

THE GARLANDS® *Gazette*

A Newsletter for the Members of the GARLANDS OF BARRINGTON

MAY 2021

New Garlands Members who moved in during 2020
were honored at a new members reception.



Ray Speiss, Greg Doman, Lynn Cernok, Gene & Jane Dawson, Pat Lavelle, Bob & Susan Powers, Ollie & Barb Mayes



Bob & Paula Keller, Marylyn Klug, Tom & Judy Rode, Ed Dowling, Sophia Hausen

FEEL Better. AGE Better. LIVE Better.

Here's What's Happening

RSVP to the Concierge (*07), to ensure your spot.

*Note: You can watch recorded programs 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.*

RSVP *07
Saturday
May 1
1:30-
2:30 pm

Birthday Bash: Maureen Christine and Michael Bazan

- *Performing Arts Center*

Award-winning vocalist Maureen Christine brings her "crystal clear voice" and engaging personality to her program *Blue Skies & Beyond*, a collection of swing, jazz, and standards that will delight you. Maureen is joined by woodwind player Michael Bazan on alto and tenor sax, flute, and clarinet. Maureen has opened for Helen Reddy and Willie Nelson, shared the stage with Barry Manilow, and performed for such dignitaries as Buzz Aldrin. Michael Bazan has played with The Four Tops, Cab Calloway, Jerry Lewis, and Bob Hope, among others. Birthday or not, come celebrate together and have a cupcake and coffee or tea. Maureen will be wearing her Kentucky Derby hat; **why not wear yours!**



Saturday
May 1
2:30-
5:30 pm

Kentucky Derby Pre-Race TV Coverage - Performing Arts Center

The PAC will be open if you'd like to stop in to see TV coverage of the pre-race activity on our big screen. The party, however, begins at 5:30!

RSVP *07
Saturday
May 1
5:30-
6:30 pm

Kentucky Derby Race Party - Performing Arts Center

Watch the Derby Race with us as we mingle and admire big and beautiful hats. Share your experience with others, if you've been there before. Place your bets on the horse to win it all. One dollar per bet. You can bet as many as you'd like. House odds. If you wear a fancy hat, Activities throws a dollar in the pot! Come for the Mint Juleps; stay for the Bacon-Bourbon Popcorn! **You must rsvp by Friday, April 30 - no walk-ins will be admitted to the party.**



Wednesdays: Kaleidoscope Art School - RSVP*07 for your Art Kit!

9:30 am-11:00 am, Art Studio in Prairieview

Scenes of Spring: Learn tips and techniques in watercolor with art teacher, **Carmella Spagnola**. To get your art kit, **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 register.*

May 5: Birds - Learn how to bring your watercolor artwork to life.

May 12: Spring Flowers - Learn to paint the first signs of spring in a colorful array

May 19: Flowers in Bloom - Warmer weather means full blooms of colorful flowers. Using watercolor paints, learn to add depth, color, and shape to a beautiful bouquet.

May 26: Spring - PBring the month's lessons together to create a scene of spring - complete with flowers, fields, and beautiful birds - in watercolor

