

Gwen and Chuck Larabee organized a walk in honor of Parkinson's Disease Awareness Month. Among those who came together as a community, L to R: Bev and Steve Bromet, Dick and Barb Weaver, Marie Eibl, Chuck Larabee, Dorothy Winsor, Pam Wilson, Mark Geach, Carroll Dudley, Gwen Larabee, Rich Wilson, Jane Dawson, Liz McKay, and Art Laystrom.





In 1975, Semmy Semerad (front left) and some of the men here, began getting together while their wives attended a regular sorority event. The men, as a group, began taking their kids camping. As those kids grew up, the men convened to play bridge together and continue ... to this day. A 50-year group friendship: now that's something!



Easter at The Garlands! Ron and Mary Seeger surrounded by family and a special friend.



Special Events

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).

Thursday	Fun Facts about the Kentucky Derby - rsvp *07 - Surround Sound Theater		
May 1 1:00-1:30 pm	nousin ite 1 E1 et seen Candy has seen Chunchill Desure frame habin dithe suntain as has		
Thursday May 1 7:00-7:20 pm	- Performing Arts Center		
Friday May 2 7:00-8:15 pm	Piano Concert by Frederick Moyer - rsvp *07 - Performing Arts Center American concert pianist Frederick Moyer performed with the Boston Symphony at 14 and around the world (Windsor Castle, Carnegie Hall, The Kennedy Center!) ever since. Fred's engaging personal style makes his mesmerizing performance an evening with a good friend. His patented projection system ensures you see every note he plays. Fred rarely passes this way: He is a Don't Miss!		
Saturday May 3 1:30-2:30 pm	May Birthday Bash with Vince Amore - rsvp *07 - Robie Lounge Vince serenaded us in Robie during the Valentine's Dinner this year. He's a charmer.		
Saturday May 3 4:45-6:15 pm	Kentucky Derby Watch Party - rsvp *07 - Performing Arts Center, Race begins 5:57 pm Sip a mint julep, thrill 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!		
Mondays May 5, 12 & 19 10:00-11:30 am	Kaleidoscope Art Class - rsvp *07 by the Saturday before- Art Studio in PrairieviewStep by step, Carmella explores how to create clouds in our watercolor landscapes. This class is great for all levels!		
Friday May 9 11:15 am- 12:45 pm	New Friends Lunch - rsvp *07 by 5/8 - <i>South Winslow</i> 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 for Myra Loris' program.		

REQUIRE A RESERVATION

Special Events

Saturday May 10 10:00-10:45 am	Barrington String Ensemble Performance - Robie Lounge These enterprising high school students offer us their favorite compositions each month.
Saturday	Chess Anyone? - rsvp *07 - Galleria
May 10 2:45-3:45 pm	Student Kyle gives refreshers, can walk through games with you, or set up chess puzzles for you to solve. Come by for a cup of popcorn. You might win a smoothie in the Café! All skill levels welcome!
Monday May 12	Garlands Living 201: The Garlands Healthcare Continuum - rsvp *07 - Surround Sound Theater
10:00-11:00 am	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.
Monday	BINGO for Coins - rsvp *07 by 5/10 - Performing Arts Center
May 12 3:30-4:30 pm	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.
Tuesdays	Game Time! - rsvp *07 - Galleria
May 13 & 27 1:00-2:00 pm	We're learning how to play euchre! Both days. Feel free to bring your lunch. Take a brain break!
Thursday	Coincidence Chronicles - rsvp *07 - Robie Lounge, limit 10
May 15 4:30-5:00 pm	We love hearing your weird coincidence stories: stop by and tell us one. We meet near or at the bar.
Friday	Mini Dance Show: Bollywood and Kpop! - rsvp *07
May 16 7:00-7:20 pm	 Performing Arts Center Barrington High School's "Dance for a Purpose" aims to educate and spread their love of South Asian dance styles. Today we'll see Bollywood from India and KPOP from South Korea.
Monday	BINGO for Prizes - rsvp *07 by 5/17 - Performing Arts Center
May 19 3:30-4:30 pm	Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.
Monday	Trivia Night! - rsvp *07 by 5/17 - Burnham Room
May 19	Really fun evening with new and old friends. Sit where you like, but, tables need to have comparable numbers. Beverages provided. The
7:00-8:15 pm	winning team gets a prize. We are unable to accommodate walk-ins.
Thursday	New Member Reception with Ed Collins at the Piano - rsvp *07 - <i>Robie Lounge</i>
May 22 4:30-6:00 pm	Newer members, meet your neighbors! If you haven't yet attended a New Member Reception, you'll receive a personal invitation and a lapel flower on arrival. 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 live piano stylings of Ed Collins.

