

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

Florence and Frank Compton, Paul Cygan, Linda Jensen, Tom and Bernice Seibert, Joe Cusimano and his son Paul ready for Super Bowl action.



Zumba! Bev Bromet, Dorothy Winsor, Bonnie Gekler, Rebecca Blickenstaff, and Harriet Ahr celebrate fabulous Zumba instructor Axana's ten years of teaching!



Ava, Paige, and Janie at Chef's Creole Buffet.



During our January deep freeze, Darrell and Connie Bader, Deanne Born, and Dennis Golbesky enjoyed a balmy Naples dinner and brought their Gazette!



MARCH 2024

Special Events

REQUIRE A RESERVATION

*WHEN SPACE IS LIMITED, those who RSVP will be seated first.
WHEN THERE IS A CANCELLATION, we notify everyone with a reservation.*

For a printout of your reserved events, please call the Concierge (*07).
If you have questions or requests about any of our activities, please call
Lynn Adams, Lifestyles Director (*13).

Saturday

Mar 2

1:30-2:30 pm

March Birthday Bash with Jeffrey Deutsch - rsvp *07

- Robie Lounge

Singer-pianist Jeffrey Deutsch brings to life the music of Irving Berlin, one of the most famous Americans of his day for songs such as "Cheek to Cheek," "How Deep is the Ocean," "Always." Everyone is invited to celebrate with cake and coffee!



Saturday

Mar 2

2:00-3:30 pm

Panhellenic Badge Day Tea (reservations are closed)

- Roycroft Dining Room, \$30 (separate from monthly F&B)

Chicago Northwest Suburban Alumnae Panhellenic 2024 Sorority Badge Day Afternoon Tea. Contact Gina (847) 253-5745 or Dina dwasmund@starckre.com.

Mondays

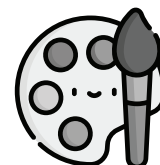
Mar 4, 11,

18, 25

10:00-11:30 am

Kaleidoscope Art Class - rsvp *07 - Art Studio in Prairieview

This month Carmella teaches non-traditional watercolor techniques and tools while students work on step-by-step projects. Carmella provides all supplies. All levels welcome.



Saturday

Mar 9

10:00-10:45 am

Barrington String Ensemble Performance - rsvp *07

- Robie Lounge

Barrington High School students perform a curated selection. Want to feel fantastic about the generation coming up? Come!



Sunday

Mar 10

5:00-7:00 pm

96th Academy Awards Show Live in the SST!

- rsvp *07 by 3/7 - Surround Sound Theater (limit 25)

Some of us will be in jammies and a robe (the best way to watch awards shows). Come for the mimosas, spritzers, soft drinks, popcorn, finger foods, sunglasses, and cigarette holders for our fake cigarettes. Stay for the bad behavior.



Friday

Mar 15

7:30-8:30 pm

St. Patrick's Day Concert with Switchback! - rsvp *07

- Performing Arts Center

On stage together over 25 years, Brian FitzGerald and Martin McCormack of Switchback, perform as one instrument, drawing on traditional Celtic and original Americana music. From sentimental ballads to blistering rock, Switchback offers a show stunningly synchronized and guaranteed to please. Welcome back!



Monday

Mar 18

3:30-4:30 pm

BINGO for Prizes with Lynn - rsvp *07 - Performing Arts Center



BINGO is in! Everyone who BINGOs wins a prize – chocolates, wine, and lots of other goodies. **We can no longer accommodate walk-ins.**



