

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



Christy Gaples and Sally Koziar have 50's fun at the New Friends Lunch.



Cathy Nardo's witches herb dinner party integrates the folklore, history and healing intentions of different herbs.

Team  
Members  
Halloween  
Lunch



Thank you for your service. Joining the Veteran's Day lunch is Bill Nimmo, Shirley Conibear, Larry Feltes and Don Andler.



Bill Mullin and Dick Kraus enjoying happy hour.






DECEMBER 2025

# Special Events

REQUIRE A  
RESERVATION

WHEN SPACE IS LIMITED, those who RSVP will be seated first.  
WHEN THERE IS A CANCELLATION, we notify everyone with a reservation.  
For a printout of your reserved events, please call the Concierge (\*07).

<p>Mondays <b>Dec 1, 8, 15, 22 &amp; 29</b> 10:00-11:30 am</p>	<p><b>Kaleidoscope Art Class: Animal Portraits in Pastels - rsvp *07</b> - Art Studio in Prairieview</p> <p>Discover the art of layering soft pastels on toned paper while exploring color theory. No drawing experience is required — most projects will be transferred, allowing you to focus on color, texture, and blending techniques. Each session builds on the previous one, creating a fun journey of learning and artistic discovery.</p> 
<p>Mon. Wed. &amp; Thurs. <b>Dec 1, 10 &amp; 18</b></p>	<p><b>Peggy Clough Holiday Sing Alongs 1, 2, and 3 - rsvp *07</b> <i>Monday, December 1; Wednesday, December 10, 3:00-4:00 pm, Robie Lounge; Thursday, December 18, 2:30-3:30 pm, Surround Sound Theater</i></p> <p>We sing different songs and share a unique Christmas story at each session! Peggy provides the music and song sheets. All are welcome.</p>
<p>Tuesday <b>Dec 2</b> 3:00-4:00 pm</p>	<p><b>Elgin Symphony Orchestra: Elizabeth Start, Cellist - rsvp *07</b> - Performing Arts Center</p> <p>Join us for an afternoon with Elizabeth Start, cellist, composer, and longtime member of the Elgin Symphony Orchestra. Betsy will share stories from her life in music and perform several of her original works, offering a thoughtful look into her creative process and career.</p> <div data-bbox="1305 1050 1531 1178"> <p>ELGIN SYMPHONY ORCHESTRA <small>Chad Goodman, Music Director</small></p> </div>
<p>Wednesday <b>Dec 3</b> 4:30-8:30 pm</p>	<p><b>The Garlands Annual Holiday Spectacular Dinner and Show - (wait list only)</b> - rsvp *07 - Performing Arts Center, \$70, (this does not come from monthly allotment) <i>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.</i></p> <p><b>On this night there will be no other happy hour or dinner service on campus.</b> For members only, indulge in a Land &amp; Sea dinner prepared by Chef Glenn, with a sweet and festive finale from Pastry Chef Cindy. Enjoy a magical evening of holiday favorites and cheer, featuring a performance by Chicago's award-winning vocalist, Tina Jenkins Crawley. Due to the large turn-out, we will valet all mobility devices to the Art Gallery.</p>
<p>Friday <b>Dec 5</b> 7:00 pm</p>	<p><b>Dancewerks Wintertainment Variety Show - rsvp *07 by 12/2</b> - Performing Arts Center</p> <p>Musical 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.</p> 
<p>Saturday <b>Dec 6</b> 11:30 am-Noon</p>	<p><b>Cary-Grove High School Swing Choir - rsvp *07</b> - Performing Arts Center</p> <p>Enjoy a performance by the Cary-Grove High School Swing Choir. Their talented voices and festive harmonies will get you in the holiday spirit!</p> 

