

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

*Members dressed the part for our fun Jade 50's performance.*



*Some of our Kentucky Derby winners, L to R: Rita Coake, Liz McKay, Carol Last (second place), Mary Jeanne Bolger, Sharon Thomson (back), Doris Alton (first place!), Theresa Perkins, and Dick Weaver (third place).*



*Carol Brenner, Kathie Faulwetter, Lee Myalls, and Joan Anderson during Tea Time at the Little Traveler in Geneva.*



*DJ Marc Star (radio station WJAD) couldn't resist dancing with Deanne Born at the Jade 50's show.*

JUNE 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>Mondays <b>June 2, 9, 16, 23 &amp; 30</b> 3:00-4:30 pm</p>	<p><b>Kaleidoscope Art Class - rsvp *07 by the Saturday before</b> - <i>Art Studio in Prairievie</i></p> <p>Botanicals! Carmella guides us as we study live plants and flowers in pencil and then layer in watercolors. This class is great for all levels!</p>	
<p>Tuesday <b>June 3</b> 3:00-4:00 pm</p>	<p><b>Elgin Symphony Orchestra Duo - rsvp *07</b> - <i>Performing Arts Center</i></p> <p>ESO Principal Harp Lillian Lau performs some of her favorite pieces.</p>	
<p>Thursday <b>June 5</b> 11:30 am- 12:30 pm</p>	<p><b>"Farm to Table: A Journey Through the Grain Markets</b> - <i>rsvp *07 - Surround Sound Theater</i></p> <p>Brother of member Larry Feltes, Rich Feltes is only the second person to receive the Lifetime Achievement Award from the Commodity Markets Council. Learn how grain prices are determined as well as surprising facts about weather, livestock, grain transportation, and unusual uses for corn, soybeans, and wheat.</p>	
<p>Friday <b>June 6</b> 7:00-8:00 pm</p>	<p><b>Buffalo Grove Encore Singers - rsvp *07 - Performing Arts Center</b></p> <p>This feel-good adult choir performs all over Chicagoland and has come in first in a national choir competition! They're back to sing a potpourri of pop, oldies, musical theater, legends of the Great American Songbook, and surround us with great vibes!</p>	
<p>Saturday <b>June 7</b> 1:30-2:30 pm</p>	<p><b>June Birthday Bash: British Invasion with Joe Cantafio</b> - <i>rsvp *07 - Robie Lounge</i></p> <p>Joe, whose band, Jade 50's, performed here in April, shows us another side of him with fave tunes from the Beatles, the Animals, Dave Clark Five, and more. Enjoy coffee and Pastry Chef Cindy's delicious cake too!</p>	
<p>Saturday <b>June 7</b> 2:45-3:45 pm</p>	<p><b>Chess Anyone? - rsvp *07 - Galleria</b></p> <p>Highschooler Kyle gives refreshers, can walk through games with you, or set up chess puzzles for you to solve. Come by for a cookie. You might win a smoothie in the Café! All skill levels welcome!</p>	
<p>Monday <b>June 9</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins - rsvp *07 by 6/7 - Performing Arts Center</b></p> <p>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.</p>	

