



THE GARLANDS®

Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



Dinner pARTy – Sally Graham

L to R: Kevin Lavin, Marci Lavin, Ines Ponterio, Marie Eibl, Bev Bromet, Lee Anderson, Rebecca Blickenstaff, Shui Cheung, Nelson Cheung, Jane Greenfield



Dinner pARTy, Magritte! Chris Kotarba and
Rebecca Blickenstaff



Let's Lunch – Carol Brenner, Sally Graham, Marge Gerry,
Rebecca Blickenstaff, Chris Kotarba

Sip and See – Artist Reception, Artist Carmella
Spagnola, John Blasko, Mary Blasko

FEBRUARY 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).

Mondays Feb 2, 9, 16 & 23 10:00-11:30 am	Kaleidoscope Art Class: Italian-Inspired Classical Techniques - rsvp *07 - <i>Art Studio in Prairiewood</i> February's class draws inspiration from Italy and the work of Charles Bargue. Learn classical techniques for observing and rendering form, light, and shadow through guided, step-by-step instruction. Each session builds on the last creating a supportive and cumulative learning experience for all levels.	 Kaleidoscope School of Fine Art
Saturday Feb 7 1:30-2:30 pm	Birthday Bash with Michael Bazan Duo: Saxophone, Celebrities, and Smooth Jazz - rsvp *07 - Robie Lounge Celebrate our February birthdays with a lively musical performance by Michael and his pianist. Enjoy smooth jazz favorites performed on tenor sax, alto sax, soprano sax, flute, and clarinet, along with entertaining stories from Michael's career playing with well-known celebrities and memorable projects.	
Sunday Feb 8 5:15-7:30 pm	Super Bowl LX Party! - rsvp *07 - Performing Arts Center Doors open at 5:15 pm for our annual Super Bowl viewing party, with kickoff at 5:30 pm on the big screen. Beer and wine, priced individually, will be available until 6:30 pm. You're welcome to stay through the end of the game. Complimentary chips and soft drinks will be provided through halftime, approx 7:30 pm. Be sure to check out Super Bowl Squares under "Things To Do" for additional fun leading up to the game.	
Monday Feb 9 3:30-4:30 pm	BINGO for Coins - rsvp *07 by 2/7 - Performing Arts Center Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.	
Tuesday Feb 10 12:00-12:30 pm	A New Series! The Great Exchange: This Month's Theme – Chocolates - rsvp *07 - Galleria, limit 12 In the spirit of Valentine's Day, join us for a chocolate exchange. Bring 12 individually wrapped chocolates or small sweets to share, and take home 12 new treats to enjoy. A simple, social way to share something sweet, discover new favorites, and enjoy good company.	
Tuesday Feb 10 1:00-2:00 pm	Tea on Tues: A Tea Exchange - rsvp *07 - Roycroft, limit 10 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. You will go home with 10 new teas to sample at your leisure.	

<p>Thursday Feb 12 2:00-3:00 pm</p>	<p>Apres Ski Party - rsvp *07 - Timbers Apres Ski Party in the Timbers. Come for our homemade Shotski and stay for the fun. Enjoy Snowcap Mimosas and Chairlift Hot Cocoa. Please wear your best ski attire.</p>	
<p>Thursday Feb 12 3:30-4:30 pm</p>	<p>Happy Birthday, Abraham Lincoln! Leadership w/ Storyteller Kevin Wood - rsvp *07 - Performing Arts Center In full costume and eerily resembling our 16th President, Mr. Lincoln discusses 16 principles that shaped his leadership, such as staying true to one's values and learning from mistakes. He shares examples from his life and career that show how these principles guided his decisions and actions.</p>	
<p>Saturday Feb 14 10:00-10:45 am</p>	<p>Barrington String Ensemble Performance - rsvp *07 - Robie Lounge Enjoy a morning of live music with the Barrington String Ensemble, a student-led chamber group dedicated to bringing meaningful performances to senior communities. They present a blend of classical and contemporary pieces designed to create connection and comfort through sound. Their mission is simple: to make every performance feel like a shared moment of joy.</p>	
<p>Saturday Feb 14 2:00-3:30 pm</p>	<p>New! Art for All: Valentine's Painting - rsvp *07 - Prairieview Art Studio, \$35, limit 20 Art is for everyone! Come give it a try! Join artist, author, and instructor Alicia Londos for a fun, feel-good Valentine's painting workshop designed especially for beginners. No experience required.</p>	
<p>Monday Feb 16 3:30-4:30 pm</p>	<p>BINGO for Prizes - rsvp *07 by 2/14 - Performing Arts Center Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>	
<p>Wednesday Feb 18 1:00-2:15 pm</p>	<p>Movie Buff John LeGear: Movie Music Memories 1 - rsvp *07 - Surround Sound Theater Join film historian John LeGear for Movie Music Memories 1, an 85-minute, fast-moving collection of film clips celebrating a century of song and dance on the silver screen. This lyrical stroll down memory lane features legendary performers including Fred Astaire, Ginger Rogers, Gene Kelly, Bing Crosby, Frank Sinatra, Doris Day, Michael Jackson, and more. A brief Q&A and audience discussion will follow.</p>	
<p>Thursday Feb 19 11:15 am-12:45 pm</p>	<p>New Friends Lunch - rsvp *07 by 2/17 - South Winslow Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, Italy. The menu will be available in advance. Lunch is billed to your account; Complimentary non-alcoholic beverages and cookies included. After lunch, head to the Performing Arts Center for a fascinating lecture on Italian comedy and humor in Italian Cinema.</p>	

