

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

*Friends Susan Sanabria, Linda Jensen, Gisela Seehafer, and Sally Graham enjoy an evening out in Barrington.*



*Enjoying a Fall day at the corn maze of Richardson Adventure Farm is Fitness Supervisor, Bethanie Lochman, Mirella Rollo, Lia Douglas and Marie Eibl.*



*Lia Douglas puts the "adventure" in Richardson Adventure Farm while fearlessly ziplining.*



*Learning archery at Wanderlust Archers is l to r, Kara Sponsler, Nelson Cheung, Marie Eibl, Gisela Seehafer, Mary Blasko and Mary Anne Ball.*

NOVEMBER 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<br/><b>Nov 1</b><br/>1:30-2:30 pm</p>                   | <p><b>November Birthday Bash with Stevie Sings - rsvp *07</b><br/>- Robie Lounge</p> <p>Celebrate our November birthdays. At 2:00 pm we sing Happy Birthday and enjoy the scrumptious cake.</p>                                                                                                                                                                                                                                                                                                                                                    |    |
| <p>Mondays<br/><b>Nov 3, 10, 17 &amp; 24</b><br/>10:00-11:30 am</p> | <p><b>Kaleidoscope Art Class: Holiday Card Workshop - rsvp *07</b><br/>for all 4 classes - Art Studio in Prairieview</p> <p>Let's create beautiful holiday cards your friends and family will adore! Each session begins with a guided watercolor lesson, followed by time to make extra cards with individual assistance. Beginner-friendly but designed to build step by step, this class explores color through pencils, watercolor, and acrylics—each lesson building on the last for a fun, cumulative process of learning and discovery.</p> |    |
| <p>Saturday<br/><b>Nov 8</b><br/>10:00-10:45 am</p>                 | <p><b>Barrington String Ensemble Performance - rsvp *07</b><br/>- Robie Lounge</p> <p>These enterprising high school students offer us their favorite compositions each month.</p>                                                                                                                                                                                                                                                                                                                                                                 |  |
| <p>Monday<br/><b>Nov 10</b><br/>3:30-4:30 pm</p>                    | <p><b>BINGO for Coins - rsvp *07 by 11/8</b><br/>- Performing Arts Center</p> <p>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>Tuesday<br/><b>Nov 11</b><br/>12:30 - 1:30 pm</p>                | <p><b>Veterans Day Deli Lunch Buffet - rsvp *07</b><br/>- Performing Arts Center, Complimentary for Veterans. \$20/non-veterans.</p> <p>Join us back at The Garlands for lunch following the morning ceremony at Lake Barrington Shores. A microphone will be available to share stories and sentiment as we remember our patriotic heroes.</p>                                                                                                                                                                                                    |  |
| <p>Sunday<br/><b>Nov 16</b><br/>3:30-4:30 pm</p>                    | <p><b>Chicago Bears vs Minnesota Vikings - rsvp *07</b><br/>- Performing Arts Center</p> <p>Football fans can cheer on da Bears! Snacks and beverages are provided. Beer and wine are for purchase through half-time.</p>                                                                                                                                                                                                                                                                                                                          |  |

