

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



Celebrating the birth of our nation, l to r: Jill Theis, Sylvia Carlson, Sophia Hausen, Frank Rubino, Carol Garibotti, Clyde Dawson, Frank & Marcia Todd.



Jill Theis & Dick Weaver swapped plant stories during our Garden Walk.



Christy Gaples, on the left, along with Art and Jane Laystrom and their grandchildren, were upstaged by a hilarious alpaca!



Will Larwin and Gwen Larabee greet (and cut cake for!) everyone who attends our monthly Birthday Bashes. Thank you Willa and Gwen!










AUGUST 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).

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| <p>Saturday Aug 2 1:30-2:30 pm</p> | <p>August Birthday Bash with Jeffrey Deutsch - rsvp *07 - Robie Lounge Singing pianist Jeffrey Deutsch performs "The Sensational Sixties," a program of some of the most famous songs of every style of music: rock and roll, jazz standards, Broadway hits, Latin, folk, country and more!</p> |  |
| <p>Mondays Aug 4, 11, 18, 25 3:00-4:30 pm</p> | <p>Kaleidoscope Art Class - rsvp *07 - Art Studio in Prairieview Landscapes, portraits, and pets in Colored Pencils! We learn about color mixing and techniques and then begin on a personal project. All levels welcome!</p> |  |
| <p>Tuesday Aug 5 1:00-2:00 pm</p> | <p>Elgin Symphony Orchestra: Michael Folker Percussion!! - rsvp *07 - Performing Arts Center When Michael gave this presentation earlier in the year, members who didn't see it heard about him and requested he return as soon as possible. You needn't know or care anything about drums to love Michael and his wonderful life of percussion!</p> |  |
| <p>Thursday Aug 7 10:00 am-12:00 pm</p> | <p>Breakfast with the BEST! - rsvp *21 - Performing Arts Center, \$10 member-preferred price includes continental breakfast Join RUSH University Medical Center for the most important meal of the day and a more balanced tomorrow. Padraic Stanley, Program Coordinator for RUMC Department of Social Work and Community Health offers strategies for optimizing well-being, minimizing fall risk, and improving balance as we age. The next two Breakfast with the BEST dates are September 19 and October 9.</p> |  |
| <p>Saturday Aug 9 10:00-10:45 am</p> | <p>Barrington String Ensemble Performance - rsvp *07 - Robie Lounge These enterprising high school students offer us their favorite compositions each month.</p> |  |
| <p>Monday Aug 11 10:00-11:00 am</p> | <p>Garlands Living 201: The Garlands Healthcare Continuum - rsvp *07 - Surround Sound Theater Director of Healthcare, Tiffany Barton, and Wellness Center Manager, Ashley Barraza, ensure you fully understand all the options along the healthcare continuum available to Garlands members.</p> | |