Special Events REQUIRE A RESERVATION

Saturday May 24 1:00-3:00 pm	Tribute to the Women in Our Lives by The Key to Music Students - rsvp *07 - Performing Arts Center Piano teacher Olga Diaz's students give a recital.
Monday May 26 11:15-3:15 pm	 Memorial Day - Surround Sound Theater Movie: Apocalypse Now - 11:15 am-2:15 pm (includes a 15-minute intermission Moment of Silence - 2:45-3:15 pm (photos of loved ones or buddies encouraged) We 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. We ring a bell for each person being honored.
Tuesday May 27 3:15-4:00 pm	Craft with Janette - rsvp * 07 by 5/20 - <i>Galleria, limit 10</i> We create a nifty piece of abstract art based on the artist, Piet Mondrian.
Thursday May 29 1:00-2:00 pm	Miriam Neff: Wise Women Managing Money - rsvp *07 - Eastlake, limit 15 Want to increase your financial literacy and confidence? Member Miriam Neff has written books (plural) on the subject and imparts some of her hard-won knowledge.
Friday May 30 10:00-10:45 am	What's Happening?! rsvp *07 - Surround Sound Theater Abby gives a brief overview of next month's events, and you can sign up for them on the spot.

COMING UP IN JUNE! You can sign up for these early events for June now.

Elgin Symphony Orchestra Duo - rsvp *07

Tuesday, June 3, 3:00-4:00 pm, Performing Arts Center

Farm to Table: A Journey through the Grain Markets - rsvp *07

Thursday, June 5, 11:30 am-12:30 pm, Surround Sound Theater

Speaker Rich Feltes (brother of member Larry) is only the second person to receive the Lifetime Achievement Award from the Commodity Markets Council. Details of his talk in the June Gazette.

Buffalo Grove Encore Singers - rsvp *07

Friday, June 6, 7:00-8:00 pm, Performing Arts Center

This adult choir has come in first in a national choir competition! They're back to sing a potpourri of pop, oldies, musical theater, and legends of the Great American Songbook, and surround us with great vibes!

June Birthday Bash with Joe Cantafio - rsvp *07

Saturday, June 7, 1:30-2:30 pm, Robie Lounge (British Invasion)

Friday May 2 9:30-11:00 am	Great Decisions with Julie Strauss - rsvp *07 by 4/2 <i>- Burnham Room</i> May: "India: Between China, the West, and the Global South" 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,
Monday May 5 3:30-4:30 pm	Wildlife Talk: Birding Hot Spots - rsvp *07 - Surround Sound Theater Alyse Burman takes us to the most incredible birding hotspots where diverse species thrive year-round.
Wednesdays May 7, 14, 21 & 28 1:00-2:15 pm	Dick Schwemm on the History of American Political Parties - rsvp *07 - Surround Sound Theater Member Dick Schwemm gives four talks exploring the trajectory from John Adams vs Thomas Jefferson to Kamala Harris vs Donald Trump. May 7: 1789 to Andrew Jackson. May 14: Martin Van Burem to U.S. Grant. May 21: Rutherford B Hayes to Herbert Hoover. May 28: Franklin D Roosevelt to Barack Obama.
Friday May 9 1:00-2:00 pm	Myra Loris: America at Its Best - rsvp *07 <i>- Performing Arts Center</i> Myra, who brought us "Bring Me Your Huddled Masses," looks at 1948-49, when America exhibited the leadership, initiative, and humanity which marked her as a great and forward thinking nation. Myra covers the Marshall Plan, Berlin Airlift, GI Bill, and more.
Friday May 16 11:15 am- 12:00 pm	Roberta Recommends: Come Watson, the Game's Afoot! - rsvp *07 - <i>Eastlake</i> Member Roberta Rood takes us on a fun, deep dive into the intriguing enigma of famous consulting detective Sherlock Holmes and his endlessly imaginative creator Sir Arthur Conan Doyle. Roberta shares a trove of little-known and under- appreciated aspects of Holmes's character!
Monday May 19 11:00 am- 12:00 pm	Travel Talk with Melissa: Duluth, City of Ships, Stories and Scenic Trails - rsvp *07 - Surround Sound Theater Topic: Rich maritime history of this bustling port on Lake Superior and the evolution of the Duluth shipping industry (Cue Gordon Lightfoot's "Edmond Fitzgerald.")
Tuesday May 20 11:30 am- 12:45 pm	Julie Strauss Lecture: The First 100 Days of Trump's Presidency - rsvp *07 - Surround Sound Theater Julie Strauss, PhD, examines President Trump's nominees for key cabinet posts, his top policy priorities, and public reaction to these and tries to assess which will and won't be successfully adopted.
Wednesday May 28 11:15 am- 12:15 pm	Genealogy Group - rsvp * 07 <i>- Eastlake Dining Room</i> 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!
Wednesday May 28 3:30-4:30 pm	Music Appreciation with Jim Kendros - rsvp *07 - Robie Lounge Jim Kendros celebrates the May birthday of Johannes Brahms by highlighting his orchestral music. Jim also explores how Brahms's close relationship with Robert and Clara Schumann impacted all their lives.

