THE GARLANDS® ZELLE Z

A Newsletter for the Members of the GARLANDS OF BARRINGTON

Party at Pinstripes to celebrate Fitness Supervisor, Bethanie Lochman's, birthday.



Nancy Cormack & Marge Gerry enjoy lunch at Little Traveler in Geneva, IL.



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).

Friday
Oct 3

WOOF Entertainment Presents Mr. Showman, Floyd Andrew w/Music of Times Gone By - rsvp *07 - Robie Lounge

4:00-5:00 pm

Traveling from Canada and complete with a piano candelabrum, Floyd plays a Name That Tune while performing beautiful music from times gone by.

Saturday

Chess Anyone? - rsvp *07

Oct 4

- Galleria

2:45-3:45 pm

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!



Mondays

Kaleidoscope Art Class - rsvp *07 for those who registered

Oct 6, 13, 20 & 27

by 9/6 - Art Studio in Prairieview

10:00-11:30 am

Beginner-friendly but designed to build step by step, this class explores color through pencils, watercolor, and acrylics. Each lesson builds on the latter, creating a fun and cumulative process of learning and discovery.



Tuesday

ESO Duo: Vincent Desantis and Eric Pidluski - rsvp *07

Oct 7

- Performing Arts Center

3:00-4:00 pm

Led by the fabulous Principal Bassoonist, Vincent Desantis and joined by Eric Pidluski on Violin, The first half is solo bassoon, second half bassoon and violin. Vincent is a composer and will play his own music as a mini-recital from the Elgin Symphony Orchestra.

Wednesday

New Friends Lunch - rsvp *07 - South Winslow

Oct 8 11:15 am-12:45 pm Fasten your seatbelts! This themed lunch is a fun way to encourage newer members to introduce themselves to others. Inspired by the educational presentation in the PAC afterward, the menu will be made available in advance. Lunch will be billed to your account, with non-alcoholic beverages and cookies compliments of The Garlands. Afterwards, head to the PAC to enjoy Leslie Goddard's lively portrayal of Amelia Earhart... an afternoon of history that's sure to take flight.



Wednesday

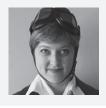
Leslie Goddard presents Amelia Earhart - rsvp *07

Oct 8

- Performing Arts Center

1:00-2:00 pm

A 45-minute one-woman show, Leslie dresses in authentic costume and has thoroughly researched women from the past. Prepare to be entertained and inspired.



Thursday Oct 9

10:00 am-12:00 pm

Breakfast with the BEST! - rsvp *07

- 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. Dr. Luger, a non-invasive cardiologist and Assistant Professor of the Department of Internal Medicine, Division of Cardiology, presents One Heart for Life. Explore the core principles of cardiovascular prevention in aging, emphasizing risk factor modification and a healthy lifestyle.



Friday Oct 10

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

- Surround Sound Theater

11:00 am-12:00 pm Join us for the next program of 16 videos, shown on the big screen, that will include: "Red is The Rose" - The O'Neill Sisters; "Life Is Beautiful" - Seattle Mandolin Orchestra; "Don't Fence Me In" - Riders In The Sky; "The Summer Wind" - Frank Sinatra; "My Fair Lady Overture" - The West German Broadcasting Orchestra; "On My Own (from Les Misérables)" - Daura Veater and several more. Bruce's programs fill our hearts: don't miss! The program last month was overflowing with attendees. Be sure to contact the Concierge at *07 to assure yourself a seat.

Saturday Oct 11

Barrington String Ensemble Performance - rsvp *07

- Robie Lounge

10:00-10:45 am

These enterprising high school students offer us their favorite compositions each month.



Saturday

October Birthday Bash with Carlyn Lloyd - rsvp *07 - Robie Lounge Oct 11

1:30-2:30 pm

Please note this Birthday Bash is, exceptionally, on the second **Saturday of the month.** Accomplished musician Carlyn Lloyd returns to amaze us with her flute and celebrate our October birthdays.



Monday Oct 13

BINGO for Coins - rsvp ***07 by 10/11** - Performing Arts Center

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.



Tuesday Oct 14

Second Annual Garlands American Mah Jongg Tournament!