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| <p>Monday Aug 11 3:30-4:30 pm</p> | <p>BINGO for Coins - rsvp *07 by 8/9 - 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>Tuesdays Aug 12 & 26 12:00-12:45 pm</p> | <p>Game Time! - rsvp *07 - Galleria August 12: Barrington High School Student Rikki brings Furball Math, the prototype of a game she has invented. She's looking for feedback on how we think elementary school children will enjoy/use it. Please encourage this enterprising student with her project! August 26: When was the last time you played Chinese Checkers? Abby will refresh your memory in no time. Come be a kid again!</p> |  |
| <p>Tuesday Aug 12 1:00-2:00 pm</p> | <p>Chess Anyone? - rsvp *07 - Galleria 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>Wednesday Aug 13 11:15 am-12:45 pm</p> | <p>New Friends Lunch - rsvp *07 - South Winslow Make new friends ... but keep the old ... Lunch is billed to your account. Non-alcoholic beverages and cookies, compliments of The Garlands. Afterwards, head to the PAC to hear Myra Loris on American Humor.</p> |  |
| <p>Wednesday Aug 13 1:00 -2:00 pm</p> | <p>Myra Loris "Humor: Not Always Funny" - rsvp *07 - Performing Arts Center Myra is back to talk about the unique role of humor in American history as a cultural, political, and social force for unity AND change. You'll hear from Ben Franklin, Mark Twain, Will Rogers and many more!</p> | |
| <p>Friday Aug 15 10:00 am-12:00 pm</p> | <p>Flowers Painting with Lorraine OMalley - rsvp *07 - Art Studio Lorraine OMalley guides artists again in her unique style. This month Lorraine teaches abstract flowers. All supplies provided.</p> |  |
| <p>Monday Aug 18 3:30-4:30 pm</p> | <p>BINGO for Prizes - rsvp *07 by 8/16 - Performing Arts Center Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p> |  |
| <p>Tuesday Aug 19 2:00-3:00 pm</p> | <p>Don't Get Scammed! - rsvp *07 - Performing Arts Center Officer Hakim Smith of the Barrington Police Department updates us on the ever-growing, ever-morphing scams perpetrated on us and HOW TO AVOID THEM. We are scammers' ideal targets. Don't Get Scammed!</p> |  |

Special Events

REQUIRE A RESERVATION

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|---|---|---|
| <p>Wednesday Aug 20 1:00-2:15 pm</p> | <p>John LeGear: Elvis Presley on the Silver Screen - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Movie historian John LeGear is back with the early half of Elvis Presley's storybook career, from his first recordings in 1954 to the time he married Priscilla in 1967. Scoop on – and the clips of – Elvis in the movies!</p> |  |
| <p>Thursday Aug 21 4:30-5:00 pm</p> | <p>Coincidence Chronicles - rsvp *07-limit 10 - Robie Lounge</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 Aug 25 7:00-8:15 pm</p> | <p>Trivia Night! - rsvp *07 by 8/23 - Burnham Room</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. We are unable to accommodate walk-ins.</p> |  |
| <p>Thursday Aug 28 4:30-6:00 pm</p> | <p>New Member Reception w/Ed Collins at the Piano - rsvp *07 - <i>Robie Lounge</i></p> <p>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. We provide every member with 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.</p> | |
| <p>Friday Aug 29 10:00-10:45 am</p> | <p>What's Happening?! - rsvp *07 - Surround Sound Theater</p> <p>Abby gives a brief overview of next month's events, and you can sign up for them on the spot.</p> |  |

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

September Birthday Bash with Peter Miletic - rsvp *07

Saturday, September 6, 1:30-2:30 pm, Robie Lounge

Music At The Garlands with Bruce Smith! - rsvp *07

Friday, September 12, 11:00 am-12:00 pm, Surround Sound Theater

Bruce has selected fifteen short YouTube music videos highlighting a variety of favorites including Frankie Laine; Brigadoon, Matt Ford, the John Wilson Orchestra, Doris Day; and Michael Crawford. Bruce's programs fill our hearts: don't miss!