Here's What's Happening

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|---|---|
| <p>RSVP *07 Wednesday May 12 11:30- 1:00 pm</p> | <p>New Friends Lunch - Winslow Dining Room, Limit 18, RSVP*07 by May 10th</p> <p>New and established members are encouraged to attend the New Friends* Lunch to share the art of conversation with soon-to-be friends. You can pre-order (we'll get the menu to you) so there's nothing to do but relax and enjoy! New Neighbor Committee members will join you. Lunch is billed to your account. (*used to be called the Sharing Table)</p> |
| <p>RSVP *07 Friday May 14 7:00- 8:00 pm</p> | <p>Broadway in the 'Burbs with Lara Allison and Friends - Performing Arts Center</p> <p>Want to feel great? Let the energy and voices of these five talented entertainers lift your spirits and fill your hearts. Boston Conservatory student Lara Allison grew up acting, dancing, and singing on the stage of the Metropolis Performing Arts Centre of Arlington Heights, along with other music-obsessed "Metropol-tots." Lara, a Garlands regular, returns with four now-grown Metropol-tot friends - each also professional or turning professional - to take you on a musical-theater journey from <i>Seussical</i> to Sondheim. Truly, don't miss this!</p> <p>Coincidentally, Lara and Music Director Tom Vendafreddo (already the recipient of seven Jeff Award nominations) are the grandchildren of former Garlands Members. Joining them on stage are Cody Bolithon, Haley Bolithon, and Katie Jordan. Bios for all will be at the show.</p>  |
| <p>RSVP *07 Monday May 17 10:30- 11:30 am</p> | <p>Garlands Travel Club - Meeting 2 - Performing Arts Center</p> <p>Ready to experience unique adventures and travel experiences with your neighbors? We had a terrific brainstorming first session. Now let's meet Lisa Torgerson of Travelex International and Barrington Travel to hear how our travel group will influence the first few trips which will be planned for us. Everyone interested in traveling with other Garlands members is welcome!</p>  |
| <p>RSVP *07 Tuesday May 18 3:00- 4:00 pm</p> | <p>Pets at the White House: A History in Story and Song - Performing Arts Center</p> <p>With upbeat music and fascinating, little-known anecdotes, Edutainers Jenny Riddle and Elizabeth Doyle reveal how pets have played an important role at 1600 Pennsylvania Avenue, not only by providing companionship to Presidents and their families but also by humanizing and softening their political images. Join Jenny and Elizabeth for this unique, fun show.</p>  |
| <p>RSVP *07 Thursday May 20 3:00- 4:00 pm</p> | <p>Garlands BINGO - Performing Arts Center</p> <p>B-I-N-G-O is the name of the game. We will play for an hour. Each player who calls a correct BINGO will win a prize. They range from candles to comfy blankets to bottles of wine. Join us for a chance to win some fantastic prizes and have fun with your friends.</p>  |

Here's What's Happening

RSVP *07

Friday

May 21

11:00 am-

12:00 pm

Follow Your Passion with Brad Smith

- Live in the Performing Arts Center

Brad Smith, Son of **Bruce and Carol Smith**, has spent his career designing, building, and installing museum exhibits and art installations. Nine years ago he got interested in autocross car racing. Interest quickly became an obsession. He purchased a Formula 500 single-seat, open-wheeled, purpose-built competition vehicle in 2013. It now bears little resemblance to the original due to his continual improvements over the years. Brad would like to share with members his love of design and fabrication as well as stories from his team's travels to compete in national events from Indiana, to Texas, Mississippi, and now Illinois. Brad and his team are currently preparing for their next race at Route 66 Speedway in Joliet. After his presentation, he'll take everyone, who'd like to go, outside to see his baby.



RSVP *07

Friday

May 21

4:00-

5:30 pm

Artist Reception for José Jiménez Hernández

- Art Gallery by the Performing Arts Center

In his native Mexico City – and inspired by the great murals of artists such as Siquieros and Rivera – José Jiménez Hernández and his friends spent their childhoods sketching mural ideas and then breathing new life onto bleak walls all over the city by painting them (with permission)! José majored in art education and printmaking at the University of Benito Juarez in his ancestral home of Oaxaca. As a very young man, the Police Department hired him to be their sketch artist, which he stayed with for nine years, painting murals and portraits and printmaking every moment not spent at work. Seven years ago District 220 art teacher Elizabeth Bure spent a summer in Oaxaca to immerse herself in the art and culture of many of her students. Within days she met José; they fell in instant love, got married, and today somehow manage to keep both countries alive in their home. José has since been featured in the *Chicago Tribune* for the many murals he's painted in Chicago area schools and public and private spaces. While he creates the bulk of his artwork for private commissions, it is also available in the National Museum of Mexican Art gift shop and online. José has a story to tell, and he tells it visually.



RSVP *07

Sunday

May 23

approx.

