

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

*L to R: Carl Gerami, Jackie Cusick, Carl Michelotti, Joe Cusimano, Tom Fasolo, Frank Rubino, Rick Drexler, Lorraine OMalley, Carol Garibotti, Norma Star, and Cathy Nardo at the Italian Social Club's first dinner. They had a blast and hope more will join.*



*Peg Cullen must have worn the lucky boa: she won our Academy Awards Ballot Contest!*



*Barb Weaver carries her harmonica at all times because you never know when a great song will break out! Tom and Bernice Siebert and Dick Weaver got a kick out of Barb's Mardi Gras song!*



*Trudy and Frank Stadler upped the spirit of Mardi Gras at our Lundi Gras Celebration.*




APRIL 2025

# 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).





<p>Tuesday <b>Apr 1</b> 3:00-4:00 pm</p>	<p><b>Elgin Symphony Orchestra: Viola Solos and Duets - rsvp *07</b> - Performing Arts Center With Sava Velkoff and Erin Rafferty</p>	
<p>Friday <b>Apr 4</b> 4:00-5:00 pm</p>	<p><b>Mr. Showman, Floyd Andrew - Robie Lounge</b> Complete with a piano candelabrum, Floyd plays a kind of Name That Tune while performing beautiful music from times gone by.</p>	
<p>Saturday <b>Apr 5</b> 1:30-2:30 pm</p>	<p><b>April Birthday Bash with Carlyn Lloyd &amp; Jon Warfel - rsvp *07 - Robie Lounge</b> Carlyn and Jon perform a light, springtime-y flute and guitar program. Everyone is invited to celebrate April birthdays with Chef Cindy's delicious cake and coffee. At 2:00 pm we all sing Happy Birthday.</p>	
<p>Saturday <b>Apr 5</b> 2:45-3:45 pm</p>	<p><b>Chess Anyone? - rsvp *07 - Galleria</b> Learn chess at any age! Highschooler Kyle gives refreshers, can walk through games with you, or set up chess puzzles for you to solve. Maybe you'll win a smoothie in the Café! All skill levels!</p>	
<p>Mondays <b>Apr 7, 14, 21 &amp; 28</b> 10:00-11:30 am</p>	<p><b>Kaleidoscope Art Class - rsvp *07 - Art Studio in Prairieview</b> Drawing Zentangles helps you relax, focus, and improve your mental health. Carmella brings supplies for everyone registered by the Saturday before.</p>	
<p>Tuesdays <b>Apr 8 &amp; 22</b> 12:30-1:15 pm</p>	<p><b>Game Time! - rsvp *07 - Galleria</b> April 8, Mexican Train Dominoes. April 22, Pictionary. Take a brain break!</p>	
<p>Wednesday <b>Apr 9</b> 11:00-11:45 am</p>	<p><b>Ravinia and Other Outings - rsvp *07 - Eastlake</b> We will bring the Ravinia options for summer 2025. You will direct what we see. At this meeting we also go over past outings suggestions. Please bring new burning requests.</p>	
<p>Saturday <b>Apr 12</b> 10:00-10:45 am</p>	<p><b>Barrington String Ensemble Performance - rsvp *07</b> - Robie Lounge Want to feel fantastic about the generation coming up? Come!</p>	