Special Events

REQUIRE A RESERVATION

<p>Thursday Feb 19 1:00-2:00 pm</p>	<p>Presenting! Comedy Italian Style: Humor and Social Change in Italian Cinema - rsvp *07 - Performing Arts Center</p> <p>Join Massimiliano L. Delfino, Ph.D., Associate Professor of Instruction from Northwestern University, for an engaging look at commedia all'italiana, a distinctive style of film comedy that emerged in postwar Italy and flourished in the 1960s and 1970s. Along the way, you'll explore iconic filmmakers and stars.</p> 
<p>Thursday Feb 19 3:00-4:00 pm</p>	<p>Cultural Book Discussion: Italian Theme - rsvp 07 - Library</p> <p>February's selection is Oil and Marble: A Novel of Leonardo and Michelangelo by Stephanie Storey, exploring the rivalry and artistic lives of two Renaissance masters, an engaging companion to our February focus on Italy. This discussion is open to everyone; reading the book is not required, as conversation will also center on the culture and time period. Please obtain your own copy of the book, available through most major booksellers. March Book: Small Things Like These by Claire Keegan</p>
<p>Friday Feb 20 11:15 am-12:00 pm</p>	<p>Music at The Garlands w/ Bruce Smith - rsvp *07 - Surround Sound Theater</p> <p>Videos you'll enjoy are "Raindrops Keep Fallin' On My Head" by B.J. Thomas; Stravinsky's Firebird Suite performed by the L.A. Philharmonic; "Magic Moments" by Perry Como; Audrey Hepburn singing "Wouldn't It Be Loverly" from My Fair Lady; Tony DeSare singing "It Had To Be You"; and The Brothers Four performing "Try To Remember," plus several more.</p>
<p>Monday Feb 23 1:30-2:30 pm</p>	<p>Game Time! A New Twist-An International Game from Italy: Tombola - rsvp *07 - Roycroft</p> <p>Game Time goes global with Tombola, a traditional Italian game similar to bingo. Originating in Southern Italy, Tombola is a favorite at family gatherings and celebrations and remains a beloved part of Italian culture. Easy to learn and fun to play.</p> 
<p>Monday Feb 23 3:00-4:00 pm</p>	<p>Speed Friending - rsvp *07 - Timbers</p> <p>Platonic love is in the air! Speed Friending is back! If you missed our last event, join us to meet new friends in 7-minute rotating rounds. We'll provide icebreaker questions to help you connect, followed immediately by Happy Hour!</p>
<p>Monday Feb 23 7:00-8:15 pm</p>	<p>Trivia Night! - rsvp *07 by 2/21 - Burnham Room</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>Tuesday Feb 24 2:00-3:00 pm</p>	<p>Meet the Masters: Sips & Ceilings, A Michelangelo Experience - rsvp *07 - Roycroft</p> <p>Take a walk through the world of Italian culture of art, music, and wine. Enjoy beautiful Italian music performed by two musicians from the Elgin Symphony Orchestra. Jason Babor will be on hand to guide an Italian wine tasting as you explore a simple, hands-on art project inspired by Michelangelo and the Sistine Chapel. No art experience required! Just curiosity and a willingness to enjoy.</p> 