Let's GO!

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.

Bus to Elgin Symphony Orchestra for Ticket Holders 🖄 🆄 - rsvp *07 by 5/3

Sunday, May 4, 12:45-5:00 pm, 1000 Lobby 12:45 depart. 1:30 lecture. 2:30 performance. 4:30 depart. 5:00 arrive home. Ligeti, Mozart, and Holst "The Planets." Women of the Elgin Master Chorale.

Four Star Mushrooms Tour & Dinner at The Greggory in the Arboretum - rsvp *07 waitlist only

Tuesday, May 6, 12:00-7:00 pm, 1000 Lobby, \$25. Plus dinner.

This is the carbon-negative, zero-waste, vertically integrated mushroom farm in downtown Chicago. Following the tour, we stop at The Greggory in South Barrington for a special dinner, featuring, natch, Four Star Mushrooms. Be sure th

Barrington for a special dinner, featuring, natch, Four Star Mushrooms. Be sure the Concierge knows if you prefer to skip the dinner and go home when we are dropped off at The Greggory.

Bus to Woodfield Mall - rsvp *07 by 5/5 🛛 🖄 🖄

Friday, May 9, 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.

Nearly 300 stores, restaurants, and specialty shops under one roof.

Second Fridays Music at Barrington Library: The Tinker Boys Trio - rsvp *07 by 5/5 🔌

Friday, May 9, 6:15-8:05 pm, 1000 Lobby

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

The Tinker Boys Trio melds traditional Irish, American country, and folk into a sublime acoustic evening!

Titanique at Broadway Playhouse, Water Tower Place - rsvp *07 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 🖄

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 🖄

Saturday, May 17, 1:15-5:15 pm, 1000 Lobby. \$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.

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







Bach Cantata Vespers at Grace Lutheran Church in River Forest - rsvp *07 by 5/15 Aunday, May 18, 1:45-6:15 pm, 1000 Lobby. \$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!

Proper Tea and Shopping at The Little Traveler in Geneva, IL - rsvp *07 by 5/5 🛚 🚵 🚵

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. See all they offer plus their menus and Spring Almanack at littletraveler.com. Plus, you can walk around Geneva's art galleries, stores, and charming streets.

The Art Institute of Chicago - rsvp *07 by 5/3 🛛 🖄 🖄

Thursday, June 5, 9:45 am-approx 5:15 pm, 1000 Lobby, limit 13, \$46, Members pay own meals 9:45 depart. 11:15ish arrive at Art Institute. 3:30 depart. approx 5:15 arrive home.

Destination Art Institute for hours of meandering. Please note: we are no longer stopping for brunch because the AIC has several dining venues. Also, the Frida Khalo exhibit is over. Plan your time at 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.

Elvis My Way at the Metropolis Theater - rsvp *07 👛

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).

For the SIXTH CONSECUTIVE YEAR, Prairieview at The Garlands earned U.S. News & World Report's "BEST OF" distinction.

This year Prairieview is among the elite group of skilled nursing centers that earned a "High Performing" rating, U.S. News' highest possible achievement.

U.S. News' Best Nursing Homes ratings are based on an in-depth analysis of publicly available data, including ten quality measures that focus on staffing, medical outcomes, resident complaints, and care processes.

"We continue to take great pride in offering Garlands members a top-notch continuum of care that is conveniently located right on The Garlands campus at Prairieview at The Garlands," says Dawn L. Kempf, Vice President, COO & CCO, The Garlands of Barrington.