<p>Tuesday Mar 19 11:15 am- 12:45 pm</p>	<p>New Friends Lunch - rsvp *07 by 3/18 - <i>South Winslow, limit 18</i></p> <p>Enjoy conversation with new and old friends. Lunch is billed to your account. Non-alcoholic beverages and cookies are complimentary. Sign up to hear Captain Neil Hanson, pilot of the last flight out of Cambodia, immediately following lunch. Details on the next page.</p>	
<p>Wednesday Mar 20 11:00 am- 12:00 pm</p>	<p>Music at The Garlands, Celebrating Easter - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Member Bruce Smith curates a program of gospel and sacred music videos such as "Come Thou Fount Of Every Blessing," "Great Is Thy Faithfulness," "What Wondrous Love Is This (St. Olaf Choir), and many more.</p>	
<p>Thursday Mar 21 4:30-5:00 pm</p>	<p>Coincidence Chronicles with Lynn - rsvp *07 - <i>Robie Lounge, limit 10</i></p> <p>We talk about all kinds of offbeat things that have happened to us, from weird coincidences and dreams to the supernatural. Most we can't explain. We love hearing them: stop by and tell us yours.</p>	
<p>Friday Mar 22 10:30-11:00 am</p>	<p>Garlands Living 301: Emergency Preparedness – Severe Weather, Fire, and Disasters - rsvp *07 - - <i>Surround Sound Theater</i></p> <p>What do you do when the power goes out or you hear a fire alarm or a tornado siren on our campus? (Hint: it's NOT "Call Member Services".) Attend this informational, and possibly lifesaving, presentation by Maintenance and Member Services.</p>	
<p>Monday Mar 25 7:00-8:15 pm</p>	<p>Trivia Night with Lynn and William - rsvp *07 by 3/22 - <i>Burnham Room</i></p> <p>Have some wine or pop (on us) and enjoy brainstorming. We cover everything from fact to fiction. The winning team gets a prize. Must rsvp; we can no longer accommodate walk-ins.</p>	
<p>Tuesday Mar 26 1:00-2:00 pm</p>	<p>Stories of Jesus' Interactions with Women - rsvp *07 - <i>Burnham Room</i></p> <p>Member Peggy Clough presents several biblical stories revealing how Jesus interacted with specific women during his public ministry and how they interacted with Jesus. Peggy has studied this subject for over 15 years.</p>	
<p>Wednesday Mar 27 11:00 am- 12:00 pm</p>	<p>Genealogy Group - rsvp *07 - Eastlake Dining Room</p> <p>Searching for your roots? Love history? Does your family have a story? Garlands member Pam Wilson has been tracing her family tree for 50 years and loves to help others do the same. Wherever you are on your journey, come!</p>	

Special Events

REQUIRE A RESERVATION

Thursday Mar 28 4:00-4:30 pm	Benjamin and Daniel Rha Mini Piano Concert - rsvp *07 - <i>Robie Lounge</i> Benjamin, who works in our dining rooms and his brother Daniel perform some of their favorite pieces. Such talent in our midst!	
Friday Mar 29 10:00-11:00 am	"What's Happening?" for Low Vision* - rsvp *07 - <i>Surround Sound Theater</i> Have some wine or pop (on us) and enjoy brainstorming. We cover everything from fact to fiction. The winning team gets a prize. Must RSVP so we can plan for you.	

Bulletin Board

Barrington

For everything happening in town, check the Barrington Village website periodically to stay up to date: <https://www.barrington-il.gov/resources/special-events/> Also, our next-door neighbor, the Barrington Area Library, calendar: <https://balibrary.librarycalendar.com/>. You can then filter by "adults."

Bulletin Board

Did you know there's a bulletin board on the back side of the Galleria fireplace? On it you'll find the current calendar, volunteer opportunities, and other small notices. Please note that The Garlands keeps a very strong no-solicitation policy. Advertisements for goods, services, and businesses will be removed.

Don't be in a fog, read our BLOG!

The Garlands blog is a running narrative of current Garlands-related stories that we share with the public on our website. Check it out by visiting thegarlands.com. Select the "What's New" tab followed by "News and Blogs." Also, remember to follow The Garlands of Barrington on Facebook for fun pictures and posts about The Garlands!

Garden Planters

Registration closes March 10 for 2024 garden planters. If you're ready to put in the work, ask for a packet and form at the Concierge desk. Let Lynn Adams (*13) know if you only wish to plant a few items and would like to share a half garden with another member. Lynn will send out confirmations for all garden beds by March 30. First day to work in your garden is **May 1**.

Games!

Members are looking for other members to play the following games. Let Lynn Adams, Activities, know (*13): She will put respondents in touch with each other. If you decide to set up a regular game, Lynn can reserve the venue.

- Chess
- Duplicate Bridge
- Five Crowns
- Scrabble



Garlands Golf Club 2024 at Makray Memorial Golf Club

Members are invited to play golf at Makray in Barrington, where your greens fees are compliments of The Garlands, within the parameters of the

Garlands Golf Club agreement. 1) read, fill out, and sign your 2024 agreement at the Concierge desk. 2) expect your copy of it plus your 2024 card in your cubby within 72 hours. By May you can ask the Concierge for a list of member golfers. If you are new and haven't had your photo taken, please ask the Concierge (*07) to take one so we can complete your Golf ID.

Bulletin Board

MyGarlands App

You can always call Activities (Lynn Adams, *13) or Mark Johnson (*02 via Member Services) for help with the mygarlands app. To see upcoming movies, type "movie" in the search bar at the bottom and hit the magnifying glass.

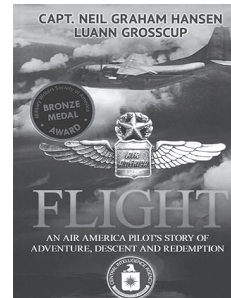
Photos

If you are new to The Garlands and haven't yet had your photograph taken, please call the Concierge (*07) and request that we take one.

