



# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

APRIL 2021



Every Wednesday Vera Proper (pictured right) waits to see what Rita Coake painted in Art Class.



The Keen Readers Book Club was thrilled to meet in person again!



Sandy Zedella, Marilyn Helberg, Phyllis Hamilton, and Sally Leffew enjoyed Bill Lawton's Artist Reception.



Jason and Chef Bobby led the F&B Committee on a tour through the Kitchens.



Pinochle has resumed! Vivian O'Neill, Ron Goldenstern, Janet Zilkowski, Esther Lark

FEEL Better. AGE Better. LIVE Better.



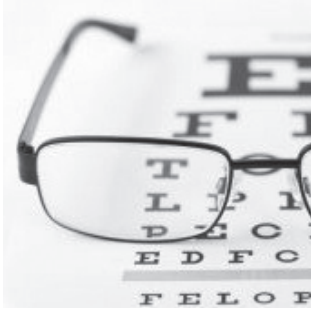


# Here's What's Happening

For all in-person programs, RSVP to Iris, the Concierge (\*07), to ensure your spot.

## Event Attendance

Members are welcome to attend events in person (limit 47) or watch those that are live streamed 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.

<p>RSVP *07 Thursday <b>April 1</b> 10:00- 10:45 am</p>	<p><b>Meeting for Low-Vision Members - Surround Sound Theater</b></p> <p>We will reach out to members who have trouble reading the <i>Gazette</i> and <i>This Week</i> to invite you to a gathering where we'll tell you everything that's going on at The Garlands this month. You can even register for activities on the spot. Afterward we will print out, in large type, a recap of what you've signed up for and deliver it to your cubby.</p>	
<p>RSVP *07 Thursday <b>April 1</b> 2:00- 3:00 pm</p>	<p><b>Lessons from the Ledge with Author Nancy Jo Nelson - Live in the Performing Arts Center and on Channel 1902.</b></p> <p>Nancy Jo Nelson's wisdom is hard won: shortly after she asked for a divorce, her husband disappeared, leaving no clues. She immediately entered a living nightmare as she and her children tried to process what had happened to their lives. Months later his remains were discovered not far away. It took years of work, but she got her kids and herself to a position from which she's able to turn around and lend a hand to others experiencing grief, loss, or, really, any kind of challenge. In a warm and engaging talk, Nancy brings the good news that, after an incapacitating tragedy, life can, again, be whole, fulfilling, and, yes, fun. Copies of <i>Lessons from the Ledge</i>, winner of the <i>New York City Big Book Award</i>®! will be available for purchase and signing.</p>	
<p>RSVP *07 Saturday <b>April 3</b> 1:30- 2:30 pm</p>	<p><b>Birthday Bash with Carolyn Wehner</b></p> <p><i>Live in the Performing Arts Center and on Channel 1902. We will no longer be delivering cupcakes to purse shelves – please join us in person!</i></p> <p>Carolyn presents "Singing in the Rain," an hour-long concert saluting the glorious season of spring. You'll hear the title song plus "Blue Skies," "Over the Rainbow," "It Might as Well Be Spring," "April in Paris," and many more as Carolyn accompanies herself on the piano. Birthday or not, come celebrate together! We will also have to-go cupcakes for all who attend in the PAC.</p>	
<p>RSVP *07 Tuesday <b>April 6</b> 1:30- 3:00 pm</p>	<p><b>Recorded Performance by Llewellyn Sanchez-Werner at Barrington's White House - Surround Sound Theater and on Channel 1902</b></p> <p>A Barrington's White House favorite, Llewellyn Sanchez-Werner returned in March for a breathtaking virtual performance of Ravel's <i>Bolero</i>, arranged for four pianos, Chopin's <i>Barcarolle</i>, Op. 60, Beethoven's mesmerizing <i>Piano Sonata in A Major</i>, Op. 101, Bernstein's "Mambo!" from <i>West Side Story</i>, as well as Irving Berlin's popular "Blue Skies." (cont.)</p>	

# Here's What's Happening

(cont. from  
pg 2)

Gilmore Young Artist award winner Sanchez-Werner has performed at the White House and Kennedy Center in Washington, DC, as well as in a multitude of international venues. The "poetic and electrifying" sounds of this young virtuoso have been described as "balancing earthly aggression against elegant refinement." The Garlands and Barrington's White House partnered to make this recorded program available to Garlands members.



## 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 pastel--not the messy ones! 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 April. Limit 20.