Things **To Do**

Thursdays May 1 & 15 2:30-4:30 pm	Poker-Women's - <i>Timbers Lounge, Fireplace Room</i> Carleen Smith and Jan Husak had a great turnout at the initial meeting last month! Over time, you'll play several kinds of poker. Whoever shows up plays. New to poker? They'll teach you! You can call Carleen (71221) or Jan (72106) with any questions.	
Saturdays May 3 & 17 10:00-11:00 am	Just Talk - Eastlake 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. May run later than 11:00 if the topic is hot.	
Tuesdays May 6, 13, 20 & 27	Therapy Dogs! - Wellness HallwayTuesdays, May 6, 13, 20, 27, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl). Thursday, May 8, 10:00-11:00 am (Myra).The therapy dogs love YOU but should not interact with member dogs.	
Tuesdays May 6 & 20 3:30-4:30 pm	Barrington Area Library Brings Books to Us - <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.	
Wednesdays May 7, 14, 21 & 28 1:00-3:00 pm	Stitching with Friends! - Wellness Hallway 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.	
Wednesdays May 7 & 21 4:00-5:30 pm	Tech Lab with William! - GalleriaForget how to send photos or forward an email from your phone?BHS student William helps us understand our technology and avoid scams.	
Fridays May 9 & 23 4:30-6:00 pm	Bobby Schiff on Piano - Robie Lounge Bobby is legendary and can stun you with the beauty of his playing.	
Tuesday May 13 12:00-2:00 pm	Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness/Cafe HallwayImage: Cafe HallwayBetsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).Image: Cafe Hallway	
Thursday May 15 2:00-3:00 pm	Town Hall - <i>Performing Arts Center</i> Management apprises members of news and updated information concerning life at The Garlands. We strongly encourage members to attend this meeting, which occurs five times a year.	

Things To Do

Saturday May 17 11:30 am-1:45 pm	Midday Broadway: The King & I (1956) - Surround Sound Theater Filmed in the theater in 1956.	Kingan
Tuesday May 27 10:00-11:00 am	Meet the MAC! - <i>Robie Lounge</i> 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.	
Tuesday June 10 10:30 am- 1:00 pm	Dorothy Winsor Pop Up Book Shop - <i>Wellness Hallway</i> Looking for gifts for the young adult in your life? Check out member Dorothy Winsor's seven novels at her pop up shop! Teen characters make challenging decisions amid adventure, romance, and a little magic. Kids love them!	Glass Girl

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)

Poker-Women's - 1st & 3rd Thursdays, 2:30 pm, Timbers Lounge Fireplace Room (Carleen Smith 71221)

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 Fireplace

Mental Health Awareness Talk - rsvp *07

Thursday, May 1, 1:00-2:00 pm, Burnham Room

In honor of Mental Health Awareness Month Deborah Connery, LCSW, discusses the benefits of keeping your mental health in check and gives us the tools to minimize stress, anxiety and depression. Deborah answers all questions at the end.



Mother's Day Party (Spring time in Paris theme) - rsvp *07

Thursday, May 8, 2:00-3:00 pm, Fitness

Bonjour mes amis!! Celebrate Mother's Day with your fitness crew. Come in glam or just as you are! Parisian snacks served.

Tai Chi (Standing)

Wednesday, May 14, 10:00-10:45 am, Fitness

Instructor Allison from Moon Willow Studio guides you through a standing Tai Chi flow. The chairs won't be used in this class.

Golf Pro Visit! - rsvp *07

Thursday, May 15, 1:00-2:00 pm, Burnham

Golf Pro Don Habjan from Makray Golf Course gives tips and tricks to up your golf game. Feel free to bring your golf clubs!

Cuba Marsh Walk - rsvp *07

Monday, May, 19, 2:00-3:00 pm, 1000 Lobby

Walk with the fitness crew in the Cuba Marsh, enjoy nature and get your steps in. This 45 minute walk requires comfortable shoes, clothing and water.

Blue Lotus Temple - rsvp *07

Wednesday, May 21, 12:45-3:15 pm, 1000 Lobby

Meet Bhante Rahula for a calming mediation at the temple in Woodstock.

Memorial Day Pregame

Friday, May 23, 2:00-3:00 pm, Timbers Courtyard

Outdoor games. Bags, Croquet and Bocce. Non alcoholic drinks and ice cream will be provided.

Zumba Music Trivia

Friday, May 30, 11:00-11:30 am, Fitness Guess a song during Zumba class and win a prize.

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.