These gatherings or live lectures REQUIRE A RESERVATION

Lifelong Learning


<p>Monday Mar 4 3:30-4:30 pm</p>	<p>Tour of the Five National Parks with Theresa Goodrich from the WildBird Shack - rsvp *07 - Surround Sound Theater</p>
<p>Thursday Mar 7 2:00-3:00 pm</p>	<p>Lecture: 12 Who Made A Difference-Part 1 - rsvp *07 - Surround Sound Theater, limit 40 12 of the past 71 Secretaries of State have altered the course of our nation. Can you name them? Author, foreign policy analyst, and American history teacher Gary Midkiff explores their legacies. Gary's presentations are always a Don't Miss.</p>
<p>Friday Mar 8 10:00-11:30 pm</p>	<p>Great Decisions Chapter 2, Climate Technology and Competition - rsvp *07 - Surround Sound Theater From the Foreign Policy Association and moderated by Gary Midkiff: impartial, thought-provoking analyses on an issue of concern to U.S. policymakers today. You can order the 2024 Foreign Policy Association briefing book at www.fpa.org.</p>
<p>Wednesday Mar 13 OR Thursday Mar 14</p>	<p>Lanny Ori Book Discussion - rsvp *07 Choose one: Wednesday, March 13, 11:00 am-12:00 pm or Thursday, March 14, 12:30-1:30 pm, both in Eastlake Dining Room Barrington Area Library book discussion leader since 1980, Lanny Ori, leads the conversation. After writing A Walk in the Woods, Bill Bryson moved to England and wrote At Home, A Short History of Private Life, his extraordinary and brilliant history of the world, based on all we see in our own homes.</p>
<p>Tuesday Mar 19 1:00-2:00 pm</p>	<p>Last Plane out of Cambodia - rsvp *07 - Performing Arts Center For 11 years Captain Neil Hansen flew with Air America, the secret CIA airline operating in Southeast Asia during the Vietnam War. Hansen flew the very last plane out of Cambodia, hours before the Khmer Rouge closed its air space. Captain Hansen, himself, is here to recount his unique story. His book Flight is available on Amazon. He will also have books for purchase (\$20, cash only please) and is happy to stay and talk with us after.</p>
<p>Wednesday Mar 27 3:30-4:30 pm</p>	<p>Music Appreciation with Jim Kendros - rsvp*07 - Robie Lounge Musician and passionate music historian Jim Kendros highlights composers born in March, so we'll hear Vivaldi's Spring Concerto as well as pieces by Haydn, and Bach.</p>



Things To Do

These activities **DO NOT** require a reservation

Now thru Mar 10	96th Academy Award Best Picture Nominees Trailers <i>Now through March 10, 9:00-9:20 am; 2:00-2:20 pm; and 8:00-8:20 pm, Channel 1902</i>	
Wednesday, Friday, Saturday and Sunday Mar 1, 2, 3, 6, 8, 9 & 10 3:00 pm	96th Academy Award Best Picture Nominees – the Movies! <i>- All movies start at 3:00 pm, Surround Sound Theater</i> We've already seen Oppenheimer and Maestro. See these other Best Picture nominees and remember to sign up for our Awards Party! <ul style="list-style-type: none"> • Friday, March 1, Past Lives • Saturday, March 2, Anatomy of a Fall • Sunday, March 3, American Fiction • Wednesday, March 6, Killers of the Flower Moon • Friday, March 8, The Holdovers • Saturday, March 9, Barbie • Sunday, March 10, Poor Things 	
Saturdays Mar 2 & 16 10:00-11:00 am	Just Talk-Tom Banfield - Eastlake Dining Room This member-run group is proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. Garlands member Tom Banfield (31400) can answer any questions you have.	
Tuesdays Mar 5 & 19 3:30-4:30 pm	Barrington Area Library at The Garlands - Wellness Hallway Barrington Area Library members can check out books without leaving our campus. Don't have a card? Whitney, Adult Services Librarian, and Barb take care of that. Call Whitney (847-382-1300, x-3120) if you'd like them to bring particular books or audio books.	
Tuesdays Mar 5 & 19 4:00-5:30 pm	Tech Lab with William! - Galleria Need guidance with your cell phone, tablet, or laptop? Barrington High School student William to the rescue! William volunteers his time because he sincerely wants to help members understand technology and avoid scams.	
Saturday Mar 9 11:00 am- 2:00 pm	Girl Scout Cookies for Family, Friends, and You! - Wellness Hallway If you turned in your forms by March 7, you can pick up your cookies at this time. If you haven't ordered yet, no worries! Order from Brownie Troop 75925 when they're here.	
Monday Mar 11 11:00 am- 12:00 pm	Garlands Travel Club Video with American Classic Tours <i>- Surround Sound Theater</i> If there's a particular destination you'd like to see in the future, call Lynn Adams *13, Activities.	