<p>Tuesdays <b>June 10 &amp; 24</b> 1:00-2:00 pm</p>	<p><b>Game Time! - rsvp *07 - Galleria</b> We're all so excited about euchre, we're going to play again on the June 10 Game Time. On June 24, come play backgammon with Abby and Lynn at the long table. Feel free to bring your lunch. Take a brain break!</p>	
<p>Wednesday <b>June 11</b> 11:00 am-12:00 pm</p>	<p><b>Miriam Neff "Do you Want to Be Published?" - rsvp *07</b> - Eastlake Dining Room Do you like to write? Want to get published? Member Miriam Neff, who has had 12 books published, spells out the basics: how to get started, find the right publisher, determine if you need an agent.</p>	
<p>Friday <b>June 13</b> 10:00 am-4:00 pm</p>	<p><b>Gold and Silver Roadshow Buying Event with David Kaz of DMK Metals - rsvp *07 for appointment - Eastlake Dining Room</b> David takes appointments to evaluate and buy your unwanted gold and silver jewelry, sterling flatware, coins, dental gold, etc. With over 15 years in the business David is coming back to educate us on the value of our gold (currently over \$3,000 per ounce!) and silver and buys items at the highest prices. Have questions? Contact David at 847-508-0224. david@dmk-metal.com. Appointments must be made with our Concierge.</p>	
<p>Saturday <b>June 14</b> 10:00-10:45 am</p>	<p><b>Barrington String Ensemble Performance - rsvp *07</b> - Robie Lounge These enterprising high school students offer us their favorite compositions each month.</p>	
<p>Monday <b>June 16</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes - rsvp *07 by 6/14 - 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>June 17</b> 11:15 am-12:45 pm</p>	<p><b>New Friends Lunch - rsvp *07 by 6/16 - 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 for Leslie Goddard's program.</p>	
<p>Tuesday <b>June 17</b> 1:00-2:00 pm</p>	<p><b>Leslie Goddard as Lucile Ball - rsvp *07</b> - Performing Arts Center Actress and historian Leslie Goddard takes us into Desilu Productions in 1963, where we find Lucille Ball and husband Desi Arnaz.</p>	

# Special Events

REQUIRE A RESERVATION

<p>Thursday <b>June 19</b> 4:30-5:00 pm</p>	<p><b>Coincidence Chronicles - rsvp *07 - Robie Lounge</b></p> <p>We love hearing your weird coincidence stories: stop by and tell us one. We meet near or at the bar.</p>	
<p>Monday <b>June 23</b> 7:00-8:15 pm</p>	<p><b>Trivia Night!-rsvp *07 by 6/21 - Burnham Room</b></p> <p>Really fun evening with new and old friends. Sit where you like, however, tables need to have comparable numbers. Beverages provided. The winning team gets a prize. <b>We are unable to accommodate walk-ins.</b></p>	
<p>Tuesday <b>June 24</b> 11:15 am-12:00 pm</p>	<p><b>Barrington's Davenport on End-of-Life Pre-Planning - rsvp *07 - Surround Sound Theater</b></p> <p>Jennifer Lucarz of Barrington's Davenport Family Funeral Home makes a difficult topic easier to discuss with loved ones. She briefly covers all the options and then takes questions. Veterans, learn about your free benefits. Peace of mind brochures and a chance to win a door prize. There will be refreshments.</p>	
<p>Thursday <b>June 26</b> 10:00-10:45 am</p>	<p><b>What's Happening?! - rsvp *07 - Surround Sound Theater</b></p> <p>Abby gives a brief overview of next month's events, and you can sign up for them on the spot.</p>	
<p>Thursday <b>June 26</b> 11:00-11:45 am</p>	<p><b>House of Hope Presentation on Volunteering! - rsvp *07 - Surround Sound Theater</b></p> <p>Do you have a heart for service? House of Hope Volunteer Supervisor Elizabeth Young gives a brief presentation on how all ages and abilities can volunteer time at House of Hope in Lake Zurich. You can volunteer with Garlands friends. We can help with transportation. We'll have cookies while listening.</p>	
<p>Friday <b>June 27</b> 10:30-11:00 am</p>	<p><b>Garlands Living 301-Emergency Preparedness: Severe Weather, Fire, and Worse - rsvp *07 - Surround Sound Theater</b></p> <p>On our campus, what should you do in different kinds of emergencies? Please attend this informational, and possibly lifesaving, presentation by Maintenance and Member Services. When the moment comes, you want to be sure you know what to do (hint: it's not "Call Member Services").</p>	
<p>Saturday <b>June 29</b> 1:00-3:00 pm</p>	<p><b>Tribute to the Women in Our Lives by The Key to Music Students - rsvp *07 - Robie Lounge</b></p> <p>Piano teacher Olga Diaz's students give their spring recital and invite us to attend.</p>	



