

THE GARLANDS® *Gazette*

A Newsletter for the Members of the GARLANDS OF BARRINGTON

**New Year, New You...
Live Your Best Life
With Fitness!**

Mary Anne Ball, Sally Graham, Janie Schutte, and Paula Meyers



Sally Graham



L to r: Gisela Seehafer, Marie Eibl, Fitness Coordinator Axana Ivlicheva, Rebecca Blickenstaff, Dorothy Winsor, and Deanne Born

*Fitness Manager, Bethanie Lochman,
Rebecca Blickenstaff, and Liz McKay*

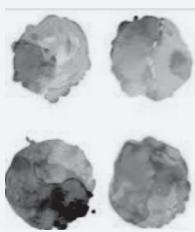
JANUARY 2026

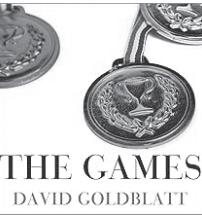


Special Events

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>Saturday Jan 3 1:30-2:30 pm</p>	<p>Birthday Bash with Rick Pickren: Pop Hits of the 60s - rsvp *07 - <i>Robie Lounge</i></p> <p>Celebrate our January birthdays with a live throwback performance of unforgettable 60s pop classics! Rick Pickren brings the sounds of the decade to life with hits like "Walk Like a Man," and "California Dreamin'," and more. Good vibes, great music, and a perfect way to celebrate birthdays and a new year.</p>	
<p>Mondays Jan 5, 12, 19 & 26 10:00-11:30 am</p>	<p>Kaleidoscope Art Class: Step-by-Step Watercolor - rsvp *07 for all classes - <i>Art Studio in Prairievie</i></p> <p>This watercolor class is perfect for both beginners and experienced students looking for guidance with technique, color mixing, and project planning. Projects are transferred from photographs, so no drawing skills are required. Each session builds on the last.</p>	
<p>Saturday Jan 10 10:00-10:45 am</p>	<p>Barrington String Ensemble Performance - rsvp *07 - <i>Robie Lounge</i></p> <p>Enjoy a morning of live music with the Barrington String Ensemble, a student-led chamber group dedicated to bringing meaningful performances to senior communities. Their mix of classical and contemporary pieces is designed to create comfort, connection, and shared joy through music.</p>	
<p>Monday Jan 12 3:30-4:30 pm</p>	<p>BINGO for Coins - rsvp *07 by 1/10 - <i>Performing Arts Center</i></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 Jan 13 12:00-1:00 pm</p>	<p>New! Tea on Tues: A Tea Exchange - rsvp *07- <i>Galleria</i></p> <p>Cozy up and enjoy a charming tea exchange. Please bring 10 individually wrapped tea bags or a small tin of loose-leaf tea packaged to share. We'll have the hot water ready for you, and you're invited to bring your own special teacup. This gathering is limited to 10 participants to keep things intimate. You will go home with 10 new teas to sample at your leisure. A warm way to sip, and enjoy something new together.</p>	