**April 7: Pastel Basics.** Get to know the medium.

**April 14: Develop Your Skills.** We'll improve our blending technique by creating a beautiful field of flowers.

**April 21: Review.** We'll produce a simple artwork using everything we've learned.

**April 28:** Please note there will be no art class on this day, due to the Coffee with Management.

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

RSVP \*07  
Thursdays  
**April 8,  
15 & 22**  
4:30-  
6:00 pm

## New Member Receptions - Introductions at 5:00 pm, Performing Arts Center

Come to them all! We can't wait for long-time members to meet all the wonderful members who moved into The Garlands since our last reception at the beginning of 2020 (see photo). We've relocated Happy Hour into the Performing Arts Center on these days and, at each of the three receptions, we will introduce eight to ten of our nearly 30 new members. New members will receive an invitation ahead of time and a corsage to wear at each of the receptions. Next month Activities and the New Neighbor Committee will work together to host a series of Sharing Tables to continue the acquaintance. Note: if you'll be having dinner in the Winslow on these evenings, be sure to make a reservation there too to avoid a traffic jam.

RSVP \*07  
Friday  
**April 9**  
11:00 am-  
12:00 pm




## Garlands Travel Club – First Meeting

Live in the Performing Arts Center and on Channel 1902

Travelers: would you like to voyage with other Garlands members? Cruise with your cronies? Adventure with acquaintances? The Garlands works with a travel agency that can incorporate your collective travel wishes and return with a variety of possible Garlands Travel Club scenarios that are tailored to our club. A travel club offers group discounts; personalized trips, known travel companions, and a professional to do the drudge work.

At this meeting we'll brainstorm what destinations are still on your bucket list, your vacation likes, dislikes, and needs, what modes interest you the most, and any other ideas you'd like taken into consideration. Trips can be local, nation-wide, and international: bring all your ideas so that when we CAN travel, we will be ready to swing into action!

# Here's What's Happening

<p>RSVP *07 Monday <b>April 12</b> 7:00- 8:00 pm</p>	<p><b>An Evening of Opera with Marisa Buchheit</b> <i>Live in the Performing Arts Center</i></p> <p>Operatic soprano Marisa Buchheit performs a concert of opera and Broadway hits. A former Miss Illinois, Buchheit sang "Juliet's Waltz" from <i>Roméo et Juliette</i> on the Miss America stage in Atlantic City and will sing this lively aria and many more to her new friends at The Garlands. An active performer in the Chicagoland area, Buchheit has performed as Featured Soloist with the Elgin and Peoria Symphony Orchestras and in leading roles in operas, operettas, and musicals throughout the country. She looks forward to sharing works of Puccini, Dvorak, Bizet, Lloyd-Webber, Rodgers, Cohen and more, in songs of love, loss, and exuberant joy.</p>	
<p>RSVP *07 Thursday <b>April 15</b> 3:00- 4:00 pm</p>	<p><b>Garlands BINGO with Nate</b> <i>Live in the Performing Arts Center, Max 20</i></p> <p>We are LIVE with Bingo in the PAC! We will play for about an hour and each player that calls a correct BINGO will win a prize. Please RSVP and join us for a chance to win some fantastic new rewards for you to enjoy.</p>	
<p>RSVP *07 Tuesday <b>April 20</b> 3:00- 4:00 pm</p>	<p><b>Edutainer Jenny Riddle as Catherine the Great</b> <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>Jenny brings this fascinating woman to life in her dramatic book review, <i>Catherine the Great: Portrait of a Woman</i> by Robert Massie. "Catherine" has lots of secrets to tell about her dramatic rise to power from a little-known princess to her thirty-four-year reign as Empress of Russia. Learn how Catherine's passion for books and learning, her ability to keep her cool, her famous liaisons, and her enlightened philosophy made her one of the most successful women of all time. It's a riveting story that you won't want to miss.</p>	

# Here's What's Happening

RSVP \*07  
Wednesday  
**April 21**  
3:15-  
4:15 pm

## **Chicago Past, Present, Future with Jerome O'Connor** *Live in the Performing Arts Center and on Channel 1902*

In the first of this series, author, journalist, and certified Chicago Tour Guide (one of only 23), Jerome O'Connor begins with the origins of Chicago and brings us to the mid 20th century. Whether speaking about his beloved Chicago or about World War II, his meticulous research and engaging and easy style have won him a following at The Garlands. This summer he'll begin his series on *The Hidden Spaces of World War II*, which is also the name of his book, for which the U.S. Naval Institute named him "Author of the Year."