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

**1950s Songs of the Silver Screen with John LeGear - rsvp \*07**

*Wednesday, July 2, 1:00-2:00 pm, Surround Sound Theater*

**Red, White, and Blue Party with Switchback! - rsvp \*07**

*Thursday, July 3, 6:00-7:00 pm, Performing Arts Center*

After our Red, White, and Blue BBQ, Switchback praises America through guitars, banjo, madolin, and voice. Thrilling us like they did when they performed here for St. Patrick's Day.

**July Birthday Bash with Rick Pickren - rsvp \*07**

*Saturday, July 5, 1:30-2:30 pm, Robie Lounge*

Our own guitar-playing Illinois cowboy, Rick celebrates the nation's birthday with Liberty: Songs of America, a whole hour of patriotic fare by Rick.

**Garden Walk, Strolling Violin, Lemonade, and Cookies - rsvp \*07**

*Saturday, July 12, 10:00-11:30 am, Grill Courtyard*

Please note this date has changed from its original one. Celebrate the hard work of our member gardeners! We'll stroll the gardens, accompanied on violin by Tony Kawalkowski.

**Open Air Concert, 70's Style, with w/Carlyn Lloyd, Jon Warfel, and Gavin Coyle - rsvp \*07**

*Thursday, July 24, 7:00-8:00 pm, Winslow Courtyard*

If you have not heard Gavin sing, rearrange your schedule if needs be: his voice is that beautiful. Carlyn on flute and Jon on piano bring out the beauty in the music of James Taylor, Seals and Crofts, Chicago, and others. We may not be able to accommodate walk ins, so be sure to rsvp.

**2nd Annual Rock N Roll for a Cause with Carlo! - rsvp \*07**

*Thursday, July 31, 7:00-8:00 pm, Performing Arts Center*

Did you know that Carlo Iaccino, from Member Services, was in a couple of well-known local bands in the 70s? He's rounded up three of his old bandmates to raise awareness and funds for a cause dear to his heart, the Alzheimer's Association. But you can come just for the music!



Liz McKay, Linda Wolff, and Ruth Weiler enjoying tea at Little Traveler.



Jade 50's rollicking performance!

**PLEASE NOTE: Check rsvp-by dates.** 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.**

## Special Preview at Barrington Area Library of PBS's Documentary "Caregiving" - rsvp \*07

**Wednesday, June 4, 5:15-8:45, 1000 Lobby**

It's worth going to their website for full information: [balibrary.librarycalendar.com](http://balibrary.librarycalendar.com)



## The Art Institute of Chicago - rsvp \*07

**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.**

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



Little walking

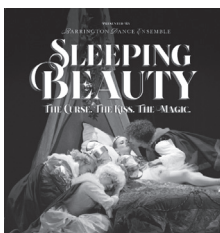


Some walking



A lot of walking

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



## Bus to the Dress Rehearsal of Sleeping Beauty Ballet at Barrington High School - rsvp \*07

**Thursday, June 12, 5:45-8:15 pm, 1000 Lobby**

The Barrington Dance Ensemble, along with local dancers, brings the timeless fairy tale Sleeping Beauty to life on stage: an enchanting performance filled with grace, beauty, and classic charm!

## Bus to Woodfield Mall - rsvp \*07 by 5/5

**Friday, June 13, 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 - rsvp \*07 by 6/9

**Friday, June 13, 6:15-8:05 pm, 1000 Lobby**

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





Rosie and the Rivets, Rockabilly!