<p>Tuesday Mar 12 12:00-2:00 pm</p>	<p>Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway</p> <p>Betsy repairs and custom designs costume jewelry and specializes in matching her jewelry to your special outfits. All items under \$75. Betsy accepts cash and checks (not credit or debit cards).</p>	
<p>Thursday Mar 14 10:00-11:00 am</p>	<p>Comfort Dog Myra at The Garlands - Wellness Hallway</p> <p>Lovely Myra already loves you; come say hi! It's best to keep your own pet at home when visiting with therapy dogs.</p>	
<p>Thursday, Mar 14 2:00-3:00 pm</p>	<p>Town Hall - Performing Arts Center</p> <p>Town Hall is a forum for management to apprise members of news and updated information concerning life at The Garlands. We strongly encourage members to attend this meeting which occurs every other month.</p>	
<p>Fridays Mar 22 & 29</p>	<p>Friday Happy Hour with Bobby Schiff at the Piano <i>NOTE new days this month: Fridays, March 22, 4:00-5:30 pm, and March 29, 4:30-6:00 pm, - Robie Lounge</i></p> <p>Elegant pianist extraordinaire, Bobby Schiff can play, mesmerizingly, almost anything you request. He has accompanied the greats. We are so lucky to have him; come hear why!</p>	
<p>Tuesday, Mar 26 10:00-11:00 am</p>	<p>Meet the MAC! - Robie Lounge</p> <p>The Members Advisory Committee, run by members, serves as an active mechanism for members to share ideas for improving services, programs, or the Garlands lifestyle. Come be heard or just catch up on the latest.</p>	
<p>Tuesday, Mar 26 10:30 am-2:30 pm</p>	<p>Lily Lifton PopUp Shop - Wellness Hallway</p> <p>Vintage finds, including jewelry, plus handmade home decor and gifts. Specific to spring, you'll find vintage linens and gifts for new moms and grand moms.</p>	



L to R: Esther Lark, Suzanne Carmer, Chris Kotarba, Rebecca Blickenstaff, Cheryl Karlin, Carol Brenner, Sophia Hausen, Pat Geach, Carol Garibotti, Mark Geach, Liz McKay, JoAnne Westerman, Sharon Thompson, Frank Rubino, and Clyde Dawson got a tour of the Four Star Mushroom ecosystem in Chicago. Frank's grandson, Joe Weber, is the founder and president of Four Star.

Fitness Programs



Lucky Leprechaun Challenge Grab a copy in the Fitness Center!

Parkinson's Disease Lecture - rsvp *07

Monday, March 4, 2:00-3:00 pm, SST

Matt Skarzynski, a movement disorder specialist, works in the Deep Brain Stimulation division of Abbot. In Deep Brain Stimulation, electrodes produce electrical impulses that affect brain activity to treat Parkinson's and many other movement and non-movement disorders.

March Madness Pool Basketball Shootout - rsvp *07

Monday, March 11, 10:30-11:00 am, Pool

To celebrate the beginning of the March Madness Basketball Tournament, we shoot hoops, talk about brackets, and have fun! Bring the energy so we can kick off the tournament in style.

Movement Workshop with Daisy Asimakopulos from Movement Revolution - rsvp *07

Wednesday, March 13, 1:00-2:00 pm, Fitness

Parkinson's Foundation accredited, home of personalized neuro-intensive exercise and Rock Steady Boxing Windy City. Daisy, the director of operations at Movement Revolution, will join the Garlands community in an interactive workshop for our Parkinsons and neurological community. This replaces Brain and Body class that day.

Shamrock Shuffle - rsvp *07

Friday, March 15, 1:00-2:00 pm, 1000 Lobby

Join the fitness crew on a walk around campus to celebrate St. Patrick's day! After, we will be treated to green smoothies from the Kitchen. Outdoors, weather permitting.

Spring into Fitness - rsvp *07

Tuesday, March 19, 1:00-2:00 pm, 1000 Lobby

Celebrate the first day of Spring with a walk through the Cuba Marsh, weather permitting.

Easter Egg Hunt - rsvp *07

Friday, March 29, 1:00-1:30 pm, 1000 Lobby

Bring your biggest basket to hunt with the fitness crew for Easter eggs filled with candy and treats. The member who finds the most golden eggs wins a prize, so keep your eyes peeled. In case of inclement weather, we will hunt indoors.

RECURRING CLASSES

Golf Strength and Conditioning with Alex

Tuesdays and Thursdays, 1:00-1:45 pm, Fitness

Let 2024 be YOUR year of improving your golf swing by focusing on all the muscle groups that assist you during your golf game. Strengthen your core, mobility and flexibility.