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|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Monday<br/><b>Nov 17</b><br/>3:30-4:30 pm</p>            | <p><b>BINGO for Prizes - rsvp *07 by 11/15</b><br/>- <i>Performing Arts Center</i></p> <p>Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>                                                                                                                                                                                                                                                                                    |    |
| <p>Tuesday<br/><b>Nov 18 &amp; 25</b><br/>12:30-1:15 pm</p> | <p><b>Game Time! - rsvp *07 - Galleria</b></p> <p>Looking for fun and laughs with a few friends? Join us for Heads-Up where one player holds a word to their forehead and other players give clues to help them guess it before time runs out.</p>                                                                                                                                                                                                                                                    |    |
| <p>Wednesday<br/><b>Nov 19</b><br/>11:15 am-12:45 pm</p>    | <p><b>New Friends Lunch - rsvp *07 by 11/17 - South Winslow</b></p> <p>Make new friends and enjoy a 1950's - themed lunch complete with nostalgic food and retro dining experience. The menu will be made available in advance. Lunch is billed to your account. Non-alcoholic beverages and cookies are complimentary. Afterward, head to the PAC for the afternoon program, "1950's: The Frosting on The Cake."</p>                                                                                 |    |
| <p>Wednesday<br/><b>Nov 19</b><br/>1:00-2:00 pm</p>         | <p><b>1950s: The Frosting on the Cake with Myra Loris - rsvp *07</b><br/>- <i>Performing Arts Center</i></p> <p>Myra Loris is back to take a nostalgic yet revealing look at the often misunderstood decade of the 1950s. Explore the optimistic, peaceful rhythms of everyday life that masked the darker realities beneath — from the I Love Lucy Show to the nuclear arms race, from Dick and Jane to Joe McCarthy, and much much more.</p>                                                        |                                                                                       |
| <p>Thursday<br/><b>Nov 20</b><br/>4:30-6:00 pm</p>          | <p><b>New Member Reception w/Ed Collins at the Piano - rsvp *07</b><br/>- <i>Robie Lounge</i></p> <p>New and established members mingle in a lively atmosphere. Newer members also receive a corsage and introductions at 5:00 pm sharp, followed by a group photo. Enjoy complimentary cheese and crackers while enjoying the light stylings of pianist Ed Collins.</p>                                                                                                                              |  |
| <p>Friday<br/><b>Nov 21</b><br/>11:00 am-12:00 pm</p>       | <p><b>Music at The Garlands with Bruce Smith! - rsvp *07 - Surround Sound Theater</b></p> <p>Join us for the next program of 18 videos, shown on the big screen, that will include: "I've Got a Crush on You" - pianist Beegie Adair; "Waltzing Matilda" - Slim Dusty; "Moon River" - Voctave Singers; "Haydn:Trumpet Concerto" - Helmut Fuchs; "Gentle On My Mind" - Ashley Campbell; "Dancing Tambourine" - organist David Gray and several more. Bruce's programs fill our hearts: don't miss!</p> |                                                                                       |
| <p>Monday<br/><b>Nov 24</b><br/>7:00-8:15 pm</p>            | <p><b>Trivia Night! - rsvp *07 by 11/22 - Burnham Room</b></p> <p>A 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.</p>                                                                                                                                                                                                                                                                    |  |
| <p>Wednesday<br/><b>Nov 26</b><br/>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>                                                                                                                                                                                                                                                                                                                             |  |

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

### **The Garlands Annual Holiday Spectacular Dinner and Show - rsvp \*07 by 11/25**

***Wednesday, December 3, 4:30-8:30 pm, Performing Arts Center, \$70, (this does not come from monthly allotment) Check in with us in the Art Gallery for your table assignment. 4:00 Happy Hour in Roycroft. 4:30 PAC doors open. 5:00 Dinner. 7:00-8:30 Performance.***

**Please note, on this night there will be no other happy hour or dinner service on campus.**

At this formal event for members only, indulge in a Land & Sea dinner prepared by Executive Chef Glenn, with a sweet and festive finale from Pastry Chef Cindy. Afterward, be captivated by a magical evening of holiday favorites and cheer, featuring an uplifting performance by Chicago's award-winning vocalist, Tina Jenkins Crawley. Due to the expected turn-out of capacity seating, all mobility devices will valet to the prefunction area. If you wish to specify your dining companions (limit 10), please choose one person whose first and last names will be the group name and give that to the Concierge when you make your reservation. Also, inform the Concierge no later than 11/25 if you have dietary needs.



### **The Klezmatics: Happy Joyous Hanukkah - rsvp \*07 by 11/26**

***Thursday, December 4, 5:30 - approx 10:30 pm, Ravinia, 1000 Lobby, \$35***

The only Grammy Award-winning klezmer band and one of the most iconic and adventurous groups in modern Jewish music. In celebration of their 40th anniversary, the ensemble revisits *Woody Guthrie's Happy Joyous Hanukkah*, a collaboration that beautifully blends Guthrie's lyrics and Jewish storytelling into a joyful holiday performance.

### **Dancewerks Wintertainment Variety Show - rsvp \*07 by 12/2**

***Saturday, December 5, 7:00 pm, Performing Arts Center***

Theater performers from the Dancewerks Studio invite you to their entertaining annual program of song and dance, comedy and sentiment. They have reserved 20 seats for Garlands members.

