



THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

MARCH 2021



Lara Allison and Tom Vendafreddo look forward to returning in the spring when members can attend in person.



Legendary costume designer Edith Head (**Martina Mathisen**) entertained members, in person and live streamed, with her extraordinary life story.



Andy and Barb Rueb, Charles Foos, and Bucky Ellis won big at the Super Bowl Squares Game.



Lolly Buckingham, Carol Brenner, Marianne Lenz, and Pat Lavelle enjoyed a cup of coffee together on Ash Wednesday.

Nate Szkil live streamed BINGO to members' TV sets, and members called in their BINGO. Now we can play in person!

FEEL Better. AGE Better. LIVE Better.

Here's What's Happening

Event Attendance

Members are welcome to attend events in person (limit 47) or watch them live on Channel 1902.

Please see each week's *This Week* for updates and each week's *Dispatch* for protocols.

Each live stream video is available on **MyGarlands App** approximately two business days after the program under *Past Live Streams*. **Nate** (77415) or **Lynn** (*13) can also email you a YouTube link so you may watch it on your computer, tablet, or phone.

Monday
Mar 1
1:00-
4:00 pm

Eddie Korosa, Jr., Celebrates Casimir Pulaski Day in Your Hallway! - in your hallway

Starting in the 3000 building, on the top floor, Eddie Korosa, playing the accordion, and Lynn and Nate from Activities will make their way through every hallway in the 3000, 2000, and 1000 buildings. When you hear us, come to the door: we'll ask you a *Casimir Pulaski Question*. If you know the answer, you'll get a Polish sweet! If you don't know the answer, you'll get a Polish sweet! Villas, Eddie will be back as soon as it's warm enough to play outside.



Wednesdays: Kaleidoscope Art School at The Garlands

9:30 am-11:00 am, *rsvp*07 for each class to receive an art kit.*

Live in the Performing Arts Center and on Channel 1902.

This month Kaleidoscope instructor **Courtney** takes you step-by-step through the medium of watercolor. Whether experienced or new, you will learn something. **To get the art kit, you must rsvp for each class no later than Friday of the prior week** so we can ensure you have supplies. Even if you're a regular, be sure to rsvp for March. Limit 20.

Mar 3: Watercolor Basics - Get to know the medium – paper, brushes, paint. You'll use a different, and essential, technique for every square in this sample project.

Mar 10: Develop Your Skills - Review what you learned in the last class and create a painting. You'll also add a few more skills (dry brush, lifting, masking fluid, making corrections) to your repertoire.

Mar 17: Animal Painting - You'll use all you've learned thus far.

Mar 24: Wet on Wet - Last technique for the month.

Remember you can replay every class any time online (mygarlands.org) or on our *MyGarlands* app!

Kaleidoscope and The Garlands partner to provide art supplies for each class free of charge until we resume classes in our Art Studio.




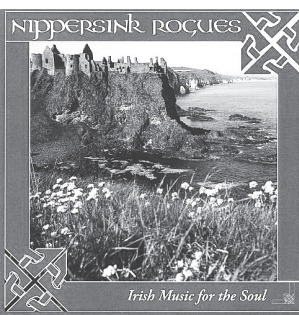
Saturday
Mar 6
10:00-
11:00 am
and
Mar 20
10:00-
11:00 am

Just Talk- Zoom on your computer

In this member-run, loosely-guided gathering, you can discuss or raise any subject you like and hear other members' views on the topic. This group is proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. Please contact Garlands' member **Tom Banfield** (31400) with questions or to register for the *Zoom* gathering. Because this group is currently meeting online, you must have access to a computer, tablet, or smartphone to participate.

It's just talk ...