<p>Monday <b>Apr 14</b> 12:15-12:45 pm</p>	<p><b>Congressman Mike Quigley Visits - rsvp *07 even if you rsvp'ed to the original date - Surround Sound Theater</b> Illinois District 5 Representative Mike Quigley (D) and Congressional Aide Max Sklowdowski discuss what their team is working on. Ask questions; have a cookie. More at <a href="https://quigley.house.gov/about">https://quigley.house.gov/about</a>.</p>	
<p>Monday <b>Apr 14</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins - rsvp *07 by 4/12</b> - Performing Arts Center Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and are unable to take players after that time.</p>	
<p>Wednesday <b>Apr 16</b> 1:00-2:15 pm</p>	<p><b>John LeGear: Movie Music Romance III - rsvp *07</b> - Performing Arts Center If you enjoyed the first two presentations in this series, you'll be thrilled by the artful editing and clever music mixes in this episode!</p>	
<p>Thursday <b>Apr 17</b> 4:30-5:00 pm</p>	<p><b>Coincidence Chronicles - rsvp *07-limit 10 - Robie Lounge</b> We love hearing your weird coincidence stories: stop by and tell us one. We meet near or at the bar.</p>	
<p>Friday <b>Apr 18</b> 11:15 am-12:45 pm</p>	<p><b>New Friends Lunch - rsvp *07 by 4/17 - South Winslow</b> Make new friends ... but keep the old ... Lunch is billed to your account. Non-alcoholic beverages and cookies, compliments of The Garlands. After, head to the PAC to meet Elizabeth Cady Stanton in her home.</p>	
<p>Friday <b>Apr 18</b> 1:00-2:00 pm</p>	<p><b>Edutainer Betsey Means as Elizabeth Cady Stanton - rsvp *07</b> - Performing Arts Center In Betsey's tenth performance here, she brings to life the determined author, lecturer, and chief philosopher of the woman's rights and suffrage movements.</p>	
<p>Monday <b>Apr 21</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes - rsvp *07 by 4/19 - Performing Arts Center</b> Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins</p>	
<p>Tuesday <b>Apr 22</b> 3:15-4:00 pm</p>	<p><b>Craft with Janette - rsvp *07 (limit 10) by 4/15 - Galleria</b> Celebrate Earth Day by making these beautiful paper flowers in no time!</p>	
<p>Friday <b>Apr 25</b> 10:00-10:45 am</p>	<p><b>What's Happening?! - rsvp *07 - Surround Sound Theater</b> Activities gives a brief overview of next month's events, and you can sign up for them on the spot.</p>	
<p>Friday <b>Apr 25</b> 1:00-1:45 pm</p>	<p><b>Fraud Prevention by BMO Harris Barrington - rsvp *07</b> - Surround Sound Theater There is no honest reason a stranger should try to persuade us to do anything at all. We must sharpen our radar. Edwin and Doriana of BMO Harris break it down. Cookies and punch soften the blow.</p>	

# Special Events

REQUIRE A RESERVATION

<p>Saturday <b>Apr 26</b> 5:30-8:15 pm</p>	<p><b>Good Ol' Fashioned Diner and Performance by Jade 50's!</b> - rsvp *07 by 4/21 - <i>Performing Arts Center, limit 140. \$55, not from monthly allotment. After 4/4, members may invite outside guests.</i></p> <p>Put on your blue jeans, roll a pack of smokes into your white t-shirts, and meet us at the diner where the dance floor is down. Soda jerks serve beef short-rib pot roast, mashed potatoes, wedge salad in the alley (on the side), Coca Cola or beer, and ice cream sundaes. Then the Jade 50's band (toured with Dick Clark, performed with Chuck Berry, Jerry Lee Lewis, so many more) takes the stage. If you'd like to sit with a group (max 10 to a table), choose one person, first and last name, as your "group ID" which you'll give the Concierge when you rsvp. This event is filling up. By 4/21, please let the Concierge know if you need a vegetarian or gluten-free option. Read their fun story at <a href="http://Jade50.com">Jade50.com</a>.</p>	
<p>Sunday <b>Apr 27</b> 1:00-2:00 pm</p>	<p><b>Soul Harbour Ranch Dogs and Mini Ponies - rsvp *07</b> - <i>Performing Arts Center</i></p> <p>Another chance to get and give some lovin' with the dearest dogs and miniature therapy horses in all the land!.</p>	
<p>Monday <b>Apr 28</b> 7:00-8:00 pm</p>	<p><b>Trivia Night! - rsvp *07 by 4/26 - Burnham Room</b></p> <p>Have some wine or pop (on us) and enjoy this really fun evening with new and old friends. Sit where you like, however, tables need to have comparable numbers. The winning team gets a prize. No walk-ins.</p>	
<p>Wednesday <b>Apr 30</b> 10:00 am- 12:00 pm</p>	<p><b>Abstract Painting with Lorraine OMalley - rsvp *07, max 6</b> - <i>Art Studio at Prairieview</i></p> <p>Member Lorraine OMalley has a lifelong passion for creating art, crafts, needlework, and sewing. Here, she shows us how to create beautiful abstract acrylic flower paintings. All materials supplied.</p>	

## COMING UP IN MAY! \* YOU CAN SIGN-UP NOW\*

### Fun Facts about the Kentucky Derby! - rsvp \*07

*Thursday, May 1, 1:00-1:30 pm, Surround Sound Theater*

Member Suzanne Carmer's friend Sandy Heinze has seen Churchill Downs from behind the curtain. Her daughter is the Food/Beverage Sales Director for Churchill Downs for more than 20 years.

