

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



Barrington High School's String Ensemble is a GREAT reason to be in the Robie at 10 am. From L to R: Clarence Last, Joan King, Tyler, Marj Lutz, Henry, Taylor, Carol Horschke, BHS Orchestra Director Clark Sheldon, Ellen Nilssen, Lynn Cerenok, Semmy Semerad, Florence and Frank Compton.



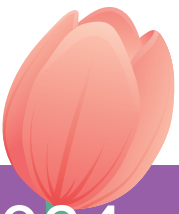
Christy Gaples and Doris Dorzweiler spreading fun at the Apres Ski Party.



Clockwise from top left: Kara Sponsler, friend Debbie, Fred Sponsler, and Joan King at our Eclipse event.



On Titanic's deck, from L to R: Mari Harrer, Lynn Adams, Art and Jane Laystrom, and Carol Brenner.



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.*



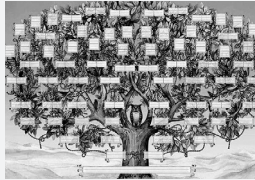
For a printout of your reserved events, please call the Concierge (*07).
If you have questions or requests about any of our activities, please call
Lynn Adams, Lifestyles Director (*13).

<p>Wednesday May 1 1:30-3:30 pm</p>	<p>Opera and Ice Cream! - rsvp *07 by 4/29 - <i>Performing Arts Center, \$15 (separate from your monthly F&B)</i></p> <p>In partnership with the Barrington Chapter Lyric Opera, we present rising soprano Rosemary Joyce, performing Broadway songs and opera arias. Following the performance, we'll have an old-fashioned ice cream sundae social! This program requires a signed agreement and does not accommodate walk-ins. Please arrive early.</p>	
<p>Friday & Saturday May 3 & 4</p>	<p>Dancewerks Showcase - rsvp *07 (waitlist only) - Performing Arts Center May 3, 7:00-8:30 pm AND May 4, 10:30 am-12:00 pm</p> <p>Dancewerks Director Ellen Werksman presents her dance students in "Putnam County Spelling Bee" plus excerpts from "A Chorus Line." Walk-ins may be turned away.</p>	
<p>Saturday May 4 1:30-2:30 pm</p>	<p>May Birthday Bash with Vince Amore - rsvp *07 - <i>Robie Lounge</i></p> <p>Vince's great voice and warm style bring us Elton John, Tom Jones, Engelbert Humperdinck, Bobby Darin, Tony Bennett, and maybe The Monkeys. If your birthday is in May, you should let the rest of us celebrate you with cake, coffee, and song!</p>	
<p>Saturday May 4 4:45-6:15 pm Race begins at 5:57 pm</p>	<p>Kentucky Derby Watch Party- MUST rsvp *07 by 5/2 - <i>Performing Arts Center</i></p> <p>Sip a mint julep, stun us with your hat, eat a bourbon cordial, and bet your bottom dollar on the horse to win it all! \$1 dollar per bet. We do not carry change for larger bills. 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!</p>	
<p>Mondays May 6, 13 & 20 10:00-11:30 am</p>	<p>Kaleidoscope Art Class: Printmaking - rsvp *07 - <i>Art Studio in Prairieview</i></p> <p>Annmarie Dymon, Executive Director of Kaleidoscope, guides us in creating our own gift tags, wrapping paper, stationery, tea towel, and more! Annmarie brings the supplies and recommends attending all three classes to complete every project.</p>	
<p>Tuesdays May 7- June 4 11:15 am-12:15 pm*</p>	<p>Ten Week BE! Brain Enrichment Class - no new members at this time - rsvp *07 - Eastlake Dining Room</p> <p>May 7-June 4, 11:15 am-12:15 pm, Workbook \$20; *Please note that the May 14 class will be at 10:00-11:00 am</p> <p>We are training ourselves to use thinking strategies, brain exercises, riddles, games, and more to help remember names, tasks, and more. It's fun, and we come away with new friends!</p>	