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| <p>Friday Aug 1 9:30-11:00 am</p> | <p>Great Decisions with Julie Strauss - rsvp *07 - <i>Burnham Room</i></p> <p>AI and American National Security. This is our penultimate 2025 Great Decisions, from the Foreign Policy Association. Please rsvp, as we cannot accommodate walk-ins. The last discussion is Friday, September 5, on American Policy in the Middle East.</p> |  |
| <p>Monday Aug 4 3:30-4:30 pm</p> | <p>Wildlife Talk: Florida's Diverse Bird Population - <i>rsvp *07 - Surround Sound Theater</i></p> <p>Alyse Burman, from the Wildbird Shack, highlights the diverse species whose home is the Sunshine State, from coastal shorebirds to the vibrant songbirds of forests and wetlands. Look for the next Wildlife Talk Monday, September 1.</p> |  |
| <p>Tuesdays & Fridays Aug 5, 12, 22, 26 & 29 11:00 am- 12:15 pm</p> | <p>Racism, with Peggy Clough, and the American Civil Rights Movement, with Dick Schwemm - rsvp *07 - Surround Sound Theater</p> <p>Dick Schwemm's popular programs continue with this deep dive, introduced by Peggy Clough, who presents the August 5 program on Racism: What You Were Never Taught in School. Dick Schwemm says that any list of significant historical events in 20th century America must contain the civil rights movement. Dick presents the remaining presentations on Slavery and Civil Rights through the years.</p> | |
| <p>Wednesday Aug 6 11:15 am- 12:00 pm</p> | <p>The Golden Age of British Crime Fiction with Roberta Rood - rsvp *07 - <i>Eastlake Dining Room</i></p> <p>Roberta Rood deconstructs the classic detective novel and tells us how Agatha Christie and Dorothy Sayers led its development between World Wars I and II.</p> | |
| <p>Monday Aug 18 11:00 am- 12:00 pm</p> | <p>Travel Talk: Pittsburgh! - rsvp*07 - <i>Surround Sound Theater</i></p> <p>Pittsburgh – where steel meets soul, rivers kiss the mountains, and history walks hand in hand with innovation. Melissa explores Carnegie's intellect, Heinz's flavor, Warhol's pop genius, and Mr. Rogers's kindness. Pittsburgh is a city full of surprises, stories, and sweet skylines.</p> | |
| <p>Tuesday Aug 19 11:30 am- 12:45 pm</p> | <p>Julie Strauss Lecture - rsvp *07 - Surround Sound Theater</p> <p>Julie Strauss, Ph D, who speaks on political topics, explores the advantages and disadvantages of the dominant forms of democratic governments. She compares the balance and separation of powers between parliamentary and presidential systems of government.</p> | |
| <p>Wednesday Aug 27 3:30-4:30 pm</p> | <p>Music Appreciation with Jim Kendros - rsvp *07 - <i>Robie Lounge</i></p> <p>Sweet Summer Music: Hear – and learn about – the charming Concerto for Two Mandolins by Vivaldi as well as Mozart's luscious Divertimento for Strings and Samuel Barber's Violin Concerto, a masterpiece of melody! Music historian and musician Jim Kendros gives fascinating glimpses into the lives of the featured composers. Jim's passion is contagious.</p> |  |

Tuesday &
Thursday
Sept 2 & 4

Book Review: "America's Women" with Lanny Ori - rsvp *07

- Tuesday, September 2, 11:00 am-12:00 pm, OR

Thursday, September 4, 1:00-2:00 pm, Eastlake Dining Room

Professional book discussion leader and reviewer, Lanny Ori, discusses Gail Collins's brilliantly entertaining and informative "America's Women," a fascinating – and often shocking – history of four centuries of women in America.



Bulletin Board

Euchre!

We have a Euchre group! Whether you already play or wish to learn, come on by. We play as many tables as we have players to fill. Come early to be sure you play. Tuesdays, 1:30 pm, Galleria . Questions? Call Dick Weaver 71321.

Garlands Library

Are you an author? The Garlands Library would like to add your book/s to our member author selection. Also, see the "Roberta Recommends" selection of books on July 4th, American History, and our Presidents. Our Library welcomes donations. Please include your name. Questions? Call Sal Nutini (72320), who, with Roberta, Kathie Faulwetter, and Theresa Perkins keeps our library humming.

Mah Jongg

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



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.

Scrabble

We have a Scrabble group! We play three, tops, to a game. Sundays, 12:00 pm, Galleria . Questions? Call member Jean Pitt (72216).

Trash Talk, brought to you by fellow members

Leave lids and caps on jars and bottles. Rough" lids gum up the sorting machines at the recycling facility. Avoid purchasing excessively packaged items (like you often see at Costco) if at all possible. If you choose to recycle, your motto should always be: "Don't know; Don't go" (into the recycling bin).

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.