<p>Thursday Feb 26 2:00-4:00 pm</p>	<p>Painting with Lorraine OMalley - rsvp *07 - Prairieview Art Studio This relaxed, hands-on painting session invites all skill levels to jump in and give it a try – no experience required. We'll work in an abstract style that's easy, expressive, and open to all.</p>	
<p>Thursday Feb 26 4:30-6:00 pm</p>	<p>New Member Reception w/ Ed Collins at the Piano - rsvp *07 - Robie Lounge 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 Feb 27 10:00-10:45 am</p>	<p>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.</p>	

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)

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 Spiekhou 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

<p>Monday Feb 2 3:30-4:30 pm</p>	<p>Wildlife Talk: The Honey Effect, Nature's Sweet Secret to Wellness! - rsvp *07 - Surround Sound Theater</p> <p>Frank Moritary, from the Wildbird Shack, invites you to explore how this golden nectar, crafted by bees offers more than just sweetness. We'll dive into its healing properties, explore different types of honey and uncover how it can enhance your overall well-being, naturally.</p>	
<p>Tuesday or Thursday Feb 3 & 5</p>	<p>Italian Masters w/ Lanny Ori - rsvp *07</p> <p><i>- Tuesday, Feb 3, 11:00 am-12:00 pm OR Thursday, Feb 5, 1:00-2:00pm - Surround Sound Theater</i></p> <p>Join member and art historian Lanny Ori for a presentation on the Italian Masters. Lanny will guide us through a slide presentation, and time for questions and conversation. This session fills quickly. Please RSVP – or cancel in a timely manner if your plans change.</p>	
<p>Tuesdays Feb 3, 10 & 17 3:00-4:15 pm</p>	<p>Composers and Their Work w/Richard Schwemm - rsvp *07</p> <p><i>- Feb 3 – Mahler; Feb 10 – Mendelssohn; Feb 17 – Rachmaninoff - Surround Sound Theater</i></p> <p>Join Richard Schwemm for a series of afternoon concerts. Each session features a brief talk on the life of a classical composer, followed by one or two works performed by the Berlin Philharmonic Orchestra. A biographical sketch and program notes will be provided.</p>	
<p>Wednesday Feb 4 11:00 am-12:00 pm</p>	<p>Learn Italian w/Lia - rsvp *07 - Eastlake Dining Room</p> <p>Join us for a fun and friendly introduction to the Italian language with member Lia Douglas. Learn a few words and phrases, play lighthearted games, and practice saying something beautiful in Italian. A relaxed, social way to enjoy our February Italy theme.</p>	
<p>Friday Feb 6 9:30-11:00 am</p>	<p>Great Decisions w/ Julie Strauss - rsvp *07 by 2/4</p> <p><i>- Burnham Room</i></p> <p>America's largest discussion program on world affairs. We will read the Great Decisions Briefing Book, view short videos, and discussions on the 2026 global topics. February's topic – "America and the World: Trump 2.0 Foreign Policy." 2026 books are available for \$30 each. Let Concierges know if you would like to purchase a book (also available through the Foreign Policy Association website (www.fpa.org)).</p>	
<p>Wednesday Feb 11 11:00-12:00 pm</p>	<p>Curiosity Series: Power of Love: Roses and Chocolates: A Valentine's Tradition! - rsvp *07 - Surround Sound Theater</p> <p>Stacey Davis of the Wildbird Shack invites you on a journey into the most iconic romantic duo of all time: ROSES and CHOCOLATES. Step into a world where petals and decadent delights come together in a sensory celebration of passion and beauty. Discover the lush symbolism behind every bloom, savor flavors that melt into pure bliss, and unveil the secrets that make this pairing the everlasting language of love. Let the magic begin!</p>	

Tuesday Feb 17 11:30 am- 12:45 pm	Julie Strauss Lecture: Income Inequality and Democracy - rsvp *07 - Surround Sound Theater Join Julie Strauss for this stimulating discussion and examine whether income disparity in democratic societies poses threats to the principles that undergird modern democracies. Does extreme wealth contribute to polarization and cynicism toward government institutions? If so, what might the remedies be?
Wednesday Feb 25 11:00 am- 12:00 pm	Genealogy Group - rsvp *07 - Eastlake Dining Room Garlands member Pam Wilson can help you trace your family tree. Wherever you are on your journey, come! Your family is fascinating. 
Wednesday Feb 25 3:30-4:30 pm	Music Appreciation with Jim Kendros - rsvp *07 - Robie Lounge This program's music is filled with romance, joy, and passion. Selections by Mozart, Beethoven, Chopin, and Schubert. Along the way, you'll hear brief insights into the composers' lives and what to listen for in each piece. 