RSVP \*07  
Tuesday  
**April 27**  
1:30-  
3:00 pm

## **The State of Higher Education: Recorded Livestream by Harper College President, Dr. Avis Proctor, at Barrington's White House - Surround Sound Theater and on Channel 1902**

In this presentation, live streamed days before, Dr. Avis Proctor provides insights on the state of higher education today. Dr. Proctor has more than 25 years of experience in multicultural environments as an innovative mathematics educator and academic administrator with a focus on teaching, service, and research. As a higher education scholar and an Aspen Presidential Fellow, she contributes to the professional discourse from local to global levels on progressive leadership in higher education, research-based instructional strategies, strategic community engagement, economic development, and the STEM pipeline for underrepresented groups. The Garlands and Barrington's White House have partnered to make this recorded program available to Garlands members.




**THIS  
SUMMER  
June &  
July**

## **Remember This: Member-Team Member Garlands Campus Art Exhibit** *Art Gallery by the Performing Arts Center*

This summer – June and July – we're showcasing an "Our Garlands" exhibit in the Art Gallery featuring member and team member art pieces of our beautiful campus, indoors and out. You can create and share paintings, drawings, photographs, and mixed media. Come to the Wednesday Kaleidoscope Art Classes to build up your confidence. Call Lynn in Activities (\*13) with any questions.



# Things To Do

<p>Saturday <b>April 3</b> 10:00-11:00 am and <b>April 17</b> 10:00-11:00 am</p>	<p><b>Just Talk</b> <i>on Zoom on your computer</i></p> <p>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 <b>Tom Banfield (31400)</b> with questions or to register for the <i>Zoom</i> gathering. Because this group is currently meeting online, you must have access to a computer, tablet, or smartphone to participate.</p>	<p>It's just talk ...</p>
<p>Tuesday <b>April 13</b> 10:00 am-12:00 pm</p>	<p><b>Betsy's One-of-a-Kind Costume Jewelry and Repair</b> <i>Wellness Hallway</i></p> <p>Betsy repairs and custom designs costume jewelry in her studio of 2 million beads. She specializes in matching her jewelry to your special outfits: bring a photograph or the outfit if you'd like something customized! All items under \$75. Cash and checks accepted. Betsy can hold a piece up for you to see how it would look, but, currently, jewelry may not be tried on. If Betsy took repairs of yours before the pandemic, she'll be bringing it back to you on this day. She'll call you ahead of time.</p>	
<p>RSVP *07 Wednesday <b>April 21</b> 1:30-4:00 pm</p>	<p><b>Fur Coat Repairs and/or Summer Storage</b> <i>Activities Office (between Winslow and 1000 Concierge)</i></p> <p>If you would like to have York Furrier store your fur coats for the summer and/or clean or repair your coats, please drop them off with a piece of paper pinned to each one, stating your name, apartment number, phone number, how many total coats, and what services you would like. York Furrier will contact you with any questions. If you are unable to drop off your coats, please call Lynn (*13), and she will arrange a time to pick up your coats. The Garlands has long worked with York Furrier, a family owned and operated purveyor of furs and fine outerwear, located in Elmhurst.</p>	
<p>RSVP *07 Wednesday <b>April 28</b> 9:30-10:30 am</p>	<p><b>Coffee with Management</b> <i>Performing Arts Center</i></p>	
<b>SPIRITUAL</b>		
<p>Wednesdays 2:00-2:30 pm</p>	<p><b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b> <i>Performing Arts Center - ALL ARE WELCOME!</i></p> <p>Please note: we now offer a weekly live Catholic service and have discontinued the Sunday YouTube video of the St. Francis de Sales service of the previous week.</p>	
<p>Thursdays 3:00-3:45 pm</p>	<p><b>Bible Study with Pastor Joe Dorociak of the Presbyterian Church of Barrington</b> <i>Surround Sound Theater - ALL ARE WELCOME!</i></p>	
<p>First Friday every Month 3:00-4:00 pm</p>	<p><b>Communion Service with Bob Alberding of St. Mark's Episcopal Church</b> <i>Eastlake Dining Room - ALL ARE WELCOME!</i></p>	