## 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).



<p>Monday <b>June 2</b> 3:30-4:30 pm</p>	<p><b>Wildlife Talk - rsvp *07</b> - Surround Sound Theater Exploring Wildlife in the Dunes and Bluff along Lake Michigan.</p>	
<p>Friday <b>June 6</b> 9:30-11:00 am</p>	<p><b>Great Decisions with Julie Strauss - rsvp *07</b> - Burnham Room "The future of NATO &amp; European Security." 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>Tuesday or Thursday <b>June 10 &amp; 12</b> 11:00 am-12:00 pm</p>	<p><b>Lanny Ori on European Royal Marriages: What's Love Got to Do with It? - rsvp *07 - Eastlake Dining Room</b> <i>Choose one: Tuesday, June 10, OR Thursday, June 12, 11:00 am-12:00 pm</i> Professional book reviewer and discussion leader Lanny Ori touches on the unions of Henry VIII and his wives, Nicholas and Alexandra, and Grace Kelly and Prince Rainier III. She covers scandal, mysticism, politics, and PR and dispels some myths.</p>	
<p>Monday <b>June 23</b> 10:30-11:45 am</p>	<p><b>Julie Strauss Current Events Lecture - rsvp *07 - Surround Sound Theater</b> Julie, PhD, assesses the following question: How productive will our newly-minted Congress be?</p>	
<p>Wednesday <b>June 25</b> 3:30-4:30 pm</p>	<p><b>Music Appreciation with Jim Kendros - rsvp*07 - Robie Lounge</b> A little more Robert Schumann this month (Brahms referred to him as "Revered Master"). Jim covers Schumann's compelling storybook romance with concert pianist and beloved wife Clara, who inspired his epic Symphony #4.</p>	






At the May New Member Reception, we were introduced to L to R, back to front: Don and Maureen Mosack, Santo and Kathy Callaci, Susan Sanabria and Jim Zarzycki, Joanne Witte, Barbara Bischof, Ann and Bob Krull, Tommy Means, Gar Olson and Anne Earle, Carol DeSalvo, and Dick and Jackie Kraus!

# Things To Do

<p>Tuesdays <b>June 3, 10, 17 &amp; 24</b></p>	<p><b>Therapy Dogs!</b> - <i>Wellness Hallway</i></p> <p><i>Tuesdays, June 3, 10, 17, 24, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl). Thursday, June 26, 11:00 am-12:00 pm (Maya)</i></p> <p>The therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays <b>June 3 &amp; 17</b> 3:30-4:30 pm</p>	<p><b>Barrington Area Library Brings Books to Us</b> - <i>Wellness Hallway</i></p> <p>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>Wednesday, <b>June 4</b> 8:30-10:00 am</p>	<p><b>Coffee with a Cop!</b> - <i>Galleria</i></p> <p>Casual conversation with our awesome police officers who are always ready to keep us safe!</p>	
<p>Wednesdays <b>June 4 &amp; 18</b> 4:00-5:30 pm</p>	<p><b>Tech Lab with William!</b> - <i>Galleria</i></p> <p>Need a little guidance with your cell phone, tablet, or laptop? 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>Thursdays <b>June 5 &amp; 19</b> 2:30-4:30 pm</p>	<p><b>Poker-Women's</b> - <i>Timbers Lounge, Fireplace Room</i></p> <p>In this fun group, whoever shows up plays. New to poker? They'll teach you! You can call Carleen (71221) or Jan (72106) with any questions.</p>	
<p>Saturdays <b>June 7 &amp; 21</b> 10:00-11:00 am</p>	<p><b>Just Talk</b> - <i>Eastlake</i></p> <p>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.</p>	
<p>Tuesday <b>June 10</b> 10:30 am-1:00 pm</p>	<p><b>Dorothy Winsor Pop Up Book Shop</b> - <i>Wellness Hallway</i></p> <p>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!</p>	
<p>Tuesday <b>June 10</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/Cafe Hallway</i></p> <p>Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>	
<p>Fridays <b>June 13 &amp; 27</b> 4:30-6:00 pm</p>	<p><b>Bobby Schiff on Piano</b> - <i>Robie Lounge</i></p> <p>Bobby is legendary and can stun you with the beauty of his playing.</p>	