1:00-3:30 pm

- **Register** ***07 by 10/7** - Roycroft, limit 16, bring \$6 cash to play

Carleen Smith and Marilyn Helberg host this members-only tournament. Registration is not complete until the entry fee is submitted. Players will draw for table assignments. Players must already know how to play, how to score the game and bring a 2025 Mah Jongg card. We will play 6 timed games. At the end there will be refreshments, cash prizes, and drawings for prizes. Questions? Please call Carleen (71221)



Wednesday

John LeGear's 1960s Songs of the Silver Screen - rsvp *07

- Surround Sound Theater

Oct 15

1:00-2:15 pm

Film historian John LeGear takes us on a lyrical tour of movie history with a special focus on the 1960s. Through unforgettable clips and music - from A Hard Day's Night to Oliver and beyond. This engaging program celebrates some of the greatest songs and dances ever captured on film.

Friday

Accused: A Salem Witch Faces Her Fate - rsvp *07

Oct 17

- Surround Sound Theater

10:00-11:00 am

Step back to 1692 as Michelle Gibbons portrays a woman caught in the hysteria of the Salem Witch Trials. Through this powerful presentation, you'll hear what it was like to live under suspicion, accused of unimaginable crimes with nothing more than rumor and fear as evidence.

Saturday
Oct 18

Suzuki Harp Recital - rsvp*07

- Performing Arts Center

2:30-3:30 pm

Welcome local harp students of Suzuki teacher, Brittany Smith, perform classical sols and ensemble repertoire along with popular favorites. Once the program begins, to enter or leave the PAC, please wait until the student has completed the current piece.



Sunday

Imprint Singers - rsvp *07

Oct 19 - Per

- Performing Arts Center

3:00-4:00 pm

The Imprint Choir celebrates the extraordinary musicals of Stephen Schwartz. The choir will take you on a captivating journey showcasing songs from this famous Broadway award-winning composer of Godspell, Wicked, Pippin, The Hunchback of Notre Dame, and The Prince of Egypt. This performance will lift your spirits as you enjoy an afternoon of music directed by Mr. Marty Sirvatka, Glenbrook South High School Teacher of the Year and recipient of the Grammy Foundation Outstanding Music School, nationwide. Mr. Sirvatka is the founder of Imprint Music, a not-for-profit organization, and features a group of talented alums whose mission is to continue to share their music by giving back to the community.

Monday

BINGO for Prizes - rsvp *07 by 10/18

Oct 20

- Performing Arts Center

3:30-4:30 pm

Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.



Friday

Artist Reception for Lorraine OMalley - rsvp *07

Oct 24

- Art Gallery by the Performing Arts Center

3:30-4:30 pm

Join us for a special reception celebrating the contemporary visions of Mrs. Lorraine OMalley. Self-taught artist, Mrs. OMalley has always used creativity to connect with others - learning new crafts and sharing them to build community through art. Her exhibition reflects this lifelong belief that art is both personal expression and a bridge between people.

Sunday

Chicago Bears vs Baltimore Ravens - rsvp *07

Oct 26

- Performing Arts Center

12:00-3:00 pm

Football fans can cheer on da Bears! Snacks and beverages are provided. Beer and wine are for purchase through half-time.



Monday

Speed Friending - rsvp *07 - Timbers Lounge

Oct 27
3:00-4:00 pm

Monday Funday!! Are you new here? Or maybe you've been a member for a while and would like to meet someone new? Socializing is the key to longevity. This fun event brought to you by the Fitness Team is a great way to make new connections! Bring your own questions or use ours. You have 7 minutes to chat before rotating to the next member. At the end, you can exchange numbers with connections you've made and transition into happy hour for a handcrafted cocktail or mocktail.

Monday

Trivia Night! - rsvp *07 by 10/25

Oct 27

- Burnham Room

7:00-8:15 pm

Really fun evening with new and old friends. Teams of 8 members. Beverages provided. The winning team gets a prize. **We are unable to accommodate walk-ins.**



Tuesday

Game Time! - rsvp *07 - Galleria (note just one date this month)

Oct 28
12:30-1:15 pm

Looking for fun and laughs with a few friends? Pictionary is the classic game choice this month. A charade-inspired word-guessing game based on the drawing of your teammate. You do not have to be an artist to play!