Beginner Balance Class with Adrian

Fridays, 2:00-2:30 pm, Burnham

Regardless of your level, this class offers a blend of exercises designed to improve core strength, coordination and flexibility.

Pilates

Thursdays, 8:30-9:00 am, Fitness

The secret of all toned celebrities, this mat-based class focuses on strength, stamina, flexibility and stability. The movements are low impact, precise, intentional, and slow moving. Pilates improves your core strength, balance, and body awareness as well as decreasing stress, low back pain, and risk of injury.

Only Legz

Tuesday and Thursdays, 10:15-10:30 am, Fitness

Do this class if you have weak legs!!! We focus on strengthening the muscles needed to sit, stand, balance, and walk. Feel free to stay for the balance class that follows OnlyLegz.

Exercise For Diabetes

Tuesdays and Thursdays 1:00-1:30 pm, Fitness

For members with Type 1 and Type 2 diabetes: please bring your glucose monitor to class with you. We test your blood sugar before and after class to track your progress and utilize a variety of strength equipment in the Fitness Center.

Fitness Programs

Brain and Body: A Movement Group for Members with Neurological Disorders

Wednesdays, 1:00-1:45 pm, Fitness

These mild stretching, chair yoga, resistance training, and light boxing exercises improve coordination and manage the symptoms and challenges of Parkinson's Disease, Multiple Sclerosis, familial tremor, and similar problems. All can be done seated or standing with accommodations to make it easy for you. Fun and laughter included.

Pickleball

Thursdays, 9:30-10:30 pm, Burnham

Thursday is Thrill Day when you play Pickleball! If you don't know the rules, we will teach you. All levels are welcome. Please bring water and wear tennis shoes.

Ping Pong

Thursdays, 2:00-3:00 pm, Burnham

Enjoy friendly competition with neighbors and make new friends. All ages and skill levels are invited! Please remember your water bottles.

Men and Women Total Body

Mondays, Wednesdays, and Fridays, 8:00-8:30 am, Fitness

Balanced Body

Mondays, Wednesdays, and Fridays, 9:15-10:00 am, Fitness



Congratulations to our 2024 Super Bowl Squares winners: Marcia Todd (twice!), Donna McMahon, Kara Sponsler, and Dick Roch.

Fit Aqua

Mondays, Wednesdays, and Fridays, 10:00-10:30 am, Pool

Bring Your Sexy Back

Mondays and Wednesdays, 11:30-12:00 pm, Fitness

Absolutely-Abs

Monday and Wednesdays, 12:00-12:10 pm, Fitness

Zumba Gold with Axana!

Tuesdays, 9:00-9:30 am and Fridays, 11:00-11:30 am, Fitness

Women and Men's Fitness

Tuesdays and Thursdays, 9:30-10:00 am, Fitness

Karaoke Balance Class! Sing, balance, and dance your way through this class

Tuesdays and Thursdays, 10:30-11:00 am, Fitness

Chair Yoga

Tuesdays and Thursdays, 11:00-11:30 am, Fitness

Boot Camp Circuit

Tuesdays and Fridays, 1:30-2:00 pm, Fitness

Spiritual Ongoing Happenings

Is there a spiritual service you're missing?
Please call Activities Director Lynn Adams (*13).
If we can make it happen, we will.

Tuesdays
1:30-
2:30 pm

LOGOS Bible Study
- Eastlake Dining Room
Please join us. Questions?
Call Carol Smith (72318).

Wednesdays
2:00-
2:30 pm

Holy Communion with Deacon Bob Powers of St. Anne Catholic Community
- Burnham Room in Building 3

Friday,
March 1
3:00-
4:00 pm

Communion Service with St. Mark's Episcopal Church
- Eastlake Dining Room
All welcome!

Let's GO!

ALL outings REQUIRE A RESERVATION

PLEASE NOTE: Call Concierge *07 to RSVP. Departures for all outings leave from the 1000 Entrance Lobby. Let the Concierge (*07) or Member Services (02) know ahead of time if you'd like to be picked up at the 2000 or 3000 Lobby. **We purchase tickets for outings based on signed agreements.**

Your reservation is complete when your signed agreement is turned in to the Concierge.

Note: You can request restaurants! Call Lynn Adams in Activities (*13)

Bus to Elgin Symphony Orchestra for Ticket Holders - rsvp *07

Sunday, March 3, 12:45-approx 5:00 pm, 1000 Lobby

Isabella Lippi performs Mozart. The program also includes Revueltas's Janitzio and Prokofiev's Symphony No. 5



Canteen Restaurant, Barrington - rsvp *07 by 3/5

Wednesday, March 6, 11:00 am-approx 12:30 pm, 1000 Lobby

Open since the end of WWII and home of WGN's "Chicago's Best Brisket" and the Trib's "#1 Brunch in the burbs," the Canteen also watched most of Barrington's kids grow up. Longtime owners Sam and Gus kept the old and added fare from motherland Greece (Yia-Yia's Avgolemono Soup!). Nothing fancy here: you're in a family's delicious kitchen.