Here's What's Happening

<p>RSVP *07 Saturday Mar 6 1:30- 2:30 pm</p>	<p>Birthday Bash with Peter Miletic <i>Live in the Performing Arts Center and on Channel 1902. If your birthday is in March, please go to your purse shelf/front door around 11:30 am for your Birthday Bash Cupcake.</i></p> <p>At our televised December concert from the <i>Robie Lounge</i>, Peter wowed everyone again with his big personality and boatloads of talent. He can play any song you name. He'll lead us through standards, classic jazz, swing from the '30s and '40s, and other favorites. With more stamina than the <i>Energizer Bunny</i>, Peter enjoys himself so much, you can't resist.</p> <p>Birthday or not, come celebrate together! We will also have <i>to-go cupcakes</i> (no beverages) for all who attend in the PAC. If you'll be watching on TV, please call (*13) or email Lynn (Ladams@thegarlands.com) by 2:00 pm, Friday, with any song requests you have for Peter.</p>	
<p>Saturday Mar 6 2:30- 4:30 pm</p>	<p>Girl Scout Cookies Pop-Up Shop - Wellness Hallway</p> <p>Two scouts from fifth-grade Girl Scout Troop 75507 will be waiting for you after the Birthday Bash with all your favorite cookies! This troop has completed Girls Around the World journeys (ask them what that is) and makes their community a better place every day. They have donated cookies to police officers, firefighters, and soldiers overseas. They regularly raise funds for veterans, homeless shelters, the Red Cross, Ronald McDonald House, and animal shelters. Come stock up on your favorites and support these excellent young Scouts!</p>	
<p>RSVP *07 Monday Mar 8 3:00- 4:00 pm</p>	<p>A Tribute to Johnny Mercer with Jeffrey Deutsch <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>After Jeffrey's last show (Nat King Cole), members danced and sang through the Café on their way home! He returns to bring you his homage to "<i>our greatest lyricist</i>." Although Johnny Mercer wrote beautiful music as well, he's known as the wordsmith who penned such classics as "<i>Something's Gotta Give</i>," "<i>The Summer Wind</i>," "<i>Satin Doll</i>," and "<i>Moon River</i>." He had a wonderful sense of humor and a great deal of energy and was "<i>a swell guy</i>," loved by all who knew him. Jeffrey's performance will enhance and add to everything you know about the great Johnny Mercer.</p>	
<p>RSVP *07 Wednesday Mar 17 11:15 am- 12:15 pm</p>	<p>St. Patrick's Day with the Nippersink Rogues Irish Duo <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>Nippersink Rogues, Thomas Steffens (piano/vocals), and Mike Knauf (flute, soprano sax, Irish whistle, and vocals) bring St. Patrick's Day to us with all manner of Irish music. For three decades they have been spinning yarns and entertaining audiences with a blend of well-known Irish standards and traditional jigs, reels, and Irish dances. We're always glad to welcome back the Rogues with their accomplished and fun repertoire.</p>	

Here's What's Happening

<div>RSVP *07</div> <div>Thursday</div> <div>Mar 18</div> <div>1:00-2:00 pm</div>	<div>Garlands BINGO with Nate</div> <div><i>Live in the Performing Arts Center, Max 20</i></div> <div>We are LIVE with Bingo in the PAC! We will play for about an hour and each player who calls a correct BINGO will win a prize. Please RSVP and join us for a chance to win some fantastic new rewards.</div>	
<div>RSVP *07</div> <div>Friday</div> <div>Mar 19</div> <div>4:00-5:30 pm</div>	<div>Artist Reception for Bill Lawton</div> <div><i>Art Gallery outside the Performing Arts Center</i></div> <div>At last! We are pleased to offer an artist reception for Garlands member Bill Lawton, whose photographs we've seen in our Art Gallery since everything went sideways. Bill picked up his first camera in junior high and has kept one in his hand ever since. He was able to establish a career photographing products for advertisements, weddings, corporate events, family portraits, and more. Bill's philosophy is "<i>Beauty surrounds us every day – all you have to do is take the time to see it.</i>" We thank him for the beauty he provided this year. Bill's spectacular photos of The Garlands in all its seasons will be featured in our June/July "<i>Our Garlands</i>" exhibit of member and team member art pieces. If permitted, we'll offer Champagne punch and regular punch during the reception. Bill will give an overview of his art and answer questions at 4:45 pm.</div>	
<div>RSVP *07</div> <div>Thursday</div> <div>Mar 25</div> <div>3:30-4:30 pm</div>	<div>Book Launch for <i>The Trickster</i>, by Garlands Member Dorothy Winsor</div> <div><i>Robie Lounge</i></div> <div>We're celebrating the launch of author Dorothy Winsor's fifth young-adult novel, <i>The Trickster</i> (fourth in this series and her seventh published book). If permitted, cheese and crackers will be served. At 3:45 Dorothy will introduce herself, give a reading from Chapter 1, and answer questions. Afterward, she'll stay to chat and sign books, which will be available for purchase. Come listen, even if you don't have a young adult to buy for! Inspired Quill Publishing releases <i>The Trickster</i> on Amazon on March 27. See our <i>Wisdom and Ingenuity</i> article on Page 11 for more on Dorothy.</div>	



Barrington's White House

Barrington's White House, home of the Barrington Cultural Commission, regularly presents virtual cultural events with celebrated artists and musicians from our area and beyond. If you're not already on its email distribution list, you can sign up here to stay current: www.barrington-il.gov/updates.