<p><b>RSVP *07</b> Thursday <b>April 8</b> 3:00-4:00 pm</p>	<p><b>Music Appreciation with Jim Kendros: Beethoven Like Never Before!</b> <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>Composer, music producer, concert artist, multi-instrumentalist, and music researcher Jim Kendros shines a whole new light on Beethoven's <i>Fifth Symphony</i> and <i>Moonlight Sonata</i>. Jim will show you how to listen to and understand these works in ways you may have never imagined. You have a classical music expert in you: let Jim show you how to find it! Jim plays the piano to demonstrate what he's discussing. You don't want to miss any of Jim's visits!</p>	
<p><b>RSVP *13</b> <i>if you're not already on the distribution list</i> Friday <b>April 9</b> 10:00-11:30 am</p>	<p><b>Great Decisions with Gary Midkiff on Zoom!</b> <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 April topic is Brexit and the EU. 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><b>RSVP *07</b> Monday <b>April 19</b> 3:00-4:00 pm</p>	<p><b>Anette Isaacs: Germany and Israel - a Story of Guilt and an Unlikely Friendship</b> <i>Performing Arts Center Screen and Channel 1902</i></p> <p>This recording of Anette's lecture for us starts with April, 1965, when Germany and Israel entered into diplomatic relations. What seemed to be a rather unlikely relationship – especially in light of the shared history – has evolved over time into a blossoming friendship and successful economic bond. In order for this to happen, Germany had to face its Nazi legacy and subsequent collective guilt. German historian, Anette Isaacs, discusses how her native country has attempted to cope with the guilt of causing the Holocaust and how this painful but necessary process heralded a new era in German/Israeli relations.</p>	
<p>Thursday <b>April 29</b> 3:15 pm-4:15 pm</p>	<p><b>Myra Loris Lecture: A More Perfect Union?</b> <i>Live in the Performing Arts Center and on Channel 1902</i></p> <p>This talk looks at the Promises made in the Preamble of the U S Constitution and at whether or not such lofty aspirations have yet been met in the year 2021. Focus is on economic, social, political, and scientific issues framing contemporary American life and our common future. Myra's lectures fill up quickly.</p>	

# Lifelong Learning

Saturday

**April 24**

6:00-9:00 pm

## Celebrate Astronomy Day! *Zoom on your computer*

The Northwest Suburban Astronomers Club is partnering with Harper College to present this year's Astronomy Day virtually, allowing you and your grandchildren the opportunity to participate remotely. This year's event includes planetary-mission updates, astro imaging, and hands-on activities. Zoom IDs for each of the programs will be made available to us in time for our *This Week* April 18 publication.



### April Osher Lifelong Learning Institute ZOOM LECTURES

15 or so minutes before the lecture begins, Garlands members can go to the website [zoom.us](https://zoom.us), click on "Join A Meeting" and enter the **Zoom Webinar ID** number associated with that lecture and then follow the prompts to join the class.

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

DATE / TIME	TITLE	ZOOM ID
Thursday April 1 9:00 -10:30 am	<b>Graphic Novels Grow Up with Young Readers</b>	989 5518 5920
Thursday April 8 9:00 -10:30 am	<b>Internet Memes from Politics to TikTok</b>	981 6350 9866
Tuesday April 13 9:00-10:30 am	<b>What the First Amendment Really Means</b>	929 9278 7204
Thursday April 15 9:00-10:30 am	<b>Central America from the Ice Age to the Age of ICE</b>	998 2686 0994
Tuesday April 20 9:00-10:30pm	<b>COVID-19 Pandemic Impacts on the Environment and Climate</b>	927 4630 3548
Wednesday April 21 2:30-4:00pm	<b>102 Years of Local Food: the past, present, and future of the Ann Arbor Farmer's Market</b>	960 7081 8730
Thursday April 22 9:00-10:30 am	<b>Costa Rica: An Example for Sustainable Development in the Region</b>	947 0925 5537
Thursday April 29 9:00-10:30 am	<b>Religion in Central America After 1960</b>	920 6744 4888

You can access course descriptions at [olli-umich.org](https://olli-umich.org). All lectures are available to Garlands Members on the *OLLI Video Catalog*, including archived lectures from the past two years. You can access these at [olli-umich.org](https://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](mailto:Ladams@thegarlands.com)) Lynn to let us know what you think of the OLLI Lecture Program.



# Learning on Channel 1902

## Featured Programs

Wednesday <b>April 7</b> 7:00- 9:00 pm	<b>BroadwayHD presents "The Winter's Tale"</b> The story follows the destruction of a marriage through consuming jealousy, the abandonment of a child, and seemingly hopeless love. Yet, through remorse and regret – and after a seemingly miraculous return to life – the ending is one of forgiveness and reconciliation. With powerful designs by Bob Crowley and atmospheric music by Joby Talbot, "The Winter's Tale" is a masterful modern narrative ballet.
Friday <b>April 9</b> 7:00- 8:30 pm	<b>OperaVision presents "Straus &amp; Strauss &amp; Co."</b> Opera or operetta? Why not just both? For their streaming premiere on OperaVision, the Gärtnerplatztheater ensemble Munich proves that one can love one without giving up the other. Enjoy a selection of the most beautiful arias, duets, and ensembles from both genres by not only Richard and Oscar Straus(s) but also Mozart, Tauber, Leoncavallo, Verdi, Lehár, Rossini, and Donizetti.
Wednesday <b>April 14</b> 7:00- 8:00 pm	<b>The Joffrey Ballet Debut and Documentary</b> This documentary is about how founders Robert Joffrey and Gerald Arpino revolutionized American dance by combining modern with traditional ballet to create a new and daring art form.
Friday <b>April 16</b> 7:00- 8:00 pm	<b>Music at The Garlands</b> Enjoy a variety of videos featuring "The Carousel Waltz" from Rodgers and Hammerstein, a concert snippet from André Rieu, pianist Joey Alexander, and more.
Wednesday <b>April 21</b> 7:00- 9:15 pm	<b>Ballet "Spartacus"</b> Enjoy this ballet from the Bolshoi Theater.
Friday <b>April 23</b> 7:00- 8:00 pm	<b>The BBC presents "My Passion for Tree" with Judi Dench</b>