Friday

What's Happening?! - rsvp *07 - Surround Sound Theater

Oct 31
10:00-10:45 am

Abby gives a brief overview of next month's events, and you can sign up for them on the spot.



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

Dead Man's Cell Phone at Parker Players Theater, Barrington - rsvp *07 by 10/29 Sunday, November 2, 1:15-4:30 pm, 1000 Lobby, all tickets general seating \$36,

Sarah Ruhl's *Dead Man's Cell Phone* isn't just a surreal comedy about life, love, and death—it's a sharp commentary on how technology drives and distorts us. Time bends, realities blur, and we're swept through parallel worlds, peril, and peculiar romance—all by way of one very insistent ringtone. Play starts at 2:00 pm.

Sister Act Drury Lane Theater - rsvp *07 by 11/6

Thursday, November 13, 1:30pm, 1000 Lobby, Bus departs at Noon, \$55

Rejoice in this heavenly musical comedy based on the hit film! Sister Act is a feel-good, gospel-infused show packed with humor, heart, and high-energy – perfect tor a spirited afternoon outing.

Wellness Center



The Doctors are in... By appointment only.

Podiatrist: Dr. Warheit (847-577-1649) Wednesday, October 1 & 29, 8:00 am-2:00 pm

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

Wednesday, October 29, 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)

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

Wellness Lecture Series



Sample Healthy Foods: Apples

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

Sample a healthy recipe prepared by our culinary team as our Wellness Nurse explains the health benefits of apples.

Bulletin Board

Duplicate Bridge

We have begun a Duplicate Bridge group, which will meet every Thursday, from 6:30-9:00 pm, in the Robie. Questions? Call Susan Powers 73466.

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. Thursdays, 1:30 pm, Robie. Questions? Call Dick Weaver 71321.

Gardeners

A friendly alert: the last date to clean out your garden planters is Saturday, October 18. Please remove all plant material, per your agreement.

Garlands Library

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.

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 during the week and after 2pm on weekends. 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.

Bulletin Board

Mah Jongg

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

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 Anelson@thegarlands.com.

Trash Talk, brought to you by fellow members

If you choose to recycle, bear in mind when deciding whether to purchase beverages and food items in glass versus aluminum containers, that aluminum is one of more valuable and easily recycled materials. Clean tin foil pans and sheet tin foil is also recyclable if it isn't waded up. Another easily recycled item is the cardboard tubes from toilet paper and paper towels.

These gatherings or live lectures REQUIRE A RESERVATION

Lifelong Learning

Monday

Oct 6

3:30-4:30 pm

WildLife Talk: Celebrating the Ugliest Birds EVER! - rsvp *07

- Surround Sound Theater

Alyse Burman, from the Wildbird Shack, will present a captivating exploration of nature's most unconventional avian wonders! We'll delve into the fascinating lives of the world's ugliest birds, from the quirky Horned Screamer to the strikingly unique California Condor.



Tuesday

Oct 21

11:30 am-12:45 pm **Julie Strauss Lecture - rsvp** ***07** - Surround Sound Theater

It has been almost a year since Republicans took control of the White House and both chambers of Congress. At this moment of one-party rule, Democrats have been trying to formulate a response. What policies are they proposing, which Republican issues are they challenging, and which of their elected officials are leading these efforts? Join Julie Strauss, Ph.D., for this stimulating deep dive into our current political moment.



Wednesday

Genealogy Group - rsvp *07

Oct 22

- Eastlake Dining Room

11:00 am-12:00 pm Garlands member Pam Wilson can help you trace your family tree. Wherever you are on your journey, come! Your family is fascinating.



Wednesday

Oct 22

3:30-4:30 pm

Music Appreciation with Jim Kendros - rsvp*07

- Robie Lounge

Join music scholar and pianist Jim Kendros as we celebrate the colors of autumn through Mozart's clarinet masterpieces. Experience the elegance of the Clarinet Quintet and the poignancy of the Clarinet Concerto—his final orchestral work. Jim will also share the fascinating background of these luminous gems and treat us to a Mozart selection on piano.



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.