### **The Garlands 14th Winter Wonderland - rsvp \*07**

***Sunday, December 7, 4:30-7:00 pm, Garlands Campus***

You're invited to a holiday treat: The Garlands' annual signature event! Come and indulge in gourmet sweet and savory small bites available throughout the celebration. Enjoy the authentic sounds of Victorian carolers, watch the playful creations of balloon artists, and sing along with our lively piano man. Don't miss your chance to visit Santa's Workshop for a complimentary professional photo and a check to see if you made the "nice" list. At 6:45 p.m., we'll gather in the Performing Arts Center for a moving, candlelit rendition of "Silent Night." Be sure to pick up the itinerary and map when you arrive. Each member household may invite two guests, who must be registered with the Concierge (\*07). Wristbands will be provided for all registered guests. We welcome new, unwrapped toys for our Toys for Tots boxes and new mittens, gloves, hats, and socks for our Giving Tree.

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

### **Songs of Good Cheer - rsvp \*07 by 12/5**

**Friday, December 12, 5:30 - 10:45, Old Town School of Folk Music, 1000 Lobby, \$70**

27th Annual Holiday Caroling Party with Mary Schmich and Eric Zorn. A cherished and uniquely Chicago tradition. A portion of the proceeds go to the Greater Chicago Food Depository.

### **The Garlands Holiday Tea - rsvp to Martha at \*21**

**Saturday, December 13, and Sunday December 14, 1:00-3:00 pm, Performing Arts Center \$40/Adult, 12 and under \$20**

Inspired by the Nutcracker, the culinary team creates a "Sugar Plum Tea" in honor of the visiting ballerinas from Barrington's Dancewerks Studio.

### **Special ESO Holiday Spectacular - rsvp \*07 by 12/10**

**Sunday, December 14, 12:45-5:00 pm, 1000 Lobby, \$70**

The Elgin Annual Holiday Tradition!

## Spiritual Ongoing Happenings

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

|                                          |                                                                                                                                                                                                  |
|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Tuesdays</b><br>1:30-2:30 pm          | <b>Bible Discussion with Stan Guillaume</b><br>- Eastlake Dining Room; Focusing on the Gospel of John                                                                                            |
| <b>Wednesdays</b><br>2:00-2:30 pm        | <b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b><br>- Burnham Room in Building 3                                                                                      |
| <b>Wednesday, Nov 12</b><br>1:30-2:30 pm | <b>Introduction to Prayer with Father Osborne of St. Michael's Episcopal Church</b><br>- Eastlake Dining Room; Conversations and teaching about what prayer is and how we can pray. All welcome! |
| <b>Friday, Nov 7</b><br>3:00-4:00 pm     | <b>Communion Service with St. Mark's Episcopal Church</b><br>- Eastlake Dining Room; All welcome!                                                                                                |
| <b>Saturdays &amp; Sundays</b>           | <b>Ride To and From St. Anne Catholic Community - rsvp *02</b><br>- Saturdays, 4:15-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am                                                            |

# Wellness Center



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

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

Wednesday, November 19, 8:00 am-2:00 pm

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

Wednesday, November 26, 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 Medications**

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

## Wellness Lecture Series



### **Sample Healthy Foods: Chickpeas**

*Tuesday, November 25, 11:00-  
11:30 am, Wellness Hallway*

Sample a healthy recipe, Pumpkin Hummus,  
prepared by our culinary team as our Wellness  
Nurse explains the health benefits of chickpeas.

## 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. If you are interested in being a  
substitute or a regular in this group, please 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, 1:00 pm, Robie.  
Questions? Call Dick Weaver 71321.

### **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.

### **Mah Jongg**

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

### **Trash Talk**

The holiday gift giving season is upon us! It's a good  
time to think twice about what kind of wrapping  
paper you may be purchasing. In order to qualify for  
recycling, the paper should be 100% paper. Paper  
with sparkles and shiny foil paper are not eligible  
for recycling.