### Piano Concert by Frederick Moyer - rsvp \*07

*Friday, May 2, 7:00-8:15 pm, Performing Arts Center*

American concert pianist Frederick Moyer performed with the Boston Symphony and around the world (Windsor Castle, Carnegie Hall, The Kennedy Center!) Fred's engaging personal style makes his mesmerizing performance an evening with a good friend. **This concert is a Don't Miss!**

### May Birthday Bash with Vince Amore (who sang on Valentine's Day) - rsvp \*07

*Saturday, May 3, 1:30-2:30 pm, Robie Lounge*

### Kentucky Derby Watch Party - rsvp \*07

*Saturday, May 3, 4:45-6:15 pm; Race begins 5:57 pm; Performing Arts Center*

<p>Friday <b>Apr 4</b> 9:30-11:00 am</p>	<p><b>Great Decisions with Julie Strauss - rsvp *07 by 4/2 - Burnham Room</b> "U.S. Changing Leadership of the World Economy." Engage your brain with Great Decisions, America's largest discussion program on world affairs. Please let the Concierge know if you don't have a briefing book,</p>
<p>Monday <b>Apr 7</b> 3:30-4:30 pm</p>	<p><b>Wildlife Talk: These Are a Few of My Favorite Birds, Part II - rsvp *07 - Surround Sound Theater</b> The list is so long and the presentations so popular that there's a Part III after this!</p> 
<p>Tuesday <b>Apr 15</b> 11:30-12:45 pm</p>	<p><b>Julie Strauss Lecture: China – Competitor or Adversary? - rsvp *07 - Surround Sound Theater</b> One of the few points of agreement between Democrats and Republicans is concern over China's role in the world. We explore their economic ties, their relative economic and military strength, and their military aims.</p> 
<p>Thursday <b>Apr 17</b> 11:00-11:45 am</p>	<p><b>Easter – Music At The Garlands - rsvp *07 - Surround Sound Theater</b> Bruce Smith's Easter program is a tradition here. He brings us the Brooklyn Tabernacle Choir, Handel's Hallelujah Chorus, the St. Olaf Choir, and so many others dear to us.</p>
<p>Monday <b>Apr 21</b> 11:00 am-12:00 pm</p>	<p><b>Travel Talk with Melissa: Columbus, OH, and Hocking Hills - rsvp *07 - Surround Sound Theater</b> With Melissa Schwartz as our guide, we visit Columbus's historical German Village, nature displays, and Chihuly art at the Franklin Park Conservatory and Botanical Gardens. Then hike into the rocky landscape and waterfalls of Hocking Hills State Park.</p>
<p>Wednesday <b>Apr 23</b> 11:15 am-12:15 pm</p>	<p><b>Genealogy Group - rsvp *07 - Eastlake Dining Room</b> Garlands member Pam Wilson helps you trace your family tree. Sometimes she brings in speakers with expertise in areas like AI and how it's advancing genealogy research. Your family is fascinating!</p> 
<p>Wednesday <b>Apr 30</b> 3:30-4:30 pm</p>	<p><b>Music Appreciation with Jim Kendros - rsvp *07 - Robie Lounge</b> April and adagios! Jim highlights the powerful, elegant, and impassioned adagios of Beethoven, Mozart, and Chopin.</p> 
<p>Friday <b>May 2</b> 9:30-11:00 am</p>	<p><b>Great Decisions with Julie Strauss - rsvp *07 - Burnham Room</b> International Cooperation on Climate Change.</p>
<p>Wednesdays <b>May 7, 14, 21 &amp; 28</b> 1:00-2:15 pm</p>	<p><b>Dick Schwemm on the History of American Political Parties - rsvp *07 - Surround Sound Theater</b> Four talks exploring how the American people went from John Adams vs Thomas Jefferson to Kamala Harris vs Donald Trump.</p>

**PLEASE NOTE:** ALL outings require a reservation. Call Concierge \*07. 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.**

## Brunch and the Art Institute of Chicago - rsvp \*07 by 4/2

**Thursday, April 3, 8:45 am-approx 5:15 pm, 1000 Lobby, limit 13, \$46, Members pay own breakfast (\$30)**

**8:45 depart. 10:00ish brunch. 11:30 depart to Art Institute. 3:30 depart. approx 5:15 arrive home.**

First stop, Eggy's 60's Diner (It's fabulous). Then the Art Institute for hours of meandering. To add AIC's Frida Kahlo's exhibit (additional \$5), let the Concierge know when you rsvp. Plan your time at [www.artic.edu](http://www.artic.edu). The AIC no longer offers rentable tours on headphones. Instead, download the museum app from your phone's app store. Must bring own earbuds/headphones to listen. Need help? Come see Lynn or Abby. **We will also offer this trip June 5.**

The number of "walking shoes" indicates how much you'll walk on the trip.