11:00 am

Vintage Car Club Parade and Viewing - Event Parking Lot

A rolling museum of historic vehicles will make a very slow tour of Garlands Lane and then park in our Event Parking Lot so that members may stroll around and ask questions. The 30 or more vintage cars on our campus that day represent private collections, the Packard Club, the Early Ford V-8 Club, the Auburn Cord Duesenberg Club, and more! Many predate WWII, and some, WWI. Garlands members **Desmond and Celma Perry** don't call attention to themselves, but they make things happen! Their good friends **Bob and Marian Anderson** are the organizers behind this event, created for The Garlands. Enjoy lemonade, water, cotton candy, and popcorn while you view these beauties.



Here's What's Happening

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| <p>RSVP *07 Tuesday May 25 2:30-3:30 pm</p> | <p>Member Volunteer Appreciation Ice Cream Social - <i>Performing Arts Center</i></p> <p>Have you served on a Garlands committee during the past two years? For example, the Cheer, Library, MAC, Movie, New Neighbor, Holiday Gift Fund, or helped in any of the many ways our amazing members help like presented a program, delivered religious or spiritual services, acted as host at a Birthday Bash, hosted a Sharing Table, organized regular weekly games, knitted, crocheted, or sewn items to donate, mended clothes for members who ask, donated and sorted through puzzles, facilitated support for those in difficult times, attended a Special Events or Let's Go Planning Meeting, arranged for spiritual gatherings, emailed feedback about our entertainers, aided Activities in any way, put up/taken down decorations, anything that you know has made life easier/better for others? Please come have an ice cream sundae, know how much you're appreciated, and socialize with like-minded neighbors. <i>We will have gift-basket drawings. MUST RSVP!</i></p> |  |
| <p>RSVP *07 Friday May 28 10:00-10:45 am</p> | <p>"What's Happening" Meeting for Low-Vision Members - <i>Surround Sound Theater</i></p> <p>We will reach out to members who have trouble reading the Gazette and This Week to invite you to a gathering where we tell you everything that's going on at The Garlands this month and can register you 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 cubbie.</p> |  |
| <p>RSVP *07 Monday May 31 11:30 am-12:15 pm</p> | <p>Memorial Day Moment of Remembrance - <i>Surround Sound Theater</i></p> <p>A quiet gathering to remember those who gave their lives for our freedom. To share their memory you'll be invited to say out loud any names dear to you of those who served. Please bring a photograph if you like. We'll ring a bell for each person being honored and then sit quietly for several minutes in contemplation. We'll have a microphone available in case you'd like to tell us about the person whose name you've said out loud.</p> |  |
| <p>June- July 2021</p> | <p>Member-Team Member Garlands Campus Art Exhibit - <i>Art Gallery by the Performing Arts Center</i></p> <p>Last chance to participate! This June and July, we're showcasing an <i>Our Garlands</i> 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. <i>Does Lynn know you plan to exhibit? If you're not sure, please call her in Activities (*13) with any questions.</i></p> |  |

SAVE THE DATE!
Thursday
June 24
11:30 am-
1:30 pm

Performance and Luncheon:

The Six Wives of Henry VIII with Martina Mathisen
- (Performance at 11:30. Luncheon served at 12:30.) \$28. Signed agreement confirms your participation.

Enter what's left of Whitehall Castle. Be seated. Each of Henry VIII's six wives appears in succession, in costume, to tell you her story. Her version of *his* story. The lights come up, and a medieval-themed luncheon is placed before you and your friends and neighbors, giving you time to talk about what you've just seen. Details will be in the June *Gazette*.



Things To Do

Saturday
May 1
AND
May 15
10:00 -
11:00 am

Just Talk - on 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 ...

RSVP *07
Friday
May 7
11:00-
11:45 am

Neptune Society: Respect the Past, Plan for Tomorrow, Live for Today - Surround Sound Theater

Neptune Society, America's most trusted cremation services, leads an informational seminar on the benefits of pre-planning one's cremation. They cover affordable options and savings, veteran benefits, travel and relocation protection plan, and anything you'd like to discuss. Neptune knows this can be a not-entirely-popular topic, so they're bringing sweets for you!



