

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

L to R, back: Terry Sbertoli, Brian Fitzgerald, Mary Jeanne Bolger, Dennis & Mary Anne Ball, Gwen & Chuck Larabee, Marty McCormack, Marj Lutz, Marylyn Klug. Front: Donna Sbertoli, Mari Harrer, Barb Rueb, Joanne Fulkerson, and Betty McGonigle after the Switchback show.



Mari Harrer at the 96th Academy Awards Show Live!

Trivia's Firecrackers, clockwise from L: Dick Schwemm, Peggy Clough, Carol Brenner, Lynne Backer, Chuck & Gwen Larabee, Mary Schwemm, and Linda Larson just before the fierce competition at Trivia Night!

APRIL 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).

<p>Mondays Apr 1, 8, 15, 22 & 29 10:00-11:30 am</p>	<p>Kaleidoscope Art Class - rsvp *07 - Art Studio in Prairieview Carmella teaches drawing and painting techniques, provides all supplies, and welcomes all levels! May 6, 13, and 20 will be printmaking with Annmarie Dymon, Executive Director of Kaleidoscope.</p>	
<p>Tuesdays Apr 2 - June 4 11:15 am- 12:15 pm*</p>	<p>Ten Week BE! Brain Enrichment Class - rsvp *07 by 3/19 - Eastlake Dining Room, Workbook \$20 *ONLY the April 9 and May 14 classes will be at 10:00-11:00 am In ten sessions, led by Lifestyles Director Lynn Adams, we train ourselves to use thinking strategies, brain exercises, riddles, games, and more to help remember names, tasks, and what we were just about to say! Plus, it's fun, and we come away with new friends.</p>	
<p>Friday Apr 5 4:00-5:00 pm</p>	<p>Floyd Andrew, Music of Days Gone By - rsvp *07 - Robie Lounge Complete with candelabra on our piano, Floyd and manager Terry always bring joy when they come through from Canada several times a year.</p>	
<p>Saturday Apr 6 1:30-2:30 pm</p>	<p>April Birthday Bash with Barbra Streisand - rsvp *07 - Robie Lounge Maureen Christine and Chuck Larkin (longtime music director for the Jersey Boys tour), bring Barbra to life. Everyone is invited to celebrate with cake, coffee, and Maureen's beautiful voice!</p>	
<p>Monday Apr 8 12:30-approx 1:15 pm</p>	<p>Partial Eclipse Viewing - rsvp *07 - Galleria (limit 45) Barrington is in the 90 percent eclipse swath. We will meet in the Galleria and prepare to see the eclipse with American Astronomical Society eclipse glasses. DO NOT look at this eclipse at any moment without A.A.S. - recommended glasses.</p>	
<p>Saturday Apr 13 10:00-10:45 am</p>	<p>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!</p>	

<p>Monday Apr 15 3:30-4:30 pm</p>	<p>BINGO for Prizes - 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>	
<p>Wednesday Apr 17 11:15 am-12:45 pm</p>	<p>New Friends Lunch - rsvp *07 by 4/16 - South Winslow, limit 18 Make new friends ... but keep the old ... Lunch is billed to your account. Non-alcoholic beverages and cookies, compliments of The Garlands.</p>	
<p>Wednesday Apr 17 1:00-2:00 pm</p>	<p>Container Gardening with Sandy Conrath - rsvp *07 - Performing Arts Center Master Gardener/Garden Designer Sandy Conrath talks container gardens, in pots, baskets, and boxes. She shares techniques for making the most of available space as well as easy-to-follow planting "recipes." Whether you work a Garlands planter or containers on your balcony or patio, this presentation is for you!</p>	
<p>Thursday Apr 18 4:30-5:00 pm</p>	<p>Coincidence Chronicles with Lynn - rsvp *07 - Robie Lounge, limit 10 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>Monday Apr 22 7:00-8:15 pm</p>	<p>Trivia Night with Lynn, Abby, and William! - rsvp *07 by Sat, 4/20 - Burnham Room Have some wine or pop (on us) and enjoy brainstorming. Fact, fiction, what's your special knowledge? The winning team gets a prize. We can no longer accommodate walk-ins.</p>	
<p>Tuesday Apr 23 2:00-3:00 pm</p>	<p>IceHotel! with Martha Nielsen - rsvp *07 - Burnham Room Before joining The Garlands, Concierge Martha Nielsen navigated a 35-year sales career at SAS - Scandinavian Airlines. On one of her nearly 100 trips to Scandinavia, she explored the fairytale Icehotel above the Arctic Circle and presents this amazing journey, from her arrival by dogsled to reindeer sleigh racing to the unique annual logistics of creating and melting a world-famous hotel.</p>	
<p>Wednesday Apr 24 11:00 am-12:00 pm</p>	<p>Genealogy Group - rsvp *07 - Eastlake Dining Room 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>	