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

Fitness Programs

Only Legz

Tuesdays 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.

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.

Spiritual Ongoing Happenings

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

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

Good friends make great neighbors!



Rare and limited access to Prairieview assisted living residences and the continuum of support services is **currently available** for residents from outside of The Garlands community.

"Current, limited availability at Prairieview assisted living means we are now able to extend this opportunity to Garlands members friends and families as time permits," says Michelle Murphy, Director of Sales and Marketing at The Garlands.

Please feel free to share this rare opportunity with your friends and family who may have expressed an interest in exploring our awardwinning Prairieview services and lifestyle and invite them to call Michelle directly at 847-304-1996 to learn more.

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.

Cribbage

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

Garden Planters

The first day anyone may work in the gardens is **May 1.** You can still ask for an agreement packet at the Concierge desk. It is complete when you bring your signed agreement to the Concierge in Building 1.

Garlands Library

See what Roberta Recommends this month and the May selection of books on gardening, Mother's Day, weddings, Memorial Day, and First Ladies. Our Garlands Library welcomes donations (up to ten books). Please include your name. Thank you to Mari Harrer for her donation of art books from museums around the world. Questions? Call Sal Nutini (72320).



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. First, pick up

your Golf Club agreement at the Concierge desk and follow the directions. You can now ask the Concierge for a list of member golfers.

Mah Jongg

Would you like to learn or have a refresher on Chinese Mah Jongg? Call Peggy Clough (73307): she can teach you!

Personal Help Buttons

Personal Help Buttons save lives ... but only if they're worn! If you fall or fall ill and need help, make sure you're already wearing yours: to bed, in the shower, just to grab a coffee.

Real ID

If you plan to fly after May 7 but don't yet have your Real ID, be sure to bring a valid passport to clear security.

Scrabble

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

Trash Talk, brought to you by fellow members

Did you know you can recycle empty disposable coffee cups, sleeves, and lids? Get all your general and specific local-recycling questions answered at the Solid Waste Agency of Lake County: (847) 377-4950. To speak with a real person, press 0.

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.



José shows off the gorgeous Four Star Mushrooms we feature on our menus.



The Doctors are in... By appointment only.

Podiatrist: Dr. Warheit (847-577-1649)

Wednesday, May 14, 8:00 am-2:00 pm Wednesday, May 28, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth (847-382-6010)

Wednesday, May 28, 10:00 am-12:00 pm

Wellness Center (*03)

Monday through Friday, 8:00 am-4:30 pm, Saturday 8:00 am-2:00 pm. By APPOINTMENT ONLY. Please call to speak with Wellness Center staff about your needs and to schedule an appointment.

Wellness Center Manager (77459)

Monday through Friday, 8:30 am-5:00 pm

Blood Pressure Testing (77458)

By appointment only. Blood pressure testing and/ or weight monitoring offered by a certified nursing assistant free of charge. Results are documented and provided to our Wellness Nurses.

Lab Services (*40)

By appointment only *Minimum 24 hours advance notice is required* Blood draw services by Simple Lab are offered every Tuesday morning in the Wellness Center.

HealthPRO Heritage Rehabilitation (*47)

By appointment only. For all your therapy needs.

Outdated Prescriptions and Other Medications

To keep harmful chemicals out of our water, please bring outdated medications to the Wellness Center during regular hours.

Wellness Lecture Series

Understanding In-Home Care - rsvp *07

Tuesday, May 6, 2:00-2:30 pm Surround Sound Theater

Representatives from Empatia and Synergy explain the options provided by – and differences between – home care, home health, palliative care, and hospice. All questions welcome! Prepared by our culinary team.



Sample Healthy Foods: Cauliflower

Tuesday, May 27, 11:00-11:30 am Wellness Hallway

Sample a healthy recipe prepared by our culinary team as our Wellness Nurse expounds on its benefits!



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

Cinco De Mayo Buffet - rsvp *17

Monday, May 5, 4:30 - 7:00 pm, The Winslow, \$30

Experience a vibrant celebration of Mexican dishes and refreshing drinks. Our buffet is known for its large variety of items including dessert! The Grill is closed this evening. Happy Hour in the Robie Lounge. To-go orders are available for pick up only. Guitarist Peter Callaway plays 5:00-6:30 pm.

Wine Sampling

Thursday, May 8, 4:00 - 5:00 pm, The Robie Lounge

Relax and unwind as you sample wines to complement the upcoming and long-awaited summer season.