RSVP *07
Tuesday
May 11
10:00 am-
12:00 pm

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

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. She can hold a piece up for you to see how it would look, but, jewelry may not be tried on.

RSVP *07
Tuesday
May 11
11:00 am-
12:00 pm

Music at The Garlands with Bruce Smith - Burnham Room, limit 40

This is the seventh year Bruce Smith and Media Specialist **Nate Szkil** are presenting this program. After a year off due to COVID-19, we're finally able to meet as a group! This program, presented in high-definition video, with accompanying acoustics includes songs *Ac-Cent-Tchu-Ate the Positive* performed by The Issacs, *Jump in the Line* performed by Steel Drum Band, *Fox on the Run* performed by The Blue Grass Boys, and more.

Lifelong Learning

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|---|--|---|
| <p>RSVP *13 if you're not already on the distribution list</p> <p>Friday May 14 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 May topic is Struggles Over the Melting Arctic. To join this vibrant group of thinkers, please call Lynn Adams, Director of Activities (*13).</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 beforehand.</i></p> |  |
| <p>RSVP *07 Wednesday May 19 3:15- 4:15 pm</p> | <p>Chicago Past, Present, and Future with Jerome O'Connor, Part II - Performing Arts Center</p> <p>Then to now: stroll down Memory Lane to see how Chicago has changed during your lifetime. Jerome emphasizes little-known, but important, aspects of the city such as why and how the downtown business axis was changed from Lake Street to State Street and who made it possible. At the end, you can ask questions of this leading Chicago expert.</p> |  |
| <p>Wednesday May 19 7:00- 8:00 pm</p> | <p>Garlands Member Steen Metz - My Story: Surviving the Holocaust <i>- Zoom on your computer from the Cary Area Public Library</i></p> <p>In 1943 eight-year-old Steen was arrested, along with his father and mother, and deported from their home in Denmark to the Theresienstadt Concentration Camp, in what was then Czechoslovakia. Join this Cary Library Zoom presentation for a firsthand account of Steen's stunning experience of the Holocaust. Open to everyone, just register! <i>Go to caryl原因y.info/Signup and then to May 19.</i></p> | |
| <p>RSVP *07 Wednesday May 26 3:30- 4:30 pm</p> | <p>Music Appreciation with Jim Kendros: The Mystique of Chopin - Performing Arts Center</p> <p>Who was this genius of the piano? What lies beneath the obvious beauty of his music? How did his ten-year romance with the author, who changed her name to George Sand, influence his composing? Jim will guide us through these and other compelling questions as we discover the artistic meaning behind Chopin's nocturnes, mazurkas, waltzes, and the polonaise.</p> |  |

Lifelong Learning



MAY: Osher Lifelong Learning Institute ZOOM LECTURES

15 minutes before the lecture begins, Garlands members can go to the **zoom.us** website, 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.

If you have any trouble accessing the programs or have feedback, call or email **Nate** (77415 or nszkil@thegarlands.com) or **Lynn** (*13 or Ladams@thegarlands.com).

| DATE / TIME | TITLE | ZOOM ID |
|-------------------------------------|--|---------------|
| Thursday May 6 9:00 -10:30 am | Tracking Hemispheric Violence through the Experiences of Nicaraguan Refugees | 928 0381 9279 |
| Tuesday May 11 9:00 -10:30 am | The Economy: How Long Will It Take to Recover in Light of COVID-19 Pandemic? | 968 6834 5262 |
| Thursday May 13 9:00-10:30 am | Economic Profile of Central America | 988 9956 3723 |
| Tuesday May 18 9:00-10:30 am | Shelter in Place: How the Pandemic is Changing our Cities, Neighborhoods, and Homes | 981 2731 7960 |
| Wednesday May 19 2:30-4:00pm | A Band for all Ages | 974 8222 9983 |
| Thursday May 20 9:00-10:30 am | The Struggle to Survive in Central America: A Portrait of Life from a Grassroots, Human Rights Perspective | 925 2382 3562 |

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



Russell and Executive Chef Bobby ready to prepare dinner for April's Chef's Table. See memorable moments from the event on page 13.