<p>Thursday Apr 25 4:30-6:00 pm</p>	<p>New Member Reception - rsvp *07 - <i>Robie Lounge</i></p> <p>Newer members who haven't yet attended receive an invitation ahead of time and a lapel flower on arrival, so people know to come say hello. Every member gets a name badge for the reception. Introductions begin at 5:00 sharp, followed by a group photograph. Then visit over cheese, crackers, and the stylings of pianist Ed Collins (Moody Blues, Chicago, Elton John, Phil Collins, the Beatles, and most oldies you can request).</p>
<p>Friday Apr 26 10:00-11:00 am</p>	<p>"What's Happening?" for Low Vision* and App Tutoring - rsvp *07 - <i>Surround Sound Theater</i></p> <p>(*and for those who'd like a peek into the next month's Gazette) Lynn gives a brief overview of the next month's events and you can sign up for them on the spot.</p>
<p>Saturday Apr 27 7:30-8:30 pm</p>	<p>Rhapsody! with Concert Pianist Frederick Moyer - rsvp *07 - <i>Performing Arts Center</i></p> <p>Invite your family and friends to Frederick Moyer's engaging concert in celebration of the 100th birthday of "Rhapsody in Blue." Too lengthy for the Gazette, we've placed Fred's musical bio in your cubby. Here is a sampling of reviews about him: "First-class ... His playing is clean, unmannered, and full of ideas and intelligence," The New York Times. "Moyer breezed through this splendidly varied and arduously demanding recital with technical and stylistic colors flying," Los Angeles Times. "His interpretations were as instinctively true as they were intelligent, and his technique was capable of all demands placed on it," Washington Post. "A success on the highest level from first to last ... something to write home about." Boston Globe. As well as other time-honored favorites, this concert also features Fred's MoyerCam, a projection system that allows us to see his hands as he plays. Fred passes through from New Hampshire only rarely: he is a Don't Miss.</p>
<p>Sunday Apr 28 1:30-2:30 pm</p>	<p>Soul Harbour, Veterans First - rsvp *07 - <i>Performing Arts Center</i></p> <p>The adorable sneaker-wearing miniature therapy horses of all-volunteer nonprofit Soul Harbour Ranch may be on a mission to honor our Veterans, but all are encouraged to visit with them.</p>
<p>Monday Apr 29 2:00-4:00 pm</p>	<p>Genealogy Day with Barrington Area Library - rsvp *07 - <i>Eastlake Dining Room</i></p> <p>2:00-2:30 Overview, 2:30-4:00 pm drop in and discover</p> <p>Librarians Whitney Martin and Kate Mills Martin await you at their genealogy table to explore Barrington Area Library's local history and genealogy resources, answer questions, and record your story with their Oral History Kit!</p>



COMING UP SOON IN MAY!

Wednesday
May 1
1:30-3:30

Operatic Ice Cream Social and Performance - rsvp *07
- Performing Arts Center, \$10 (separate from your monthly F&B)

In partnership with the Barrington Chapter Lyric Opera, we present rising soprano Rosemary Joyce, performing Broadway songs and opera arias. After that, we'll enjoy an old-fashioned ice cream sundae social! This program requires a signed agreement and will not be able to accommodate walk-ins.