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

# 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:*



## **My Home is My Castle! – Bonnie Gekler**

I must say, even during the pandemic, I'm happy in my Garlands home, and I never get bored.

Up at 6:00AM and in bed at 10:00PM—the days FLY BY here at The Garlands. I've been able to carry on with a great number of things I've always done daily (or almost daily). I:

- Keep in touch with friends and neighbors
- Exercise
- Meditate
- Listen to music and play my guitar (music lights up my brain)
- Manage investments online
- Follow current events
- Read
- Follow sports (I'm an avid Chicago teams fan)
- Meet virtually with The Garlands "Just Talk" group (currently online) and
- Watch TV (I have seen so many medical dramas over the years that I feel I could perform surgery if anyone gets in a bind!).

I still visit nightly for a half hour to catch up with my Garlands neighbor and pal Chris – now from 6-feet away. As of this year, Chris and I also co-chair The Garlands New Neighbor Committee. This committee follows-up with new members, which is especially important since the pandemic has made it challenging for new members to get to know their neighbors. We can't wait until everyone can meet everyone!

I've also forced myself to develop some new life skills, for example: Zoom, Facetime, working out in my home, mastering my first-ever iPhone and ordering groceries online. I discovered that the learning curve for on-line grocery shopping was steep; at first, it took me longer to fill the cart online than it would have to drive to the market, shop, pay, come home, unload, and watch a science show! But now I speed through. I've also mastered the new Comcast remote—we can just talk to it – how easy is that?!

In addition, there are things I've done that I probably wouldn't have if not for COVID like cleaning out my storeroom, closets, and drawers and even purging files and photographs. Of course, you have to check out everything as you weed, so it takes forever, right? I purged kitchen gadgets (who needs three jar openers?) and read the user manual for my iPhone (seriously, all 700 pages)!

I also explored my major interests on a deeper level including subjects like the Big Bang, black holes and parallel universes and pondered deep questions like, "Is there another Garlands out there somewhere?" If so, I hope it has a Roger (Garlands Members Services Director)! As an aside: I have wanted to go to outer space since I was a kid (some of my friends think I came from there!). I would have loved to go on the flight to the space station. Wouldn't THAT be a place to take an "Oh the Places We Go" picture for The Garlands Gazette?!

Being a hugger, without hugg-ees during quarantine, I got a Golden Lab puppy – a robot named Robby! He's cuddly, barks, wags his tail, and he loves "Animal Planet" and having his ears rubbed. No feeding, walking, clean-up, or vet trips!

I'm so happy and grateful to be here at The Garlands, especially during COVID. I feel well cared for and safe, and I appreciate all the wonderful perks that living here offers, like having my mail delivered to my doorstep daily among many others. We are spoiled!

## Thinking About PRAYER... Karen Stathakis

I'm thinking about prayer today. Often, when a problem arises in my life, my first response is to do whatever it takes to fix it. As I get older, and hopefully wiser, I choose to go to God, my heavenly Father, first. I've discovered that prayer can be a two-way conversation with God when I pour out my heart to Him. While there may not be an immediate solution revealed, I find that I have a greater sense of peace, purpose and guidance in the process.

The Bible tells us, "Do not be anxious about anything but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." I call it "the great exchange"! I choose to exchange my problem for God's promises, my anxiety for God's peace. "He is my refuge and strength, an ever-present help in trouble."

*If you would like to receive prayer, please give me a call at 71317. I am glad to pray with you.*

**Scriptures:** Philippians 4:6-7; Psalm 46:10

**Songs:** Lord's Prayer by David Phelps; You're A good, Good Father by Chris Tomlin

### What are YOUR words of wisdom?

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](mailto:Ladams@thegarlands.com))



### 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, April 14, 9:00 am-12:00 pm

#### **Podiatrist: Dr. Warheit**

Call 847-577-1649 to schedule an appointment.  
Wednesday, April 21, 8:00 am-12:00 pm

**Wellness Center Hours** Monday through Friday, 8:00 am-4:30 pm, Saturday, 8:00 am-2:00 pm.

The Wellness Center will remain closed for walk-ins and will be 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 are offered every Tuesday in the Wellness Center. Service is provided by NICL Lab.