<p>Saturday <b>Dec 6</b> 1:30-2:30 pm</p>	<p><b>December Birthday Bash with Joe Cantafio - rsvp *07 - Robie Lounge</b></p> <p>Joe Cantafio, the legendary lead singer of Jade 50s, returns with a rock-and-roll tribute to help celebrate our December birthdays. Come enjoy the music and sing "Happy Birthday" to our members!</p> 
<p>Sunday <b>Dec 7</b> 4:30-7:00 pm</p>	<p><b>The Garlands 14th Winter Wonderland - rsvp *07 - Garlands Campus, members' guests must be registered with the Concierge</b></p> <p>You're invited to The Garlands' annual signature event and indulge in sweet and savory bites available throughout the celebration. Enjoy the sounds of Victorian carolers, watch the creations of balloon artists, and sing along with our piano man. Visit Santa's Workshop for a complimentary photo. At 6:45 p.m., gather in the Performing Arts Center for a candlelit rendition of "Silent Night." Pick up the itinerary/map when you arrive. Each member household may invite two guests. All registered guests will receive wristbands. We welcome new, unwrapped toys for our Toys for Tots boxes and new mittens, gloves, hats, and socks for our Giving Tree.</p> 
<p>Monday <b>Dec 8</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins - rsvp *07 by 12/6 - Performing Arts Center</b></p> <p>Carleen Smith asks that you bring 5 single dollar bills. We start promptly at 3:30 and are unable to accept participants after that time.</p> 
<p>Tuesdays <b>Dec 9 &amp; 23</b> 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 Fact or Fiction! Teams will decide whether statements read aloud are true or totally made up. From outrageous history tidbits to funny everyday "facts," you'll have to work together.. Come for the challenge, stay for the laughs!</p> 
<p>Thursday <b>Dec 11</b> 7:00-8:00 pm</p>	<p><b>Buffalo Grove Encore Singers - rsvp *07 - Performing Arts Center</b></p> <p>This joyful, high-energy vocal group will bring a smile to your face with holiday classics, playful novelty numbers, and plenty of seasonal cheer. A feel-good evening of music that is fun, and memorable.</p> 
<p>Saturday <b>Dec 13</b> 10:00-10:45 am</p>	<p><b>Barrington String Ensemble Performance - rsvp *07 - Robie Lounge</b></p> <p>Enjoy a morning of live music with the Barrington String Ensemble, a student-led chamber group performing for senior communities. They present a blend of classical and contemporary pieces designed to create connection and comfort through sound.</p> 
<p>Saturday &amp; Sunday <b>Dec 13 &amp; 14</b> 1:00-3:00 pm</p>	<p><b>The Garlands Holiday Tea - rsvp *21 to Martha - Performing Arts Center, \$40/Adult, 12 and under \$20</b></p> <p>Inspired by the Nutcracker, the culinary team creates a "Sugar Plum Tea" in honor of the visiting ballerinas from Barrington's Dancewerks Studio.</p> 
<p>Monday <b>Dec 15</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes-rsvp *07 by 12/13 - Performing Arts Center</b></p> <p>Everyone who BINGOs wins a prize –wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p> 