Corn Maze at Richardson's Farm - rsvp *07 by 10/1 🚵 🌥

Friday, October 3, 11:00 am-3:30 pm, 3000 Lobby, \$25

Fall into fall mode with our Fitness Team and get your steps in. Richardson's Corn Maze is the largest corn maze in the world. The design of the maze this year is Back To The Future-celebrating the 40th anniversary of the movie. They have hayrides, food, pumpkins and other fun activities to enjoy. Lunch, treats or merchandise is extra. Please wear comfortable shoes for walking.



Saturday, October 4, 1:50-4:00 pm, 3000 Lobby, \$45

Enjoy a fall afternoon in downtown Barrington at the Fall Wine Walk. Stroll through participating shops and restaurants, sample wines with your souvenir glass, and take

in the Village's Plein Air Art Show along the way. It's the perfect chance to sip, shop, and soak up the season!



Friday, October 10, 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 10/8

Friday, October 10, 6:15-8:15 pm, 3000 Lobby

6:15 depart. 7:00 performance. 8:15 departure, 8:20 arrive home.

Brazilian guitarist Luciano Antonio plays a selection of original arrangements, including Bossa Nova, Samba, and other genres from the world of Brazilian Music.

Bus to Elgin Symphony for 2025-26 Season Ticket Holders - rsvp *07

Sunday, October 12, 12:45-5:00 pm, 1000 Lobby

1:30 pre-concert chat. 2:30 concert. 4:30 pick-up. ESO-Gershwin Concerto in F.

First Division Museum at Cantigny in Wheaton - rsvp *07 by 10/8 👛 👛

Monday, October 13, 9:30 am- approx. 1:30 pm, 1000 Lobby, \$10

Join us for a journey through military history at the renowned First Division Museum at Cantigny. From early wars to the present day, explore powerful exhibits and artifacts that tell the story of America's fighting forces. Step outside to Tank Park for a look at classic armored vehicles that bring history to life. Whether you're a veteran or simply curious, the museum offers a memorable and immersive experience for all.

Lyric Opera: Medea - rsvp *07 by 10/16

Thursday, October 23, 11:00 am-approx 7:00 pm, 1000 Lobby

Depart 11:00; Pre-Performance Discussion 1:00; Performance 2:00; Pick up 5:15 Main Floor 1, \$198

Cherubini's Medea, a powerful tale of passion, betrayal, and revenge performed on one of the world's great opera stages. This dramatic masterpiece promises an unforgettable afternoon of music and theater.



Lunch to North Pointe Kitchen & Bar - rsvp *07 by 10/22



Friday, October 24, 11:30 am - approx 1:30 pm, 1000 lobby, members pay own meal.

With views of Forest Lake, North Point Kitchen & Bar is Lake Zurich's newest dining gem. An Italian-inspired menu highlights locally sourced, seasonal ingredients. Join friends for a relaxed afternoon of good food, good company and a little taste of la dolce vita right by the lake.



Dial M for Murder at Drury Lane Theatre, Oakbrook - rsvp *07 by 10/17



Saturday, October 25, 1:15 - approx 6:15 pm, 1000 Lobby, \$65 Performance 3:00. Pick up 5:15

Jealousy, deception, and the pursuit of the perfect crime collide in this classic thriller - an affair, a fortune, and a murder plot that goes terribly wrong.

Bach Cantata Vespers at Grace Lutheran Church in River Forest - rsvp *07 by 10/24

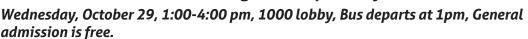


Sunday, October 26, 1:45-6:15 pm, 1000 Lobby, \$10

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's sister and nephew usually sing in the chorus, and Martha plans to be there to greet you.

Goebbert's Farm, South Barrington - rsvp *07 by 10/26 👛 👛





Spend a lovely fall afternoon at Goebbert's Farm, home of the iconic "Happy Jack" pumpkin and generations of family tradition. From its roadside stand beginnings in 1948 to today's bustling fall festival, discover the story behind this beloved landmark. We'll be back home in time for supper!