*\*Minimum 24-hour advance notice is required\**

#### **Outdated Prescriptions and Other Medications**

These items may be brought to the Wellness Center Monday thru 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.

#### **Blood Pressure Testing**

Call 77458 to schedule an appointment

Blood pressure testing will be provided by appointment only. Vitals (blood pressure and/or weight monitoring) can be taken in the wellness center free of charge. This service will be offered by one of our certified nursing assistants and information will be documented and provided to our Wellness Nurses.

#### **Comprehensive Group / HealthPRO Rehabilitation**

Call \*47 for information and scheduling

For all your therapy needs. *By appointment only.*

**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.



# Food Glorious Food

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## **Steak Burrito Special**

Thursday, April 1  
5:00-8:00 pm Winslow \*17  
Served with black beans & Spanish rice  
\$18

## **Grilled PB & J Sandwich Special**

Friday, April 2  
11:00 am-3:00 pm, Cafe \*19  
One sandwich side with this special  
\$5

## **Easter Brunch**

Sunday, April 4  
10:30 am-1:00 pm Winslow \*17  
Members Only  
Reservations required  
\$40

## **Spinach & Mushroom Strata Special**

Tuesday, April 6  
7:00-10:00 am Winslow \*17  
No side included with this special  
\$10

## **Australian Chicken Parma Special**

Tuesday, April 6  
5:00-8:00 pm, Grill \*52  
Served with noodles and vegetables  
\$24

## **Half Price Beer Day**

Wednesday, April 7  
11:30 am-1:30 pm and 5:00-8:00 pm, Winslow\*17  
All beers half off all day

## **Shrimp and Grits Special**

Saturday, April 10  
5:00-8:00 pm, Winslow \*17  
Served with bacon grits and a dinner vegetable  
\$21

## **Grilled Cheese Special**

Monday, April 12  
11:30 am-1:30 pm Winslow \*17  
Served with tomato soup  
\$7

## **Peach Cobbler Special**

Tuesday, April 13  
11:30 am-1:30 pm Winslow \*17 and 5:00-8:00 pm,  
Grill \*52  
\$5

## **Hawaiian Burger Special**

Tuesday, April 13  
11:30 am-1:30 pm Winslow \*17 and 5:00-8:00 pm,  
Grill \*52  
Includes one sandwich side  
\$10

## **Huevos Rancheros Special**

Wednesday, April 14  
7:00-10:00 am Winslow \*17  
\$8

## **Spaghetti & Meatballs Special**

Thursday, April 15  
5:00-8:00 pm Winslow \*17  
Served with garlic bread and a dinner vegetable  
\$18

## **Southern Benedict Special**

Friday, April 16  
7:00-10:00 am Winslow \*17  
Served with hash browns  
\$8

## **Lamb Leg Roast Special**

Friday, April 16  
5:00-8:00 pm, Winslow \*17  
Served with two dinner sides from the regular Dinner  
Menu  
\$32

## **Pineapple Upside-down Cake Special**

Tuesday, April 20  
11:30 am-1:30 pm Winslow \*17 and 5:00-8:00 pm,  
Grill \*52  
\$5

## **Baby Back Ribs Special**

Thursday, April 22  
5:00-8:00 pm, Winslow \*17  
Served with a choice of two dinner menu sides  
Full slab \$24, half slab  
\$14

## **National Jelly Bean Day**

Thursday, April 22  
5:00-8:00 pm, Winslow  
Free with all the Dinner orders

## **Fish Tacos Special**

Friday, April 23  
5:00-8:00 pm, Winslow \*17  
Three grilled tacos with elote  
\$18

# Ongoing Happenings

## **Cherry Cheesecake Special**

Friday, April 23

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow \*17  
\$5

## **Pigs in Blanket Special**

Saturday, April 24

7:00-10:00 am, Winslow \*17  
Served with fruit  
\$8

## **Pretzel & Sausage Special**

Monday, April 26

5:00-8:00 pm, Grill \*52  
Large pretzel and dips with grilled polish sausage  
\$16