Second Fridays at Barrington Area Library - rsvp *07 by 3/6, 4:00 pm

Friday, March 8, 6:30 pm-8:30pm, 1000 Lobby; Depart 6:30 pm; Program 7:00 pm; Pick Up 8:15; Return 8:30 pm. Please note: earlier returns are not available.

Evan and Tom Leahy: with over 20 years performing Irish music in the Midwest, this father-son duo from Milwaukee has a unique sound that will have you tapping your feet and singing along. We offer transportation to and from the Library.



Aida at Lyric Opera of Chicago - rsvp *07, Waitlist only

Wednesday, March 13, 11:30 am-approx 7:30 pm, 1000 Lobby; 11:30 am depart; 1:00 pm pre-performance discussion; 2:00 pm performance; end 5:15 pm

This trip is unchaperoned. You must be able to get from the bus into the opera house and back on your own or bring someone to help you. We recommend bringing a lunch.

Bus to Primary Election Voting

Tuesday, March 19, 10:00 am; 12:00 pm, and 2:00 pm, 1000 Lobby

Cirque du Soleil, Crystal, NOW Arena, Hoffman Estates - rsvp *07, Waitlist only

Saturday, March 23, 2:00 pm-6:00 pm, 1000 Lobby; Depart 2:00 pm; Performance 3:00 pm; Pick up 5:30 pm (this allows 20 minutes to use restroom and get to bus); Return approx. 6:00 pm.

Crystal combines stunning skating and imagination-defying acrobatic feats.

Titanic, The Exhibition, plus Lunch at Cheesecake Factory-rsvp *07 by 3/10

Wednesday, April 10, 9:15 am-approx 2:30 pm, limit 13; Depart 9:15 am; Tour 10:00; Lunch approx 12:15; Pickup approx 1:30; Return approx 2:30 pm

Massive, stupefying immersive exhibition by the same organization which created Downton Abbey in Skokie.

March Food and Beverage Events

Wine & Bourbon Chef's Table - rsvp 77743

Friday, March 8, 5:00-7:30 pm, Roycroft Dining Room, \$75

Start the evening with rare bourbons served with assorted charcuterie. Enjoy a four-course bourbon themed dinner prepared by Chef Glenn. Each course is paired with specially selected wine.

St. Patrick's Day Irish Buffet - rsvp *17

Friday, March 15, 4:30-7:00 pm, The Winslow, \$35

Celebrate an early St. Patrick's Day dinner featuring authentic foods from the Emerald Isle! Why just have corned beef and cabbage when you can try all the delish flavors of Ireland. Dine-in and Carry-out only.

Wine Tasting

Thursday, March 21, 4:00-5:00 pm, The Robie Lounge, Free

Sample a tasting of unique wines and ask questions about the ones you enjoy. This one-hour tasting is free during Happy Hour.

Good Friday Fish Fry - rsvp *17

Friday, March 29, 4:30-8:00 pm, The Winslow, \$20

A favorite Good Friday tradition of fresh battered fried fish filets served with coleslaw and our famous fries is available in addition to the full Winslow menu.

Easter Day Brunch Buffet - rsvp *17

Sunday, March 31, Two seatings: 10:30 am and 1:00 pm, The Winslow

The Food & Beverage team showcases another spectacular display of hot and cold brunch items along with fabulous dessert to celebrate this Easter holiday. \$45 for adults / \$16 for children 3-12 years old. Please state how many children are in your party when making your reservation.

Party of Ones - rsvp *17

Thursdays and Saturdays, 5:30-6:30 pm, Winslow Dining Room

Dining alone? Not anymore! Join other fun and interesting single diners. Call to make a reservation in advance and specify you're joining the Party of Ones!

Did you know that all menu items are prepared to order? Not a fan of that sauce on a certain dish: ask for no sauce or a substitution. Prefer the salad dressing paired with a different salad on the menu: you may change to the dressing of your choice. If it is on the menu, you can substitute. When you join us for any meal, Chef will prepare your dish the way you like. Ask your server about a special request.



COMING UP SOON IN APRIL!

Ten Week Brain Enrichment Class - rsvp *07 by 3/19

Tuesdays, April 2-June 11, 11:15 am-12:15 pm, Eastlake Dining Room, Workbook \$20

The April 9 and May 14 classes, exceptionally, are 10:00-11:00 am, Eastlake

Lifestyles Director Lynn Adams leads this brain fitness program. In ten sessions, we train ourselves to use thinking strategies, brain exercises, riddles, games, and more to help remember names, tasks, and what we entered this room for! Plus, we have a lot of fun and come away with new friends.