Friday & Saturday
May 3 & 4

Dancewerks Musical Theater Ensemble Presents: "Putnam County Spelling Bee" plus excerpts from "A Chorus Line" - rsvp *07
- Performing Arts Center (limit 10 each show)

Friday, May 3, 7:00-8:15 pm AND Saturday, May 4, 10:30-11:45 am

Saturday
May 4
4:45-6:15 pm

Kentucky Derby Watch Party - rsvp *07
- Performing Arts Center, Race begins 5:57 pm

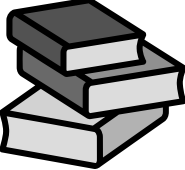


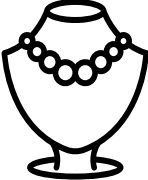


Sip a mint julep, stun us with your hat, eat a bourbon ball, and bet your bottom dollar on the horse to win it all! \$1 dollar per bet. Bet on as many as you'd like; bets close at 5:40 pm. House odds. If you wear a fancy hat, Activities throws a dollar in the pot.





Professional book discussion leader and Garlands member, Lanny Ori (far end of table), held two "sold-out" sessions of her program on Bill Bryson's book "At Home."

Things To Do

These activities **DO NOT** require a reservation

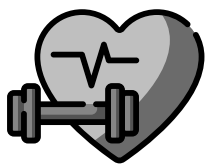
<p>Tuesdays Apr 2 & 16 3:30-4:30 pm</p>	<p>Barrington Area Library at The Garlands - Wellness Hallway Barrington Area Library members can check out books without leaving our campus. Don't have a card? Whitney, Adult Services Librarian, and Barb take care of that. Call Whitney (847-382-1300, x-3120) if you'd like them to bring particular books or audio books.</p>	
<p>Tuesdays Apr 2 & 16 4:00-5:30 pm</p>	<p>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.</p>	
<p>Saturdays Apr 6 & 20 10:00-11:00 am</p>	<p>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.</p>	
<p>Monday Apr 8 11:00 am-12:00 pm</p>	<p>Garlands Travel Club Video - Surround Sound Theater If there's a particular destination you'd like to see in the future, call Lynn Adams *13, Activities.</p>	
<p>Tuesday Apr 9 12:00-2:00 pm</p>	<p>Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway 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>Fridays Apr 12 & 19</p>	<p>Friday Happy Hour with Bobby Schiff at the Piano - Robie Lounge <i>Friday, April 12, 4:00-5:30 pm, AND Friday, April 19, 4:30-6:00 pm</i> Elegant pianist extraordinaire, Bobby Schiff is a gem in our midst. Come hear why!</p>	
<p>Tuesday, Apr 23 10:00-11:00 am</p>	<p>Meet the MAC! - Robie Lounge 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>Wednesday Apr 24 9:30-10:30 am</p>	<p>Coffee with Management - <i>Performing Arts Center</i></p> <p>At this informal gathering, there is no agenda. Offer a suggestion; ask a question; or tell us what’s working well while you enjoy pastry and coffee with friends and neighbors.</p>	
<p>Thursday, Apr 25 11:00 am- 12:30 pm</p>	<p>New Therapy Dog MAYA - <i>Wellness Hallway</i></p> <p>Golden Retriever Myra is no longer able to visit us; but new, dear golden retriever MAYA is just beginning here! Please welcome her. As always, please keep pets at home.</p>	

These gatherings or live lectures REQUIRE A RESERVATION **Lifelong Learning**

<p>Monday Apr 1 3:30-4:30 pm</p>	<p>Coolest Courtship Dances, from The WildBird Shack - <i>rsvp *07 - Surround Sound Theater</i></p> <p>These birds might have the most unusual customs on the planet!</p>	
<p>Thursday Apr 4 1:00-2:00 pm</p>	<p>Our Huddled Masses: Immigration in America, Past and Present - <i>rsvp *07 - Performing Arts Center, Front</i></p> <p>Historian Myra Loris tackles this messy topic with her distinctive brand of wisdom, achieved through obsessive immersion in – and distillation of – all aspects of her subject.</p>	
<p>Friday Apr 12 10:00-11:30 am</p>	<p>Great Decisions Chapter 3, Science Across Borders - <i>rsvp *07 - Burnham Room</i></p> <p>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 through Lynn Adams (*13) or at www.fpa.org.</p>	
<p>Wednesday Apr 24 3:30-4:30 pm</p>	<p>Music Appreciation with Jim Kendros - <i>rsvp *07</i> - <i>Robie Lounge</i></p> <p>Musician and music historian Jim Kendros shows us how to hear and understand Beethoven’s Fifth and Moonlight Sonata in ways we may have never imagined.</p>	