# Special Events

REQUIRE A RESERVATION

<p>Wednesday <b>Dec 17</b> 1:00-2:15 pm</p>	<p><b>Movie Buff John LeGear, Bob Fosse: 'Oh, Wow!' Choreography</b> - rsvp *07 - Surround Sound Theater</p> <p>Film historian John LeGear takes us on a dynamic tour of dancer-choreographer Bob Fosse, the Chicago native who transformed dance from the 1950s through the 1980s. Through memorable film clips and insightful commentary, John explores Fosse's unmistakable style – provocative, witty and intensely physical. This program celebrates the choreography and iconic performances that made Fosse's work legendary.</p>
<p>Thursday <b>Dec 18</b> 11:15 am-12:45 pm</p>	<p><b>New Friends Lunch - rsvp *07 by 12/16 - South Winslow</b></p> <p>Make new friends and enjoy a festive lunch inspired by Waltzes, Tangos, and Timeless Melodies. Each table captures a different rhythm of the season. Lunch is billed to your account; non-alcoholic beverages and cookies are complimentary. Afterward, head to the PAC for an afternoon of classical music with concert violinist Henrik Karapetyan.</p>
<p>Thursday <b>Dec 18</b> 1:00-2:00 pm</p>	<p><b>Henrik Karapetyan, Violinist - rsvp *07 - Performing Arts Center</b></p> <p>Featuring Christmas Classics, Waltzes, Tangos, beloved songs and melodies – performed by solo violinist Henrik Karapetyan. Stories about the songs and composers will present some of these pieces in a new light and bring a renewed understanding and appreciation. Dr. Karapetyan is an Internationally renowned concert violinist, soloist and member of the Michigan Opera Orchestra, he holds a doctorate in violin performance from The University of Michigan and performs on world class stages, including The Kennedy Center and Carnegie Hall, in hundreds of recitals and programs annually.</p>
<p>Friday <b>Dec 19</b> 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 some great Christmas music to lift our spirits and celebrate the holidays. Enjoy curated videos on the big screen featuring favorites like "Somewhere in My Memory," "Sleigh Ride," and classics by John Williams, Karen Carpenter, Dean Martin, and more. Bruce's programs fill our hearts...and our seats! Be sure to rsvp soon.</p>
<p>Friday <b>Dec 19</b> 7:00-8:00 pm</p>	<p><b>Harps by Brittany: Student Harp Recital - rsvp *07 - Performing Arts Center</b></p> <p>Enjoy an evening as Brittany presents her harp students in a winter recital. This program showcases young performers sharing both classical and seasonal selections, creating a warm and uplifting start to the holiday weekend.</p> 
<p>Monday <b>Dec 22</b> 10:00-10:45 am</p>	<p><b>What's Happening?! - rsvp *07 - Surround Sound Theater</b></p> <p>Cynthia gives a brief overview of next month's events, and you can sign up for them on the spot.</p> 
<p>Monday <b>Dec 22</b> 7:00-8:15 pm</p>	<p><b>Trivia Night! - rsvp *07 by 12/20 - 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. <b>We are unable to accommodate walk-ins.</b></p> 
<p>Friday <b>Dec 26</b> 10:30-11:30 am</p>	<p><b>Garlands Living 301 - rsvp *07 - Surround Sound Theater</b></p> <p>On our campus, what should you do in different kinds of emergencies? Please attend this informational, and possibly lifesaving, presentation by Maintenance and Member Services. When the moment comes, you want to be sure you know what to do (hint: it's not "Call Member Services").</p>

Wednesday

**Dec 31**

7:00-9:00 pm

Doors open  
at 6:30 pm

**New Year's Eve Party w/ Peter Oprisko and the Peter Oprisko Band**  
- rsvp \*07 - Performing Arts Center, for members only, open seating

The dance floor is out. Indulge in sweet treats, blow a horn when "our" New Year's Eve ball drops, and raise a glass to the health and happiness of your friends and neighbors. Peter Oprisko's smooth baritone voice and timeless repertoire set the perfect tone for an elegant celebration. Peter and his band will be in black tie; please feel free to dress to the nines.



**COMING UP IN JANUARY & BEYOND** You can sign up for these early events now.

**Birthday Bash with Rick Pickren: Pop Hits of the 60s - rsvp \*07**

**Saturday, January 3, 2026, 1:30-2:30 pm, Robie Lounge**

Celebrate our January birthdays with a live throwback performance of unforgettable 60s pop classics! Rick Pickren brings the sounds of the decade to life and a perfect way to celebrate birthdays and sing in the new year together.

**Wildlife Talk: Vanishing Wings! - rsvp \*07**

**Monday, January 5, 2026, 3:30-4:30 pm, Surround Sound Theater**

Alyse, from the Wildbird Shack, explores Vanishing Wings, the World's Most Critically Endangered Birds.

**Composers and Their Work with Richard Schwemm - rsvp \*07**

**January 6 - Mozart, January 13 - Schubert, January 20 - Bruckner; 3:00-4:15 pm, Surround Sound Theater**

Join Richard Schwemm for a series of afternoon concerts in the Surround Sound Theatre. Each session features a short talk on the life of a classical composer, followed by one or two of his works performed by the Berlin Philharmonic Orchestra. A biographical sketch and program note will be provided.