Our Huddled Masses: Immigration in America, Past and Present - rsvp *07

Thursday, April 4, 1:00-2:00 pm, Performing Arts Center, Front

Historian Myra Loris tackles this messy topic with her distinctive brand of wisdom, achieved only through obsessive immersion in and distillation of all aspects of her subject.

Remarkably Bright Creatures with Author Shelby Van Pelt - rsvp (847) 729-7500

Thursday, April 4, 5:30-9:30 pm, Glenview Public Library;

Depart 5:30; Event 7:00; Pick up 8:30; Return approx 9:30 pm.

New York Times bestselling author Shelby Van Pelt discusses her book (you can buy it on Amazon) and will stay for signing. Tickets are almost gone. Reserve your spot at the number above.

Then reserve complimentary transportation to and from the event (*07) by 3/21. We cannot guarantee transportation without a transportation reservation.

Floyd Andrews, Music of Days Gone By-rsvp *07

Friday, April 5, 4:00-5:00 pm, Robie Lounge

Floyd and his manager Terry always bring joy when they come through from Canada several times a year.

April Birthday Bash with Maureen Christine and Chuck Larkin - rsvp *07

Saturday, April 6, 1:30-2:30 pm, Robie Lounge

Don't miss Maureen's beautiful voice!

Special Evening with Frederick Moyer - rsvp *07

Saturday, April 27, 7:00-8:00 pm, Performing Arts Center

Fred is the brilliant New Hampshire pianist who, while he's on our stage, live-streams his hands and the piano keys onto the piano lid's underside. He is a Garlands favorite, a definite Don't Miss!

Ongoing Rides to Stores - rsvp *02

All times listed are for departures, and all are at the 1000 Lobby. If you'd like to be picked up at your building, please indicate this when you make your reservation. The bus/car leaves on time. The return trip to The Garlands is one hour after drop-off at the store.

Jewel-Osco – Every Monday, Tuesday, Thursday, & Friday,
10:00 am and 2:00 pm

Trader Joe's – 1st & 3rd Mondays, 1:30 pm

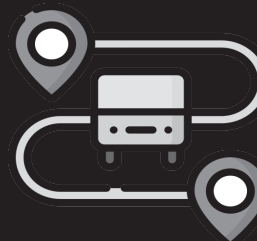
Target – 2nd Tuesday of the month, 10:00 am

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

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

Heinen's Grocery Store – Every Wednesday, 10:00 am and 2:00 pm

Walmart – Last Wednesday of the month, 10:30 am





The Doctor is in...
By appointment only.

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment

Wednesday, March 6, 8:00 am-2:00 pm

Wednesday, March 13, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth

Call 847-382-6010 to schedule an appointment

Wednesday, March 27, 10:00 am-12:00 pm



***We are pleased to
welcome Dr. Corinne
Koepsell-Roth to
The Garlands!***

Dr. Koepsell earned her Doctorate of Audiology from Illinois State University. She hails from Rockford, where her father and grandfather were primary care physicians. She is excited to serve the Barrington community.

Wellness Center Hours Monday through Friday, 8:00 am-4:30 pm, Saturday, 8:00 am-2:00 pm. The Wellness Center is open by APPOINTMENT ONLY. Dial *03 to speak with Wellness Center staff about your needs and to schedule an appointment.

The Wellness Center Manager is available:
Monday through Friday, 8:30 am-5:00 pm. Ext. 77459

Blood Pressure Testing

Call 77458 to schedule an appointment.

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

Lab Services - Call *40

Provided by LifeScan Health Lab offers blood draw services every Tuesday in the Wellness Center.

Minimum 24 hours advance notice is required

HealthPRO Heritage Rehabilitation

Call *47 for information and scheduling.

For all your therapy needs. By appointment only.

Outdated Prescriptions and Other Medications

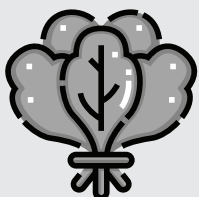
Bring outdated medications to the Wellness Center Monday through Friday, 8:00 am-4:30 pm for proper disposal. Putting medications down the sink or flushing them can result in harmful chemicals in our drinking water.

Lecture Series

Migraine and Headache Awareness-Presented by Jimmi Hingu, Healthpro Heritage

Wednesday, March 13, 10:00-11:00 am, Performing Arts Center, Front

During this symposium on factors that increase the risk of migraines and headaches, we also discuss tips to decrease headaches, how diet and exercise can help with their reduction, and when to consult a physician.