Spiritual Ongoing Happenings Is there a spiritual service you're missing? Please call Activities (*13). **Tuesdays Bible Discussion with Stan Guillaume** 1:30-2:30 pm - Eastlake Dining Room; Focusing on the Gospel of John Holy Communion with Deacon Bob Powers of St. Anne Catholic Community Wednesdays 2:00-2:30 pm - Burnham Room in Building 3 Introduction to Prayer with Father Osborne of St. Michael's Episcopal Church Wednesday, Oct 8 - Eastlake Dining Room; Conversations and teaching about what prayer is and 1:30-2:30 pm how we can pray. All welcome! Communion Service with St. Mark's Episcopal Church Friday, Oct 3 - Eastlake Dining Room; All welcome! 3:00-4:00 pm Ride To and From St. Anne Catholic Community - rsvp *02 - Saturdays, 4:15-6:15 pm; Sundays, 8:40-9:45 am and Saturdays & Sundays 10:30-11:45 am

Things **To Do**

	Wednesdays Oct 1 & 15 4:00-5:30 pm	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.	
	Saturdays Oct 4 & 18 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. Just talk may run late if the topic is hot.	
	Tuesdays & Thursday Oct 7, 9, 14, 21 & 28	Therapy Dogs! - Wellness Hallway Tuesdays, October 7, 14, 21, 28, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, October 9, 10:00-11:00 am (Myra). These therapy dogs love YOU but should not interact with member dogs.	
	Tuesdays Oct 7 & 21 3:30-4:30 pm	Barrington Area Library Brings Books to Us - Wellness Hallway If you'd like Whitney, Adult Services Librarian, and Barb to bring specific books or audio books, you can call and request them (847-382-1300, x-3120). Remember to say you livat The Garlands.	⁄e
	Fridays Oct 10 & 31 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 Oct 14 12:00-2:00 pm	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).	7
	Friday Oct 17 4:30-6:00 pm	Piano Bar with Jeff & Brian - Robie Lounge Jeff Deutsch & Brian Patti play your favorites from hotel piano bars and take requests.	
	Saturday Oct 18 11:30 am-1:30 pm	Midday Broadway: Guys & Dolls 1955 - Surround Sound Theater Based on Damon Runyon's famous tales of small-time hoods and showgirls, Guys and Do is filled with some of the most wonderful showtunes ever.	ills
	Tuesday Oct 21 11:00-2:30 pm	Daughters of the American Revolution High Tea - rsvp by 10/8 to Mary Miller at millergal@sbcglobal.net - Performing Arts Center 11:00 Boutique Shopping in the Art Gallery; 12:00 High Tea, 1:00 Leslie Goddard presents Tea with Abigail Adams Hosted by the Signal Hill Chapter, NSDAR. You may shop at the boutique without attending the tea, but the performance is only for tea attendees. The Garlands Concierge cannot tall reservations; pick up the registration form for full details. All questions should be directed to Mary Miller (millergal@sbcglobal.net). There is no phone number to call.	ng ke

Things To Do

Wednesday Oct 22 9:30-10:30 am	Coffee with Management - 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.
Tuesday Oct 28 10:00-11:00 am	Meet the MAC! - Robie Lounge Bring a coffee and catch up with your Members Advisory Committee.
Wednesday - Friday Oct 29-31	Member Voting on Team-Member Decorated Pumpkins - Wellness Hall Vote for your favorite decorated pumpkin created by each Department! Marvel at the scary, beautiful, silly, fun, and ghoulish pumpkins. One vote per member only. Voting closes on 10/31 at noon. Winners announced on Channel 1901 on Halloween afternoon.
Friday Oct 31 3:00-3:15 pm	Halloween Treats and Costume Photo - Café and Galleria After the annual Team Member Halloween Celebration, team members in costume will parade by the Café and Galleria hoping members will be there! While you wait, enjoy spooky treats. Team members and any members in costume will take a quick group photo. Team members then depart for Prairieview.

Any questions about these activities, call the person named in parentheses. Please alert us to any changes in this information.

Ongoing Happenings

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

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)

Duplicate Bridge - Thursdays, 6:30 pm, Robie Lounge (Susan Powers 73466)

Euchre - Thursdays, 1:30 pm, Robie (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 - 1st & 3rd Thursdays, 2:30 pm, Timbers Lounge Fireplace Room, Max \$5 (Carleen Smith 71221. Carleen can provide change)

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 enjoy the company of friends!) Wednesdays, 1:00-3:00 pm, Galleria

Fitness Programs

Squatober Challenge

Participate in the Squat Challenge this month! This is a perfect way to help strengthen your glutes to help improve balance and stability.