<p>Thursday Jan 15 5:30-7:30 pm</p>	<p>New! Meet the Masters: A Social-Interactive Dinner pARTy - rsvp *07 - Roycroft limit 40, \$55 Join us for a uniquely curated evening inspired by three historically acclaimed modern masters – Paul Klee of Switzerland, Wassily Kandinsky of Russia, and René Magritte of Belgium. Though long past, their imaginative spirit will come to life through themed table settings and creative stations throughout the room. Enjoy a pre-selected dinner and an inviting art moment inspired by the Masters – simple, approachable, and perfect for anyone willing to try something new. Participate as much or as little as you'd like – the evening is designed to be welcoming, enjoyable, and artfully engaging.</p>	
<p>Friday Jan 16 11:15 am- 12:00 pm</p>	<p>Classical Music Viewing with Bruce Smith - rsvp *07 (This fills quickly!) - Surround Sound Theater Rachmaninoff: Piano Concerto No. 2, performed by Anna Fedorova with the West German Symphony Orchestra. Viewed over 46 million times, this beloved Romantic-era masterpiece is celebrated for its lush melodies, sweeping emotion, and technical brilliance.</p>	
<p>Saturday Jan 17 11:00 am- 12:00 pm</p>	<p>Sip and See: Artist Reception, Kaleidoscope of Creations - rsvp *07 - Art Gallery (outside the PAC) Join us for Kaleidoscope of Creations, a vibrant winter reception featuring works by the instructors of Kaleidoscope Art Studio. This lively exhibition brings together a colorful mix of imagination, and creative expression. Artists will be on hand to greet guests and share insights into their work.</p>	
<p>Monday Jan 19 1:00 pm</p>	<p>New! Cultural Book Discussion - rsvp *07 - Library Join us for the launch of our new monthly book discussion series, each tied to the month's cultural theme. January's pick is The Games: A Global History of the Olympics by David Goldblatt – an engaging look at how the modern Games evolved from 1896 to 2016. With the Winter Olympics just ahead, it's a fitting and lively read to share with fellow members. Please obtain your own copy of the book, available through most major booksellers. February date TBD, Book: Oil and Marble: A Novel of Leonardo and Michelangelo by Stephanie Storey.</p>	
<p>Monday Jan 19 3:30-4:30 pm</p>	<p>BINGO for Prizes - rsvp *07 by 1/17 - Performing Arts Center Everyone who BINGOs wins a prize – wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>	
<p>Wednesday Jan 21 11:15 am- 12:45 pm</p>	<p>New Friends Lunch - rsvp *07 by 1/19 - South Winslow The theme for this New Friends Lunch is simple: Getting to Know You. Bring one member you'd like to know better and enjoy a relaxed meal together. The menu will be available in advance. Lunch is billed to your account; complimentary non-alcoholic beverages and cookies included. After lunch, join us in the PAC for the afternoon program as we continue the day's spirit of connection through the story of a remarkable journalist and the power of one individual's voice.</p>	

Special Events

REQUIRE A RESERVATION

Wednesday Jan 21 1:00-2:00 pm	Author and Historian Pamela Toler - rsvp *07 <i>- Performing Arts Center</i> In The Dragon from Chicago, author and historian Pamela Toler shares the gripping story of American journalist Sigrid Schultz, whose career as the Chicago Tribune's Berlin bureau chief from 1925 to January 1941 provides an up-close look at the rise of the Nazis and a vital lesson on how we can reclaim truth in an era marked by the spread of disinformation and claims of "fake news." 
Monday Jan 26 7:00-8:15 pm	Trivia Night! - rsvp *07 by 1/24 - Burnham Room 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. 
Tuesday Jan 27 12:30-1:15 pm	Game Time! - rsvp *07 - Galleria Looking for fun and laughs with a few friends? Join us for a fun group game – TBD. 
Friday Jan 30 10:00-10:45 am	What's Happening?! - rsvp *07 - Surround Sound Theater We will give a brief overview of next month's events, and you can sign up for them on the spot. 

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

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

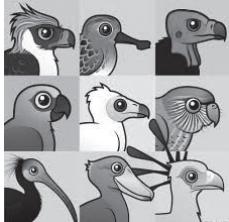
Wednesday, February 4, 11:00 am-7:15 pm approx, 1000 Lobby, \$180

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. Set in a stylish 1930s seaside country club, the production pairs frothy costumes and dazzling sets with an undercurrent of playful deception – very much like a classic, binge-worthy reality show. Running time: 3 hours and 30 minutes, including one intermission.