Violinist extraordinaire Tony Kawalkowski serenaded Liz McKay, Kathie Faulwetter, Ann Krull, and Morris Trichon on our Garden Walk 2025.



The Doctors are in... By appointment only.

Podiatrist: Dr. Warheit (847-577-1649)
Wednesday, August 27, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth (847-382-6010)
Wednesday, August 27, 10:00 am-12:00 pm

Wellness Lecture Series



Sample Healthy Foods: Brown Rice

*Tuesday, August 26, 11:00-11:30 am,
Wellness Hallway*

Sample a healthy recipe prepared by our culinary team as our Wellness Nurse expounds on its health benefits, the biggest of which is its high fiber content, which supports digestion, blood sugar levels, and weight management!

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)

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.



Happy table, Happy 4th! Bill Mullins, Jacki Matecki, Willa Larwin, Marlene Lawton, and Bill Lawton!



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

PLEASE NOTE: Check rsvp-by dates. ALL outings require a reservation. Let the Concierge (*07) or Member Services (*02) know ahead of time if you'd like to be picked up at your villa or the 2000 or 3000 Lobby (generally, 20 min before departure time). 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 Woodfield Mall - rsvp *07 by 8/6

Friday, August 8, 11:00 am-3:30 pm, 1000 Lobby
11:00, depart. 11:30 arrive. 3:00 pick up at agreed spot. 3:30 arrive home.

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

Second Fridays Music at Barrington Library - rsvp *07 by 8/6

Friday, August 8, 6:15-8:15 pm, 1000 Lobby
6:15 depart. 7:00 performance. 8:15 depart. 8:20 arrive home.

The performers are the Petra Van Nuis trio.

Feed My Starving Children - rsvp *07 by 8/13

Friday, August 15, 1:45-5:00 pm, 1000 Lobby

We volunteer as a group, packing nutritious meals for hungry children around the world. We do "good," and it's also a fun, shared experience. At the end, we visit their wonderful onsite store which sells handmade goods from the countries they help. Credit cards accepted. Please let the Concierge know if you need a job which requires no standing. Get a good night's sleep the night before, and note that ALL jewelry should be removed before going to this event.

The Second City's 65th Anniversary Show at the Metropolis - rsvp *07 by 8/15

Friday, August 22, 6:15-10:00 pm, 1000 Lobby, \$42
6:15 depart. 7:00 theater doors open. 7:30 show. Includes adult language and themes.

Showcasing some of their audience's favorite songs, sketches, and characters written on their stages by illustrious alumni like Catherine O'Hara, Tina Fey, Stephen Colbert, Joan Rivers, Eugene Levy, and so many more... all brought to life by current members of Second City!

Brandon Bennett sings Garth Brooks at the Metropolis Theater - rsvp *07 by 8/28

Friday, September 5, 5:00-10:00 pm, \$50
5:00 depart. 5:30 dinner at Mago Grill (members pay own). 7:00 theater doors open. 7:30 show.

Brandon Bennett, who wowed the Metropolis in June as Elvis, brings his swagger and southern charm to Garth's legendary country-crossover canon. This feel-good show brims with humor and sing-along hits.

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



Little walking



Some walking



A lot of walking

Early Shopping Trip to Geneva, IL, with Option for Lunch at Little Traveler   

Thursday, September 11, 9:45 am-4:00 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 Almanack at littletraveler.com. Let the Concierge know if you do not want a lunch reservation at Little Traveler but prefer to walk around Geneva's art galleries, stores, and charming streets and find your own lunch spot.

Grease! at the Metropolis Theater - rsvp *07 by 9/12  

**Saturday, September 27, 12:45-4:30 pm, \$45
12:45 depart. 1:30 theater doors open. 2:00 show.**

Join bad boy Danny Zuko, new girl Sandy Dombrowski, and the bubblegum-popping hip-shaking Pink Ladies as they navigate their teen years, set to its unforgettable Grease soundtrack!