<p>Tuesday May 7 2:30-3:00 pm</p>	<p>Honor Flight Chicago - rsvp *07 - Surround Sound Theater Bill Hickey covers the history of Honor Flight Chicago, who qualifies, and how to register if you haven't yet attended this Day of Honor in Washington D.C. Many Garlands veterans have taken this extraordinary trip, all of it – transportation, flights, food, even caregivers – at no charge.</p>	
<p>Wednesday & Thursday May 8 & 9</p>	<p>Lanny Ori Book Review - rsvp *07 by 5/7 - Eastlake Dining Room, limit 15 Wednesday, May 8, 11:00 am-12:00 pm. Repeated Thursday, May 9, 12:30-1:30 Garlands member and longtime professional book reviewer and discussion Lanny Ori reviews Frank Lloyd Wright: A Life by New York Times Architectural Critic Ada Louise Huxtable. His celebrated and often controversial life guarantees a lively program!</p>	
<p>Friday May 10 7:00-7:45 pm</p>	<p>Buffalo Grove Encore Singers in Honor of Mother's Day - rsvp *07 - Performing Arts Center This high-energy group sings a potpourri of pop, oldies, musical theater, legends of the Great American Songbook, and even some from Hamilton. This fine arts adult choir performs all over Chicagoland and has come in first in a national choir competition! Expect to be surrounded by good vibes.</p>	
<p>Saturday May 11 10:00-10:45 am</p>	<p>Barrington String Ensemble - rsvp *07 - Robie Lounge These outstanding high school students are united by a deep passion for chamber music and offer us their favorite compositions each month.</p>	
<p>Monday May 13 10:00-11:00 am</p>	<p>Garlands Living 201, The Garlands Healthcare Continuum - rsvp *07 - Surround Sound Theater Director of Healthcare, Tiffany Barton, and Wellness Center Manager, Ashley Barraza, ensure you fully understand all the options along the healthcare continuum available to Garlands members.</p>	
<p>Monday May 13 3:30-4:30 pm</p>	<p>BINGO for Coins - rsvp *07 by 5/10 - Performing Arts Center Carleen Smith and Judy Miller will explain the new set up and ask that you bring 5 ones. Please arrive early. We start promptly at 3:30 and are unable to take players after that.</p>	
<p>Tuesday May 14 3:30-4:30 pm</p>	<p>Elgin Symphony Orchestra Duo - rsvp *07 - Performing Arts Center Wendy Evans, Violin, and Kerena Fox, Cello, perform 12 gorgeous pieces, from Mozart to Piaf to McCartney. This is a Don't Miss! Full program list available at the Concierge Desk (*07).</p>	

Special Events

REQUIRE A RESERVATION

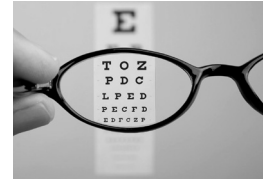
<p>Thursday May 16 4:30-5:00 pm</p>	<p>Coincidence Chronicles with Lynn - rsvp *07 - <i>Robie Lounge, limit 10</i></p> <p>We talk about all kinds of offbeat things that have happened to us, from weird coincidences and dreams to the supernatural. Most we can't explain. We love hearing them: stop by and tell us yours.</p>
<p>Friday May 17 3:00-4:00 pm</p>	<p>The Six Wives of Henry VIII - rsvp *07 - <i>Performing Arts Center</i></p> <p>In stunningly creative costumes, educational entertainer Martina Mathisen introduces each of the King's wives and leaves it for us to decide who among them deserved their reputations. It's been two years since Martina brought us this Garlands favorite. Six Wives is a Don't Miss!</p> 
<p>Monday May 20 3:30-4:30 pm</p>	<p>BINGO for Prizes- rsvp *07 by 5/19 - Performing Arts Center</p> <p>BINGO is in! Everyone who BINGOs wins a prize – chocolates, wine, and lots of other goodies! We no longer accommodate walk-ins.</p> 
<p>Monday May 20 7:00-8:15 pm</p>	<p>Trivia Night with Lynn, Abby, and William! - rsvp *07 by 5/19 - <i>Burnham Room</i></p> <p>A week early, due to Memorial Day. 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>Wednesday May 22 11:15 am- 12:15 pm</p>	<p>Genealogy Group with Pam Wilson - rsvp *07 - <i>Eastlake Dining Room</i></p> <p>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>MEMORIAL DAY</p>	
<p>Monday May 27 10:15 am- 12:30 pm</p>	<p>Bus to Ceremony and Hotdogs with Lake Barrington Shores Veterans - rsvp *07 by 5/24</p> <p><i>10:15 am-approx. 1:00 pm, 1000 Lobby. 10:15, Depart: 11:00-12:00, Ceremony, Keynote Speaker: USMC Colonel Pat Klop; 12:00, Socialize and enjoy complimentary hotdogs; approx. 12:45 Depart</i></p> <p>We will be outdoors in a tented area. Garlands members will have reserved seats.</p>
<p>Monday May 27 2:45-3:15 pm</p>	<p>Moment of Silence - rsvp *07 - Surround Sound Theater</p> <p>A quiet gathering to remember those who gave their lives for our freedom. If you have someone in particular in mind, you'll be invited to say that person's name out loud to amplify his or her memory. Please bring a photograph if you like. We ring a bell for each person being honored.</p>
<p>Wednesday May 29 11:15 am- 12:45 pm</p>	<p>New Friends Lunch - rsvp *07 by 5/27 - <i>South Winslow, limit 18</i></p> <p>Make new friends ... but keep the old ... Lunch is billed to your account. Non-alcoholic beverages and cookies, compliments of The Garlands.</p>