Little walking



Some walking



A lot of walking

## Bus to Elgin Symphony Orchestra for Ticket Holders - rsvp \*07 by 4/4

**Sunday, April 6, 12:45-5:00 pm, 1000 Lobby**

**12:45 depart. 1:30 lecture. 2:30 performance. 4:30 depart. 5:00 arrive home.**

Tchaikovsky and Sibelius.

## Bus to Woodfield Mall - rsvp \*07 by 4/9

**Friday, April 11, 11:00 am-3:30 pm, 1000 Lobby**

**11:00, depart. 11:30 arrive at Macy's. 3:00 pick up at main door of Nordstrom's. 3:30 arrive home.**

You'll find nearly 300 stores, restaurants, and specialty shops under one roof.

## Second Fridays at Barrington Library: Gavin Coyle - rsvp \*07 by 4/7

**Friday, April 11, 6:15-8:05 pm, 1000 Lobby**

**6:15 depart. 7:00 performance. 8:00 depart. 8:05 arrive home.**

Carlyn Lloyd and Jon Warfel (from our April Birthday Bash) accompany Gavin Coyle (that magnificent voice!) in a 70's program which they'll bring to The Garlands this July. Worth hearing twice.

## Bus to Rivers Casino, Des Plaines - rsvp \*07 by 4/22

**Thursday, April 24, 10:30 am-3:30 pm, 1000 Lobby**

**10:30 depart. 11:15 arrive. 2:45 depart. 3:30 arrive home.**

With 1,500-plus slot machines and nine dining venues, three and a half hours fly by! Departure and pick-up times are fixed.

## Tulip Festival at Richardson Farm in Spring Grove - rsvp \*07 by 4/22

**Tuesday, April 29, 9:30 am-2:30 pm, 1000 Lobby \$30**

**9:30 depart. 10:15 arrive. 1:45 depart. 2:15 arrive home.**

Over a million tulips and daffodils to take our breath away! Flowers, food, and memorabilia available for additional fees. See [RichardsonAdventureFarm.com](http://RichardsonAdventureFarm.com) for details. Uneven ground!



**Bus to Elgin Symphony Orchestra for Ticket Holders - rsvp \*07 by 4/3**  

*Sunday, May 4, 12:45-5:00 pm, 1000 Lobby*


Women of the Elgin Master Chorale. "The Planets."

**Four Star Mushrooms Tour & Private Dinner at The Gregory in the Arboretum**    
**- rsvp \*07 by 4/18**

*Tuesday, May 6, 12:00-7:00 pm, 1000 Lobby, Limit 12, \$25. Dinner is \$116, billed to your account. Does not come from monthly allotment. See below.*

The mushrooms on Garlands menus are uniquely farmed in a vertically integrated food system in downtown Chicago. Four Star founder Joe Weber, grandson of member Frank Rubino, leads our tour. ALSO, Chef Glenn will join us. Following the tour, we stop at The Gregory in South Barrington for a four-course, prix fixe (inc tax and gratuity) dinner, featuring Four Star Mushrooms. Let the Concierge know now if you prefer to pass on the dinner and go home when we are taken to The Gregory.

**Titanique at Broadway Playhouse, Water Tower Place - rsvp \*07 we have more tickets!**

*Saturday, May 10, 12:00-approx 5:30 pm, 1000 Lobby, \$113* 

Winner of 2023's Outstanding Off-Broadway musical! This is (imaginary) Céline Dion's wild take on what really happened to Jack and Rose on that fateful night, on a stage bursting with campy chaos.

**Thanks for the Memories: A USO Tour Salute at the Metropolis - rsvp \*07 by 4/19** 

*Tuesday, May 13, 11:45 am-approx 3:30 pm, 1000 Lobby, \$50*

Backed by a 4-piece band, five powerhouse singers recreate a classic USO show full of memorable songs, comedic numbers, and slapstick entertainment. Go to metropolisarts.com for details.

**The Wedding Singer at Cutting Hall - rsvp \*07 by 4/21** 




*Saturday, May 17, 1:15-5:15 pm, \$28*

In this fun 1980's romp, New Jersey wedding singer Robbie is the life of the party until his own fiancée leaves him at the altar. Will true love ever find him?