Art In the Barn at Good Shepherd Hospital - rsvp *07 by 9/25   

**Sunday, September 28, 12:15-2:30 pm. \$5 entry; each member pays at gate
Depart 12:15; Pick Up 2:30; Return 2:45.**

Over 150 juried artists, music, entertainment, and a fabulous variety of food vendors!

Alpacas will upstage anyone, including owner of Safehouse Farm Alpacas Linda McGill, who has the best stories about her horses, goats, chickens, ducks, rabbits, turkeys, pigs, miniature Hereford steers, llama, and donkey! Behind her: Deanne Born, Sally Graham, Dick Weaver, and Marge Gerry.



Susan Salita and Ron Goldman by their garden on the Garden Walk.




Longtime members Corinne Anda, Heather Kircher, Suzanne Carmer, Betty Wilke, and Nancy Leonard have never run out of funny conversations.

Things To Do

These activities **DO NOT** require a reservation
 Questions? Please call Lynn Adams, Activities Director (*13).

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| <p>Saturday Aug 2 & 16 10:00-11:00 am</p> | <p>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. Just talk may run later than 11:00 if the topic is hot.</p> |  |
| <p>Tuesdays & Thursday Aug 5, 12, 14, 19 & 26</p> | <p>Therapy Dogs! - Tuesdays, August 5, 12, 19, 26, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, August 14, 10:00-11:00 am (Myra). Wellness Hallway. These therapy dogs love YOU but should not interact with member dogs.</p> |  |
| <p>Tuesdays Aug 5 & 19 3:30-4:30 pm</p> | <p>Barrington Area Library Brings Books to Us - Wellness Hallway 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>Tuesday Aug 12 12:00-2:00 pm</p> | <p>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness/Café Hallway Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p> |  |
| <p>Fridays Aug 15 & 29 4:30-6:00 pm</p> | <p>Bobby Schiff on Piano - Robie Lounge Bobby is legendary and can stun you with the beauty of his playing.</p> |  |
| <p>Saturday Aug 16 11:30 am-1:30 pm</p> | <p>Midday Broadway: Michael Ball and Alfie Boe Back Together! - Surround Sound Theater Hot on the heels of their star turns in the West End's phenomenally successful staged concert of Les Misérables, Ball and Boe's sensational voices and irresistible chemistry light up the screen.</p> | |
| <p>Wednesdays Aug 20 & 27 4:00-5:30 pm</p> | <p>Tech Lab with William - Galleria 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>Sunday Aug 24 2:00-3:00 pm</p> | <p>Take History to Heart: Steen Metz, Holocaust Survivor, at Barrington Area Public Library - rsvp directly to the Library (847-382-1300) or online via this link: https://balibrary.librarycalendar.com/event/steen-metz - Must rsvp to number above. Let Member Services know (*02) if you prefer a ride to walking next door. Garlands member Steen Metz didn't talk about his experiences at all until 2011. Now he can't rest until all stories are told.</p> | |

Things To Do

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|--|---|---|
| <p>Tuesday Aug 26 10:00-11:00 am</p> | <p>Meet the MAC! - Robie Lounge 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 Aug 27 9:30-10:30 am</p> | <p>Coffee with Management - Back of the Performing Arts Center 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> | |

Ongoing Happenings

If you have questions about any of these activities, call the person named in parentheses.

Please alert us to any changes in this information.

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)

Euchre - Tuesdays, 1:30 pm, Galleria (Dick Weaver 71321)

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 - Thursdays, 2:30 pm, Timbers Lounge Fireplace Room (Carleen Smith 71221)

Scrabble - Sundays, 12:00 pm, Galleria (Jean Pitt 72216)

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

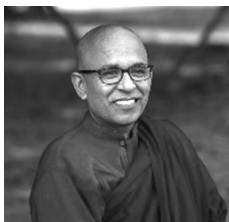
Stitching with Friends - Bring your needlework and stitch with friends! Wednesdays, 1:00-3:00 pm, Galleria

Fitness Programs

50th Anniversary Of Jaws Party - rsvp *07

Wednesday, August 6, 10:00-10:45 am, Pool

"You're going to need a bigger boat!" Join the shark celebration. We'll kick off the party in the pool for a "Jawsome" aqua fit class. Then at 3:00 pm, we will meet in the SST for a showing of Jaws, the movie. If you can't make the class, come watch the movie with us.