BACOA's Caregiver Stress-Busting Chronic Illness Program

Wednesdays, March 3 - April 28; 1:00-2:30 pm, on ZOOM!

At the Barrington Area Council On Aging, we know caregiving can be stressful. This free program teaches stress-management techniques and coping strategies to family caregivers of persons with a chronic illness. This 90-minute program meets once a week on your computer, tablet, or smartphone.

Contact: Molly Ross, NeuroBalance Center, (847) 800-6162.



From the Barrington Cultural Commission: A Call for Poems on "Emerging."

*Submission deadline:
Saturday, April 10*

Submit your original poem for a chance to be filmed reading it in Barrington's White House. The program of 10 or twelve local poets will air on Thursday, May 6. The Commission anticipates a broad and creative interpretation of the theme "Emerging." Garlands member **Vivian O'Neill** was selected for their last poetry reading and enjoyed the process immensely!



Last Chance for Garden Planters this Summer 2021

Greetings gardeners! We are excited to start the inquiry process for garden planters. Members borrow our garden planter spaces and grow vegetables, fruits, flowers, etc., and are responsible for maintaining their plants throughout the season. We are unable to guarantee the same garden planter from season to season and we are unable to guarantee a full garden planter. The gardening interest has increased over these years, so prepare to have a half garden. If a full planter is available, it will be assigned. Are you interested in a garden planter?! Contact Nate via email (nszkil@thegarlands.com) or phone (774)15 and a garden packet will be delivered to you.

Dogs

Please remember that it is the responsibility of all dog owners who walk their dogs on campus to carry a plastic bag and pick it up after your pet. Even in inclement weather, it is expected that you maintain the beauty of our campus for all who live here.

Shredding Your Confidential Documents

The shredding company assures us that our shredding box in the Café Hallway is now on a regular, priority schedule every Tuesday. If it's full when you have items to deposit, keep them for another day and please contact Lynn Adams (*13) or Member Services (*02).

Lifelong Learning

<p>RSVP *07 Thursday Mar 11 1:00- 2:00 pm</p>	<p>Music Appreciation with Jim Kendros: Going for Baroque <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>Jim Kendros's musical experience is so vast, we can tell you something new about him every month. Known as "<i>The North Shore's Favorite Music Historian</i>," Jim is the Pre-Concert Lecturer for the Fox Valley Orchestra, the Composer Fellow and Pre-Concert Lecturer for the Northbrook Symphony, and the Speaker and Instructor for the Elgin Symphony Listener's Club. This month, celebrate the March birthdays of two towering figures of Baroque music: Bach and Vivaldi! Bach's courtly and charming music for flute and strings, as well as his famous <i>Air in D</i>. For Vivaldi, is his immortal Four Seasons, highlighting the passionate Winter Concerto and the first movement of his <i>Spring Concerto</i>. Jim demonstrates and enhances his presentations with selections he plays on the piano. You don't want to miss any of Jim's visits!</p>	
<p>RSVP *13 <i>if you're not already on the distribution list</i> Friday Mar 12 10:00- 11:30 am</p>	<p>Great Decisions with Gary Midkiff on Zoom! <i>Zoom on your computer</i></p> <p>See your friends and exercise your brain! You don't need a Zoom account to attend online*, just access to the internet and an email address. From the Foreign Policy Association, Great Decisions is America's largest discussion program on world affairs.</p> <p>The March topic is <i>Persian Gulf Security</i>. To join this vibrant group of thinkers, please call Lynn Adams, Director of Activities (*13). Lynn can also help you order the briefing book.</p> <p><i>*Make sure you're Zoom ready a week before the meeting. Lynn (*13) and Nate (77415) can help you get set up before the meeting. If you're Zooming on your cell or tablet, you do need to download the Zoom app. For maximum satisfaction, Zoom from a device with a camera. Call us if you have any difficulties.</i></p>	
<p>RSVP *07 Monday Mar 22 1:00- 2:00 pm</p>	<p>Marvelous Metals with Myra Loris <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>Metal is the lens through which we'll examine some of the most iconic and memorable moments in the modern United States. From the Statue of Liberty through the Space Race, the World Trade Center, and MUCH more, we will look at how the creative and innovative use of "<i>marvelous metals</i>" has shaped and molded our uniquely American experience. Whatever Myra finds interesting she makes fascinating!</p>	

Keep an eye on Channel 1901 to see other educational content we run on Channel 1902.