**Bach Cantata Vespers at Grace Lutheran Church in River Forest - rsvp \*07 by 5/15** 

*Sunday, May 18, 1:45-6:15 pm, \$20*

This is the 54th season of Bach's sacred cantatas performed in the context of evening prayer, accompanied by congregational singing, instrumental preludes, and faithful preaching. Go to bachvespers.org for details. Concierge Martha Nielsen's sister is in this chorus, and Martha will be there to greet you!

**Day Trip with Barrington Area Park District: Frank Lloyd Wright and Hemingway in Oak Park - rsvp \*07 by 4/20, waitlist only**   

*Tuesday, May 20, 6:40 am-5:15 pm, \$98*

Guided tour of Frank Lloyd Wright's home, studio, the Unity Temple, and Hemingway's Birthplace Museum. Lunch is at Lou Malnati's. Chaperone and Transportation provided by the Park District. Must be able to step up into a commercial van.

**Proper Tea and Shopping at The Little Traveler in Geneva, IL - rsvp \*07 April 21**   

*Friday, May 23, 9:45 am-3:00 pm \$10 plus members pay own meal*

In its original Victorian residence for 103 years, this Geneva landmark has grown to 36 rooms of treasures from around the globe, managed by the loveliest staff. See all they offer plus their menus and Spring Almanack at littletraveler.com.

# Things To Do

<p><b>Apr 1, 8, 15, 22, 24 &amp; 29</b></p>	<p><b>Therapy Dogs!</b> - <i>Wellness Hallway</i> Tuesdays, April 1, 8, 15, 22, 29 10:30 am-12:00 pm (schnoodle June or dachshund Liesl). Thursday, April 24, 11:00 am-12:30 pm (golden retriever Maya) The therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays <b>Apr 1 &amp; 15</b> 3:30-4:30 pm</p>	<p><b>Barrington Area Library Brings Books to Us</b> - <i>Wellness Hallway</i> If you'd like Whitney, Adult Services Librarian, and Barb to bring particular books or audio books, you can call and request them (847-382-1300, x-3120). Remember to say you live at The Garlands.</p>	
<p>Wednesdays <b>Apr 2, 9, 16, 23 &amp; 30</b> 1:00-3:00 pm</p>	<p><b>Stitching with Friends!</b> - <i>Galleria Fireplace</i> You're in great company if you love ANY of the needle arts. Bring your latest project and enjoy the company and humor of fellow stitchers as you progress.</p>	
<p>Wednesdays <b>Apr 2 &amp; 16</b> 4:00-5:30 pm</p>	<p><b>Tech Lab with William!</b> - <i>Galleria</i> Forget how to send photos or forward an email from your phone? BHS student William helps us understand our technology and avoid scams.</p>	
<p>Saturdays <b>Apr 5 &amp; 19</b> 10:00-11:00 am</p>	<p><b>Just Talk</b> - <i>Eastlake</i> In this group-run gathering, you can raise any topic you like, proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. A VERY special Thank You to Tom Banfield who gave many presentations over the years on topics dear to him.</p>	
<p>Tuesday <b>Apr 8</b> 12:00-2:00 pm</p>	<p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair</b> - <i>Wellness/Café Hallway</i> Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>	
<p>Fridays <b>Apr 11 &amp; 25</b> 4:30-6:00 pm</p>	<p><b>Bobby Schiff on Piano</b> - <i>Robie Lounge</i> Bobby is legendary and can stun you with the beauty of his playing.</p>	
<p>Saturday <b>Apr 19</b> 11:30 am-1:30 pm</p>	<p><b>Midday Broadway: Les Miserables 25th Anniversary Concert</b> - <i>Surround Sound Theater</i> This live recording of the extraordinary concert is an awe-inspiring theatrical spectacle.</p>	



## Things To Do

Tuesday

**Apr 22**

10:00-11:00 am

### **Meet the MAC! - Robie Lounge**

Bring a coffee and catch up with your Members Advisory Committee. The MAC serves as an active mechanism for members to share ideas for improving services, programs, or the Garlands lifestyle.



## LET'S GO EVENT - COMING IN JUNE!

**Elvis My Way at the Metropolis Theater - rsvp \*07 by 4/19** 

**Saturday, June 14, 12:45-4:30 pm, 1000 Lobby, \$60**

Celebrate the King of Rock 'n Roll with internationally acclaimed touring star Brandon Bennett (Chicago's Million Dollar Quartet).