February Birthdays

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



Tom Aitken	Feb 2	Marjorie Fitzgerald	Feb 12	Dick Roch	Feb 21
Florence Compton	Feb 2	Marci Lavin	Feb 12	Shirley DeAvilla	Feb 21
Teresa Thomasson	Feb 2	Marlene Lawton	Feb 14	Cathy Nardo	Feb 22
Carlo Cencetti	Feb 3	Judy Thierer	Feb 14	Semmy Semerad	Feb 23
Sally Rayner	Feb 5	Bob Cormack	Feb 15	Louis Leone	Feb 23
Don Andler	Feb 6	Pam Wilson	Feb 15	Carol Tilly	Feb 24
Marilyn Roche	Feb 7	Clarence Last	Feb 16	Jerry Roseland	Feb 24
Bryan Coolican	Feb 8	Nancy Hamill	Feb 17	Corinne Anda	Feb 28
Jane Hoffman	Feb 10	Ed O'Hare	Feb 17	Betty Lang	Feb 28
Linda Jensen	Feb 10	Barbara Bischof	Feb 18	Cathleen Bayer	Feb 28
Josephine Buetow	Feb 11	Bev Bromet	Feb 19		

PLEASE NOTE: Check rsvp-by dates. Please note: ALL outings require a reservation. Call Concierge *07. The default location for departure is the 1000 Lobby. Let the Concierge (*07) or Member Services (*02) know ahead of time if you'd like to be picked up at your villa, the 2000 Lobby or 3000 Lobby rather than the 1000 Lobby. A pickup at these alternate locations will be approximately 20 min earlier.

Lyric Opera-Cosi 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. Running time: 3 hours and 30 minutes, including one intermission



Little walking



Some walking



A lot of walking

Cirque Kalabanté at McAninch Arts Center at College of DuPage - rsvp *07

Saturday, February 7, 6:15-10:00 pm, 1000 Lobby, \$50



Experience Afrique en Cirque, a thrilling fusion of high-flying acrobatics, live Afro-Jazz music, and vibrant West African culture. Created by Guinean artist Yamoussa Bangoura, this performance features breathtaking stunts, energetic dance, and rhythmic percussion - celebrating the beauty and spirit of African tradition.

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

NEW! Men on the Move: An Active Social Group for the Guys - rsvp *07

Monday, February 9, 11:30 am-1:30 pm, 1000 Lobby

Lucky Monks, South Barrington, Members pay for their own meal. Men on the Move is a new, active social group just for the guys and this first gathering is all about setting the direction together. Join us for lunch and conversation as we share ideas for future Men on the Move outings and activities.

Decadent Detour: Cannoli Making & Tiramisu Tasting - rsvp *07

Thursday, February 12, 2:00-4:00 pm, 1000 Lobby, Frantonio's Italian Kitchen, Barrington \$15

Indulge in a sweet Italian experience featuring hands-on cannoli making and tiramisu tasting. We'll visit Frantonio's Italian Kitchen. The Frantonio's family and team – longtime friends of The Garlands – will guide us through classic techniques and time-honored Italian desserts. A delicious way to explore Italy through taste.

Art Adventurers: Glass Suncatchers at Clay Monet, Lake Zurich - rsvp *07

Monday, February 16, 5:30-7:30 pm, 1000 Lobby, \$32

Join Art Adventurers for an evening inspired by Italy's rich tradition of glassmaking and stained glass. This experience is designed for everyone - beginners or those simply curious. You'll create a 6" x 6" glass suncatcher by arranging colorful glass pieces, which the studio will fire into a finished work you can display on a stand or hang in a window. No experience needed – just come ready to explore color, light, and creativity.