Fitness Programs



April Fitness Challenge

Stop by the Fitness Center to pick up a copy of this month's challenge!

Annual Scooter Safety Renewal

Calling all scooter owners!! Please call Bethanie at *41 and make an appointment to go over your scooter annual renewal training.

Bus to the Pickleball Party - rsvp *41 by 4/9

Friday, April 12, 11:15 am-2:30 pm, 1000 Lobby

Help us celebrate Alex's birthday with Pickleball and lunch at Pickle Haus in Algonquin. Lunch is at members' expense. We will play Pickleball and eat lunch afterwards.

Sound Bowls Experience - rsvp *07

Monday, April 22, 1:00-2:00 pm, Burnham Room

Join Bhante Rahula for an hour of peace and relaxation with sound bowl therapy and meditation. Sound Bowls are specialized bowls that release sound waves and other sonic vibrations. You can bring your own mats, blankets and pillows for relaxation, or just sit in a chair and relax.

Bocce, Bags, and Brownies - rsvp *07

Thursday, April 25, 2:00-3:00 pm, Burnham Room

Play Bocce or Bags with the fitness crew and friends. We will be serving brownies after the games. No Ping Pong at 2:00pm that day.

RECURRING CLASSES

Golf Conditioning

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

Work on strength and mobility for your golf game.

Beginner Balance

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

This class offers a blend of exercises designed to improve core strength, coordination and flexibility.

Pilates - New day and time added

Mondays 11:00-11:30 am and Thursdays, 8:30-9:00 am, Fitness

This is a mat based class that focuses on strength, stamina, flexibility and stability.

Only Legz

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

Do this class if you have weak legs!!! We focus on exercises that will strengthen the muscles needed to sit, stand, balance and walk.

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

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

No matter how you walk or roll, join us for mild stretching, chair yoga, resistance training, and light boxing exercises known to improve coordination and manage the symptoms and challenges of Parkinson's Disease, Multiple Sclerosis, familial tremor, and similar problems.

Pickleball

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

If you don't know the rules, that's ok! 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!

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

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

Fitness Programs

Absolutely-Abs

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

Zumba Gold with Axana!

Tuesdays, 9:00-9:30 am, Fitness

Fridays, 11:00-11:30 am, Fitness

Men/Women'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-New day and time added

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

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

Boot Camp

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

This is a Circuit training workout. We will utilize the cardio equipment as well as free weights, cable machine and resistance bands.

Floor Yoga

Thursdays, 2:00-2:30 pm, Fitness

Walking Club

Fridays (except April 5 and 12), 1:00 pm, 1000 Lobby



Trivia's Thoughtful Thinkers: clockwise from bottom, Kara Sponsler, Semmy Semerad, Joyce Carlson, Brian Coolican, Liz McKay, & Joanne Westerman!

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.

<p>Wednesdays 2:00-2:30 pm</p>	<p>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - Burnham Room in Building 3</p>
<p>Friday, April 5 3:00-4:00 pm</p>	<p>Communion Service with St. Mark's Episcopal Church - Eastlake Dining Room; All welcome!</p>
<p>Tuesdays April 16, 23 & 30 1:30-2:30 pm</p>	<p>Logos Bible Study - Starting Tuesday, April 16; then Tuesdays after, Eastlake Dining Room; Call Carol Smith (72318). Hear renowned biblical scholar Dr. William Creasy read and offer his historical insight. We start the Book of Acts in April. Questions? Please call hosts Carol and Bruce Smith (72318).</p>