(Left) Louise Cronan, Peggy Ullius, Dave Ullius, and Mari Harrer enjoyed opera singer Marisa Buchheit's evening performance.

Learning on Channel 1902

| Featured Programs | |
|---|--|
| Monday May 3 7:00- 7:30 pm | NYCB Digital Season "When We Fell" Ballet Created in a three-week-long COVID-compliant residency at Kaatsbaan Cultural Park in Tivoli, NY, "When We Fell" was filmed in 16mm at NYCB's Lincoln Center home, co-directed by choreographer Kyle Abraham and cinematographer Ryan Marie Helfant. |
| Monday May 10 7:00- 8:30 pm | Ballet - Carmen State Street Ballet's Virtual Spring Series 2021 |
| Monday May 17 7:00- 8:00 pm | Mariana Trench - David Attenborough's Documentary on the Deepest Sea Floor A great research documentary on the extreme depths of the Mariana Trench and the mind-blowing unseen sea creatures. Very well narrated documentary by David Attenborough. This NHK documentary is all about the facts and underwater life in the deepest seafloor at about 8KM to 10KM below the water level. |
| Monday May 24 7:00- 8:00 pm | Ballet's Secret Code - a Documentary What are the fundamental principles of Classical Ballet? This documentary explores the six all-important physical principles to improve any dancer. |
| Monday May 31 7:00- 7:45 pm | Asteroids - a New El Dorado in Space? - DW Documentary Mining on asteroids sounds like the stuff of science fiction, but it could soon become a reality. Nations and powerful corporations already have plans for such ventures and are hard at work staking their claim to resources from space. |

Spiritual Services and Gatherings

Live Catholic Masses and Services on Xfinity - Please call the Concierge (*07) or Lynn Adams in Activities if you would like the schedule of 30 live masses a week on Xfinity Basic.

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| Wednesdays 2:00- 2:30 pm | Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - Performing Arts Center - ALL ARE WELCOME! |
| Thursdays 3:00- 3:45 pm | Bible Study with Pastor Joe Dorociak of the Presbyterian Church of Barrington - Surround Sound Theater - ALL ARE WELCOME! |
| First Friday of the Month, May 7 3:00-4:00 pm | Communion Service with Bob Alberding of St. Mark's Episcopal Church Eastlake Dining Room - ALL ARE WELCOME! |

Bulletin Board

Art Gallery

Thank you Garlands artist Bill Lawton for providing beauty for all of us for the entire year!

Art Studio in Prairieview

Our beautiful Art Studio is open again. Sunday-Friday, 8:00 am-5:30 pm.

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!

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. Please ask the Concierge (*07) for the membership agreement with guidelines or call Lynn (*13) or Nate (77415) in Activities for more information.

Game Room

Next door to the Resource Center is a Game Room offering an assortment of games and two tables on which to play them. Or you may take them home to play with family and friends for game night. These should then be returned. What kinds of games? Various Checkers, Sequence, Trivial Pursuit, Adverteasing, Movie Mania, Chicago In A Box, Pictionary, Big Boggle, and several Scrabble versions. Please let Lynn Adams know if you'd like games not currently in the Game Room.

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.

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.

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 - Tuesdays, 11:00 am,, Timbers Lounge (call Paul Leonard 72217)

Bible Study - Tuesdays, 1:30 pm, Tiffany 1 Living Room (call Carol Smith 72318)

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

Betsy's One-of-a-Kind Costume Jewelry and Repair - 2nd Tuesday of the month, 10:00 am-12:00 pm, Wellness Hallway (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 or Alice Van Egeren 73215)

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, 1:00 pm, Timbers Lounge, Fireplace Room (call Peggy Clough 73307)

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

(Continued on the bottom pg. 11)

Member Wisdom and Ingenuity

Thinking About HOPE...