Thursday
Mar 25
10:00 am-
12:00 pm

Harper College: Lyndon B Johnson – The Accidental President

Live on Channel 1902 from Harper

Instructor **Don Barrett** discusses Lyndon Johnson's rise to power and the innovative financial clout essential to his success in government. This presentation will also cover his civil- and voting-rights legislation and the Vietnam War.



March Osher Lifelong Learning Institute ZOOM LECTURES

15 or so minutes before the lecture begins, Garlands members can go to the website **zoom.us**, click on "Join A Meeting" and enter the **Zoom Webinar ID** number associated with that lecture. Then follow the prompts to join the classes.

You can access course descriptions at **olli-umich.org**.

As always, if you have any trouble, call or email **Nate** (77415 or nszkil@thegarlands.com) or **Lynn** (*13 or Ladams@thegarlands.com) so we can help you.

DATE / TIME	TITLE	ZOOM ID
Tuesday March 9 9:00 -10:30 am	The Political Power of Optimism	953 8127 8670
Thursday March 11 9:00 -10:30 am	Creating Comics/Graphic Novels from Concept to Publication	994 5472 2825
Tuesday March 16 9:00-10:30 am	Business in the Time of COVID: Current Challenges and Future Perspective	931 8841 4539
Wednesday March 17 6:00-7:30 pm	Put a Spark under your Butt	974 7419 3079
Thursday March 18 9:00-10:30 am	The Comics Journalism of Josh Neufeld	914 4584 5367
Thursday March 25 9:00-10:30 am	Superhero Therapy: Graphic Medicine and Therapy	973 5871 8959

All lectures are available to Garlands Members on the *OLLI Video Catalog*, including 70 archived lectures from the past two years. You can access these at **olli-umich.org**.

Call **Lynn**, **Nate**, or the **Concierge** for login information (*we can't publish it in the Gazette*).

If you are attending the **OLLI Lectures online**, please call (*13)
or email (Ladams@thegarlands.com) **Lynn**
to let us know what you think of the OLLI Lecture Program.

Learning on Channel 1902

Featured Programs	
Friday March 5 3:00- 5:00 pm	Heroes of the US Suffrage Movement with Garlands Member Peggy Clough This presentation builds on those we saw in November (Passage of the 19th Amendment) and (Women's Suffrage). We take a deep dive into the lives of the women who sacrificed almost everything to alter history.
Tuesday March 9 1:00- 1:30 pm	The National Ballet of Canada Spotlight Series: The Dreamers Ever Leave You The National Ballet of Canada acknowledges our creative home on the sacred and traditional territories of the Anishinabek, Mississaugas of the Credit First Nation, Haudenosaunee, and Huron-Wendat. We acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit and the Williams Treaty signed with multiple Mississaugas and Chippewa bands.
Tuesday March 16 1:00- 1:30 pm	Omeleto presents: Feeling Through Tereek – a young man trying hard not to reveal his lack of a home -- is desperately looking for a bed for the night, texting friends in hopes that he can crash with them. But just when something comes through, he finds himself helping out Artie, a deaf-blind man waiting for a bus home.
Thursday March 18 7:00- 7:35 pm	The Tabernacle Choir presents: Piping Up Organ Concert The five accomplished Tabernacle and Temple Square organists Richard Elliott, Andrew Unsworth, Brian Mathias, Linda Margetts, and Joseph Peeples will be featured in a new concert series.
Tuesday March 23 7:00- 9:35 pm	OperaVision presents: MANON On her way to the convent, a joy-loving young woman falls head over heels in love with a handsome stranger and decides to flee with him. Yet aspiring to a life of wealth and luxury, she ends up throwing herself into the arms of a rich nobleman. But can she forget her true love?
Thursday March 25 7:00- 7:30 pm	Oslo Philharmonic presents: Violin Concerto The Oslo Philharmonic with violin soloist Guro Kleven Hagen and conductor Vasily Petrenko perform Erich Wolfgang Korngold's Violin Concerto in D major in Oslo Concert Hall.
Tuesday March 30 7:00- 7:30 pm	The National Ballet of Canada Spotlight Series: Modern Masterpieces The National Ballet of Canada acknowledges our creative home on the sacred and traditional territories of the Anishinabek, Mississaugas of the Credit First Nation, Haudenosaunee, and Huron-Wendat. We acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit and the Williams Treaty signed with multiple Mississaugas and Chippewa bands.