### **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](mailto:Anelson@thegarlands.com).

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| <p>Monday<br/><b>Nov 3</b><br/>3:30-4:30 pm</p>          | <p><b>WildLife Talk: Frequently Asked Questions! - rsvp *07</b><br/>- Surround Sound Theater</p> <p>Alyse Burman, from the Wildbird Shack, will discuss the peculiar behaviors of our feathered friends that leave us wondering...Why do they spread ants on their body? Why do they eat small stones? What exactly defines a bird? Which bird has the longest wingspan? Find out in this engaging presentation.</p>                                                                                                                                                     |    |
| <p>Tuesday<br/><b>Nov 18</b><br/>11:30 am-12:45 pm</p>   | <p><b>Julie Strauss Lecture Executive Orders and Pardons, Oh My!</b><br/>- Surround Sound Theater</p> <p>Join Julie Strauss, Ph.D., for an engaging discussion on a president's powers regarding pardons and executive orders. Learn how these tools have been used throughout history, the role of other government branches in determining their legality, and when they might cross the line into overreach.</p>                                                                                                                                                      |    |
| <p>Wednesday<br/><b>Nov 26</b><br/>11:00 am-12:00 pm</p> | <p><b>Genealogy Group - rsvp *07</b><br/>- Eastlake Dining Room</p> <p>Garlands member Pam Wilson can help you trace your family tree. Wherever you are on your journey, come! Your family is fascinating.</p>                                                                                                                                                                                                                                                                                                                                                           |    |
| <p>Wednesday<br/><b>Nov 26</b><br/>3:30-4:30 pm</p>      | <p><b>Music Appreciation with Jim Kendros - rsvp*07</b><br/>- Robie Lounge</p> <p>It's the season of giving thanks for all the great things in our lives! Jim Kendros returns to offer a perfect musical program to capture the spirit of the season. Enjoy the finales of some of the greatest piano concertos ever composed, including Tchaikovsky's immortal Piano Concerto in B-flat minor, the joyful finale of Brahms' Piano Concerto No. 2, and Schumann's deeply emotional Piano Concerto in A minor. Join Jim for an hour of beautiful music and gratitude!</p> |  |



## Ongoing Rides to Stores - rsvp \*02

All times listed are for departures, and all are at the 3000 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.*

## Dead Man's Cell Phone at Barrington Theater - rsvp \*07 by 10/29

**Sunday, November 2, 1:15-4:30 pm; 2:00 showtime; all tickets**    
**general seating \$36, 1000 Lobby**

Parker Players Theater Company presents Sarah Ruhl's Dead Man's Cell Phone. It 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.

## The Salt Escape in Arlington Heights - rsvp \*07

**Monday, November 3, 12:30-2:30 pm, 1000 Lobby, \$35**

Experience a calming, elevated state of mind and easier breathing this cold and flu season with an outing to a Salt Cave, where you can meditate, nap, or relax in zero-gravity chairs surrounded by healing Himalayan salt and the sounds of ocean waves. Wear or bring comfortable socks for this experience.

## Lake Barrington Shores Holiday Arts & Gift Show - rsvp \*07

**Friday, November 7, 4:45-6:45 pm, 1000 Lobby**

One stop shopping for unique and handmade gifts!

## Bus to Elgin Symphony Orchestra for 2025-2026 Ticket Holders - rsvp \*07

**Sunday, November 9, 12:45-5:00 pm, 1000 Lobby**

1:30 pre-concert chat. 2:30 concert. 4:30 pick-up. ESO

Mozart & Mendelssohn, Individual tickets are available. See Conceirge for single ticket pricing and purchase.

## Veterans Day Celebration at Lake Barrington Shores - rsvp \*07 by 11/5

**Tuesday, November 11, depart 10:15 am-approx 12:15 pm, 1000 Lobby**

The Veterans of Lake Barrington Shores invite and welcome the Veterans of The Garlands to this meaningful event honoring All Who Served and concludes with their famous cake. Keynote speaker is Allen J. Lynch, Medal of Honor recipient.

## Blue Lotus Temple & Meditation - rsvp \*07

**Wednesday, November 12, 12:30-2:30 pm, 1000 Lobby, Free**

For a relaxing experience, join Bhante Rahula for a meditation session inside the temple inspired by the lotus flower located in the Woodstock Square. The design of the temple is known as a creative and engineering marvel inspiring tranquility and peace as if floating in a sea of serenity. The meditation will be led by Bhante, Rahula. If you haven't had the opportunity to see the temple, please join us.

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



Little walking



Some walking



A lot of walking

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

**Thursday, November 13, 12:00 - 5:00 pm, 1000 Lobby, \$55**

**1:30 show. 4:00 pick up. 5:00 return.**

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 for a spirited afternoon outing.

**Bus to Woodfield Mall - rsvp \*07 by 11/12**   

**Friday, November 14, 11:00 am-3:00 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 11/12** 

**Friday, November 14, 6:15-8:15 pm, 1000 Lobby**

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

Big Sky Trio playing bluegrass, blues and American roots.