Friday
May 31
10:00-11:00 am

"What's Happening?" for Low Vision* and App Tutoring

- rsvp *07 - Surround Sound Theater

(*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.



COMING UP IN JUNE!

Saturday
June 1
1:30-2:30 pm

Birthday Bash: "For the Boys" - rsvp *07 - Robie Lounge

Laura Freeman's crystal voice honors veterans with World War II-era songs such as "Accentuate the Positive," "I'll be Seeing You," and "God Bless America." Through them she weaves the stories of how this music helped maintain morale for our soldiers and all who waited for them at home.



Tuesdays
June 4, 11, 18 & 25

What's the Score? with Dick Schwemm - rsvp *07 - Surround Sound Theater

Tuesdays, June 4 (The Piano), June 11 (The Strings), June 18 (The Woodwinds and Brass), and June 25 (Percussion); 2:30-3:30 pm

During four stand-alone sessions, member Dick Schwemm discusses the orchestra's families of instruments, from the one that does it all and the ones that sing, to an orchestra's punctuation marks. Handouts provided. Dick led this and other series at Colby-Sawyer College in New Hampshire.

Thursday
June 6
11:00 am-12:00 pm

WACS and WWII, The Journey of Molly's War - rsvp *07

- Surround Sound Theater

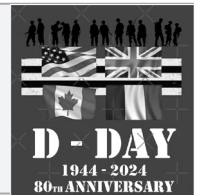
Cyndee Schaffer discusses the history of women in the military, her mother's own experiences as a WAC (Women's Army Corps), and plays a 9-minute WAC recruiting film from 1944!

Thursday
June 6
2:00-3:00 pm

Tom Banfield Presentation on the 80th Anniversary of D Day

- rsvp *07 - Surround Sound Theater

Garlands member Tom Banfield discusses D Day and includes material from Through German Eyes, by Holger Eckhertz.



Friday
June 7
9:00 am-5:00 pm

Gold and Silver with David Katz of DMK Metals - rsvp *07 - Eastlake Dining Room

Drop in any time. David can tell you some of the history of gold, how you can identify and evaluate your precious metals, and what you should know before selling them. Bring gold and silver jewelry or other items (except coins) you'd like evaluated.

Friday
June 7
3:00-4:15 pm


MGM and More! Broadway numbers from the great Movie Musicals from the 1950s to the 90s, with William Powers and Michelle Areyzaga - rsvp *07 - Performing Arts Center

This is a Don't Miss! Stars of, most recently, the New York Metropolitan Opera House and New York City Opera bass-baritone William Powers and soprano Michelle Areyzaga perform a favorite Broadway songs and duets from Phantom, Les Misérables, Showboat, Oklahoma, My Fair Lady, and others. Accompanying them on the piano is Assistant Conductor of the Lyric Opera of Chicago, Bill Billingham.

Things To Do

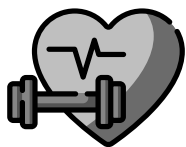
These activities **DO NOT** require a reservation