Bus to Elgin Symphony Orchestra-for Ticket Holders Only - rsvp *07

Sunday, February 8, 12:45-5:00 pm, 1000 Lobby

Geneva Lewis Plays Barber

<p>Monday Jan 5 3:30-4:30 pm</p>	<p>Wildlife Talk: Vanishing Wings! - rsvp *07 <i>- Surround Sound Theater</i> Alyse from the Wildbird Shack explores Vanishing Wings, the World's Most Critically Endangered Birds. Around the world, some of our most stunning bird species are slipping away. Take flight on a journey to meet these rare treasures of the sky and what is being done to bring them back from the brink.</p> 
<p>Tuesdays Jan 6, 13 & 20 3:00-4:15 pm</p>	<p>Composers and Their Work with Richard Schwemm - rsvp *07 <i>Tuesdays, January 6–Mozart, January 13–Schubert, January 20 Bruckner; All sessions: 3:00-4:15 pm, Surround Sound Theater</i> 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.</p> 
<p>Wednesday Jan 14 11:00-12:00 pm</p>	<p>New! The Curiosity Series: New Year, New Beginning - rsvp *07 <i>- Surround Sound Theater</i> The Wildbird Shack invites you to embrace the elegance and fragrance of paperwhites. Nature's promise of renewal in the heart of winter. Discover their rich symbolism, learn how to bring them to bloom indoors, and find inspiration to brighten even the coldest days with their luminous white blossoms.</p> 
<p>Tuesday Jan 20 11:30 am- 12:45 pm</p>	<p>Julie Strauss Lecture: President Andrew Jackson and the Modern Presidency - rsvp *07 - Surround Sound Theater Join Julie Strauss, Ph.D., for a focused look at the presidency of Andrew Jackson (1828–1836). We'll explore his path to office, the rise of the first modern presidential campaign, and the defining conflicts of his two turbulent terms. Dr. Strauss will also highlight parallels to modern presidents who used strong executive power to reshape their political parties. A timely and engaging look back at American history.</p> 
<p>Wednesday Jan 28 3:30-4:30 pm</p>	<p>Music Appreciation with Jim Kendros - rsvp *07 - Robie Lounge January is Mozart's birthday month, and Jim Kendros returns with an elegant musical celebration. Enjoy highlights from Mozart's Bassoon Concerto, the Piano Concerto No. 23, and A Little Night Music as we welcome the New Year with timeless beauty and classic charm.</p> 

Wellness Center



The Doctors are in... By appointment only.

Podiatrist: Dr. Warheit (847-577-1649)
Wednesday, January 7 & 21, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth (847-382-6010)
Wednesday, January 28, 10:00 am-12:00 pm

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 Center (*03)

Monday through Friday, 8:00 am-5:00 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.

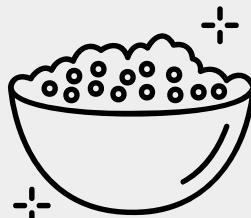
Wellness Center Manager (77459)

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.

Wellness Lecture Series



Sample Healthy Foods: Quinoa

Tuesday, January 27,
11:00-11:30 am
- Wellness Hallway

Sample a healthy recipe, Quinoa Bites, prepared by our culinary team as our Wellness Nurse explains the health benefits of quinoa.



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, 9:00 am and 2:00 pm

Trader Joe's - 1st & 3rd Monday, 1:30 pm

Costco - 2nd Monday, 1:30 pm

Target - 2nd Tuesday of the month, 1:30 pm

Eurofresh - 4th Tuesday of the month, 1:30 pm

Heinen's Grocery Store - Every Wednesday, 9:00 am and 2:00 pm

Walmart - Last Wednesday of the month, 1:30 pm

American Mah Jongg

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

Chinese Mah Jongg

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

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

Please note that the Library is not accepting donations until further notice. We appreciate your understanding and will provide an update once donations resume. Should you have any questions, call Sal Nutini (72320), who, with Roberta, Kathie Faulwetter, and Theresa Perkins keeps 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.

Photos

If you are new to The Garlands and haven't yet had your photo taken, please call Abby Nelson at (77415) to schedule a quick headshot to place in our member directory.

Trash Talk

During the holiday season, used batteries and wine corks accumulate quickly, but you can easily recycle these items right here in our second-floor library. A dedicated disposal area for them, along with empty pill bottles and soda can tabs is managed by Garlands member, Dorothy Fisk. She ensures that everything deposited is properly routed for recycling or reuse. Please use this convenient service, and if you see Dorothy, be sure to thank her for her efforts!

Members Advisory Committee (MAC)

The Members Advisory Committee is an active and elected committee where members share ideas and suggestions of services and programs to promote a valued Garlands lifestyle. The MAC encourages all members to attend the monthly Neighbor Meet Up in the Robie Lounge. The next gathering is Tuesday, January 13.

MAC members whose term expired in December are: Steve Bromet, Deanne Born, Carol Garibotti, Rita Coake and Ron Spiekhour. We thank them for their service to all Garlands members.

MAC Chair, Peggy Clough, has confirmed the 2026 MAC:

Peggy Clough, Chair	224-848-7252
Christy Gables, Vice-Chair	224-848-7214
Chuck Larabee, Secretary	224-848-7239
Gene Dawson	847-756-3390
Rita Gabis	847-756-3202
Bill Lawton	847-567-9278
Art Laystrom	847-202-0890
Liz McKay	847-902-9232
Paula Myers	847-756-3391
Marilyn Roche	224-848-7272
Frank Rubino	847-756-3038
Janie Schutte	847-756-3069

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.