Mother's Day Tea Party - rsvp 77743

Saturday, May 10, 1:00 - 3:00 pm, The Roycroft

A relaxing celebration of elegance honoring mothers with a selection of delicious teas and treats. Harpist Brittany provides ambiance. This will be a memorable experience. \$30

Mother's Day Brunch Buffet - rsvp *17

Sunday, May 11, Two Seatings: 11:00 am and 1:30 pm, Winslow

Treat Mom like royalty at our grand buffet. Expect a mix of sweet and savory dishes to help show her the love and appreciation she deserves. \$50 for adults / \$16 for children 3-12 years old

Kitchen Tour - rsvp 77743

Wednesday, May 14, 3:00 pm, The Winslow

Go behind the scenes to learn how our many menus and customized dishes are prepared.

Tiki Party Drink Demonstration - rsvp 77743

Tuesday, May 20, 3:00 pm, The Grill Bar, \$15

Jason will demonstrate his creations of island inspired cocktails and discuss the history of Tiki beverages. Limited seating so reserve early.

Memorial Day Hours of Service

Winslow/Grill, closed • Galleria, 7:30 am-4:00 pm Café, 11:00 am-3:00 pm

Memorial Day Bar-B-Que - rsvp *17

Friday, May 23, 4:00 - 7:00 pm, The Winslow Courtyard, \$30

We kick off the unofficial start of summer and BBQ season while remembering our service men and women. Everyone is excited to be outside again to grill! Our regular dinner menu will not be available this evening. To-go orders for pick up only.

End of the Month Buffet

Sunday, May 25, 4:00 - 6:00 pm, Café Dining Area Menu & price announced the week prior.

Garlands Best Burger Kick Off Night - rsvp *17

Wednesday, May 28, 4:30 - 8:00 pm, The Grill, \$16

Our cooks will engage in a burger battle each week to see who has the best burger at The Garlands! Two chef-inspired burgers will be offered at lunch and dinner, Monday - Saturday. This bracket contest is based off weekly sales, resulting in one burger elimination each week, until one champion prevails.

Chef Glenn's Table - rsvp 77743

Thursday, May 29, 5:00 pm, The Roycroft, \$90

You are invited to an intimate and immersive opportunity to watch as Chef Glenn prepares a personalized multi-course menu that will leave you in awe. Paired with fine wines (non-alcoholic available) and Chef Cindys perfectly matched dessert, you will think that you are eating at a Michelin star establishment. These private dinners fill fast. Make your reservation early.

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.

14 FEEL Better. AGE Better. LIVE Better.





DON MOSACK Arrived from Oakwood Hills in March



MAUREEN MOSACK Arrived from Oakwood Hills in March



CAROL DESALVO Arrived from Crystal Lake in April

May Birthdays

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



John Blasko
Jackie Matecki
Jay Walkington
Mary Jorndt
Lola Smythe
Marilyn Helberg
Steen Metz
Stel Pietsch
Rebecca Blickenstaff
Sharon M. Thomson
Becky Gibbons

Darlene Plocinski
Bill Gibbons
Carolyn Husemolle
Marvin Herb
Bill Mullin
Roberta Rood
Jim Skomer
Steve Bromet
Nancy Cohen
Frank Compton

May 10	Ute Jung	May 20
May 12	Marilyn Laystrom	May 20
May 13	Jill Theis	May 21
May 14	Lina Abraham	May 23
May 14	Carol Palmer	May 23
May 14	Linda Hughes	May 25
May 17	Norma Star	May 26
May 18	Diane Damos	May 29
May 20	Ruth Koenemann	May 29
May 20	Kara Sponsler	May 29

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!









This group spent a wonderful day at the Art Institute downtown. L to R: Fred Sponsler, Rich Wilson, Kara Sponsler, Pam Wilson, Joann Beer, Gisela Seehafer, Roberta Rood, Activities Coordinator Abby Nelson, Sally Graham, Kathie Faulwetter, and Norma Star.

While Robie Lounge became an Easter Sweet Shoppe, this group gathered in Roycroft for happy hour. L to R: Joe Cusimano, Rich Wilson, Bill Nimmo, Bryan Coolican, Dorothy Nelson, Meridith Randolph, JoAnne Westerman, Liz McKay, Jean Pitt, and Pam Wilson.





We have a new twice-a-month game group: Ladies' Poker! Thank you Carleen Smith and Jan Husak for organizing!

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

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Liz McKay brought her Gazette to Orleans Square in Savannah!