Party in Pink Zumba Gold

In honor of Breast Cancer Awareness wear pink throughout the month to show your support. A group photo will be taken during the 11:00 am Zumba class on Wednesday, October 15 with everyone wearing PINK.

Whirlpool & Pool Closed until October 13

The Aquatic Center will be closed for annual maintenance. Aqua classes are canceled. As an alternative, Good Shepard Hospital has opened their newly renovated pool, and members may contact them for their hours and fee.

Deer Grove Fall Fun Walk - rsvp *07

Tuesday, October 7, 12:45-2:30, pm, 3000 Lobby Walk with the fitness team and your friends for an hour in Deer Grove forest preserve. Enjoy the foliage and get your steps in during this challenging workout. We will walk 3 miles during this hike. Wear comfortable shoes and bring water.

Barrington High School Girls Varsity Volleyball Game - rsvp *07

Tuesday, October 7, 5:30-7:30, pm, 3000 Lobby, Barrington High School

Cheer on the girls' volleyball team against Hersey High School at home. Bring your neighbors and enjoy an exciting night filled with fierce competition and a great game. Tickets are free!

Meditation with Bhante from the Blue Lotus Temple

Wednesday, October 8, 11:30-12:30 pm, Timbers Lounge

Bhante will guide you through a meditation session to remove your stress.

Rock Climbing For Parkinson's Disease - rsvp *07

Saturday, October 11, 9:00-11:30 am, 3000 Lobby, North Wall in Crystal Lake

This rock-climbing class is designed for those living with Parkinson's and a great way to benefit people with PD by improving strength, flexibility, and coordination, while also reducing symptoms and boosting well-being. This is sponsored by a group called Up ENDing Parkinson's and located at North Wall in Crystal Lake. You DO NOT need any experience. They will teach you how to climb in a safe environment. The cost is \$15 per member. If you have any questions, contact Bethanie at *41.

Splash It Off; Taylor Swift Themed Pool Party - rsvp *07

Monday, October 13, 1:00 pm-1:45 pm, Pool

Calling Swiftie fans! Bring your grandchildren to this fun pool party. If they are off for the holiday, they can enjoy working out and partying with their grandparents. After class we will enjoy treats.

Tai Chi Class

Wednesday, October 15, 10:00-10:45 am, Fitness Center

Allison from MoonWillow Studio for Tai Chi welcomes all levels to her class. If you've never taken Tai Chi before, this is a great opportunity to learn the art of Tai Chi.

Chicago Bear Gear Day

Friday, October 24, 11:00 am-12:00 pm, Fitness Center Wear your Bears gear to work out and take a pretzel with some cheese for the road.

Cardio Sculpt and Nightmare Before Christmas Movie - rsvp *07

Wednesday, October 29, 11:30 am, and 3:00 pm, Surround Sound Theater

Come to the spooky Sculpt Class at 11:30 am in the Fitness Center to get pumped up for the afternoon movie in the SST. Wear your best Halloween PJs and bring a blanket to this fun pop-up event. We will have popcorn, candy and beverage. We are bringing all the Halloween vibes to this eventful day.

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

Fitness Programs

Fit Aqua

Mondays, Wednesdays, and Fridays, 10:00-10:30 am, Pool Aquatic Center is closed through October 10th.

Zumba® Gold with Axana!

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

Cardio Dance class using Latin and International music, standing and sitting

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

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

Fit in 30

Tuesdays, 1:30-2:00 pm, Fitness Center

This class will be 7 different exercises, upper and lower body. 45 seconds on and 15 seconds rest. 3 rounds total and done! **No class 10/7**.

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



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

October Food and Beverage Events

International Coffee Day

Wednesday, October 1, 10:00 am-12:00 pm, The Galleria, FREE

Our Baristas favorite day! Sample delicious coffee drinks and sweet treats made by Pastry Chef Cindy.

National Taco Day - rsvp *17

Saturday, October 4, 4:30-8:00 pm, The Winslow, prices vary

Celebrate one of our favorite foods, Tacos! Taco specials complement our dinner menu tonight and are available for delivery or carry-out.

Wine Sampling

Wednesday, October 8, 4:00-5:00 pm, The Timbers Lounge, FREE

Jason opens happy hour with an offering of wine sample and a brief description of each.