<p>Fridays May 3 & 24 4:00-5:30 pm</p>	<p>Friday Happy Hour with Bobby Schiff at the Piano - <i>Robie Lounge</i> Elegant pianist extraordinaire, Bobby Schiff is a gem in our midst. Come hear why!</p>	
<p>Saturdays May 4 & 18 10:00-11:00 am</p>	<p>Just Talk with Tom Banfield - <i>Eastlake Dining Room</i> 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>Tuesdays May 7 & 21 4:00-5:30 pm</p>	<p>Tech Lab with William! - <i>Galleria</i> 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>Tuesdays May 7 & 21 3:30-4:30 pm</p>	<p>Barrington Area Library at The Garlands - <i>Wellness Hallway</i> 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>Tuesday May 7 10:30 am-12:00 pm</p>	<p>Therapy Schnoodle June - <i>Wellness Hallway</i> Annette Clarke, our former Wellness Nurse, is back with her dear schnoodle June!</p>	
<p>Tuesday May 14 12:00-2:00 pm</p>	<p>Betsy's One-of-a-Kind Costume Jewelry and Repair - <i>Wellness Hallway</i> Betsy repairs and custom designs costume jewelry and specializes</p>	
<p>Thursday, May 16 2:00-3:00 pm</p>	<p>Town Hall - <i>Performing Arts Center</i> 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>Wednesday May 22 12:00-4:00 pm</p>	<p>Clean, Repair, and/or Store Your Furs for the Summer - <i>Member Services</i> We work with McElroy Furs of Lake Bluff, in continuous operation since 1926. Each item must be described on a Garlands form (available at Concierge). Bring your furs to Member Services. They will be locked in the Activities offices while we process your forms. McElroy Furs, which employs its drivers, will call you to confirm receipt and discuss your instructions.</p>	

<p>Thursday May 23 11:00 am- 12:30 pm</p>	<p>New Therapy Dog MAYA - Wellness Hallway Golden Retriever MAYA loves people, balls, sticks, and being outside - usually in that order! As always, please keep pets at home.</p>	
<p>Tuesday May 28 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>	

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

<p>Thursday May 2 2:00-3:00 pm</p>	<p>Twelve Who Made A Difference, Part 2- rsvp *07 - Surround Sound Theater Foreign policy analyst, and American history teacher Gary Midkiff explores the nation-altering legacies of 12 of the past 71 Secretaries of State.</p>	
<p>Monday May 6 3:30-4:30 pm</p>	<p>Cicadas! - rsvp *07 - Surround Sound Theater Get the scoop on Cicada Broods XIII and XIX, emerging across much of the state (for the first time since Jefferson was President and not due again until well after our grandchildren's great grandchildren are born!). Certified Arborist Evan Shorr is addicted to trees and comes to us via The Wildbird Shack.</p>	
<p>Friday May 10 10:00-11:30 am</p>	<p>Great Decisions Chapter 4, US-China Trade Rivalry - rsvp *07 - Burnham Room From the Foreign Policy Association and moderated by Gary Midkiff: impartial, thought-provoking analyses on issues 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>Monday May 20 12:30-1:30 pm</p>	<p>Travel Club: A Guide to the Indiana Amish - rsvp *07 - Burnham Room Theresa Goodrich is back with local travel tales. Indiana Amish country is more than buggies and pie. It's miles of trails and lakes, live entertainment, and the biggest flea market in the Midwest.</p>	
<p>Wednesday May 22 3:30-4:30 pm</p>	<p>Music Appreciation with Jim Kendros- rsvp *07 - Robie Lounge Music historian Jim Kendros explores the lives and music of Brahms (Symphony #3), Tchaikovsky (Serenade for Strings), and Faure (Pavane). Jim's passion for musical structure is contagious!</p>	
<p>Wednesday May 29 1:00-2:15 pm</p>	<p>Louisa May Alcott, Beyond Little Women - rsvp *07 - Performing Arts Center Louisa May Alcott took on the role of servant, Civil War nurse, feminist, abolitionist, and lifelong invalid, as well as author. Scholar Jerrol Leitner reveals the complexity and success (today's equivalent of \$2 million a year) of our first great American woman writer. Be sure to see Little Women in our Surround Sound Theater Sunday, 5/12, too!</p>	



May Fitness Challenge

Come to the Fitness Center to grab a copy of this month's challenge!

Congo River Mini-Golf Adventure, Hoffman Estates - rsvp *07

Friday, May 10, 1:00-3:30 pm, Meet in 1000 Lobby

Explore, discover and have the time of your life. Breathe in fresh air in a three tiered waterfall setting and soak up the sunshine while enjoying your golfing adventure. 18 holes of golf, \$10.50 per person. You can pay when you get there.

Honoring The Mothers - rsvp *07

Monday, May 13, 2:00-3:00 pm, Galleria

Celebrate a belated Mother's Day with the fitness crew! We will play Pictionary, have coffee, and eat healthy snacks.

2nd Annual Indoor Triathlon - rsvp *07

Monday, May 20, 1:00-2:00 pm, Fitness Center & Pool

15 minutes of walking or jogging on the treadmill, 20 minutes of stationary biking or Nustep machine and 10 minutes of swimming or water walking. EVERYONE IS WELCOME! It doesn't matter your fitness level. Challenge yourself, we are here to help you. Compete against your Garlands neighbors, but have fun while doing it. We will give out prizes to all that participate.