Meditation with Bhante

*Wednesday, August 13,
11:30-12:15 pm, Timbers*

Relax and meditate with our favorite monk from the Blue Lotus Temple.

Aerial Yoga at Neon Soul in South Barrington - rsvp *07

Thursday, August 14, 1:30-3:30 pm, 1000 Lobby, \$30

Aerial yoga brings a burst of color and adventure to your practice by using the hammock to support and enhance your moves. Whether you're a seasoned pro or just starting out, the hammock makes it easier and more exciting to explore new poses. The instructor modifies for your skill level.

Tropical Chair Yoga Flow - rsvp *07

Tuesday, August 19, 11:00-11:30 am, Fitness

Whisk your way back to the islands with this class. Chair Yoga with a little tropical twist! Non alcoholic Pina Colada's will be served.

Tai Chi with Allison

Wednesday, August 20, 10:00-10:45 am, Fitness

Enjoy the standing Tai Chi flow with Allison from MoonWillow

Red Ball Tennis Demonstration - rsvp *07

Thursday, August 21, 10:00-11:00 am, Burnham

Sponsored by the USTA; Red Ball Tennis is named after the red foam or felt balls used in the game. The balls are designed to bounce lower and move more slowly, which helps beginners develop their skills. If you are a former tennis player or currently a Pickleball player, why not challenge yourself to something new?! JoAnne Pavin, a Midwest Tennis Ambassador for USTA and Barrington native, will be hosting this event.

Seasonal Nutrition For Early Fall - rsvp *07

Tuesday, August 26, 2:00-3:00 pm, SST

Join JoAnne Pavin, our Red Ball Tennis representative, for a talk about healthy nutrition and meals for the fall. The focus will be on macronutrients and immune enhancing foods. You will learn why it's good to change your diet during the seasons, what foods to choose and why. Get ideas of immune boosting herbs, spices, and teas. \$15 per member.

RECURRING CLASSES

Balanced Body

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

Pickleball

Mondays, 9:30-11:00 am, Burnham

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

Fit Aqua

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

Zumba® Gold with Axana!

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

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, 12:15-12:30 pm, Fitness

Men/Women's Fitness

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

Red Ball Tennis

Tuesdays, 9:30-10:30 am, Burnham

No Red Ball on August 12th.

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

Fitness Programs

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

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 (New Time and Location)

Fridays, 11:30-12:00 pm, Fitness

Spiritual Ongoing Happenings

Is there a spiritual service you're missing?
Please call Activities (*13).

**Tuesday,
Aug 12**
1:30-2:30

Tuesday Bible Study Group
Coffee - *Eastlake Dining Room*

Wednesdays
2:00-2:30 pm

Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - *Burnham Room in Building 3*

Friday, Aug 1
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*

August Birthdays

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



| | | | | | |
|------------------|-----------|------------------|-----------|------------------|-----------|
| Liz McKay | August 1 | Jane McCaffrey | August 16 | Bill Perry | August 27 |
| Dorothy Nelson | August 1 | Emily Pateros | August 16 | Virginia Combs | August 28 |
| Dorothy Carlton | August 6 | Ron Seeger | August 17 | Carolyn Figurski | August 30 |
| Mary Lou Seeger | August 6 | Chuck Larabee | August 19 | Doris Alton | August 30 |
| Lois Kinney | August 8 | Shirley Conibear | August 20 | Morris Trichon | August 30 |
| Samuel Kaufman | August 14 | Mary O'Hare | August 20 | Joann Beer | August 31 |
| Tommy Means | August 14 | Karen Stathakis | August 21 | Bob Kell | August 31 |
| Viv Bukar | August 15 | Ruth Weiler | August 22 | Carolyn Smith | August 31 |
| Bruce Greenfield | August 16 | Darryl Peterson | August 25 | | |
| Sally Leffew | August 16 | Janie Schutte | August 25 | | |

