallways they danced!

To the hand-crafted Gingerbread Village they did trot
To marvel at each candy-coated Barrington hotspot!

Off for a stroll down Candy Cane Lane
To visit with Santa and sing a carol's refrain.
There were letters to Santa, Toys for Tots, eggnog and cookies galore,
Carolers, bell ringers and oh so much more!

While Bachmann
Strings serenaded
high above the Robie
Lounge,

The wonder and
magic of the holidays did abound, and
As visions of sugar plums danced in our heads,
Admiring guests nibbled on cookies and sweet breads.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof!
Reindeer petting, cocoa sipping, s'more roasting--the fun never stopped!

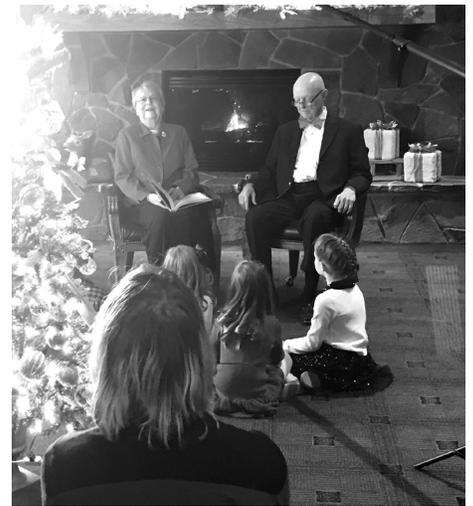
As 'round the campus in a horse-drawn carriage we clip clopped.

The lights - how they twinkled! The guests - how merry,
The decorations so festive, the mood - light and airy.
An overwhelming spirit of camaraderie and generosity abound--

It's the warmth and hospitality The Garlands offers throughout the holidays and year-'round!

Then, as the evening's festivities came to a close,
We said our sweet good byes, au revoirs and "adios."
And I heard them all exclaim, as they drove out of sight--
Happy Christmas to all, and to all a good night!

~Adapted by Liana Allison



January 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, Saturday, January 4, 1:30 pm, Robie Lounge. For more information, see Birthday Bash on Page 2.

Natalie Sponsler	Jan 01	Bob King	Jan 14	Joan Werderitch	Jan 19
Katherine Post	Jan 01	Jack Dewes	Jan 14	Celma Perry	Jan 21
John Olszewski	Jan 03	Betty Bruch	Jan 17	Corky Devol	Jan 21
Marianne Lenz	Jan 04	Don Jones	Jan 17	Mort Henshell	Jan 22
Arlene Schoenherr	Jan 04	Janet Fowler	Jan 17	Jo Regner	Jan 23
Dolores Maher	Jan 04	Mary Leopardo	Jan 18	Inna Morgan	Jan 25
Penny Lumsden	Jan 07	Sandi Wozniak	Jan 18	Paul Anda	Jan 26
Janice Semerad	Jan 09	Gary Karlin	Jan 18	Vera Proper	Jan 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

Episcopalian 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, Game Room

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

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

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, Game Room

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, 12:30 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, 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, Thursdays, 7:00 pm, Game Room

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

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

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.

Drury Lane: Disney and Cameron Mackintosh's "Mary Poppins" -rsvp *07 by January 2

Thursday, January 9, 10:30 am, 1000 Lobby, \$85 for Lunch and Show, bring cash for tax and tip

Depart 10:30 am, Lunch 11:30 am, Show 1:00 pm, Pickup 3:45 pm, Back 4:45 pm

Start with lunch at the elegant Lucille Restaurant and afterward, enjoy the show. Tax and gratuity are not included so bring additional cash for the bill. Mary Poppins flies to the stage to delivery whimsy, excitement, and memorable songs to a story that will melt your heart. Mary Poppins is a must-see for the entire family. Based on the Academy Award-winning film of the same name and the beloved children's books by P.L. Travers, Mary Poppins is an entertaining adventure of enchantment and fun.

Barrington Area Library: Second Fridays Presents Chicago Diamond Trio -rsvp *07

Friday, January 10, 6:30 pm, 1000 Lobby, free

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

This popular trio brings jazz stylings to a selection of your favorite soulful Motown classics.