# Things To Do

<p>Saturday <b>June 21</b> 11:30 am-1:45 pm</p>	<p><b>Midday Broadway: South Pacific (1958)</b> - Surround Sound Theater Filmed in the theater in 1956.</p>	
<p>Tuesday <b>June 24</b> 10:00-11:00 am</p>	<p><b>Meet the MAC! - Robie Lounge</b> Bring a coffee and catch up with your Members Advisory Committee. This is a great place to talk about topics for tomorrow's Coffee with Management.</p>	
<p>Wednesday <b>June 25</b> 9:30-10:30 am</p>	<p><b>Coffee with Management - Performing Arts Center</b> At this informal gathering hosted by Hospitality Director Nancy Wilson, there is no agenda. Offer a suggestion; ask a question; or tell us what you like!</p>	
<p>Saturday <b>June 28</b> 11:00 am-12:00 pm</p>	<p><b>A Closer Bond Graduation Love In - Burnham</b> We are the last step before certification for these great dogs from A Closer Bond Dog Community Center. About seven of them look forward to demonstrating their expertise in being too cute for words.</p>	

# 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)

**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 (Marilyn Helberg 72105)

**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

# Fitness Programs

Please note there are no classes on Memorial Day, Monday, May 26.

## JUNE CONTEST

Outdoor walking. Pick up the contest details in the Fitness Center.

### Bachata Lesson - rsvp \*07

*Friday, June 6, 11:30-12:00 pm, Fitness*

Caution...swaying your hips might bring a smile to your face and possibly someone else's! Bachata is low impact but packed with spicy fun. No partner needed. Please join us.

### Father's Day Celebration - rsvp \*07

*Monday, June 9, 1:30-2:30 pm, Timbers Courtyard*

Play cornhole; have some snacks and a beer. The Fitness crew is celebrating all the Dads! We love you and appreciate you!

### Meditation with Bhante

*Tuesday, June 17, 11:30-12:30 pm, Fitness*

Take a break and relax. Are you stressed? Or would like to have guided meditation? Let Bhante Rahula take you through a relaxing journey to blissful relaxation.

### Tai Chi

*Wednesday, June 18, 10:00-10:45 am, Fitness*

Instructor Allison from Moon Willow Studio guides you through a standing Tai Chi flow.

### Summer Kick-Off Party - rsvp \*07

*Friday, June 20, 1:00-2:00 pm, Timbers Courtyard*

Celebrate summer with your Fitness crew! Our annual summer Beer Pong will bring out the competitive spirit in all! We will serve Rootbeer floats, Jello Shots and fun vibes.

### 3rd Annual Indoor Triathlon-rsvp \*07

*Thursday, June 26, 1:00-2:00 pm, Fitness & Pool*

10 minute swim, 20 minutes on the stationary bike or Nustep Machine and 15 minutes walking on the treadmill at your own pace. Bethanie and Axana will be timing you. If you have any questions please call \*41. We will give prizes to all participants.

### Pure Barre Deer Park - rsvp \*07

*Monday, June 30, 10:00-11:45 am, \$15*

Inspired by yoga, Pilates, and ballet, Pure Barre's innovative technique improves strength, endurance,

flexibility, and balance at every fitness level. Each class features musically-driven choreography for a fresh and effective full-body workout that protects your joints from injury. <https://www.purebarre.com>

## 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. No class June 30.*

### Men/Women's Fitness

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

### 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.

### Balance Class Fitness

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

### Chair Yoga

*Tuesdays and Thursdays, 11:00-11:30 am, Fitness. No class June 12.*

### 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



# Fitness Programs

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*

## 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. No class June 12.*

## 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.

<b>Tuesdays</b> 1:30-2:30 pm	<b>Bible Study/Discussion of the Psalms 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, June 6</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</b> - rsvp *02 - Saturdays, 4:15-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am