**And the Winner Is: The Greatest Award-Winning Songs of All Time - rsvp \*07 by 11/4** 

**Tuesday, November 18, 12:30-4:30 pm, Elgin Community College, 1000 Lobby, \$35**

Powerhouse vocalist Lisa Rock joins music director/pianist Ken McMullen to celebrate the greatest award-winning songs from stage and screen. Enjoy timeless hits like Moon River, My Heart Will Go On, and A Whole New World, a concert of cinematic and Broadway favorites that have captured hearts and gold statues alike.

**Lyric Opera: Cavalleria - rsvp \*07 by 11/13**  

**Thursday, November 20, 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 \$180.**

Love, betrayal and revenge collide.

**Bus to Feed My Starving Children, Schaumburg - rsvp \*07 by 11/19**   

**Friday, November 21, 1:45-4:45 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.

**She Loves Me - rsvp \*07 by 11/10** 

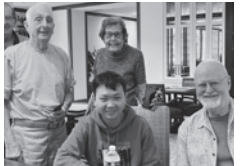
**Sunday, November 23, 12:15-5:15 pm, Harper College, 1000 Lobby, \$20**

**"Director/Dramaturg Coffee Talk" 1:00 pm; Performance 2:00 pm; Return approx. 5:15 pm**

Complimentary coffee and engaging conversation pre-show with the Director, Kevin Long. She Loves Me is a witty and romantic musical comedy written by the creators of Fiddler on the Roof and Cabaret.

# Things To Do

These activities **DO NOT** require a reservation  
Questions? Please call Cynthia Hagedorn, Activities Director (\*13).

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| <p>Saturdays<br/><b>Nov 1 &amp; 15</b><br/>10:00-11:00 am</p>        | <p><b>Just Talk - Eastlake</b><br/>What is Just Talk? Just Talk is an informal get-together of Garlands residents who meet twice a month on Saturday mornings. There is no agenda except to engage in the lively art of conversation. The topics vary widely based on whatever subjects of interest spontaneously pop up during these hour-long gatherings. The exchange of ideas is usually quite interesting and stimulating. This is a great way to get to know your fellow Garlands residents and to make new friends.</p> |    |
| <p>Tuesdays &amp; Thursday<br/><b>Nov 4, 11, 13, 18 &amp; 25</b></p> | <p><b>Therapy Dogs! - Wellness Hallway</b><br/><i>Tuesdays, November 4, 11, 18, &amp; 25, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl);</i><br/><i>Thursday, November 13, 10:00-11:00 am (Myra). Wellness Hallway.</i><br/>These therapy dogs love YOU but should not interact with member dogs.</p>                                                                                                                                                                                                                  |    |
| <p>Tuesdays<br/><b>Nov 4 &amp; 18</b><br/>3:30-4:30 pm</p>           | <p><b>Barrington Area Library Brings Books to Us - Wellness Hallway</b><br/>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 live at The Garlands.</p>                                                                                                                                                                                                                                              |                                                                                       |
| <p>Wednesdays<br/><b>Nov 5 &amp; 19</b><br/>4:00-5:30 pm</p>         | <p><b>Tech Lab with William! - Galleria</b><br/>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>Tuesday<br/><b>Nov 11</b><br/>12:00-2:00 pm</p>                   | <p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness/Café Hallway</b><br/>Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>                                                                                                                                                                                                                                                                                                             |  |
| <p>Thursday<br/><b>Nov 13</b><br/>11:00-3:00 pm</p>                  | <p><b>Annual Inspira Fundraiser Baked Potato Bar - Wellness Hallway</b><br/>Proceeds go directly to both Honor Flight Chicago and Adopt-A Senior for The Holiday. Suggested donation \$3.</p>                                                                                                                                                                                                                                                                                                                                  |                                                                                       |
| <p>Fridays<br/><b>Nov 14 &amp; 28</b><br/>4:30-6:00 pm</p>           | <p><b>Bobby Schiff on Piano - Robie Lounge</b><br/>Bobby is legendary and can stun you with the beauty of his playing.</p>                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>Saturday<br/><b>Nov 15</b><br/>11:30 am-1:30 pm</p>               | <p><b>Midday Broadway: Irving Berlin's Holiday Inn - Surround Sound Theater</b><br/>Two army buddies become a musical comedy team. Packed with show-stopping musical numbers.</p>                                                                                                                                                                                                                                                                                                                                              |                                                                                       |