Let's Lunch! Scratchboard Kitchen, Arlington Heights - rsvp *07

Wednesday, January 7, 11:30 am-approx. 1:30 pm, 1000 Lobby, members pay own meal

Fresh Food. Fresh Beginnings! Join Bethanie, The Garlands Fitness Manager, for a January wellness-inspired lunch at Scratchboard Kitchen, a bright farm-to-table restaurant known for fresh, seasonal dishes and thoughtful service. You do not have to sit with the group!



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

Thursday, January 8, 9:30 am-4:00 pm approx., 1000 Lobby, \$20, Lunch on your own

Featured Exhibit: On Loss and Absence: Textiles of Mourning and Survival. Join us for a reflective visit to the Art Institute of Chicago to explore On Loss and Absence, an exhibition of more than 100 textile works spanning ancient to modern times. The show highlights how cloth has long been used to honor loved ones, navigate grief, and preserve memory. You'll have time to view the exhibit at your own pace and enjoy lunch on your own before returning to The Garlands.



New! Art Adventurers: WasteShed, Evanston - rsvp 07

Wednesday, January 14, 9:30 am-3:00 pm, 1000 Lobby, \$15, Members pay own lunch

Art Adventurers is a new outing series open to everyone - no art experience needed. From time to time, we'll visit creative destinations that spark curiosity and introduce new ideas. Our first stop is The WasteShed in Evanston, a nonprofit creative reuse center that gives new life to art materials and supports teachers and schools through low-cost and free supplies. Afterward, we'll enjoy lunch nearby.

Genealogy Group Program at BALibrary, all are welcome! - rsvp *07

Wednesday, January 14, 6:45-8:15 pm, 1000 Lobby

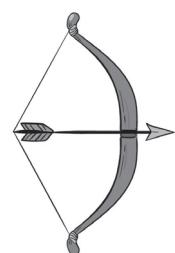
The Garlands Genealogy Group invites all members to join them for a special program at the Barrington Area Library by professional speaker Caron Brennan. Titled "Where Did I Put Great-Grandpa?" the lecture will highlight how to organize and preserve your research, photos and memories for future generations. You do not need to be a serious genealogist to learn from this program. Transportation to the library will be available. Questions? Contact Pam Wilson for details.



Wanderlust Archers - rsvp *07 Fitness

Thursday, January 15, 1:45-3:15 pm, 1000 Lobby, \$25/hour

Experience being a modern archer and enjoy friendly competition at this fun new activity. Staff will be on hand to assist and guide participants throughout the session, ensuring a safe and enjoyable experience for all skill levels. Those who have trouble standing are welcome to participate and shoot comfortably from a chair.



Bach Cantata Vespers at Grace Lutheran Church in River Forest

- rsvp *07 by 1/16

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

Bach's sacred Alles nur nach Gottes Willen (Everything according to God's will alone) BWV 72 is 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. You will arrive in time for the 3:00 pm pre-Cantata lecture.

Salt Escape - rsvp *07 by 1/15 Fitness

Tuesday, January 20, 1:30-3:30 pm, 1000 Lobby, \$40

Experience relaxation and respiratory relief this cold and flu season with an outing to a Salt Cave. Relax, meditate, or nap, in zero-gravity chairs and/or the heated beds that are surrounded by healing Himalayan salt. Blankets and noise-canceling headphones are provided. Wear or bring comfortable socks and water to stay hydrated.

New! Decadent Detour: Après Pastry & Bakery, Lake Zurich - rsvp *07

Thursday, January 22, 1:15-3:30 pm, 1000 Lobby

Introducing Decadent Detours, a new outing designed for discovering wonderful places filled with decadent goodness. "Après" is French for "after", a fitting name for a bakery that welcomes you to enjoy a sweet moment after any part of your day. Order and pay on your own as you enjoy time together in this charming spot. Owner and chef Jenn will step out to greet our group and share a bit about her inspiring journey through Paris and Chicago's pastry scene.