Karen Stathakis

I'm thinking about hope today. The past year has been difficult and challenging for so many of us. We've experienced a global pandemic, political unrest, health challenges, relational differences and, for many of us, the loss of a loved one. We hear so much discouragement, depression, suicide; some may feel hopeless about their lives or their future. That's why I'm focusing on hope.

Some may think of hope as a desire for a certain result, or maybe wishful thinking, not necessarily believing it will happen. The biblical word for hope is deeper than that. I've learned and experienced that it includes an "expectation," rooted in faith and trust in God. We can experience biblical hope, especially when walking through a valley, when, by faith, we choose to trust the goodness of God, who is the hope of the world. We can pray that the God of hope fills us with all joy and peace as we trust in Him. He promises to work everything out for good for those who love Him, who are called according to His purpose.

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

Scriptures: Romans 15:13; Romans 8:28; Psalm 62:5

Songs: God Will Make A Way by Don Moen; Hymn: My Hope is Built on Nothing Less

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)

Writing about... Emerging (Thoughts When Leaving My Old Home)

A Poem by Vivian M O'Neill

As I'm getting older, it's time for a change, something smaller and easy to keep.

Maybe an apartment with someone next door, a small eat-in kitchen with a tile floor,

as I won't be cooking much anymore.

Plus a walk-in shower in the bathroom too, as a sit-in tub is now out of date;

There's plenty of choices out there to make.

I'll just keep looking for the right place. I'd like a washer and dryer on the same floor

plus a cleaning lady at least once a week, to keep everything very clean and neat.

I can go out to dinner any time at all, or go on a trip in spring, summer, or fall.

Just close the door and put up a sign, "Off on vacation for a few weeks."

Then back home for a place to rest, and then decide what to do next.

Family and friends say it's a good place, but downsizing might be a bit rough,

because I have so much extra stuff, and what I keep will be enough.

Now I have a call that I must make, to the realtor for selling this wonderful place.

Going from large to small is a very hard time, then soon my dream apartment will be mine.

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

Pinochle - Mondays, 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)

FEEL Better. AGE Better. LIVE Better.



Member Photographs

Are you new to The Garlands? If Nate in Activities has not already taken your photograph, please call him (77415) and set up an appointment for him to take your picture in your apartment.

Food Glorious Food

Garlands Burger Special

Monday, May 3
11:30 am-1:30 pm Winslow *17
and 5:00-8:00 pm, Grill *52
\$10

Cajun Burger Special

Tuesday, May 4
11:30 am-1:30 pm Winslow *17
and 5:00-8:00 pm, Grill *52
Seasoned Burger with remoulade sauce
\$12

Cinco De Mayo

Wednesday, May 5
5:00-8:00 pm, Grill *52
3 tacos of your choice of carne asada or grilled
chicken, corn or flour tortillas served with Spanish
rice and black beans
\$16

Bacon & Kimchi Burger Special

Friday, May 7
11:30 am-1:30 pm and 5:00-8:00 pm, Winslow *17
Cheddar bacon burger with avocado and
Russian dressing
\$12

Uncle Louie Burger Special

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

Hero Sub Sandwich Café Special

Friday, May 7
11:00 am-3:00 pm, Café *19
Turkey, ham, and Swiss with a sandwich side option
\$8

Coconut Cream Pie Cupcake

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

Mother's Day Brunch Select Menu

Sunday, May 9
10:30 am-1:00 pm Winslow *17

Liver and Onions Special

Monday, May 10
5:00-8:00 pm, Grill *52
\$18

Nutty Fudge

Wednesday, May 12
11:30 am-1:30 pm Winslow *17
and 5:00-8:00 pm, Grill *52
\$5

Carne Asada Torta

Thursday, May 13
5:00-8:00 pm, Winslow *17
Includes two dinner sides
\$16

Apple Pie Special

Thursday, May 13
11:30 am-1:30 pm and 5:00-8:00 pm Winslow *17
\$5

Biscuits & Sausage Gravy Breakfast Special

Friday, May 14
7:00-10:00 am Winslow *17
\$8

Great Scallop (Coquille Saint-Jacques)