## 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** - Wednesdays, 6:30 pm, Robie Lounge (rsvp the week before: Peggy Clough 73307 or Jill Theis 72124)

**Bridge-Co-Ed** - Thursdays, 6:30 pm, Robie Lounge (rsvp the week before: Jan Husak 72106-Note new contact)

**Bridge-Men's** - Tuesdays, 1:00 pm, Robie Lounge (Tom Fasolo 72202)

**Bridge-Ladies** - Mondays, 12:30 pm, Robie Lounge (rsvp the week before: Carleen Smith 71221)

**Canasta Hand & Foot** - Tuesdays, 11:00 am, Robie Lounge (Janet Zilkowski 71129)

**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 (Janet Zilkowski 1129)

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

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

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

**Movies** - Wednesdays, Fridays, Saturdays, and Sundays: 3:00 pm, Surround Sound Theater. (Abby Nelson, 77415, Activities, for movie requests)

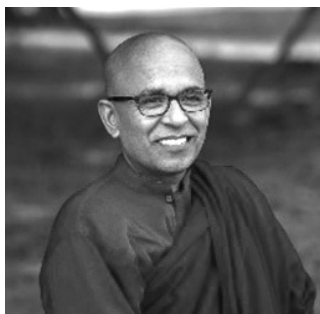
**Pinochle** - Mondays, 1:00 pm, Timbers Lounge Fireplace Room (Ron Spiekhout 72110)

**Poker-Men's** - Thursdays, 1:00 pm, Timbers Lounge (Steve Thorpe 73320)

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

**Stitching with Friends** - Bring your needlework and stitch with friends! Wednesdays, 1:00-3:00 pm, Galleria

# Fitness Programs



## **Meditation with Bhante**

*Wednesday, April 9,  
11:30-12:30 pm, Timbers*

Take a break and relax. Are you stressed? Spring is almost here! Let Bhante Rahula guide you through a nice relaxing journey.

## **Pump It For Parkinson's!**

*Thursday, April 10, all day, Fitness*

During April – Parkinson's Awareness Month – The Garlands Fitness Center is thrilled to participate in the nationwide event Pump it for Parkinson's alongside the National Institute for Fitness and Sport (NIFS). PIFP focuses on symptom management through exercise. Help reach the national goal of 25 million steps by tracking your steps on any device this month! You might even help us win a NuStep T6 Cross Trainer. Questions? Call Bethanie (\*41).

## **Chair Tai Chi**

*Monday, April 14, 10:15-11:00 am, Fitness*

Sharon, from MoonWillow Studio, guides us through a series of seated Tai Chi exercises that can be adapted to use at home.

## **Annual Fitness Easter Egg Hunt - rsvp \*07**

*Tuesday, April 15, 2:00-3:00 pm, 1000 lobby*

Bring your "egg" game to this fun event! We hunt for Easter eggs outside the 1000 building.

## **Fitness Fair**

*Thursday, April 17, 12:00-1:00 pm, Cafe*

Attention ALL members: do you keep meaning to go to the Fitness Center? Here's an opportunity to talk with some of our driven fitness influencers (your neighbors) about the benefits of staying active now. Hear success stories and learn how to prolong your independence and ability to enjoy life. We answer questions about classes, limitations, and the amazing equipment the Fitness Center offers. Juices and smoothies samples provided by Barrington's Nectar Juice Bar.

## **Salsa Dance Lesson**

*Friday, April 25, 11:30-12:00 pm, Fitness*

Axana teaches us the rhythm, basic steps, and how to lead and follow. Bring a partner or come solo!

## **Red Ball Tennis Demo - rsvp \*07**

*Monday, April 28, 10:00-11:30 am, Burnham*

Sponsored by the USTA; Red Ball Tennis helps beginners develop their skills due to slower-bouncing balls. If you ever played tennis or pickleball, come have fun! Midwest USTA Ambassador and Barrington native, JoAnne Pavin, hosts this event. Light refreshment afterwards.

## **RECURRING CLASSES**

### **Balanced Body**

*Mondays, Wednesdays 9:15-10:00 am, Fitness*

### **Fit Aqua**

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

### **Cardio Sculpt**

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

Get your heart rate up while increasing your overall body strength.

### **Absolutely-Abs**

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

### **Zumba Gold with Axana!**

*Mondays, Wednesdays, and Fridays, 11:00-11:30 am, Fitness*

### **Men/Women's Fitness**

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

### **Balance Class Fitness**

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

### **Chair Yoga**

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

# Fitness Programs

## 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.

## Barre Total Body Toning

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

## Pickleball

*Thursdays, 9:30-10:30 am, Burnham*

## Only Legz

*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.

## Ping Pong

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

Enjoy friendly competition with neighbors and make new friends. All ages and skill levels invited.