International Museum of Surgical Science - rsvp 07 Fitness

Friday, January 23, 11:30 am-5:00 pm, 1000 Lobby, \$30

Explore North America's only museum devoted to the history and evolution of surgery. From early tools to modern innovations, the collection offers a fascinating look at how medical practices have transformed over time. A private guide will lead our tour. Please eat beforehand or bring food with you. Snacks and drinks are available for purchase, and seating is available throughout the museum.

Rock Climbing at North Wall in Crystal Lake - rsvp*07 Fitness

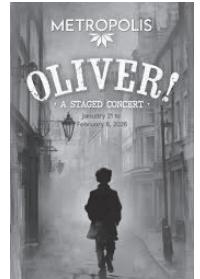
Monday, January 26, 1:45-4:00 pm, 1000 Lobby, \$30

Curious about rock climbing? At North Wall, they have beginner walls and ropes that can assist you in your climb. The staff is trained and prepared to help and keep you safe on your new adventure.

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

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

Join us for Oliver! A Staged Concert, featuring a live 15-piece orchestra and performers from the Metropolis School of the Performing Arts. This concert adaptation of Dickens' Oliver Twist follows young Oliver through friendship, danger, and hope, with classic songs such as "Consider Yourself" and "Food, Glorious Food."



Things To Do

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

Saturdays Jan 3 & 17 10:00-11:00 am	Just Talk - 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. 
Tuesdays & Thursday Jan 6, 8, 13, 20 & 27 3:30-4:30 pm	Therapy Dogs! - Wellness Hallway - Tuesdays, January 6, 13, 20, 27, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, January 8, 10:00-11:00 am (Myra) - Wellness Hallway. These therapy animals love YOU but should not interact with member dogs. 
Tuesdays Jan 6 & 20 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 live at The Garlands. 
Fridays Jan 9 & 23 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 Jan 13 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). 
Tuesday Jan 13 10:00-11:00 am	NEW! Garlands Neighbor Meet Up - Robie Lounge The monthly, "Meet the MAC" meeting is being replaced with the "Garlands Neighbor Meet up". All members are welcome. Get to know your neighbors, learn Garlands Information Nuggets (GINs) and share ideas and feedback. Sponsored by the Members Advisory Committee (MAC).
Saturday Jan 17 11:30 am-1:30 pm	Midday Broadway: Funny Girl - rsvp *07 - Surround Sound Theater Enjoy Funny Girl, the beloved Broadway musical about Fanny Brice's rise to stardom. Known for its unforgettable songs and spirited story, this classic remains a joyful celebration of talent, determination, and following your dreams.

Things To Do

Wednesday Jan 21 4:00-5:00 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.	
Wednesday Jan 28 9:30-10:30 am	Coffee with Management - Performing Arts Center At this informal gathering, enjoy a danish, ask questions, give feedback or just chat with management.	

If you have questions about any of 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, January 6, 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 Spiekhoult 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

WELCOME TO THE NEW YEAR-2026!
New Year, New You! Live your best life with the Fitness Department!

30 Day Fitness Challenge - pick up a beginner or advanced version in the fitness center.

Meditation with Bhante Rahula

Wednesday, January 14, 11:30-12:15 pm, Timbers

Start off the New Year with good intentions. Relax and unwind during a guided meditation.

Power Plate Workshop with Adrian - rsvp *07

Wednesday, January 14, 1:30-2:00 pm, Fitness

Ever wondered how the Power Plate works and its benefits? Attend this mini-workshop where Adrian, our Fitness Coordinator from PV, demonstrates proper techniques and beneficial exercises.

Wanderlust Archers - rsvp *07

Thursday, January 15, 1:45-3:15 pm, 1000 Lobby,

\$25/hour. See Let's Go Section for details.

Salt Escape - rsvp *07

Tuesday, January 20, 1:30-3:30 pm, 1000 Lobby, \$40

See Let's Go Section for details.

Standing Tai Chi

Wednesday, January 21, 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.

International Museum of Surgical Science

- rsvp * 07

Friday, January 23, 11:30 am-5:00 pm, 1000 Lobby,

\$30. See Let's Go Section for details.

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

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.

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.