Sample Healthy Foods: Spinach

Tuesday, March 26, 11:00-11:30 am, Wellness Hallway by the Windows

Our Wellness Nurse sings the praises of spinach as a healthy food option and offers a healthy snack prepared by the culinary team.

Ongoing Happenings

*If it's listed here, folks are hoping you'll join them! If you have questions about any of these activities, call the person named in parentheses. Please alert us to any changes in this information. Would you like to be doing something that isn't in the Gazette? Please call Lynn *13) so we can get it in the system.*

Note: from **March 28-April 1:** The Robie Lounge will not be available for games on these dates. You should already have been contacted about this.

Bridge-Co-Ed - Thursdays, 6:30 pm, Robie Lounge (Tom Banfield 31400)

Bridge-Men's - Wednesdays, 1:00 pm, Tiffany 2nd Floor Game Room (Lyle Davidson 72113)

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

Canasta Hand & Foot - Tuesdays, 11:00 am,
Note change: Robie Lounge (Esther Lark 72115)

Gin Rummy - Thursdays, 1:00 pm, Galleria (Lee Heckmeck 72116)

Mah Jongg (American) - Tuesdays, 12:30 pm, Timbers Lounge, Fireplace Room (Phyllis Hamilton 33408)

Mah Jongg (American) - Thursdays, 10:00 am, Timbers Lounge Fireplace Room (Carleen Smith 71221)

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

Movies - Wednesdays, Fridays, Saturdays, and Sundays: 3:00 pm, Surround Sound Theater. (Lynn Adams *13, Activities, for movie requests)

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

Pinochle - Mondays, 1:00 pm, **Note Change:** Timbers Lounge Fireplace Room (Ron Spiekhout 72110)

Poker-Men's - Thursdays, 1:00 pm, Timbers Lounge (Dick Schmidt 72123)

Sewing - Need buttons re-attached? Something hemmed? Member Marilyn Laystrom to the rescue! 2nd Monday of the month, 1:00 pm, Galleria

Member Steen Metz Holocaust Survivor - 15th of every month, 1:00-2:10 pm, Channel 1902

March Birthdays

Wishing a Happy Birthday to those celebrating this month! See Birthday Bash on Page 2.



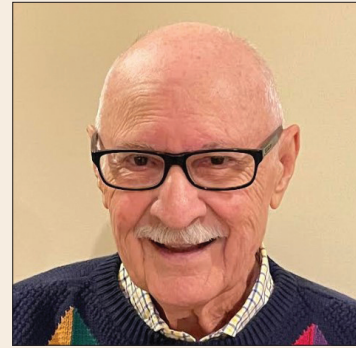
Mary Schwemm	Mar 01	Rita Gabis	Mar 14	Mary Jane Bailey	Mar 18
Lynn Cernok	Mar 04	Kay Reich	Mar 14	Herb Schmidt	Mar 18
Jean Pitt	Mar 06	Pat Wille	Mar 14	Tom Fasolo	Mar 19
Art Laystrom	Mar 08	Darrell Dick	Mar 14	Susan Powers	Mar 23
Bonnie Gekler	Mar 11	Joe Cusimano	Mar 15	Bill Crowell	Mar 24
Carol Smith	Mar 12	Richard Van Egeren	Mar 15	Lee Myalls	Mar 25
Tom Banfield	Mar 13	Patricia Lavelle	Mar 17	Mary Lou Sheedy	Mar 25
Alice Van Egeren	Mar 13	Lolly Buckingham	Mar 17	Therese Schoen	Mar 25
Christy Gaples	Mar 14	Carol Loitfellner	Mar 17		



KAREN PEDERSEN
Moved in November 2023



JUDY MILLER
Moved in November 2023



TOM FASOLO
Moved in December 2023



CARL MICHELOTTI
Moved in December 2023



BOB BAILEY
Moved in January 2024



MARY JANE BAILEY
Moved in January 2024



Welcoming our new member move-ins.



Welcome to our new members! (L to R): Tom Fasolo, Marie White, Carl Michelotti, Dennis Schnack, Judy Miller, Diane Lolli, Karen Pedersen, Bob Bailey, Louis Leone, Mary Jane Bailey, and Jean Pitt.

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!



THE GARLANDS®
— of Barrington —



Members and friends toasted artist Jurgita Mekyte at her exhibit.



(L to R) Dorothy Nelson, Chuck and Gwen Larabee, and Jane Laystrom snagged the best seats in the house during our Super Bowl Party.



If you travel, snap a photo of yourself on the road with a Gazette, and we'll put it in an upcoming issue.



While sub-zero temperatures kept us inside, Sally Leffew and Marilyn Helberg cruised the British Virgin Islands in style!



(L to R) Carol Brenner, Donna McMahon, Sylvia Carlson, and Carol Garibotti tailgating at Super Bowl.