Monday, May 17
5:00-8:00 pm, Grill *52
Seared great scallops served with Jasmine rice
and asparagus
\$36

Cherry Cobbler Special

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

Reese's Day Dessert

Tuesday, May 18
11:30 am-1:30 pm Winslow *17
and 5:00-8:00 pm, Grill *52
\$4

Devil Food Cake

Wednesday, May 19
11:30 am-1:30 pm Winslow *17
and 5:00-8:00 pm, Grill *52
\$4

Fried Calamari Appetizer

Wednesday, May 19
5:00-8:00 pm, Grill *52
\$8

Quiche Lorraine Breakfast Special

Thursday, May 20
7:00-10:00 am, Winslow *17
Bacon, onion, Swiss, and asparagus
\$10

Food Glorious Food

Italian Beef Bowl Special

Saturday, May 22
5:00-8:00 pm, Winslow *17
Served with sweet peppers and includes
two dinner sides.
\$16

Half Priced Beer Day

Monday, May 24
5:00-8:00 pm, Grill *52

Escargot Special

Monday, May 24
5:00-8:00 pm, Grill *52
Served with asparagus and steamed potatoes
\$34

Sack Lunch Café Special

Tuesday, May 25
11:00 am-3:00 pm, Café *19
Served with a choice of ham, turkey, or veggie
sandwich or wrap with chips and fruit
\$6

Half Priced House Bottle Wines

Tuesday, May 25
5:00pm-8:00 pm, Grill *52

Blueberry Cheesecake

Wednesday, May 26
11:30 am-1:30 pm Winslow *17
and 5:00-8:00 pm, Grill *52
\$5

Chef's Table

Thursday, May 27
5:00-7:00 pm, Roycroft
RSVP - Call Victor Mora at 77743 or
Email vmora@thegarlands.com
\$74

Chef's Table

Friday, May 28
5:00-7:00 pm, Roycroft
RSVP - Call Victor Mora at 77743 or
Email vmora@thegarlands.com
\$74

Biscuits Eggs & Cheese with Sausage Breakfast Special

Saturday, May 29
7:00-10:00 am Winslow *17
\$5

Coq Au Vin Special

Saturday, May 29
5:00-8:00 pm, Winslow*17
French braised chicken dish with toast points
and a choice of veggie side
\$28

Memorial Day Hours of Operations

Monday, May 31st
7:00-10:00 am Special Breakfast menu
11:00 am-7:00 pm Regular Café menu
Please note the café will be the only venue open.

Memorable Moments from April's Chef's Table Event



Events Coordinator Alejandrina pours the first wine of the evening for Celma and Desmond Perry and Diane Stephens.



Russell and Executive Chef Bobby Trevino prepare Baby Blinis with Crème Fraîche, Beet, & Salmon Caviar.



Cucumber, Smoked Salmon, & Avocado Stack Salad

(More photos on back cover)

Aerial Yoga - RSVP *41, \$28 per member

Wednesday, May 12, 1:00 pm

Pilates Body by Kristin in Crystal Lake

(You must find transportation there and back)

If you ever wanted to try something new, aerial yoga class may be just the thing! You perform the same poses you do on a yoga mat, except you use a silk hammock that's suspended from the ceiling as a prop to support you through the various flows. The purpose of the hammock is to help you improve flexibility and build strength while allowing you to do more challenging poses without added pressure on your shoulders or spine. Age is not a concern with this exercise and it is widely accepted that, provided the user feels able, there is no time of life where an aerial yoga practice should not be enjoyed. Older adults are the perfect group of people who can do aerial yoga, and some classes are designed with the older person in mind - one of the most popular is the over-50s aerial yoga class, many of which run all over the world.