Elgin Symphony Orchestra: Magnificent Mozart (Season Ticket Holders) -rsvp *07

Sunday, January 12, 1:00 pm, 1000 Lobby

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

Andrew Grams, conductor/violin

William Wolfram, piano

Respighi, Ancient Airs & Dances, Suite No. 1

Mozart, Piano Concerto No. 23

Mozart, Symphony No. 40

Barrington Area Library: Silver Stages Presents Swing, Standards, and Favorites with Steve Askins -rsvp *07

Wednesday, January 15, 1:30 pm, 1000 Lobby, free

Depart 1:30 pm, Music 2:00 pm, Pickup 3:00 pm, Back 3:15 pm

Askins' expressive vocal style and virtuosity on the guitar blend beautifully on classic hits of the 1930s-40s to Elvis, Broadway, Buffet, and The Beatles: something for everyone. Upbeat, energetic, and humorous, too!

Let's Go

Memories of Childhood in a Nazi Concentration Camp- by Garlands Member Steen Metz at Barrington Area Library -rsvp *07

Sunday, January 19, 1:45 pm, 1000 Lobby, free

Depart 1:45 pm, Program 2:00 pm, Pickup 4:00 pm, Back 4:15 pm

Steen Metz grew up in the town of Odense, Denmark, the son of non-practicing Jewish parents. Jews made up only 0.2 percent of the country's population and were well integrated into Danish society at the time. On Oct. 2, 1943, after more than three years of Nazi occupation in Denmark, Metz's family, 8-year-old Steen and his parents were arrested at their home, loaded into a crowded cattle car without food, water, light or a working toilet for three days, and sent to Terezin Concentration Camp in what is today the Czech Republic. Please join us for this special presentation by Danish Holocaust survivor Steen Metz to hear the rest of his incredible story.

Supper Club to Claim Jumper in Hoffman Estates -rsvp *07

Sunday, January 19, 4:40 pm, 1000 Lobby, Members pay for own meal, Max 12 members.

Depart 4:40 pm, Dinner 5:00 pm, Pickup 6:45 pm, Back 7:05 pm

When you step inside a Claim Jumper you will discover an environment that is warm and comfortable. The interiors of our restaurants feature huge Douglas Fir logs, natural rock, corrugated and pressed tin, natural and finished woods and large fireplaces. They feature exhibition cooking where guests watch as pizzas are prepared in an authentic wood-burning oven, and salads, soups, and desserts are meticulously prepared.

Century 16 Deer Park: Met Opera- Porgy and Bess

-rsvp *07

Wednesday, February 5, 11:30 am, 1000 Lobby, \$28

Depart 11:30 am, Opera 11:55 am, Pickup, 2:00 pm, Back 2:15 pm

The Gershwins' modern American masterpiece has its first Met performances in almost three decades, starring bass-baritone Eric Owens and soprano Angel Blue in the title roles. Director James Robinson's stylish production transports audiences to Catfish Row, a setting vibrant with the music, dancing, emotion, and heartbreak of its inhabitants.

Food, Glorious Food

Reservations are required for all events unless otherwise indicated.

New Year's Eve Dinner Buffet -rsvp *17

Tuesday, December 31, 5:00 – 7:00 pm, Winslow Dining Room

New Year's Day -rsvp *17

Wednesday, January 1

Breakfast 8:00 – 10:00 am, the Café

Lunch 11:00 am – 3:00 pm, the Café

(Winslow Dining Room is closed for Breakfast and Lunch)

(Grill Dining Room is closed for Dinner & The Timbers for Happy Hour is closed as well)

The Sharing Table -rsvp *17 by January 6

Wednesday, January 8, 11:30 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 and specify the Sharing Table. Lunch will be billed to your account. Coffee and cookies are on Activities. You may walk away with a new friend!

Café Month End Buffet -rsvp to *17

Sunday, January 26th 5:00 – 7:00 pm in The Café

Join us for freshly carved turkey from our talented culinary team.

THE GARLANDS® *Inspira*

At The Garlands, we believe that the secret to happiness and joyful longevity is a healthy balance of physical and mental fitness, a sense of community and a positive attitude. Our members feel better, age better and live better with this inspiring approach we call Inspira!

FEEL Better. AGE Better. LIVE Better.

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 FAMILY

Garlands members and sisters Nancy and Sally grew up side by side on the northwest side of Chicago near the famed Riverview amusement park and Wrigley Field. Fast forward many years later and they're together again at The Garlands!

Many people say, "Oh you're the two sisters – I wish I had a sister to live with me!"

Miles apart or side by side, these sisters – each with her own unique gifts, interests and life stories – remain connected at the heart and at The Garlands.

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



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