Learning on Channel 1902

Keep an eye on Channel 1901 to see other educational content available on Channel 1902.

Channel 1902 General Schedule

7:00 am- 12:00 pm	Move! <i>Fitness classes</i>
1:00 pm- 2:00 pm	Learn! <i>Educational programs</i>
2:00 pm- 3:00 pm	Move! <i>Fitness classes</i>
3:00 pm- 5:00 pm	Movies! <i>Wednesdays and Fridays</i>
5:00 pm - 6:50 pm	Move! <i>Fitness Classes</i>
6:50 pm- 6:55 pm	Feel Calm... <i>Guided meditation</i>
7:00 pm	Be Entertained! <i>Music programs</i>
9:30 pm- 9:35 pm	Feel Calm... <i>Guided meditation</i>

March Birthdays

Wishing a Happy Birthday to those members celebrating their special day this month. Whether or not you have a birthday, please plan to attend the Birthday Bash on Saturday, March 6, 1:30 pm, on Channel 1902. For more information, see Birthday Bash on Page 3.



Lynn Cernok	Mar 04	Bonnie Hannon	Mar 12	Wendell Smith	Mar 18
Jinne Train	Mar 06	Tom Banfield	Mar 13	Susan Powers	Mar 23
Ruth Hanson	Mar 06	Alice Van Egeren	Mar 13	Bill Crowell	Mar 24
Flo Henshell	Mar 08	Darrell Dick	Mar 14	Therese Schoen	Mar 25
Carol Schwarz	Mar 09	Pat Wille	Mar 14	Lee Myalls	Mar 25
Clair Smith	Mar 10	Kay Reich	Mar 14	Paula Keller	Mar 28
Russell Bartz	Mar 10	Dick Van Egeren	Mar 15	Norb Schwarz	Mar 28
Graham Hoggins	Mar 11	Joe Cusimano	Mar 15	Sandy Zedella	Mar 30
Bonnie Gekler	Mar 11	Lolly Buckingham	Mar 17	Patt Hankins	Mar 31
Earle Combs	Mar 12	Pat Lavelle	Mar 17		
Carol Smith	Mar 12	Carol Loitfellner	Mar 17		

Member Wisdom and Ingenuity

Garlands Members are RESILIENT! Think of all the world events and life experiences you've come through. Here are some of the ways you're thriving during the pandemic:



Knitting a Family Even Closer (Oh, and Writing Her Memoir)!

– Anne Courter

At age 14, Garlands Member Anne Courter knitted her best friend Earle a pair of socks. When he went to college ahead of her, she knitted him a sweater. Fast forward several decades later and Anne has been knitting for their children

(four), grandchildren (11), and great-grandchildren (18) ever since. Last year, she knitted an afghan using the softest baby-blanket yarn for one of her kids to keep at their lake house, a gathering spot for the whole family. It was so velvety and such a hit that four or five of the cousins would try to get under it at the same time!

In May of 2020, Anne was managing the pandemic well. With more time on their hands, her kids had fallen into the habit of calling her every day, usually to play word games over the phone or visiting at their lake house, but, in June, she took a fall that broke her hip and resulted in lots of time laid up.

Did she mope? Nope. Not even for a day. Anne says, *"If I'd been anywhere but at The Garlands, it would have been a very different story. Roger and his staff (Member Services) are the kindest, most patient people in the world. Everyone here cares. It's easy to be happy here."*

While recovering from surgery, Anne turned her attention to two areas:

First, she knit a super-soft afghan for each of her great-grandchildren: again, SHE HAS 18!



Second, she completed a project her daughter started her on in 2020: **StoryWorth**. Once a week, for a year, *StoryWorth* emailed Anne a question that she had to answer in the form of a story. After 52 weeks of compilation, Anne's family members received beautiful bound books, filled with photographs of Anne's life stories.

Even during a pandemic, Anne wouldn't let a broken hip interrupt her rhythm. She really gives new meaning to the word **"THRIVE!"**

Jane Hoffman, with help from **Ginger**, agreed to be penpals with a young art student from the *Kaleidoscope School of Art* in Barrington.