Bus to Feed My Starving Children, Schaumburg - rsvp *07 by 2/18

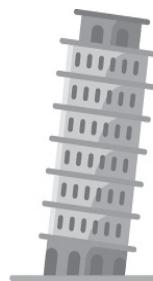
Friday, February 20, 1:45-4:45 pm, 1000 Lobby

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. Please let the Concierge know if you need a job which requires no standing. ALL jewelry should be removed before going to this event.

Let's Lunch! Pisa and Pasta - rsvp *07

Wednesday, February 25, 11:30 am-2:30 pm, 1000 Lobby, members pay own meal

We'll begin with a quick stop to see the mini replica of the Leaning Tower of Pisa in Niles – weather permitting. Then, we'll have lunch at Pasta D'Arte Trattoria Italiana – known for its inviting atmosphere and classic Italian cuisine. If you choose to drive yourself, please let us know so we can share an accurate count with the restaurant. You are welcome to dine with the group or enjoy lunch at your own pace.



COMING UP IN APRIL

Looking ahead to events for which you can register now!

Lyric Opera: Madama Butterfly - rsvp *07 by 4/2

Thursday, April 9, 11:00 am-approx 7:00 pm, 1000 Lobby, \$80, Lunch on your own

Experience Puccini's beloved opera at the Lyric Opera of Chicago. Madama Butterfly tells the heartbreak story of Cio-Cio-San, a young geisha whose devotion is met with tragic betrayal.

A 30-minute pre-performance lecture begins prior to the 2:00 pm curtain, offering helpful context for both newcomers and longtime opera lovers. Sung in Italian with projected English titles.

Bulletin Board

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.

Garden Planters

Registration is open for 2026 garden planters! Ask for a packet and form at the Concierge desk. Read it to understand your responsibilities; sign; and give the form to our Concierge.

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 Rood, 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.

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.

Volunteers Wanted for Recycling Taskforce

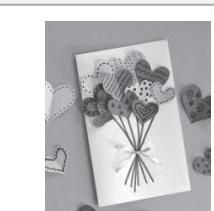
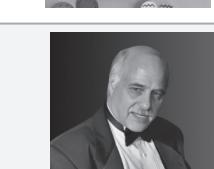
Wanted: people who have innovative ideas on communicating recycling guidelines to members. The group will meet as needed to increase participation goals and meet recycling industry requirements. Questions? Contact Deanne Born 33428.

Things To Do

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

Monday-Friday Feb 2-6 3:30-4:30 pm	<p>Super Bowl Squares - February 2-6 (or until full), Galleria</p> <p>Our \$1-per-square Football Squares game goes up on Monday. Place your money (exact amount only) in an envelope addressed to Activities, with your name and apartment/villa number and bring it to the Activities office by Friday, February 6th, noon. If the door is closed, you can slip it under the door. Bring a pen to write your name in the squares and do it at the same time you pay. Unpaid squares will be given away. Each household can select up to 5 squares. We'll announce the winners by the end of day Monday, February 9th, and ask that the winners come to Happy Hour in Timbers on Tuesday, February 10th, at 4:30, for a celebratory group photo. Call Abby (77415) with any questions or if you need a refresher on how Super Bowl Squares works!</p> 
Tuesdays & Thursday Feb 3, 10, 12, 17 & 24	<p>Therapy Dogs! - Wellness Hallway</p> <p><i>- Tuesdays, February 3, 10, 17, 24, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, February 12, 10:00-11:00 am (golden retriever Myra).</i></p> <p>These therapy dogs love YOU but should not interact with member dogs.</p> 
Tuesdays Feb 3 & 17 3:30-4:30 pm	<p>Barrington Area Library Brings Books to Us - Wellness Hallway</p> <p>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> 
Wednesdays Feb 4 & 18 4:00-5:00 pm	<p>Tech Lab with William! - Galleria</p> <p>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> 
Thursday Feb 5 4:00-5:00 pm	<p>Toast to Italy! - Robie Lounge</p> <p>We're raising a glass to kick off February's theme - Italy! Join us for a relaxed, social happy hour as we welcome the month with Italian wine samples, good conversation, and festive flair. Sip, mingle, and celebrate la dolce vita together. Cin! Cin!</p> 
Friday Feb 6 1:00-4:00 pm	<p>Olympic Opening Ceremony - Surround Sound Theater</p> <p>Join fellow members to watch the Opening Ceremony of the 2026 Winter Olympics together on the big screen. The Games officially open in Milan with the lighting of the cauldron and the Parade of Nations at San Siro Olympic Stadium, presented via the world feed. A fun, shared way to kick off the Olympics and celebrate the pageantry, tradition, and international spirit of the Winter Games in Italy. Dress in your favorite country's color!</p> 