## **Prime Rib Dinner Special**

Tues, April 27

5:00-8:00 pm, Grill \*52  
Tablesides carved Prime Rib with two sides  
\$42

## **Blueberry Pie Special**

Wednesday, April 28

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow \*17  
\$5

## **Shrimp Scampi Special**

Thursday, April 29

5:00-8:00 pm, Winslow \*17  
Served with a dinner vegetable  
\$24

## **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.

**8-Ball Pool, Co-Ed** - Saturdays, 2:00 pm, Timbers Lounge (call Paul Leonard 72217)

**Birthday Bash** - 1st Saturday of the month, 1:30 pm, Performing Arts Center

**Betsy's One-of-a-Kind Costume Jewelry and Repair** - Wellness Hallway

- 1st Tuesday of the month, 1:30-3:30 pm  
- 2nd Tuesday of the month, 10:00 am-12:00 pm,  
(call Lynn Adams-Activities \*13)

**Bridge-Co-Ed** - Thursdays, 7:00 pm, Robie Lounge (call Tom Banfield 31400)

**Bridge-Men's** - Wednesdays, 1:00 pm, Robie Lounge (call Frank Rubino 71218)

**Bridge-Ladies** - Mondays, 12:30 pm, Robie Lounge (call Carleen Smith 71221)

**Canasta Hand & Foot** - Tuesdays, 11:00 am, Game Room (call Marj Lutz 73208)

**Gin Rummy** - Thursdays, 1:00 pm, Timbers (call Lee Heckmeck 72116)

**Just Talk** - 1st & 3rd Saturdays of the month, 10:00 am, Zoom on your computer until further notice (call Tom Banfield 31400)

**Knit, Crochet, Stitch Group** - 1st Wednesday of the month, 1:00 pm, 2000 Entrance Living Room (call Marilyn Laystrom 71342)

**Mah Jongg-Tuesday** - Tuesdays, 1:00 pm, Timbers Lounge, Fireplace Room (call Phyllis Hamilton 33408)

**Mah Jongg-Thursday** - Thursdays, 10:00 am, Game Room (call Carleen Smith 71221)

**Mah Jongg (Chinese)-Friday** - Fridays, 1:00pm, Timbers Lounge, Fireplace Room (call Peggy Clough 73307)

**Movies** - Wednesdays & Fridays, 3:00 pm, Surround Sound Theater (call Nate Szkil-Activities 77415)

**Mexican Train Dominoes** - Sundays, 1:00 pm, Timbers Lounge (call Marge Lutz 73208)

**Pinochle** - Mondays & Thursdays, 1:00 pm, Game Room (call Vivian O'Neill 72316)

**Poker-Men's** - Thursdays, 2:00 pm, Timbers Lounge (call Dick Schmidt 72123)

**Scrabble** - 2nd, 3rd, 4th, and 5th Saturdays of the month, 1:00 pm, Game Room (call Trish Caldwell 72302)

# Fitness Center



FEEL Better. LIVE Better. AGE Better.

## Cubs Opening Day

Thursday, April 1, Fitness Studio

Baseball season is here! Celebrate Northside style and cheer on your Cubbies by wearing your favorite Cubs gear to the fitness center when you workout!

## Tai Chi/Yoga in the Pool RSVP \*41

Tuesdays and Thursdays in April, 2:00-2:30 pm, Pool

If you enjoy Tai Chi and yoga on land, why not in the water? This class is not only relaxing, but your joints will thank you.

## Golf Conditioning 101 RSVP \*41

Tuesdays, April, 6, 13, 20, 27, 2:00-2:30 pm, Fitness Studio

Golf season is here! Come to this class to increase your flexibility and core strength.

## "If You're Not in the Obit Have Breakfast"

RSVP \*41 Wednesday, April 14, 3:00 pm, SST

Back by popular demand, this movie, which was written and directed by the late Carl Reiner, will leave you smiling and chuckling about life in your '80s, '90s and beyond

## DIY Homemade, Refreshing, All-Natural Room Spray RSVP \*41

Friday, April 16, 12:00-12:30 pm, Fitness Studio

In honor of Tax Day, we are putting value into your life and happiness. Join us as we make relaxing room spray to help decompress, relax and renew in your own space. Plus, let's talk about ways to unlock happiness within ourselves during these challenging times.

## Flow and Glow Chair Yoga RSVP \*41

Tuesday, April 20 and Thursday, April 22, 12:00-12:30 pm, Burnham Room

Enjoy chair yoga while we light up the room neon style. Don't miss this party-like event! Members will perform seated chair yoga in a darkened room with glow sticks, lights, and fun music.

## Nature Walk and Meditation with CorePoles

RSVP \*41- Friday, April 23, 1:00-1:30 pm, 1000 Lobby

Using the walking poles while walking tricks the body into using a more upright posture. This workout will help reduce stress on the knees, shins, hips and back. Please come to relax and walk with your best posture on this amazing walk.

## Special Lunch Hour of Power-Super Seniors!

Monday, Wednesday, Friday, 1:00-2:00 pm, Channel 1902

Catch this special edition on centenarians and super seniors! Listen to their life stories and what these folks feel contributed to their health, happiness, and longevity.