**A Day at the Art Institute of Chicago - rsvp \*07**

**Featured Exhibit: On Loss and Absence: Textiles of Mourning and Survival**

**Thursday, January 8, 2026, Bus departs at 9:30 am, returns approx 4:00pm, 1000 Lobby, \$20, Lunch on own.**

This exhibit brings together over 100 textile works spanning ancient to modern times, exploring how fabric has been used to honor loved ones, cope with grief, and process collective trauma.

**Bach Cantata Vespers at Grace Lutheran Church in River Forest - rsvp \*07 by 1/16**

**Sunday, January 18, 2026, 1:45-6:15 pm, 1000 Lobby, \$10**

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.

**Metropolis-Oliver! A Staged Concert - rsvp \*07 by 1/22**

**Saturday, January 31, 2026, 12:45-4:00 pm, 1000 Lobby, 12:45 - 4:00 pm, \$45**

Featuring a live 15-piece orchestra and performers from the Metropolis School of the Performing Arts.

**Lyric Opera-Così fan tutte - rsvp \*07 by 1/28**

**Wednesday, February 4, 2026, 11:00 am-7:15 pm approx, 1000 Lobby, \$180**

Join us for a full-day outing to the Lyric Opera of Chicago for Mozart's Così fan tutte, a witty tale of love, disguise, and romantic mischief.

**Lyric Opera-Salome - rsvp \*07 by 2/4**

**Wednesday, February 11, 2026, 11:00 am-approx. 5:30 pm, 1000 Lobby, \$180**

Join us for a powerful and provocative afternoon at the Lyric Opera of Chicago for Richard Strauss's

# Wellness Center



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

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

Wednesday, December 3, 8:00 am-2:00 pm

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

Wednesday, December 31, 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

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

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

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



### **Sample Healthy Foods: Kale**

*Tuesday, December 30, 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 kale.



## **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

<p>Monday <b>Dec 1</b> 3:30-4:30 pm</p>	<p><b>Wildlife Talk: Summer in Winter! - rsvp *07</b> - Surround Sound Theater</p> <p>Melissa Schwartz, from the Wildbird Shack, invites you to experience the beauty of summer brought to life in winter through a captivating multimedia presentation that awakens the senses and celebrates the wonders of nature.</p>	
<p>Wednesday <b>Dec 10</b> 11:00-12:00 pm</p>	<p><b>Nature Talk: Power of Plants - Elderberries, Nature's Superfruit!</b> - Surround Sound Theater</p> <p>Stacey Davis Jacobs from the Wildbird Shack, invites you to Step into the folklore and flavor of elderberries, nature's jewel-toned superfruit. Discover their healing legacy, taste their tart sweetness, and learn why these berries have been prized for centuries as a seasonal shield against colds and flu.</p>	
<p>Tuesday <b>Dec 30</b> 3:30-4:30 pm</p>	<p><b>Music Appreciation with Jim Kendros: Holiday Music for Everyone! - rsvp*07 - Robie Lounge</b></p> <p>The Holidays are here! And for whichever holiday you celebrate, Jim Kendros offers you the perfect musical accompaniment. Be enchanted by selections from Tchaikovsky's magical Nutcracker Suite, and awed by Bach's timelessly colorful Magnificat. Explore the rhythmic passions of Vivaldi's Gloria and discover youthful chamber music that Mozart had to complete by the holidays, delayed by the joys of a December romance. And finally, celebrate the timeless beauty of Pachelbel's immortal Canon in D. All this and more awaits you as Jim offers a festive Holiday musical celebration for everyone!</p>	