## June Birthdays

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



Carole Poulos	June 1	Laurel Skomer	June 11	Peg Cullen	June 18
Bob Bailey	June 1	Katherine Peterson	June 11	Elizabeth McReynolds	June 20
Julie Perry	June 1	Lionel Lenz	June 12	Donna Mulholland	June 23
Bill Nimmo	June 1	Sue Ellen Griffin	June 15	Anne Yarwood	June 23
Judy Rode	June 5	Ronald Lang	June 16	Carl Koenemann	June 23
Mark Geach	June 7	Ron Goldenstern	June 16	Miriam Neff	June 24
Janet Hansen	June 9	Joyce Carlson	June 17	Donna Sbertoli	June 25
Margaret Aitken	June 9	Deanne Born	June 17	Sarah Dockery	June 26
William Allendoerfer	June 9	Ted West	June 18	Gary Griffin	June 26
Elizabeth Allendoerfer	June 10	Gwen Larabee	June 18	Bill Buecking	June 28

# 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.

## Choir!

Have you ever sung in choir? If Activities brings in a conductor, would you be interested in singing in a Garlands Choir once or twice a month? If so, please call the Concierge (\*07) and be ready to specify whether you'd be interested in popular music such as "Up, Up and Away" or hymns/gospel music and also whether you'd want to gather once or twice a month.

## Cribbage

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

## Euchre

Several members are looking for other Euchre players. Interested? Call Liz McKay (72112).

## Garden Planters

Please note that the Garden Walk has been moved from Sunday, June 29, to Saturday, July 12, to allow for longer growing time.

## High School: Did You Go Here?

Looks like there might be more than a few Garlands members who attended Austin High School in Chicago. Wouldn't it be fun to talk about it over lunch? If this interests you, please contact Norma Star (72314). Together we'll create our meet-up!

## Garlands Library

See what Roberta Recommends this month and the June selection of books on Geography and Travel. Our Garlands Library welcomes donations (up to ten books). Please include your name. Questions? Call Sal Nutini (72320), who, with Roberta, Kathie Faulwetter, and Theresa Perkins has absolutely revolutionized our library! Everyone has to see: it is spectacular!



## 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.

## Scrabble

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

## Trash Talk, brought to you by fellow members

The 3 "R"s of recycling: REFUSE a bag when you don't need one; put items in your own bag; or, if small, even in your pocket. REUSE bags, to-go containers, tinfoil pans, etc. RECYCLE appropriate clean, dry, loose items. NEVER place recyclables in bags of any kind.

## 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).



## **The Doctors are in... By appointment only.**

**Podiatrist: Dr. Warheit (847-577-1649)**  
Wednesday, June 25, 8:00 am-2:00 pm

**Audiologist: Dr. Corinne Koepsell-Roth  
(847-382-6010)**  
Wednesday, June 25, 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.



*At the old fashioned diner before Jade 50's, L to R: Liz  
McKay, Meridith Randolph, Jill Theis, Kay Reich, Lynne  
Backer, Carol Brenner, Donna McMahon, and Sylvia Carlson*

## **Wellness Lecture Series**

### **Walker Adjustment and Repair Clinic**

*Wednesday, June 11, 10:00am-12:00pm,  
Wellness Center*

A properly adjusted walker can help keep you  
safe and prevent falls! Stop in for an inspection-  
and if necessary, adjustments can be made to  
your walker. Staff from Mark Medical Supply  
in Wheeling will be onsite to provide this  
complementary service.



### **Sample Healthy Foods: Black Beans!**

*Tuesday, June 24, 11:00-11:30 am,  
Wellness Hallway*

Did you know that the consumption of black  
beans has been linked to improved heart  
health!? Sample a healthy recipe prepared  
by our culinary team as our Wellness Nurse  
expounds on their health 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



# June Food and Beverage Events

## Coffee With a Cop

*Wednesday, June 4, 8:30 am-10:00 am,  
The Galleria*

Bond with our local law enforcement over a cup of coffee. No agenda, just casual conversation. Get to know our first responders as individuals while they get to know you as well! Complimentary coffee samples and pastries will be provided.