Rave Party Chair Yoga

Thursday, May 30, 11:00-11:30 am, Burnham

Glow in the dark chair yoga. We will hand out glow in the dark necklaces and bracelets. Bring your fun personality and we will bring the party!

RECURRING CLASSES

Pilates

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

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

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, 1:00 pm, 1000 Lobby

Beginner Balance

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

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



Member Services' Scott and Dominic took, l to r, Janet Zilkowski, Mari Harrer, Judy Thierer, Nancy Cohen, Liz McKay, and Carol Garibotti to Glenview to meet a favorite author.



Everyone taking in the near-total eclipse.

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.

Wednesdays 2:00-2:30 pm	Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - Burnham Room in Building 3
Friday, May 3 3:00-4:00 pm	Communion Service with St. Mark's Episcopal Church - Eastlake Dining Room; All welcome!
Tuesdays 1:30-2:30 pm	Logos Bible Study - Eastlake Dining Room Hear renowned biblical scholar Dr. William Creasy read and offer his historical insight. Questions? Please call hosts Carol and Bruce Smith (72318).

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, May 5, 12:45-approx 5:00 pm, 1000 Lobby; Depart 12:45; Pre-Show Lecture 1:30; Performance 2:00; Pick Up 4:30

Mozart, Ave verum corpus; Jessie Montgomery, Hymn for Everyone; Beethoven, Symphony No. 9. Chad Goodman, Conductor; Laura Strickling, soprano; Mary Phillips, mezzo-soprano; Thomas Cooley, tenor; Hadleigh Adams, baritone; Elgin Master Chorale.

Second Fridays at Barrington Area Library - rsvp *07 by 5/8

Friday, May 10, 6:15-8:30, 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. The Teflons perform tasty vintage jazz and western swing. They started in theatre productions and jug bands and now perform across the Midwest, including at Chicago's Millennium Park.



Lunch at Chessie's in Barrington - rsvp *07 by 5/14

Wednesday, May 15, 11:30 am-approx. 1:45 pm, 1000 Lobby

Built around Barrington's former train station, you'll dine in a 1927 Pullman railroad car. Their French onion soup is a house specialty. You can view their menu at www.chessies-restaurant.com.

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

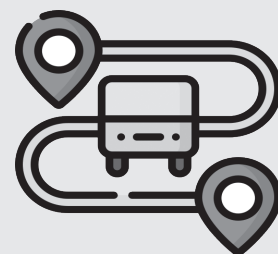
Trader Joe's – 1st & 3rd Mondays, 1:30 pm

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

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



May Food and Beverage Events

Cinco de Mayo Buffet - rsvp *17

Friday, May 3, 4:30-7:00 pm The Winslow, \$30

Celebrate Cinco de Mayo with a great feast of authentic selections of Mexican cuisine. Dine-in and carry out only.

Kitchen Tour - rsvp 77743, waitlist only

Wednesday, May 8, 3:00 pm, The Winslow, Free

Go behind the scenes with Jason and Chef Glenn to tour our amazing kitchen. Understand the operation to provide our top-notch dining services. Space is limited.



Mother's Day Tea party

- rsvp 77743

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

An elegant and authentic selection of finger foods fit for a Queen. Paired with a selection of hot tea and

desserts and accompanied by classical harpist Abigail Smith. This will be a special afternoon. The seating is shared tables of ten.

Mother's Day Brunch Buffet - rsvp *17

*Sunday, May 12, 11:00 am and 1:30 pm,
The Winslow, \$45 for adults / \$16 for children
3-12 years old*

Celebrate with a grand buffet guaranteed to have something for everyone. Both seatings offer creative hot food stations and an imaginative cold buffet. Save room for dessert!

Craft Beer Week

*Monday, May 13-Friday, May 17, 4:00-6:00 pm,
Happy Hour Locations*

It's National Craft Beer Week. Craft beers are on special during happy hour all week in addition to being offered on the drink menu during dinner.

Rib Night - rsvp *17

*Thursday, May 16, 4:30-8:00 pm, The Winslow;
Half slab \$16 Full slab \$30*

RIB NIGHT!!!!!! Chef Glenn will smoke hundreds of pounds of ribs over two days to create a most delicious dish. All orders come with crispy fries and coleslaw. To-go orders are welcome.

Chardonnay Tasting

*Thursday, May 23, 4:00-5:00 pm Robie Lounge,
Free*

To honor National Chardonnay Day, sample a variety of great chardonnays from around the world.