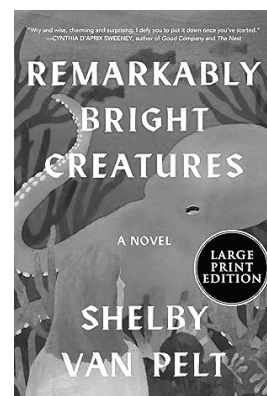
PLEASE NOTE: Call Concierge *07 to RSVP. Departures for all outings leave from the 1000 Entrance Lobby. Let the Concierge (*07) or Member Services (02) know ahead of time if you'd like to be picked up at the 2000 or 3000 Lobby. **We purchase tickets for outings based on signed agreements. Your reservation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

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

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. If you have your ticket, just reserve Garlands complimentary transportation to and from the event (*07) now.



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

Sunday, April 7, 12:45-approx 5:00 pm, 1000 Lobby

Schumann piano concert with Orli Shaham

Titanic, The Exhibition, plus Lunch at Cheesecake Factory - rsvp *07 (waitlist only)

Wednesday, April 10, 9:00 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.

Second Fridays at Barrington Area Library - rsvp *07 by 4/10, 4:00 pm

Friday, April 12, 6:15-8:30 pm, 1000 Lobby; Depart 6:15; Program 7:00; Pick Up 8:15; Return 8:30. Please note: earlier returns are not available

We offer transportation to and from the Library. A dynamic Jazz Trio, featuring Barrington native Inderjeet Sidhu on Percussion, performs all iterations of Jazz since its birth.



Lake Zurich High School's "The Sound of Music" - rsvp *07

Sunday, April 21, 1:00-5:15 pm, 1000 Lobby, \$12

April Food and Beverage Events

Fried Chicken Night - rsvp *17

*Friday, April 12, 4:30-8:00 pm,
The Winslow, \$20*

You asked and Chef listened! The culinary team will prepare homemade buttermilk fried chicken served with mashed potatoes, green beans, and a buttermilk biscuit.

Spanish Tapas Buffet - rsvp *17

*Thursday, April 18, 4:30-7:00 pm,
The Winslow, \$40*

Tapas, a style of dining in Spain, means small savory dishes. Indulge in an enticing selection of small plate appetizers combined to create and enjoy a full meal.

Spring Cocktail Demonstration

Friday, April 26, 4:00-5:00 pm, The Robie Lounge, Free

Cheers to kicking the weekend off early! Jason is shaking up refreshing Spring cocktails.

Prime Rib Night-rsvp *17

*Saturday, April 27, 4:30-8:00pm,
The Winslow, \$40*

Enjoy 12 oz. prime rib carved table side served with au jus, mashed potatoes, and spring vegetables. Dine in only. The Winslow menu will also be available.

End of the Month Buffet

Sunday, April 28, 4:00-6:00 pm, Café Dining Area

Menu & price to be announced the week before.

Mother's Day Tea Party-rsvp 77743

Friday, May 10, 1:00-3:00 pm, PAC, \$25

An elegant tea to spoil all who attend. Reservations are required.

Mother's Day Brunch-rsvp *17

*Sunday, May 12, 11:00 am and 1:30 pm,
The Winslow, \$45*

Both seatings offer creative hot food stations and an imaginative cold buffet. Save room for dessert!

Happy Hour

*Monday-Wednesday, Timbers Lounge,
4:00-6:00 pm*

*Thursday and Friday, Robie Lounge,
4:00-6:00 pm*

*House Wine/glass, \$4; Well drinks,
\$5; Domestic Beer, \$4; Tax not included.*

Party of Ones-rsvp *17

*Thursdays, Fridays (new), 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. If there is availability, walk-ins may be accepted.



Bulletin Board

Barrington

For everything happening in town, check: <https://www.barrington-il.gov/resources/special-events/> <https://balibrary.librarycalendar.com/>. Then filter by "adults."

Parker Players

Our local (and excellent) theater company, is holding auditions in April for their upcoming production of Amadeus. See yourself as a Royal Chamberlain or Director of the Imperial Opera? Have a look: <https://www.parkerplayerstheater.org/auditions>

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

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.