Member Wisdom and Ingenuity



Writing a Seventh Book! – Dorothy Winsor

During both her careers – initially as a technical writing professor and author at Iowa State University, and currently as a five-time published author of young-adult fantasy novels – Dorothy Winsor’s routines and writers’ groups have served as the beacons and buoys by which she steers her life as a writer.

Since Dorothy and her husband Rich moved into The Garlands, Dorothy “went to work” every weekday to write at the Barrington Area Library or at a coffee shop, and she participated in the Barrington Writers Workshop every Wednesday night like clockwork. In short, she built a framework within which her creativity could thrive, and, as a result of her structure, discipline and practice, she wrote and published several books. Her book reviews speak for themselves:

“Rich and complex storytelling”

“Outstanding fantasy”

“Couldn’t put it down!”

“Exciting story for all ages, with some food for thought.”

However, a month or so into the world’s closing down, Dorothy realized she’d lost much of her personal navigation system. A frightening global

pandemic, no Library, no coffee shop, no *Writers Workshop*, no visits with family or friends, and so many factions in the world angry with each other upset her structure and impacted her workflow and creativity. When she noticed that she, a lifelong voracious reader, couldn’t concentrate enough to even read a good book, Dorothy thought, “*Uh oh. I need to get on top of this.*”

So, Dorothy created an “at work” space in their home and went to it every weekday. In addition, she and the rest of the Barrington Writers Workshop began Zooming every Wednesday evening and re-established that motivating, supportive environment, which lent a sense of normalcy.

Dorothy’s latest book, *The Trickster*, comes out March 27 on Amazon, Barnes & Noble, and wherever fine books are sold. It is her fifth young-adult novel and ninth published book, plus, she’s already buckled down and started her next one!

The morale of the story? Dorothy says, “*Don’t wait until you feel like doing something to help yourself. Put it on your calendar or your list for today, and just do it. Eventually, it becomes a habit, and you can’t imagine your life without this good thing.*”

Words to live by!

Submitted by Joyce Carlson

***“Contentment is not the fulfillment
of what you want,
but the realization of how much
you already have.”***

What’s YOUR Stay-at-Home Wisdom?

How do you pass the time? Are you learning something new? Are you making headway on a project? What advice would you give to seniors confined to their homes and their family members? Even if you think your accomplishment is small, it might be exactly what another member needs to hear.

Please call or email **Lynn Adams** in Activities (*13 or Ladams@thegarlands.com).

Food Glorious Food

Elvis Sandwich Special

Monday, March 1, 11:30 am-1:30 pm, Winslow-rsvp *17
Peanut butter, banana, bacon sandwich
No side included with this special
\$5

Banana Cream Pie Special

Tuesday, March 2, 11:30 am-1:30 pm Winslow-rsvp *17
5:00-8:00 pm, Grill-rsvp *52
\$4

Biscuits & Sausage Gravy with Two Eggs

Wednesday, March 3, 7:00-10:00 am, Winslow-rsvp *17
No side included with this special
\$7

Grilled Pound Cake with Berries & Cream Special

Thursday, March 4, 5:00-8:00 pm, Winslow-rsvp *17
\$5

Fried Chicken Special

Friday, March 5, 5:00-8:00 pm, Winslow-rsvp *17
Three pieces with corn and mashed potatoes
\$14

Oreo Cheesecake Special

Saturday, March 6, 11:30 am-1:30 pm and 5:00-8:00 pm
Winslow-rsvp *17
\$4

White Chocolate Cheesecake

Monday, March 8, 11:30 am-1:30 pm Winslow-rsvp *17
5:00-8:00 pm, Grill-rsvp *52
\$4

Meatball Sub Sandwich Special

Tuesday, March 9, 11:00 am-3:00 pm, Cafe-rsvp *19
One sandwich side with this special
\$5

Spinach Quiche with Fruit Special

Wednesday, March 10, 7:00-10:00 am Winslow-rsvp *17
\$8

Scallop Special

Friday, March 12, 5:00-8:00 pm Winslow-rsvp *17
Butter parmesan baked scallops (4)
with Jasmine rice and asparagus
\$26

Guinness Stew Special

Monday, March 15, 5:00-8:00 pm, Grill-rsvp *52
Beef and potatoes with cabbage stewed
in Guinness beer served with one side
\$12

Irish Cream Pie Special

Tuesday, March 16, 11:30 am-1:30 pm Winslow-rsvp *17
5:00-8:00 pm, Grill-rsvp *52
\$4