Sound Bath - RSVP *41

Tuesday, May 18, 1:00-2:00 pm,

Fitness Studio or if weather permits on Grill Patio

A gentle and restorative immersion in the sounds of singing bowls, drums, gongs, and other instruments. Guests will "bathe" in sound and vibration, attaining deep rest. Appropriate for all seeking stillness, relaxation, meditation, or simply a great nap.

Starbucks Strut - RSVP *41

Wednesday, May 19, 1:00 pm, meet in 1000 lobby

Take a walk with the fitness girls to get coffee, tea, or a muffin at the local Starbucks. Enjoy some fresh air, get your steps in, and some deliciousness!

Outdoor Scavenger Hunt - RSVP *41

Wednesday, May, 26 1:00-1:30 pm,

meet in 1000 lobby

Challenge your brain and body on National Senior Fitness day with a fun, fitness challenge! Find a prize at the end if you get all the clues right!

Chair Yoga Everyday! - RSVP *41

Monday-Friday, 11:00-11:30 am,

Fitness Studio and Channel 1902

Enjoy three extra days of our most popular class! Relax, unwind, strengthen and renew! We will be adding optional balance poses for your enjoyment as well in May!

Beach Body is Back with Bethanie - RSVP *41

Wednesdays and Fridays, 11:30 am-12:00 pm,

Fitness Studio and Channel 1902

Get beach body ready with this fast pace moving class. Cardio fun along with resistance training and stretching at the end of class. You can always go at your own pace and make this workout based on your best self.

Energy Medicine - RSVP *41

Fridays in May, 2:00-2:30 pm,

Fitness Studio and Channel 1902

Learn simple movements to produce higher states of happiness, spontaneity, accelerated healing, and energy that fuels exceptional performance and joy!

Fitness schedule

*Please refer to your monthly fitness schedule that is delivered to your cubbies at the beginning of the month. If you need a copy, please contact the Fitness Center (*41).*

**Carm Mistretta (right)
Esther Lark and Jean
Pagnotta (far right) with
their BINGO spoils.**





The Doctor is in...

Audiologist: Dr. Regina Dzewior

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

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment.
Wednesday, May 19, 8:00 am-2:00 pm

Care Navigators - There's no doubt that the COVID-19 pandemic has caused increased stress and anxiety for millions of people. Many individuals look to Social workers to provide support with depression, anxiety, and other mental health challenges. The Garlands of Barrington partners with Care Navigators, Inc. to provide one on one counseling services in the comfort of your own home. Counseling is covered by Medicare and most private insurances. Services are provided by **Rachel Risler, LCSW**. Rachel 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 & 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 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. A minimum 24-hour advance notice is required.

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.

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 to 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.

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

| | | | |
|----------------------|--------|------------------|--------|
| Jackie Matecki | May 02 | Marilyn Laystrom | May 20 |
| Steen Metz | May 05 | Jill Theis | May 21 |
| Marilyn Helberg | May 05 | Lina Abraham | May 23 |
| Rebecca Blickenstaff | May 07 | Millie Wilson | May 25 |
| Bill Dennie | May 11 | Evie Dawson | May 25 |
| Carolyn Husemoller | May 13 | Linda Hughes | May 25 |
| Gerda Schak | May 14 | Karen Robinson | May 25 |
| Bill Mullin | May 14 | Norma Star | May 26 |
| Jim Skomer | May 17 | Sallie Olson | May 29 |
| Steve Bromet | May 18 | | |
| Pat Bringaze | May 20 | | |

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.

Moments from April's Chef's Table



Bob and Judy Thierer, Mickey Finney, and Heather Kircher, ready for a delicious and delightful evening.



Len Wicklund, Rebecca Blickenstaff, and Cathy Nardo arrived ready to have fun at the Garlands Chef's Table event.



Carol Brenner, Lolly Buckingham, and Sam and Scootie Jeffers catch up while Jason Babor, Food & Beverage Manager, does a last check of the evening's wines.

(More photos on page 13)



THE GARLANDS®
— of Barrington —

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