## April 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, April 3, 1:30 pm, in the Performing Arts Center. For more information, see Birthday Bash on Page 2.

Susan Jones	Apr 03	Bill Lawton	Apr 21
Mike Vinci	Apr 06	Barbara Seaman	Apr 21
Mary Miller	Apr 06	Mary Brown	Apr 23
Bob Russell	Apr 07	Caroline O'Laughlin	Apr 24
Betty Reed	Apr 08	Carol Garibotti	Apr 24
Susan Hoggins	Apr 09	Pamela Roth	Apr 25
Ken Larwin	Apr 12	Gina Liautaud	Apr 25
Sharon Thomson	Apr 12	Anne Courter	Apr 26
Jean Rogers	Apr 14	Trish Caldwell	Apr 27
Carol Svoboda	Apr 15	Neil Carey	Apr 27
Sophia Hausen	Apr 18	Dorothy Fisk	Apr 30
Mert Wille	Apr 18		



## **The Auxiliary of Advocate Good Shepherd Hospital – Do You Knit or Crochet?**

Do you want to do more good in the world? The Auxiliary is asking the Barrington area community to make 800 prayer shawls and/or lap blankets by April 23 to celebrate Nurses Week in May. They ask us to remember that nurses are women and men. Need pattern ideas or have questions? Call the Catchpenny (847-381-7721). Deliver anything you make for this – with your name and phone number – to Lynn Adams in Activities (\*13) by Wednesday, April 21, end of day; and she'll get them to the Catchpenny.

## **Calling 911 – Don't!**

Member Services and Emergency Services have worked together for nearly 20 years to get immediate care to Garlands members. When you need urgent care, call Member Services (\*02 or 847-756-3276) who will direct the crew to you and will call anyone that you have requested to be called as well. Please tell this to your family members and caregivers, if applicable. When you call 911 from our campus, precious time is lost while Emergency Services contacts Member Services who then, in turn, contacts you to learn what's happening.

## **Batteries**

Help the world: keep used batteries out of landfills. Put yours in the white bucket in the Resource Center. They will then be taken to Barrington Public Works for proper disposal by Member Services.

## **Dogs**

Please remember that it is the responsibility of all dog owners who walk dogs on campus to carry a plastic bag, pick up dog waste, and dispose of it. Even in inclement weather, dog owners are expected to maintain the beauty of our campus. Thank you to all members who are so diligent about this!

## **Puzzles**

There are five cabinets in the Resource Center with jigsaw puzzles. Members are welcome to work on them in the room at the two setups or may take them to their apartment. Take note the edge pieces are in plastic bags, and it would be helpful if you return them the same way.

## **Golf at Makray Memorial Golf Club – 2021**

The course is open! Garlands members are invited, compliments of The Garlands, to play golf at Makray, Monday through Friday, any time, provided space is available, and weekends after 2:00 pm. In order to play, members must sign the 2021 Garlands Golf Club agreement, available at the Concierge desk or Member Services. We will then provide you with a picture ID card\* that you need in order to receive complimentary greens fees. Allow two to three days from the time you sign the agreement until you have your picture ID card.

Golfers call Makray directly (847-381-6500) for a tee time for either 9 or 18 holes. You do not pay for the greens fee, but you do pay Makray directly for a golf cart if you use one, or any expenses other than greens fees. By May you can ask the 1000 Concierge desk for a list of members who have signed the 2021 Garlands Golf Club Agreement. That way you can call around if you are looking for a player.

*\* Are you new to The Garlands Golf Club? If Nate, in Activities, has not already taken your photograph, please call him (77415) and ask him to.*

## **Last Chance from the Barrington Cultural Commission: A Call for Poems**

*Submission deadline: Saturday, April 10*

Submit your original poem on the theme "emerging" for a chance to be filmed reading it in Barrington's White House. The program will air on Thursday, May 6. Call Lynn (\*13) for info.

## **Sewing**

Need buttons re-attached? Something hemmed? Member Marilyn Laystrom to the rescue! Marilyn (71342) provides a wonderful service to Garlands members for a super-reasonable fee.

## **Shredding Box in Action**

*Tuesday, April 6, time unavailable, Café*

Would you like the assurance of seeing what actually happens to confidential documents when the locked shredding box near the Resource Center is serviced? The company is unable to give us a window of time until that morning, so we (Activities) will be notified when he arrives, and will video the process from box pick-up to document destruction so you can see! This will play on Channel 1902 shortly thereafter.

# 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!

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Nails: Ena, Mary | Massage Therapist: Paula  
Facials/Waxing: Tahira



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