St. Patrick's Day Dinner Special

Wednesday, March 17, 5:00-8:00 pm, Grill-rsvp *52
Corned beef with cabbage, broiled red potatoes,
and baby carrots
\$18

Corned Beef Hash & Eggs

Thursday, March 18, 7:00-10:00 am, Winslow-rsvp *17
\$8

Sloppy Joes Special

Thursday, March 18, 11:00 am-3:00 pm, Cafe-rsvp *19
No sandwich side with this special
\$5

Free Oatmeal Raisin Cookie with Every Order

Friday, March 19, 11:30 am-1:30 pm and 5:00-8:00 pm
Winslow-rsvp *17

Ravioli Special

Saturday, March 20, 5:00-8:00 pm, Winslow-rsvp *17
Portobello & porcini mushroom ravioli
in cream sauce with one side
\$16

Free Chocolate Candy with Every Order

Monday, March 22, 5:00-8:00 pm, Winslow-rsvp *17

Enchiladas Special

Tuesday, March 23, 5:00-8:00 pm, Grill-rsvp *52
Choice of chicken or cheese enchiladas
with Mexican rice & black beans
\$14

Free Chocolate Candy with Every Order

Wednesday, March 24, 5:00-8:00 pm, Grill-rsvp *52

Philly Cheese Steak Sandwich Special

Wednesday, March 24, 11:30am-1:30pm,
Winslow-rsvp *17
Includes one sandwich side
\$10

Chocolate Chip Waffle

Thursday, March 25, 7:00-10:00 am, Winslow-rsvp *17
Served with two eggs and bacon
\$8

Pecan Pie Special

Thursday, March 25, 11:30 am-1:30 pm
and 5:00-8:00 pm, Winslow-rsvp *17
\$4

Spanish Paella Special

Saturday, March 27, 5:00-8:00 pm, Winslow-rsvp *17
Classic Spanish rice dish made with rice, saffron,
vegetables, chicken, and seafood cooked and served
in one pan.
\$18

Country Skillet Special

Tuesday, March 30, 7:00-10:00 am, Winslow-rsvp *17
Sausage, potatoes, onion, bell peppers, cheddar
cheese with two eggs
\$8

Bacon Cheddar Tots Special

Wednesday, March 31, 11:00 am-3:00 pm,
Cafe-rsvp *19
No sides are included with this special
\$4

Oyster on Half Shell Special

Wednesday, March 31, 5:00-8:00 pm, Grill-rsvp *52
6 oysters with vegetable medley
and garlic roasted potatoes
\$24



The Doctor is in...

Please plan to wear a mask during your appointment.

Audiologist: Dr. Regina Dzewior

Call 847-358-2896 to schedule an appointment.
Wednesday, March 10, 9:00 am-12:00 pm

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment.
Wednesday, March 17, and Wednesday, March 31,
8:00 am-2:00 pm

Care Navigators - The COVID-19 pandemic has caused increased stress and anxiety. Care Navigators provides one-on-one counseling for depression, anxiety, and other mental health challenges in the comfort of your own home. Counseling support is covered by Medicare and most private insurances.

Rachel Risler, LCSW, earned her BA degree from Smith College and her MSW degree from the University of Michigan - Ann Arbor, where she was a Hartford Geriatric Fellow concentrating in Aging and Interpersonal Practice. She has over fifteen years of experience in geriatric social work, including long term care and hospice.

Call Care Navigators at 847-250-1829 for more information or to schedule your first appointment.

Wellness Center Hours

Monday through Friday, 8:00 am-4:30 pm, Saturday, 8:00 am-2:00 pm.

The Wellness Center remains closed for walk-ins and is open by APPOINTMENT ONLY. Please dial *03 to speak with Wellness Center staff about your needs and to schedule an appointment.

The Wellness Center Manager is available by phone (*03): Monday - Friday, 8:30 am - 5:00 pm.

Lab Services - call *40

Blood draw services every Tuesday in the Wellness Center. This service is provided by NICL Lab.
Minimum 24-hour advance notice required

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.

Blood Pressure Testing - call *03

With COVID cases remaining high, we have decided to reduce traffic in the Wellness Center, allowing only those Members that need to see the nurse or nurse practitioner access. Until further notice, we must suspend complimentary blood pressure checks in the wellness center.