Summer Kick Off BBQ Buffet - rsvp *17

*Friday, May 24, 4:00-7:00 pm, Winslow
Courtyard, \$35*

Chef Glenn can't wait to be outside to enjoy the fresh air with the smell of BBQ from the grill. Kick off Memorial Day weekend and the start of the summer season with us in the Winslow courtyard.

End of the Month Buffet

*Sunday, May 26, 4:00-6:00 pm, Café Dining Area
Menu & Price to be announced the week prior.*

Memorial Day Hours

Monday, May 27

Winslow & Grill Closed

Galleria & Café open regular hours

Galleria: 7:30 am-4:00 pm

Café: 11:00 am-3:00 pm

Taste of Napa Valley Chef's Table - rsvp

77743 - waitlist only

Thursday, May 30, 5:00 pm, \$80

Chef Glenn performs food miracles and this time features food from the wine country. Jason will serve the best Napa wines available to pair with each decadent course. Limited seating is available. Those who did not experience the Chef's Table in March will be considered for reservations first. Those who did attend will be placed on a wait list and notified of available seating.



Bulletin Board

Lots Happening in Barrington!

As member preferences vary, we do not schedule group transportation to and from the following local events but do list them so you are aware. They are less than a mile from here.



Barrington Art Festival

Saturday, May 25, and Sunday, May 26, 10:00 am-5:00 pm, Cook and Station Streets, downtown Barrington; 130 artists, jewelers, wood workers, gifts galore!

Barrington Cruise Nights—Live Music, Food & Drink, Classic Cars

Thursdays, 6:00-8:00 pm, Cook and Station Streets, downtown Barrington

BARRINGTON



THURSDAYS, 6-8PM
BMO HARRIS LOT

June 15: Ford Mercury
June 22: Corvette
June 29: Red, White & Blue
July 6: 4X4
July 13: Convertible
July 20: Exotics
July 27: 70's
August 10: Mopar

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
- Go! Love a mental challenge? This is the game for you! Dick Schwemm is happy to teach.

Garden Planters

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

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 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.



We have a GREAT Brain Enrichment group in session.



The Doctor is in... By appointment only.

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment

Wednesday, May 15, 8:00am-2:00pm

By appointment only.

Audiologist: Dr. Corinne Koepsell-Roth

Call 847-382-6010 to schedule an appointment

Wednesday, May 29, 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

Managing High Blood Pressure-with Jimmi Hingu, Healthpro Heritage - rsvp *07

Wednesday, May 22, 10:30-11:00 am, Performing Arts Center

Learn what your blood pressure reading means; practice taking your vital signs for more consistent management; and explore lifestyle changes you can make to help manage your blood pressure.



Sample Healthy Foods: Farro

Tuesday, May 28, 11:00-11:30 am, Wellness Hallway

After a short talk by our Wellness Nurse regarding the benefits of farro as a healthy food option, 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 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

May Birthdays

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



Jackie Matecki	May 02	Bill Gibbons	May 12	Lina Abraham	May 23
Jay Walkington	May 02	Carolyn Husemoller	May 13	Carol Palmer	May 23
Lola Smythe	May 03	Roberta Rood	May 14	Linda Hughes	May 25
Marilyn Helberg	May 05	Bill Mullin	May 14	Karen Robinson	May 25
Steen Metz	May 05	Jim Skomer	May 17	Norma Star	May 26
Stel Pietsch	May 05	Steve Bromet	May 18	Diane Damos	May 29
Rebecca Blickenstaff	May 07	Marilyn Laystrom	May 20	Kara Sponsler	May 29
Sharon M. Thomson	May 07	Frank Compton	May 20	Ruth Koenemann	May 29
Becky Gibbons	May 09	Nancy Cohen	May 20		
Darlene Plocinski	May 10	Jill Theis	May 21		



Welcome!



MARGE GERRY
Arrived in February 2024



TERRY SBERTOLI
Arrived in March 2024



DONNA SBERTOLI
Arrived in March 2024



MURIEL FENZEL
Arrived in March 2024



*Great Decisions, from the Foreign Policy Association,
keeps members coming back.*

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



At Cirque du Soleil: Mark Geach, Pam and Rich Wilson with sister-in-law Linda, and Linda Jensen.

Judy Miller and Lee Heckmeck at Cirque du Soleil.



What an experience to share together the near-total eclipse.

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



Gazette to Go - Rebecca Blickenstaff remembered us when she visited Charleston, SC.