## Floor Yoga

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

## Chair Fitness

*Fridays, 9:15-9:45 am, Fitness*

## Beginner Balance

*Fridays, 2:00-2:30 pm, Fitness*

This class offers a blend of exercises designed to improve core strength, coordination and flexibility. We utilize the ballet bars in Burnham.



*The truly phenomenal back-country cajun band, Le Travaillant, who performed on Lundi Gras!*

# 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.

<b>Tuesdays</b> 1:30-2:30 pm	<b>Bible Study with Stan Guillaume</b> - Eastlake
<b>Wednesdays</b> 2:00-2:30 pm	<b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b> - Burnham Room in Building 3
<b>Friday, April 4</b> 3:00-4:00 pm	<b>Communion Service with St. Mark's Episcopal Church</b> - Eastlake Dining Room; All welcome!
<b>Saturdays &amp; Sundays</b>	<b>Ride To and From St. Anne Catholic Community - rsvp *02</b> - Saturdays, 4:15-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am



# Bulletin Board

## Activities Notes

Although we give members priority, did you know you can invite friends and family to most of our Activities events? Check with the Concierge when you RSVP.

## Co-ed Bridge on Thursday evenings

We want to give very special thanks to Tom Banfield who devoted himself to sustaining Thursday Co-Ed Bridge for many years. Because of him, a lot of abiding friendships have been made. Tom is now passing the baton to Jan Husak, who has agreed to oversee this weekly game. Thank you, Jan!

## Cribbage

Several members are looking for other Cribbage players. Interested? Call new member Bill Bey (72221).

## Fitness Fair

Attention ALL members: have you intended to go to the Fitness Center but not quite made it? To turn that around, see Fitness Fair, Page 10.

## Garlands Golf Club 2025 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. Get yours at the Concierge desk and follow the directions. By May you can ask the Concierge for a list of member golfers.

## Garlands Library

Our Garlands Library once again welcomes donations (up to ten books). If you have questions, please call Sal Nutini (72320). Next time you're in the area, visit the library to see what books Roberta Recommends or the display of Easter, Greek Easter, Passover, springtime, and gardening books!

## Garden Planters

Registration is open for 2025 garden planters. We confirm garden planter assignments mid April. The first day anyone may work in the gardens is May 1. Items planted before then risk being removed without notice. Your reservation is complete when you bring your signed agreement to the Concierge in Building 1.

## Ladies Poker

Several members are looking for other women who would like to play poker. Interested? Call Jan Husak (72106).

## Mah Jongg

Would you like to learn or have a refresher on Chinese Mah Jongg? Call member Peggy Clough (73307) if interested. She can teach you!

## Scrabble

Several members are looking for Scrabble lovers. Maybe you? Call member Jean Pitt (72216).



## Trash Talk, brought to you by fellow members

Clothing is the fastest growing waste stream in the country. Cuba Township takes donations 24/7 of shoes (rubber banded together) and clean clothes, linens, and blankets, ALL of which will be reused. They upcycle torn items so your donations are diverted from landfill. You can feel great about that! 28000 W Cuba Rd. (847) 381-1924, <https://cubatwpil.gov/township-services> for details.



## Traveling out of Town?

Take a Gazette with you! Send us a clear photo of you holding it, and we'll put it in a future Gazette. Email to [Ladams@thegarlands.com](mailto:Ladams@thegarlands.com). Here's one we missed from last fall of Rich and Pam Wilson in front of Mount Washington Inn in New Hampshire. They highly recommend American Classic Tours!



## The Doctor is in... By appointment only.

**Podiatrist: Dr. Warheit**  
Call 847-577-1649 to schedule an appointment  
Wednesday, April 23, 8:00 am-2:00 pm

**Audiologist: Dr. Corinne Koepsell-Roth**  
Call 847-382-6010 to schedule an appointment  
Wednesday, April 30, 10:00 am-12:00 pm

## Wellness Lecture Series



### Sample Healthy Foods: Whole Grain Pasta

Tuesday, April 29, 11:00-11:30 am, Wellness Hallway

Our Wellness Nurse gives a short talk on the benefits of whole grain pasta as a healthy food option, and we sample a healthy recipe prepared by our culinary team.

**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.



### 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

**Costco** - 2nd 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

# April Food and Beverage Events

## **Comfort Food Buffet - rsvp \*17**

*Thursday, April 3, 4:30-7:00 pm, The Winslow, \$30*

Back by popular demand, all your favorite comfort foods on one buffet, including meatloaf cupcakes, shrimp scampi, mac & cheese and chicken pot pie. Yum!