## Spiritual Ongoing Happenings

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

<p><b>Tuesdays</b> 1:30-2:30 pm</p>	<p><b>Bible Discussion with Stan Guillaume</b> - Eastlake Dining Room; Focusing on the Gospel of John</p>
<p><b>Wednesdays</b> 2:00-2:30 pm</p>	<p><b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b> - Burnham Room in Building 3</p>
<p><b>Wednesday, Dec 10</b> 1:30-2:30 pm</p>	<p><b>Introduction to Prayer with Father Osborne of St. Michael's Episcopal Church</b> - Eastlake Dining Room; Conversations and teaching about what prayer is and how we can pray. All welcome!</p>
<p><b>Friday, Dec 5</b> 3:00-4:00 pm</p>	<p><b>Communion Service with St. Mark's Episcopal Church</b> - Eastlake Dining Room; All welcome!</p>
<p><b>Saturdays &amp; Sundays</b></p>	<p><b>Ride To and From St. Anne Catholic Community - rsvp *02</b> - Saturdays, 4:15-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am</p>

**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.*

## The Klezmatics: Happy Joyous Hanukkah - rsvp \*07 by 12/3

**Thursday, December 4, 5:30-10:30 pm approx, 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.

  
Little walking

   
Some walking

    
A lot of walking

## Bus to Woodfield Mall - rsvp \*07 by 12/10

**Friday, December 12, 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.

## Let's Lunch at Kelsey Road House - rsvp \*07

**Friday, December 12, 11:30 am- 1:30 pm approx, 1000 Lobby, members pay own meal.**

A longtime local favorite dressed up for festive fun during the holiday season. For 50 years, KRH has been a welcoming spot for homestyle American cooking.

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

**Friday, December 12, 5:30-10:45 pm, 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.

## Special ESO Holiday Spectacular (waitlist only) - rsvp \*07 by 12/10

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

The Elgin Annual Holiday Tradition! Come experience this festive holiday performance including favorite carols, new spins on modern favorites, and an appearance by Santa Claus!

## Willow Hill Lights! Café Stop and Drive-Thru Light Show, Northbrook - rsvp \*07

**Tuesday, December 16, 6:00-8:00 pm, 1000 Lobby**

Experience the magic of Willow Hill Lights, a dazzling drive-thru holiday display at Willow Hill Golf Course on Chicago's North Shore. Enjoy a 2.5-mile route filled with glowing tunnels, glittering trees, and over one million sparkling LED lights. We'll stop first at a nearby café for a warm drink before entering the light display. A perfect evening to relax, sip something cozy, and let the lights lead the way before the holidays shine in full.

## **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 Rood, Kathie Faulwetter, and Theresa Perkins keep our library humming.

## **Interested in Playing Billiards?**

We're gathering a group of members who enjoy a friendly game of billiards and would like to play both locally (with some lighthearted tournaments) and here at The Garlands. If this sounds like fun, please reach out to Bethanie at (\*41) or stop by the Fitness Center.

## **Italian American Social Club**

Are you Italian American by blood or marriage? If so, please join The Garlands Italian American Social Club. Our purpose is to promote friendships, share stories, and have fun! For more information, please contact Tom Fasolo (72202) or Frank Rubino (71218).

## **Mah Jongg - Chinese**

Interested in learning or getting a refresher on Chinese Mah Jongg? Call Peggy Clough (73307)

## **Mah Jongg - American**

Interested in learning or getting a refresher on American Mah Jongg? Call Carleen Smith (71221 or 847-756-3052) or email [carleensmith@comcast.net](mailto:carleensmith@comcast.net).

## **Trash Talk**

Christmas can be a stressful time for recyclers. You can help by folding non-shiny, non-sparkly wrapping paper before putting it into the garage recycling bin. Do not crumple or wad it into a ball.

Also, be sure no ribbons or bows are attached. These can get caught in the mechanics and shut down the entire sorting line. If you follow these simple guidelines, Santa and his elves will take note of those that have been good this year!

## **EASY WAYS TO DONATE IN DECEMBER**

### **Giving Tree in the Galleria**

Our Giving Tree is for new, unwrapped hats, gloves, mittens, scarves, and warm socks, primarily for infants and preschoolers, although larger sizes also benefit family members of these children. We take them to the Jerri Hoffmann Child & Family Center in Carpentersville. Some members knit or crochet hats and mittens for them. If you have yarn from finished or unfinished projects, you can also leave this beneath the tree for our industrious knitters to use. In addition to our Stitching with Friends group, the fireplace in the Galleria is a wonderful place to knit!