# Things To Do

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|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Thursday<br/><b>Nov 20</b><br/>2:00-3:00 pm</p> | <p><b>Town Hall - Performing Arts Center</b><br/>Management apprises members of news and updated information concerning life at The Garlands. We strongly encourage members to attend this meeting, which occurs five times a year.</p>                                                                                                                                                                              |
| <p><b>Nov 24 - Dec 24</b><br/>8:00 am-4:00 pm</p>  | <p><b>Holiday Shopping &amp; Gift Wrapping - Galleria</b><br/>Our Baristas are here to assist you in stress free gift-giving this season. Visit the Galleria Shop for unique boutique holiday gifts and then have them gift wrapped! Gift wrapping service is available to members and team members. No Galleria Gift purchase necessary. Small/Med size box - \$5 and Large or unusually shaped gifts are \$10.</p> |
| <p>Tuesday<br/><b>Nov 25</b></p>                   | <p><b>Meet the MAC! - Robie Lounge</b><br/>Bring a coffee and catch up with your Members Advisory Committee.</p>                                                                                                                                                                                                                                                                                                     |



*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, 1:00 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

## NO CLASSES ON THANKSGIVING DAY

### Planksgiving Challenge

Accept and complete the Planksgiving Challenge presented by the Fitness Center throughout the month and win a prize!

### The Salt Escape in Arlington Heights - rsvp \*07

*Monday, November 3, 12:30-2:30 pm, 1000 Lobby*

Experience a calming, elevated state of mind and easier breathing this cold and flu season with an outing to a Salt Cave, where you can meditate, nap, or relax in zero-gravity chairs surrounded by healing Himalayan salt and the sounds of ocean waves. Please wear or bring comfortable socks for this experience. \$35 per person.

### Chair Tai Chi with Sharron

*Monday, November 10, 10:00-10:45 am, Fitness*

This is a great opportunity to try Tai Chi in the Chair if you have trouble standing for long periods of time or have unsteady balance.

### Blue Lotus Temple & Meditation - rsvp \*07

*Wednesday, November 12, 12:30-2:30 pm, 1000 Lobby*

For a relaxing experience, join Bhante Rahula for a meditation session inside the temple inspired by the lotus flower located in the Woodstock Square. The design of the temple is known as a creative and engineering marvel inspiring tranquility and peace as if floating in a sea of serenity. The meditation will be led by Bhante, Rahula. If you haven't had the opportunity to see the temple, please join us.

### Pilates Reformer Class at Happy Hour Yoga - rsvp \*41

*Monday, November 17, 1:00-3:30 pm, 1000 lobby*

Take advantage of this opportunity to try the Pilates Reformers in this class held in Crystal Lake. \$30 per member. Questions? Call Bethanie \*41.

### Standing Tai Chi

*Wednesday, November 19, 10:00-11:00 am, Fitness*

Focus on your balance and deepen your mind, body, and soul connection with Allison from MoonWillow studio during this advanced Tai Chi class.

### Yellowbrick Road Scavenger Hunt - rsvp \*07

*Wednesday, November 19, 2:00-3:00 pm, Cafe*

Are you a good witch or a bad witch? Inspired by the sequel to the movie Wicked: For Good, the fitness team is hosting a Wicked-themed scavenger hunt where the first person or team to find all the items wins a prize. Meet in the cafe area.

### Friendsgiving Bocce Ball Game - rsvp \*41

*Friday, November 21, 11:00-12:00 pm, Burnham*

Get into the spirit of the season with a game of Bocce ball with your besties! Celebrate your gratitude for the joy they bring to you throughout the year and top the fun off with an ice cream treat.

### Annual Garlands Gobble - rsvp \*07

*Monday, November 24, 1:30-2:00 pm, 1000 Lobby*

Start your holiday season with fresh air and one or two laps around the Garlands campus for a reward of hot chocolate and a cookie.