Things To Do

<p>Saturday Feb 7 & 21 10:00-11:00 am</p>	<p>Just Talk - Eastlake Dining Room Just Talk is an informal, twice-monthly Saturday morning gathering for Garlands residents. With no set agenda, these hour-long sessions focus on spontaneous, lively conversation and the exchange of diverse ideas. A great opportunity to meet neighbors and build friendships in a stimulating, social environment.</p>	
<p>Tuesday Feb 10 10:00-11:00 am</p>	<p>Garlands Neighbor Meet Up (formerly Meet the MAC) - <i>Robie Lounge</i> Bring a coffee and catch up with your Members Advisory Committee.</p>	
<p>Tuesday Feb 10 12:00-2:00 pm</p>	<p>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>	
<p>Friday Feb 13 11:00 am- 2:30 pm</p>	<p>5th Annual Inspira Valentine's Day Bake Sale Fundraiser - <i>Wellness Hallway</i> Let the irresistible aromas of freshly baked goodies lead you to cupcakes, cookies, brownies, and more! This delicious Inspira Committee event raises funds for the Barrington Food Pantry. We invite members and team members to donate baked goods: if you are interested in participating, please see Concierge Martha and Fran for details.</p>	
<p>Friday Feb 13 11:00-1:00 pm</p>	<p>New! Craft Corner: Drop-in Valentine Card Making - <i>Galleria</i> Craft Corner is a social, stress-free creative space designed for all. No pressure, just easy projects, good company, and a little creative fun. Stop by to make sweet, funny or heartfelt Valentine cards.</p>	
<p>Fridays Feb 13 & 27 4:30-6:00 pm</p>	<p>Bobby Schiff on Piano - Robie Lounge Bobby is legendary and can stun you with the beauty of his playing.</p>	
<p>Saturday Feb 21 11:30 am- 1:50 pm</p>	<p>Midday Broadway: She Loves Me - Surround Sound Theater <i>She Loves Me</i> is a charming romantic musical about two feuding shop clerks who don't realize they're falling in love through anonymous letters. Set in a 1930s perfume shop, it's a delightful story of love, misunderstandings, and happy surprises.</p>	
<p>Wednesday Feb 25 9:30-10:30 am</p>	<p>Coffee with Management - Performing Arts Center Management apprises members of news and updated information concerning life at The Garlands. We strongly encourage members to attend this meeting, which occurs six times a year.</p>	

Fitness Programs

GO RED FOR WOMEN – CELEBRATE WOMEN'S HEART MONTH IN STYLE!

Show your support and wear red all month long.

Introducing The Winter Olympic Games and Events at the Garlands - rsvp *07

Mon-Fri, Feb 9-13, in various parts of the Garlands.

Bocce

Monday, February 9, 1:30-2:30 pm, Burnham

Bocce game with a Gelato treat.

Games Galore

Tuesday, February 10, 2:00-3:00 pm, Burnham

A variety of competitive games.

Basketball Shootout

Wednesday, February 11, 10:00-10:15 am, Pool

Men against women. Aqua Fit will follow this event.

Meditation with Bhante Rauhla

Wednesday, February 11, 11:30-12:15 pm, Timbers

Set some healthy intentions for 2026. Relax, breathe and meditate with Bhante from the Blue Lotus Temple.

Apres Ski Party

Thursday, February 12, 2:00-3:00 pm, Timbers

Apres Ski Party in the Timbers. Come for our homemade Shotski and stay for the fun. Enjoy Snowcap Mimosas and Chairlift Hot Cocoa. Please wear your best ski attire.

Chair Beach Ball Volleyball

Friday, February 13, 2:00-3:00 pm, Fitness

A game of volleyball for all.

Billiards Game

Tuesday, February 17, 3:00-4:00 pm, Timbers

New pool cues have arrived. Grab your friends and come join the fun!

Standing Tai Chi

Wednesday, February 18, 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.