### **Toys for Tots: 1000, 3000 & Prairieview Lobbies by December 14**

In collaboration with the U.S. Marine Corps Reserve, The Garlands of Barrington is proud to be an authorized Toy Drop Site. Please help us deliver toys to children in need this holiday season. You are invited to put a new, unwrapped toy in any of the Toys for Tots boxes.

## **Thank You to Carol Brenner**







The Garlands members and staff extend heartfelt thanks to Carol Brenner for her remarkable dedication as Chairperson of the Garlands Holiday Fund Committee for the past 11 years. Carol has helped make this annual appreciation possible for hundreds of hourly employees, spreading joy to team members and their families each season. 2025 marks her final year as Chairperson. Thank you, Carol, for your exceptional service and for making the holidays brighter at The Garlands.

## **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 [chagedorn@thegarlands.com](mailto:chagedorn@thegarlands.com).

# Things To Do

These activities **DO NOT** require a reservation  
Questions? Please call Abby, Lifestyles Coordinator (77415).

<p>Tuesdays &amp; Thursday <b>Dec 2, 9, 11, 16, 23 &amp; 30</b></p>	<p><b>Therapy Dogs!</b> - Wellness Hallway Tuesdays, December 2, 9, 16, 23, 30, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, December 11, 10:00-11:00 am (Myra). Wellness Hallway. These therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays <b>Dec 2 &amp; 16</b> 3:30-4:30 pm</p>	<p><b>Barrington Area Library Brings Books to Us</b> - 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 live at The Garlands.</p>	
<p>Wednesdays <b>Dec 3 &amp; 17</b> 4:00-5:00 pm</p>	<p><b>Tech Lab with William!</b> - 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>Fridays <b>Dec 5, 12, 19 &amp; 26</b> All day</p>	<p><b>Festive Fridays!</b> As we celebrate the holiday season, let's bring some festive spirit to our attire! Throughout December, join team members in wearing your holiday best (or worst!). Whether it's a cozy ugly sweater, a cute accessory, or your brightest red and green, we want to see your seasonal attire—just bring a bit of holiday cheer!</p>	
<p>Saturdays <b>Dec 6 &amp; 20</b> 10:00-11:00 am</p>	<p><b>Just Talk</b> - Eastlake 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>Tuesday <b>Dec 9</b> 12:00-2:00 pm</p>	<p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair</b> - Wellness/Café Hallway Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>	
<p>Fridays <b>Dec 12 &amp; 26</b> 4:30-6:00 pm</p>	<p><b>Bobby Schiff on Piano</b> - Robie Lounge A longtime favorite at The Garlands, Bobby Schiff brings warmth, artistry, and a graceful piano style that elevates every song he plays. His performances offer a lovely way to ease into the evening.</p>	

Saturday

**Dec 20**

11:30 am-1:30 pm

## **Midday Not Quite Broadway: Annie** - Surround Sound Theater

Directed by John Huston, this digitally remastered 1982 movie version of the Broadway smash hit, features Albert Finney, Carol Burnett, Bernadette Peters, Ann Reinking, Tim Curry, Geoffrey Holder, Edward Herrmann, and, in the beloved title role, Aileen Quinn!

**Through**

**Dec 24**

8:00 am-  
4:00 pm

## **Holiday Shopping & Gift Wrapping** - Galleria

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.



*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)

**\*SPECIAL: Mah Jongg (American)** - Tuesday, December 16th - 12:30 pm, Timbers Lounge (Marilyn Helberg 72105) Plan to attend "Crazy Break the Rules American Mah Jongg." Play a fun version of American Mah Jongg where a different rule is broken each round. Play for points instead of money.

**Mah Jongg (American)** - Thursdays, 10:00 am, Timbers Lounge Fireplace Room (Janet Zilkowski 71129)

**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 (Janet Zilkowski 71129)

**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

The Fitness Center is open, but not staffed on Christmas and New Year's Day. No classes offered.