## **Fish Fry Friday - rsvp \*17**

*Fridays, April 4, 11, 18, 4:30-8:00 pm, The Winslow, \$25*

During the 40 days of Lent, we offer our fresh battered fried fish every Friday. Includes fish, our famous fries, and coleslaw. Our full Winslow menu is also available.

## **National Beer Day**

*Tuesday, April 8, 4:00-5:00 pm, The Timbers Lounge*

During Happy Hour, craft beers from around the nation are available to celebrate National Beer Day. Prices vary. Chef Glenn will also include these beers as an ingredient in his Specials for the evening.

## **Spring Dessert Demonstration - rsvp 77743**

*Friday, April 11, 2:00-3:00 pm, PAC*

Chef Cindy highlights delightful, sweet inspirations, reflecting the sunny vibes of springtime. Samples of her treats will be shared.

## **Tax Day Happy Hour**

*Tuesday, April 15, 4:00-6:00 pm, The Timbers Lounge*

Find some relief on this taxing day. Guest mixologist, Jason, mixes up special drinks to unwind.

## **Kitchen Tour - rsvp 77743**

*Wednesday, April 16, 3:00-4:00 pm, The Winslow*

Go behind the scenes to learn how our many menus and customized dishes are prepared at a consistently high level. Jason and Chef Glenn take you on a narrated tour of the Garlands kitchen.

## **Easter Day Brunch Buffet - rsvp \*17**

*Sunday, April 20, Two Seatings: 10:30 am and 1:00 pm, The Winslow*

Our culinary team showcases another spectacular display of hot and cold brunch items along with fabulous desserts to celebrate this Easter holiday. \$50, adults / \$16, children 3-12 years of age. Please state the number of children in your party when making reservations.

## **Table Side Prime Rib Night - rsvp \*17**

*Thursday, April 24, 4:30-7:00 pm, The Winslow, \$45*

Sous Chef Emilio carves the best cut of prime rib right at your table. Prime rib is served with your choice of two sides. Our full Winslow dinner menu is also available.

## **End of the Month Buffet**

*Sunday, April 27, 4:00 - 6:00 pm, Café Dining Area*

Menu & price announced the week prior.

Did you know that all daily menu items are prepared to order? You can always ask for no sauce, a substitution, or a different dressing. If it is on the daily menu, you can substitute! Restriction may apply to Chef's Daily Specials. Ask your server about special requests.







*Welcome!*



**TOM PEETERS**  
*Arrived from Barrington Hills in July*



**UTE JUNG**  
*Arrived from Libertyville in January*



**BOB KELL**  
*Arrived from North Barrington in February*



**PAM KELL**  
*Arrived from North Barrington in February*

## April Birthdays

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



Linnea Hadlock	Apr 02	Sally Nutini	Apr 11	Bob Krull	Apr 22
Jeanine VanDeVelde	Apr 03	Dennis Ball	Apr 13	Mary Brown	Apr 23
Susan Jones	Apr 03	Joan Anderson	Apr 14	Carol Garibotti	Apr 24
Candy Peterson	Apr 03	John Galanos	Apr 14	Larry Feltes	Apr 25
Mike Vinci	Apr 06	Linda Wolff	Apr 14	Gina Liautaud	Apr 25
Carroll Dudley	Apr 08	Tom Seibert	Apr 15	Trish Caldwell	Apr 27
Susan Hoggins	Apr 09	Sue Starnes	Apr 15	Jane Laystrom	Apr 29
Peter Ordway	Apr 09	Dennis Schnack	Apr 16	Lucy Ruth	Apr 30
Scott Wallace	Apr 10	Sophia Hausen	Apr 18	Dorothy Fisk	Apr 30
Nelson Cheung	Apr 10	Bill Lawton	Apr 21	Larry Goldman	Apr 30



# 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



Brian Fitzgerald and Marty McCormack of Switchback won us all over again with their St. Pat's Day performance. Here with, L to R, Nancy Leonard, Heather Kircher, Cathy Nardo, Marie Eibl, and Marge Gerry.



Greg and Dolores Vonderheide brought their Gazette to Kuhio Beach, Waikiki! How far have you traveled with one?

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



Popcorn, sweets, and Limoncello Spritzers jazzed up our Academy Awards Watch Party. L to R: Peggy Cullen, Ellie Wilson, Mary Ann Ball, Linda Jensen, and Marie Eibl.



Also at the first Italian Social Club Dinner, L to R: Carol and Tom Palmer and Ed and Carol Tilly.