Garlands Travel Club!

Our favorite Ireland-loving entertainers, Switchback, have offered to put together a one-week trip to Ireland tailored for our population and exclusive to Garlands members. Please let the Concierges (*07) or Lynn Adams (*13) know if that interests you. They require a minimum of 15 members.

Might you be interested in an 11- to 12-day land tour in South America in 2025? A few Garlands members are considering tours offered by the always-excellent Tauck Tours. For more information on both of these trips, ask Martha or Beth at the Concierge Desk.

Garden Planters

First day to work in your garden is **May 1**.



Garlands Golf Club 2024 at Makray Memorial Golf

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.

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, April 10, 8:00am-2:00pm

Friday, April 26, 8:00 am-2:00 pm

By appointment only.

Audiologist: Dr. Corinne Koepsell-Roth

Call 847-382-6010 to schedule an appointment

Wednesday, April 17, 10:00am-12:00pm

By appointment only.

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 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.

Lab Services - Call *40

Blood draw services are offered every Tuesday in the Wellness Center. This service is provided by LifeScan Health Lab. *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

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

Wellness Lecture Series

Myth Busters-Clarifying Misconceptions Pertaining to Hospice Care

Thursday, April 11, 4:30-5:30pm, Performing Arts Center, Front

Hospice care is often surrounded by misconceptions, leading to a lack of proper understanding of its purpose and benefits. Members and family members are welcome to join us as we aim to unravel some of the most common misconceptions about hospice care, palliative care, DNRs and more. Refreshments will be served

Core Control for Better Strength-Presented by Jimmi Hingu, Healthpro Heritage

Wednesday, April 17, 10:00-11:00am, Performing Arts Center, Front

Join us for an interactive discussion on the benefits of improving core strength, its impact on balance and posture, followed demonstration which highlights several core exercises that can be done at home. Everyone will leave with a home exercise program.



Sample Healthy Foods: Bulgur Wheat - rsvp *03

Tuesday, April 30, 11:00-11:30 am, Wellness Hallway

Join us for a short talk presented by our Wellness Nurse regarding the benefits of bulgur wheat as a healthy food option and sample a healthy recipe prepared by our 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.*

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 Spiekhou 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.



Linnea Hadlock	Apr 02	Dennis Ball	Apr 13	Mary Brown	Apr 23
Jeanine VanDeVelde	Apr 03	John Galanos	Apr 14	Carol Garibotti	Apr 24
Susan Jones	Apr 03	Jean Rogers	Apr 14	Gina Liautaud	Apr 25
Candy Peterson	Apr 03	Linda Wolff	Apr 14	Anne Courter	Apr 26
Mike Vinci	Apr 06	Joan Anderson	Apr 14	Trish Caldwell	Apr 27
Robert Russell	Apr 07	Tom Seibert	Apr 15	Jane Laystrom	Apr 29
Carroll Dudley	Apr 08	Sue Starnes	Apr 15	Dorothy Fisk	Apr 30
Susan Hoggins	Apr 09	Dennis Schnack	Apr 16	Lucy Ruth	Apr 30
Scott Wallace	Apr 10	Sophia Hausen	Apr 18	George Martinelli	Apr 30
Sally Nutini	Apr 11	Bill Lawton	Apr 21		



Welcome!



DENNIS SCHNACK
Moved in November 2023



LOUIS LEONE
Moved in January 2024



SUZIE MCGINN
Moved in February 2024



The duo Switchback celebrated St. Patrick's Day to a full house!

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



We had an enthusiastically full theater for "The Boys in the Boat."



Trivia's Patio Pals, clockwise from left: Rich Winsor, Rebecca Blickenstaff, Bonnie Gekler, son Tom Ori, Lanny Ori, Dorothy Winsor, and Chris Kotarba. Behind them, the East Coasties!

L to R: Frank & Florence Compton, Mari Harrer, Sarah Dockery, and Emily Pateros (sitting) keep the visiting Barrington Area Library busy.