## National Donut Day

*Friday, June 6, 7:00 am-4:30 pm The Galleria*

Donut themed drinks and treats will be for sale today!.

## Summer Kick-Off Buffet - rsvp \*17

*Thursday, June 12, 4:30-7:00pm,  
The Winslow, \$35*

Summer is finally here! Chef Glenn has a variety of summer food items. BBQ shrimp skewers, Caprese Chicken, Summer Peach Pork Loin and more!

## Father's Day Bourbon Dinner - rsvp 77743

*Saturday, June 14, 5:00 pm, The Roycroft, \$80*

What is better for Father's Day than treating your loved one to an evening of some of the best brown spirits and a four-course dinner, plus dessert, all centered around bourbon? Tastes of bourbons with each course are served along with a discussion on the history of the great American liquor.

## Martini Demonstration - rsvp 77743

*Thursday, June 19, 3:00 pm, The Grill Bar, \$15*

Jason and Drina will host a demonstration of martini drinks as well as a talk about history and different kinds of martinis. Samples will be available to taste.

## Summer Solstice Dinner - rsvp 77743

*Friday, June 20, 5:00 pm, The Roycroft, \$40*

Chef Glenn and member, Cathy Nardo, will team up again to provide a fun-filled evening of great food and knowledge of the herbs used in each dish and beverage.

## Summer Delight Dessert Demonstration - rsvp 77743

*Friday, June 27, 2:00 pm, The PAC*

Chef Cindy demonstrates how to make a great summer dessert to share with your friends and families.

## End of the Month Buffet

*Sunday, June 29, 4:00 - 6:00 pm, Café Dining Area*  
Menu & price announced the week prior.

## Get Ready for the Red, White & Blue BBQ - Members Only

*Thursday, July 3, 3:00 pm-6:00 pm, Winslow  
Courtyard, FREE*

Burgers and hot dogs grilled outside. Additional seating in the PAC before Switchback performs. No other menu tonight. No delivery available.

## July 4th Hours of Operation

*All venues are open for breakfast and lunch.*

*The Winslow will be closed for Happy Hour  
and Dinner.*

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!*



**JOHN BLASKO**  
*Arrived from Huntley  
in April*



**MARY BLASKO**  
*Arrived from Huntley  
in April*



**SANTO CALLACI**  
*Arrived from Barrington  
in April*



**KATHY CALLACI**  
*Arrived from Barrington  
in April*



**JOANNE WITTE**  
*Arrived from Leawood,  
Kansas in April*



**DICK KRAUS**  
*Arrived from Barrington  
in April*



**JACKIE KRAUS**  
*Arrived from Barrington  
in April*



**BARBARA BISCHOF**  
*Arrived from Barrington  
in November*



# 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 —



Every year New Hampshire concert pianist Frederick Moyer thrills us with his magnificent skills and charm. L to R: Semmy Semerad, Mary Schwemm, Larry Feltes, John and Mary Blasko, Frank and Trudy Stadler, Chuck and Gwen Larabee, Marie Eibl, Dick Schwemm, Fred, Peg Cullen and Bob Tikwart, Carroll Dudley, and Betty McGonigle.

At the Good Old-Fashioned Diner, counter clockwise from left: Sharon Thomson, Lee Myalls, Barb and Andy Rueb, Suzie McGinn, Marcia and Frank Todd, Dick and Barbara Weaver.



Sally Graham and Gisela Seehafer visit over Tea in Geneva.



All aboard the tractor to see the TulipFest at Richardson Farms in Spring Grove, L to R: Dick Weaver, Mary Anne Ball, Carol Brenner, Barb Weaver, Carol Garibotti, Pat and Mark Geach, Kara Sponsler, Fred Sponsler, Abby Nelson from Activities, Marge Gerry, Marie Eibl, and Sergio Lopez from Member Services.