August Food and Beverage Events

International Beer Sampling

Friday, August 1, 4:00 pm-5:00 pm,
The Robie Lounge

During Happy Hour and enjoy samples of beers from around the world for International Beer Day.

Table Side Beef Tenderloin Special

- rsvp *17

Wednesday, August 13, 4:30-7:00pm,
The Grill, \$45

Chef Glenn and team will serve mouthwatering cuts of beef tenderloin at your tableside. Fresh vegetables and roasted potatoes will accompany your plate.

Farmers Market

Thursday, August 14, 11:00 am-1:00 pm, The Winslow Courtyard

The local farmers market returns for one day this summer and then not again until Fall. Enjoy browsing through fresh produce and supporting the local farmers with your purchase. Accepted payment includes cash, credit, and member charge. Meal credit is not accepted.

Farm to Table Buffet - rsvp *17

Thursday, August 14, 4:30-7:00 pm, The Winslow Dining Room, \$40

Chef Glenn is planning a buffet featuring fresh, local ingredients sourced from the products sold earlier in the day. Everyone will want seconds! No deliveries or to-go orders.

Fajita Day Specials - rsvp *17

Monday, August 18, 4:30-8:00 pm, The Grill, \$27

Celebrate National Fajita Day with a sizzling feast! Your choice of chicken, steak or shrimp fajitas.

Bacon Dessert Demonstration

- rsvp 77743

Wednesday, August 20, 2:30 pm, Performing Arts Center

Chef Cindy, known for her creative culinary approaches, is taking the celebration of National Bacon Lovers Day to a new level by incorporating bacon into a delicious dessert creation.

The Garlands Luau and Pig Roast

- rsvp *17

Thursday, August 21, 4:00-7:00 pm, The Winslow Courtyard, \$45

Chef Glenn and the team are hosting a pig roast featuring traditional Hawaiian foods. No delivery or to-go orders available.

Burger Bar Night - rsvp *17

Thursday, August 28, 4:30-7:00 pm,
The Winslow, \$20

A fun event in the Winslow courtyard, featuring a customizable burger bar along with the regular Winslow dinner menu. Variety of burgers include beef, bison, and salmon. This is also your chance to order the Garlands reigning Championship Burger!

End of the Month Buffet

Sunday, August 31, 4:00-6:00 pm, Café Dining Area; Menu & price announced the week prior.

Labor Day Hours of Operation Monday, September 1

Galleria 7:00 am-4:30 pm

Café 11:00 am-3:00 pm

The Grill and Winslow are closed.





Welcome!



LARRY METZ
*Arrived from
Lake in the Hills in June*



LORRIE METZ
*Arrived from
Lake in the Hills in June*



VIRGINIA ZIMMER
*Arrived from
Palatine in June*



PAUL STOFCHECK
*Arrived from
Palatine in June*



PAT WENTHOLD
*Arrived from Lake
Barrington in June*



We captured about half of our fantastic gardeners in one shot!

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 —



After a delicious Red, White, & Blue BBQ, Brian Fitzgerald and Marty McCormack from Switchback entertained us with beloved American folk and patriotic songs.



Executive Chef Glenn Zamet and Cathy Nardo put on a Summer Solstice Dinner with produce from their gardens.



Best Garden Walk ever! L to r: Deanne Born, Linda & Bill Nimmo, Pat Wenthold, Jeanine & Ron VanDeVelde.



Carol Garibotti, Cathy Nardo, & Kathie Faulwetter (with a guest, in blue) at Cathy's amazing garden.