## December Challenge:

### Candy Canes For A Cause - all month

Purchase a candy cane for \$1 in the Fitness Center to give a friend at the Garlands. The fitness team will attach a festive message and deliver them. Proceeds will go to the Barrington Food Pantry to help the community in this time of need. Call Bethanie at \*41 with any questions.

## Holiday Themed Workout Week with a Treat

*Monday-Friday, December 8-12, Fitness*

### Monday: Holiday Hustle Zumba

*11:00-11:30 am ; Hot Chocolate will be served.*

### Tuesday: Holly Jolly Chair Yoga

*11:00-11:30 am; Smoothies will be served.*

### Wednesday: Winter Wonderland Splash

*10:00-10:45 am; Rice Crispy Treats will be served.*

### Thursday: Jinglebell Balance

*10:30-11:00 am; Veggies and Hummus will be served.*

### Friday: Christmas Chair Fitness

*9:15-9:45 am; Christmas Cookies will be served.*

## Meditation With Bhante

*Wednesday, December 10, 11:00 am-12:00 pm, Timbers*

Relax and meditate before the stress and rushing of the holidays.

## Pickelhaus - rsvp \*07

*Thursday, December 11, 12:15-2:45 pm, 1000 Lobby, Algonquin, \$15*

Play Pickleball on an actual Pickball court with your friends at the Pickelhaus. Celebrate the year and your friendship in a very competitive way!

## Fall Prevention Workshop with Paul Brune from Functional Fitness

*Monday, December 15, 2:00-3:00 pm, Fitness*

This workshop will focus on; balance, coordination, strength, flexibility and positional awareness. Paul will talk about the four types of falls and specific techniques of falling. He will give you some tips on how to recover post fall.

## Standing Tai Chi

*Wednesday, December 17, 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.

## Make Your Own Picture Collage - rsvp \*07

*Monday, December 22, 1:30-2:30 pm, Fitness*

Measure your year in love and boost your Serotonin and Dopamine! Create a picture collage with photos you have saved on your phone over the last year and celebrate memories made with your family and the Garlands family. Print the pictures you love from your phone and attach them to a poster board we will provide for you. Need help printing pictures from your iphone? Call Bethanie at \*41 and she will assist you.

## Fitness Annual Donuts and Mimosas - rsvp \*07

*Tuesday, December 30, 11:00-11:30, am*

Ring in the new year with the fitness crew for our annual party. Country Donuts and Mimosas will be served (Champagne and Orange Juice.) Stop by and discuss your 2026 fitness plan with us!

## RECURRING CLASSES

### Balanced Body

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

### Pickleball

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

*\* No Pickleball, Monday, December 1*

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

### Fit Aqua

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

### 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 options.

### Cardio Sculpt

*Mondays and Wednesdays, 11:30-12:00 pm, Fitness*

Get your heart rate up while increasing your overall body strength.

# Fitness Programs

## 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!

## 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

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

# December Birthdays

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



John Byrns	Dec 2	Ellen Nilssen	Dec 13	Virginia Zimmer	Dec 20
Trudy Stadler	Dec 2	Abby Brown	Dec 15	Doris Dorzweiler	Dec 21
Bruce Smith	Dec 6	Marilyn Dick	Dec 15	Jack Husak	Dec 23
Pam Kell	Dec 7	Gene Dawson	Dec 17	Judy Miller	Dec 25
Tomi Hubert	Dec 7	Patty Foos	Dec 17	Mary Townsager	Dec 25
Sam Jeffers	Dec 9	Jackie Kraus	Dec 17	Carleen Smith	Dec 26
Bill Setterstrom	Dec 9	Lynne Backer	Dec 19	Barbara Weaver	Dec 26
Bernice Seibert	Dec 10	Rita Coake	Dec 19	Mary Anne Ball	Dec 28
Maureen Mosack	Dec 11	Caryn Leaf	Dec 20		
Willa Larwin	Dec 12	Ann Pleotis	Dec 20		