Fitness Programs

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

Tuesdays, 2:00-2:45 pm, Fitness

Thursdays, 2:00-2:45 pm, Fitness

Chair Fitness

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

Beginner Balance

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

Spiritual Ongoing Happenings

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

Tuesdays 1:30-2:30 pm	Bible Discussion with Stan Guillaume - <i>Eastlake Dining Room; Focusing on the Book of Ephesians</i>
Wednesdays 2:00-2:30 pm	Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - <i>Burnham Room in Building 3</i>
Wednesday, Jan 14 1:30-2:30 pm	Introduction to Prayer with Father Osborne of St. Michael's Episcopal Church - <i>Eastlake Dining Room; Conversations and teaching about what prayer is and how we can pray. All welcome!</i>
Friday, Jan 2 3:00-4:00 pm	Communion Service with St. Mark's Episcopal Church - <i>Eastlake Dining Room; All welcome!</i>
Saturdays & Sundays	Ride To and From St. Anne Catholic Community - rsvp *02 - <i>Saturdays, 4:15-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am</i>

January Birthdays

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



Mary Jeanne Bolger	Jan 1	Chuck Dallstream	Jan 11	Ruth Dallstream	Jan 19
Jan Walkington	Jan 1	Darrel Bader	Jan 12	Theresa Perkins	Jan 20
Jane Dawson	Jan 2	Marylyn Klug	Jan 12	Dick Weaver	Jan 23
Marianne Lenz	Jan 4	Bill Bey	Jan 14	Mary Blasko	Jan 24
Cathy Mikes	Jan 4	David Graham	Jan 14	Lia Douglas	Jan 27
Shui Cheung	Jan 7	Ruth Guillaume	Jan 15	Dick McCaffrey	Jan 30
Greg Vonderheide	Jan 7	Margo Ruffner	Jan 16		
Bill Nagy	Jan 10	Don Jones	Jan 17		

January Food and Beverage Events

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

New Year's Day Dining Hours

Galleria: 7:00 - 11:00 am

Cafe: 11:00 am - 3:00 pm

Winslow & Grill Closed

New Years Dessert Demonstration

- rsvp 77743

Tuesday January 6, 2:00 pm PAC

Ring in the new year with a complimentary dessert demonstration by Chef Cindy, featuring delicious samples for all attendees.

Asian Cocktail Demonstration

- rsvp 77743

Thursday, January 8, 3:00 pm, The Grill, \$15

Educate yourself about cocktails, spirits, and history from Asia at this demonstration led by Jason and Alejandrina, complete with samples for attendees.

Chef Glenn's Steak Night - rsvp *17

Tuesday, January 13, 4:30 - 8:00 pm, The Grill, Prices Vary

Savor the best grades and cuts of meat the market has to offer, expertly prepared for your dining pleasure. All entrees come with two complementary, chef-curated side dishes.

Meet the Masters: A Social-Interactive Dinner pARTy - *07

Thursday, January 15, 4:30-6:30pm, Roycroft \$55

Three course themed dinner. A night of flavor, color, and conversation. See page 3 for details.

International Buffet - rsvp *17

Thursday, January 22, 4:30 - 7:00 pm, Winslow Dining Room, \$40

To launch the 2026 international year celebrating the Olympics, we are hosting the first of our themed buffets. Offering a wide array of options, we will showcase a global cuisine.

End of the Month Buffet

Sunday, January 25, 4:00 - 6:00 pm, Café Dining Area, Menu & price announced the week prior.

Chef Glenn's New Year Chef's Table

- rsvp 77743

Thursday, January 29, 5:00 pm, Roycroft, \$95

Chef Glenn is delighted to start the new year sharing a marvelous four-course dinner, expertly paired with elegant wines, each delivered with its own unique story. Early reservations are highly recommended as this exclusive dinner sells out quickly.





Welcome!



DIANE MAZUREK
*Arrived from Lake
Barrington in November*



SHIRLEY DEAVILLA
*Arrived from St. Louis, MO
in November*



INES PONTERIO
*Arrived from Lake Zurich
in November*



*Let's Lunch! Kelsey Road House. L to R: Deanne Born, Christy Gaples, Marge Gerry, Barb Weaver,
Dick Weaver, Bill Nimmo, Mary Lou Sheedy, and Dennis Golbesky*

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



Holiday Cheer with the Cary-Grove Swing Choir
Front: Nancy Danley, Dorothy Fisk, and Caregiver Elsa

Holiday Dinner and Show – Marilyn Roche,
Singer Tina Jenkens Crawley, and Tom Rode



Chuck Larabee

Joanne Witte and grandkids
with Santa during Winter Wonderland



Christmas Carolers from Winter Wonderland