Speed Friending-rsvp *07

Monday, February 23, 3:00-4:00 pm, Timbers

See Special Events for details.

RECURRING CLASSES

Absolutely-Abs

Monday and Wednesdays, 12:15-12:30 pm, Fitness

Balance Class Fitness

Tuesdays and Thursdays, 10:30-11:00 am, Fitness

Balanced Body

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

Barre Total Body Toning

Thursdays, 8:30-9:00 am, Fitness

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.

Cardio Sculpt

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

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

Chair Fitness

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

Chair Yoga

Tuesdays and Thursdays, 11:00-11:30 am, Fitness

Fit Aqua

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

Floor Yoga

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

*No Yoga on Thursday, Feb 5th at 2:00 pm

Men/Women's Fitness

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

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.

Pickleball

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

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

Fitness Programs

Ping Pong

Thursdays, 2:00-3:00 pm, Burnham

Enjoy friendly competition with neighbors and make new friends. All ages and skill levels invited.

Red Ball Tennis

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

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.



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

Wellness Center



The Doctors are in... By appointment only.

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

Thursday, February 12, 1:00-4:00 pm

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

Wednesday, February 25, 10:00 am-12:00 pm

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.

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: Cottage Cheese

Tuesday, February 24, 11:00-11:30 am
- Wellness Hallway

Sample a healthy recipe, High Protein French Onion Dip, prepared by our culinary team as our Wellness Nurse explains the health benefits of cottage cheese.

February Food and Beverage Events

Toast to Italy Wine Sampling

Thursday, February 5, 4:00-5:00 pm, Robie Lounge Happy Hour

Italy, the host country for the Winter Olympics, is being celebrated all month. Sip wine samples from around their region and share a toast with others at this special Happy Hour. Cin! Cin!

Italian Night Buffet - rsvp *17

Thursday, February 5, 4:30-7:00 pm, Winslow Dining Room, \$35

Join us for an Italian feast featuring classic dishes and desserts. Please note this will be our exclusive dinner offering for the evening; the regular menu and delivery services will be unavailable.

The Big Game Tailgate Buffet

- rsvp 77743

Sunday, February 8, 4:00 - 5:00 pm, PAC \$20

All-you-can-eat football buffet featuring greats like chili, chicken wings, sliders and more. Come for the food then stay for the game. There will be bar service and complimentary snacks until half time as well.

Valentines Dinner - rsvp *17

Saturday, February 14, 5:00-7:00 pm, The Roycroft

Love is in the air at this romantic dinner with a select menu and drinks. Prices vary and seating is limited.

Fat Tuesday Mardi Gras Specials - rsvp *17

Tuesday, February 17, 4:30-8:00 pm, The Grill

Tonight, we celebrate the rich tradition of Fat Tuesday with specials created by Chef Glenn. The Grill dinner menu will be available. Specials are for dining in only.

End of the Month Buffet

Sunday, February 22, 4:00-6:00 pm, Café Dining Area – Menu & price announced the week prior.

Kitchen Tour - rsvp 77743

Wednesday, February 25, 3:00 pm, Winslow Kitchen

Go behind the scenes on a guided tour with Chef Glenn and Jason to learn about everyday operations in the food and beverage department.



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>
Friday, Feb 6 3:00-4:00 pm	Communion Service with St. Mark's Episcopal Church - <i>Eastlake Dining Room; All welcome!</i>
Wednesday, Feb 11 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>
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>



Welcome!



TED GOLITZ
*Arrived in October
from Barrington Hills*



KAY GOLITZ
*Arrived in October
from Barrington Hills*

Around the World at The Garlands

This year, The Garlands is going global – right from home.

Each month will feature a new cultural theme inspired by a different country, woven into activities, events, food, art, and conversation. Members are welcome to join in as much or as little as they like.

All are welcome! Think discovery, learning, and shared fun – not travel logistics. Pack your curiosity and join us as we explore the world together, one month at a time.



February – Italy

March – Ireland

April – Japan

May – Mexico

June – France

July – USA

August – India

September – China

October – Germany

November – Spain

December – Magic
Around the World

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



Dinner pARTy – Gisela Seehafer, Christy Gaples, Liz McKay

Fitness – Mary Blasko



Puzzles! Joe Cusimano, Joyce Carlson, Frank Rubino



Ines Ponterio