If you need to check your blood pressure regularly, you have two options: 1) Call *03 and ask the wellness center staff to schedule a time for them to bring the electronic blood pressure cuff to your unit free of charge or 2) schedule a nurse to come to your unit to take your blood pressure for a fee of \$32.50 for 15 minutes per visit.

Comprehensive Group / HealthPRO Rehabilitation

Call *47 for information and scheduling
For all your therapy needs. By appointment only.

Fitness Center

March Madness and New In Studio Fitness Classes

Fitness competition! Come to as many classes as you can in March, and get entered into a drawing for a prize at the end of the month.



FEEL Better. LIVE Better. AGE Better.

Balanced Body with Dr. Sandra

RSVP *41 Live In Studio and Channel 1902
Mondays, Wednesdays, and Fridays in March
9:00-9:45 am, Fitness Studio
(Wednesdays' Live Streams will be 30 minutes)

Move ALL your parts in this stretch and strength class! Have the opportunity to practice getting up and down the floor with assistance if you wish! All levels welcome!

Matter of Balance

RSVP *41 Live In Studio and Channel 1902
Wednesdays and Fridays in March
1:00-3:00 pm, Fitness Studio

A nationally recognized fall prevention program, this class focuses on taking the fear out of falling. This class will be held in the studio or if you prefer you can join via zoom. Call Sandra at *15 to sign up for either an in-person or zoom class ASAP.

Beach Body Ready 2021!

RSVP *41 Live In Studio and Channel 1902
Wednesdays and Fridays in March
11:30-12:00 pm, Fitness Studio

Get back to the beach in style! Come work on your six-pack abs with the fitness ladies cheering you on and preparing you for bikini season. This class will be cardio, strength, core, and more. Be prepared to work!

Drums Alive

RSVP *41 Live In Studio and Channel 1902
Thursdays in March, 2:00-2:30 pm, Fitness Studio

This class will be a fun way to wind down the week. We will use drum sticks and a big ball to bang, move, get your heart rate up, and unleash your inner rock star. this amazing strength training tool.

St. Paddy's Pool Party

RSVP *41
Wednesday, March 17, 10:00-10:30 am, Pool

Get your Shamrocks rockin' and wear your lucky swimsuits to this Irish party.

Spring has Sprung Outdoor Picnic

RSVP *41
Friday, March 26, 1:30-2:30 pm, meet near the horse near the 1000 building

Stop and smell the flowers! Come join the fitness ladies as we celebrate spring. Bring your lunch, snacks, and favorite beverages. We will relax and become one with nature!

Fitness Studio Classes

For All - RSVP *41 Live In Studio and Channel 1902

Chair Yoga

Tuesdays and Thursdays, 11:00-11:25 am
Unwind, relax, and reward yourself with these amazing, feel-good yoga moves using a chair for support!

Tai Chi and Yoga

Tuesdays and Thursdays, 11:30-11:55 am
Supercharge your brain and body with a combination of Tai Chi and yoga! This meditative movement may inspire you to feel happy, energized, focused, and strong. Exercises performed standing but may be modified!

Learn to Meditate

Monday-Friday, 8:00-8:30 am
Put restful relaxation into your daily routine.

Gentle Joints

Mondays, Wednesdays, and Fridays, 11:00-11:30 am,
This class is a seated class that is extremely beneficial for your joints. Slow-moving but will get you moving and flowing with your day.

Lunch Hour of Power!

Mondays, Wednesdays, Fridays, 1:00-2:00 pm
Tune in for some hot knowledge every to find your inspiration to get that body moving.

Outdoor Nature Walk - RSVP *41

Wednesdays and Fridays, 1:00-1:30 pm, Meet outside 1000 Lobby - Bundle up and let's head outside for a nutritious movement walk in nature!

Welcome New Members



Pam Leutz

Residence 1104

Member since February 2020

HOMETOWNS

- Seattle
- Denver
- Colorado Springs
- Dallas

FAMILY

- daughter of member Jinne Train
- 3 children
- 4 grandchildren

EDUCATION

- Denison University
- Northern Illinois University

HOBBIES

- Bookbinding
- Personal historian

CAREER

- Higher Education Administrator

ORGANIZATIONS

- "The Thread That Binds" -Author
 - Studied in Switzerland and the Czech Republic
-



Chris McGrath

Residence 1108

Member since July 2020



Lynn Cernok

Residence 2102

Member since October 2020

**Vibrant Thinkers from the Great Decisions group
meet monthly on Zoom.**



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