# December Food and Beverage Events

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

## **Christmas in Italy - rsvp \*17**

*Monday December 1 – Friday December 5,  
4:30-8:00 pm, Grill - Winslow*

*Celebrate the holiday season with Italian wine & cuisine offered on our weekly dine-in specials.*

## **Holiday Dinner & Show Spectacular (Wait list only)**

*Wednesday, December 3, 4:00 pm - Happy Hour opens in Roycroft. The Grill and Timbers are closed this evening.*

## **Christmas in France - rsvp \*17**

*Monday, December 8 - Friday, December 12,  
4:30 pm - 8:00 pm, Grill - Winslow*

*Celebrate the holiday season with French wine & cuisine offered on our weekly dine-in specials.*

## **Garlands Holiday Tea Party - rsvp \*21**

*Saturday, December 13 & Sunday, December 14,  
1:00-3:00 pm, PAC*

*\$30 per person plus tax and service charge.  
Seating is limited*

## **Christmas in Spain - rsvp \*17**

*Monday, December 15 – Friday, December 19,  
4:30 pm-8:00 pm, Grill - Winslow*

*Celebrate the holiday season with Spanish wine & cuisine offered on our weekly dine-in specials.*

## **Holiday Candlelight Dinner - rsvp 77743**

*Thursday, December 18, 5:00 pm, Roycroft, \$75*

*Dine in an intimate setting illuminated by countless candles. Executive Chef Glenn, Chef Emilio and Pastry Chef Cindy invite you to a glamorous three-course dinner with wine. A fabulous dinner full of holiday spirit.*

## **Christmas Eve - rsvp \*17**

*Wednesday, December 24, Winslow Dining Room*

*(On this night the Grill is closed)*

*Lunch, 11:00 am-1:30 pm*

*Dinner Select Menu Only*

*4:00-6:00 pm*

*Galleria open regular hours*

*Café open regular hours*

## **Christmas Day - rsvp \*17**

*Thursday, December 25, Winslow*

*Breakfast, 7:00-10:00 am*

*Brunch, 11:00 am-2:00 pm*

*(Special Christmas Day brunch menu)*

*Galleria, 7:00-11:00 am*

*Café is closed*

*Dinner venues are closed*

## **End of the Month Buffet**

*Sunday, December 28, 4:00 - 6:00 pm, Café Dining Area; Menu & price to be announced.*

## **New Years Eve - rsvp \*17**

*Wednesday, December 31*

*(On this night the Grill is closed)*

*Winslow Dining Room*

*Breakfast, 7:00-10:00 am*

*Lunch, 11:00 am-1:30 pm*

*Dinner Select Menu, 4:00-6:00 pm, Winslow*

*Galleria open regular hours*

*Café open regular hours*

## **New Years Day**

*Thursday, January 1*

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

*Café open for lunch 11:00 am-3:00 pm (café \*19)*

*Dinner venues are closed*



*Welcome!*



*Welcome!*



**GORDON TOOLE**  
*Arrived from Cary  
in September*



**PATRICIA TOOLE**  
*Arrived from Cary  
in September*



**SUE SYPIEN**  
*Arrived from Barrington  
in September*



**DAN STOCKWELL**  
*Arrived from Palatine  
in September*



**BETTY STOCKWELL**  
*Arrived from Palatine  
in September*



**CHARLIE CALO**  
*Arrived from Barrington  
in September*



**MIKE HEYL**  
*Arrived from Lake  
Barrington in October*



**DIANE HEYL**  
*Arrived from Lake  
Barrington in October*



**ANN PLEOTIS**  
*Arrived from Inverness  
in October*

# 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 —



*Marge Gerry and the Gazette  
travel to Carlsbad, California.*



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.



*Patricia and Gordon Toole  
at the live production of  
Sister Act.*



*Jackie Kraus, Jackie Matecki and Trudy Stadler  
at New Member Reception.*



*Rebecca Blickenstaff and the  
Yellow Brick Road Scavenger Hunt.*