## 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, 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*

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

### 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*

# Fitness Programs

## 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*

## 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.

## Chair Fitness

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

## Beginner Balance (*New Time and Location*)

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

# November Birthdays

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



|                   |        |                 |        |                   |        |
|-------------------|--------|-----------------|--------|-------------------|--------|
| Betty Harkleroad  | Nov 3  | Peggy Clough    | Nov 13 | Bob Schutte       | Nov 23 |
| Bob Powers        | Nov 4  | Ed Tilly        | Nov 13 | Kathie Faulwetter | Nov 24 |
| Judee Setterstrom | Nov 4  | Suzanne Carmer  | Nov 14 | Pat Geach         | Nov 24 |
| Sally Koziar      | Nov 5  | Creda Feller    | Nov 15 | Don Kenney        | Nov 24 |
| Frank Todd        | Nov 6  | Frank Rubino    | Nov 15 | Marie White       | Nov 25 |
| Sylvia Carlson    | Nov 8  | John Ruth       | Nov 15 | Terrie Kingsley   | Nov 26 |
| Dennis Golbesky   | Nov 8  | Tom Rode        | Nov 16 | Lanny Ori         | Nov 27 |
| Carol Last        | Nov 9  | Sherm Wolff     | Nov 20 | Rita Roche        | Nov 27 |
| Lee Anderson      | Nov 10 | Jane Greenfield | Nov 21 | John Brown        | Nov 28 |
| Don Mosack        | Nov 11 | Jan Husak       | Nov 21 | Jean Pagnotta     | Nov 30 |
| Jerry Post        | Nov 12 | Ollie Mayes     | Nov 22 |                   |        |
| Dave Ullius       | Nov 12 | Carol Brenner   | Nov 23 |                   |        |

# November Food and Beverage Events

**Reservations are currently required at the Grill and Winslow for nightly dinner and Sunday Brunch.**

## **Dia de Los Muertos - rsvp \*17**

*Saturday, November 1, 4:30-8:00 pm, The Winslow*

The Day of the Dead holiday celebrates and remembers loved ones lost. Tonight, traditional food and drink specials are offered during dinner. Our nightly menu will be available as well.

## **Chef Glenn's Autumn Harvest Cooking Class - rsvp 77743**

*Friday, November 7, 1:00-3:00 pm, PAC, \$20*

Learn how to prepare a variety of dishes featuring seasonal squash and vegetables. Chef's menu includes butternut squash soup, acorn squash risotto and spaghetti squash gratin.

## **Holiday Drink Demonstration - rsvp 77743**

*Thursday, November 13, 2:00 pm, The Grill, \$15*

Join Jason and Drina for a holiday cocktail demonstration. Sample festive cocktails and learn recipes to impress your guests this holiday season.

## **Winter Chefs Table - rsvp 77743**

*Thursday, November 20, 5:30 pm, The Roycroft, \$95*

Chef Glenn and Jason create an evening of comforting winter inspired dishes. Jason pairs each course with a selection of fine winter wines. (Please inform of us of any allergies you may have at time of reservation.)

## **Thanksgiving Holiday Hours**

*Thursday, November 27*

*The Galleria is open 7:00-11:00 am*

*The Winslow is open for breakfast 8:00-10:00 am*

*No breakfast reservations are needed.*

*Cafe is closed.*

## **Thanksgiving Holiday Meal - rsvp \*17 by 11/21**

*11:00 am-3:00 pm, Winslow Dining room, \$45*

Served Family Style for parties greater than 4. Plated meals served for parties of 4 or less. Individual carry-out and delivery orders are also accepted.

Boxed Family To-Go meals serve four, \$150/box. Multiple boxes may be ordered. Individual to-go meals, \$40 (does not include soup or sweet potatoes). *All reservations and orders requested by 11/21. All Dining Venues are closed for dinner.*

## **End of the Month Buffe - rsvp \*17**

*Sunday, November 30, 4:00-6:00 pm,*

*Café Dining Area*

Menu & price announced the week prior.





*Welcome!*



**WAYNE SUNDERLIN**  
*Arrived from Florida  
in August*



**BILL NAGY**  
*Arrived in August from  
Lake Barrington Shores*



**DONNA SHARAK**  
*Arrived from Wisconsin  
in September*



**CARL YOUNGS**  
*Arrived from Lake  
Barrington in September*



**PAT YOUNGS**  
*Arrived from Lake  
Barrington in September*

# 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 —



*New Friends lunch celebrated Amelia Earhart. l to r, Joanne Witte, Lee Anderson, Willa Larwin, Gwen Larabee, Chuck Larabee, and Betty Harkleroad.*



*Attending the 50th Annual Art in the Barn is Gene and Jane Dawson.*



*Rich and Pam Wilson with their Garlands Gazette in Massachusetts.*

If you travel, snap a photo of yourself on the road with a Gazette, and we'll put it in an upcoming issue. Email to [Chagedorn@thegarlands.com](mailto:Chagedorn@thegarlands.com).



*RUSH Cardiologist, Dr. Luger answers John Blasko's questions after his One Heart for Life presentation.*



*Sally Leffew, traveled to Egypt with her Garlands Gazette.*