National Dessert Day

Tuesday, October 14, all day, prices vary Pastry Chef Cindy prepares special sweets for the Café, Galleria and dinner at the Grill.

Kitchen Tour - rsvp 77743

Wednesday, October 15, 3:00-4:00 pm, The Winslow

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

Sweetest Day - rsvp *17

Saturday, October 18, 4:30 pm-8:00 pm, The Winslow, prices vary

To honor Sweetest Day, Chef Glenn creates a special menu made for two. The dinner menu will be available this evening as well.

Fall Farmers Market

Thursday, October 23, 11:00 am-1:00 pm, PAC pre function area

You'll have excellent options for fall produce and pumpkins or gourds at our Fall Farmers Market featuring local produce from around the area. You can purchase by billing your account, cash or credit.

Fall Harvest Buffet - rsvp *17

Thursday, October 23, 4:30 – 7:00 pm, The Winslow, \$35

Fresh produce straight from the earlier market will be the main ingredients for this feast featuring something for everyone. No deliveries this evening.

End of the Month Buffet

Sunday, October 26, 4:00 - 6:00 pm, Café Dining Area; Menu & price announced the week prior.

Fall Chocolate Dessert Demo - rsvp 77743

Tuesday, October 28, 2:00 pm, PAC, FREE

Pastry Chef Cindy will lead a demonstration on how to create a delicious dessert. She will explain the techniques involved while preparing the dish, offering samples as she works.

Witches Herb Dinner - rsvp 77743

Thursday, October 30, 5:00 pm, \$65

Ms. Nardo and Chef Glenn have teamed up again to bring you an evening of magic, information, great food and fun. While Chef prepares the evenings meal, Ms. Nardo will be talking about all the fresh herbs that are incorporated into each dish. Limited seating.



A Rare Garlands Members Opportunity Friends and Family

As you know, The Garlands is currently accepting waitlist applicants for most Garlands floor plans. However, we currently happen to have immediate availability for a select few one-bedroom homes. These clever (Oak and Elm) floor plans feature:

- light-filled living and dining options
- full kitchen with pass-through
- a master suite with walk-in closet
- and a full private bathroom.

This is a **RARE OPPORTUNITY for immediate access** to The Garlands lifestyle, residency, and continuum of support services before we actively market these units to the public.



If you happen to have friends or family who may be interested in immediate access to a Garlands one-bedroom home this fall, invite them to schedule a tour by emailing Martha@thegarlands.com, call 847-756-3221 or stop by to chat with Michelle or Tracy.

October Birthdays

Wishing a Happy Birthday to those celebrating this month! See Birthday Bash on Page 3.



Jim Schorr	Oct 2	Ron Rood	Oct 9	Bruce Townsager	Oct 25
Stanley Guillaume	Oct 3	Nancy Zgonena	Oct 11	Joanne Witte	Oct 25
Muriel Fenzel	Oct 5	Kathy Callaci	Oct 12	Susan Origer	Oct 27
Andy Rueb	Oct 6	Robert Boccaccio	Oct 12	Bob Tikwart	Oct 28
Betty Wilke	Oct 7	Phyllis Hamilton	Oct 13	John Ruffner	Oct 29
Ed Carlton	Oct 7	Ann Krull	Oct 18	Tom Palmer	Oct 29
Rod Lear	Oct 7	Richard Peterson	Oct 19	Peggy Ullius	Oct 30
Beverly Bystricky	Oct 8	JoAnne Westerman	Oct 19	Mary Kenney	Oct 30
John Russell	Oct 8	Diana Buecking	Oct 21	Jonathan Hamill	Oct 31
Meridith Randolph	Oct 8	Ellie Wilson	Oct 23	Nancy Cormack	Oct 31
Connie Bader	Oct 9	Lee Heckmeck	Oct 23	Christine Kotarba	Oct 31
Louise Hartigan	Oct 9	Karen Pedersen	Oct 24		



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!









Low-impact and full-body workout in the weekly Fit Aqua class.



Executive Chef Glenn serves Bananas Flambe at the Great Chicago Fire themed lunch.



Mary Anne Ball isn't distracted by Larry McQuaid in a competitive game of Bocce.



Sally Graham is skilled at multitasking fun with sport during the Pinstripes outing.