

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

*Golden Girls Book Club: Sophia Hausen, Liz McKay, Doris Alton, Sharon Thomson, Sarah Dockery, Sue Ellen Griffin*



*A Day at the Chicago Botanic Garden:  
The Orchid Show: Kathie Faulwetter,  
Marie Eibl*



*Toast to Ireland! Bill Nimmo, Dick Weaver*



*Ladies Bridge Group: Judy Miller, Mary Spinner, Kay Reich, Marilyn Helberg*

This month's cultural connection  
focuses on JAPAN.

APRIL 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>Mondays <b>Apr 6, 13, 20 &amp; 27</b> 10:00-11:30 am</p>	<p><b>Kaleidoscope Art Class: Sumi-e Ink Painting - rsvp *07</b> - <i>Art Studio in Prairieview</i></p> <p>Explore the traditional Japanese art of Sumi-e, an ink painting style using white paper and black ink to create striking, high-contrast images. We will be diluting ink to achieve a range of values while learning brush techniques. Each class builds on the previous one, creating a cumulative artistic journey throughout the month.</p>	
<p>Thursday <b>Apr 9</b> 4:00-5:00 pm</p>	<p><b>Toast to Japan! - rsvp *07 - Robie Lounge</b></p> <p>We're raising a glass to kick off April's theme: Japan! Join us for a relaxed, social happy hour featuring a sake tasting led by Jason while exploring a variety of activities inspired by Japanese culture.</p>	
<p>Saturday <b>Apr 11</b> 10:00-10:45 am</p>	<p><b>Barrington High School (BHS) String Ensemble Performance - rsvp *07 - Robie Lounge</b></p> <p>Enjoy a morning of live music with the Barrington String Ensemble, a student-led group presenting a blend of classical and contemporary pieces designed to inspire connection and shared enjoyment.</p>	
<p>Saturday <b>Apr 11</b> 1:30-2:30 pm</p>	<p><b>Birthday Bash with Peter Miletic - rsvp *07 - Robie Lounge</b></p> <p><b>Please note: Date changed to the second Saturday of the month.</b> Join us as we celebrate this month's birthdays with live music and festive cheer. Gather in the Robie Lounge to honor those celebrating and enjoy an afternoon of lively entertainment and community.</p>	
<p>Monday <b>Apr 13</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins - rsvp *07 by 4/11 - Performing Arts Center</b></p> <p>Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.</p>	
<p>Tuesday <b>Apr 14</b> 12:00-12:30 pm</p>	<p><b>The Great Exchange: Fresh &amp; Fit Finds - rsvp *07 - Roycroft</b></p> <p>Join us for a Healthy Snack Exchange. Bring 6 individually wrapped healthy snacks – protein bites, dried fruit packs, nut mixes, or other better-for-you treats – and you'll go home with 6 new options. A simple, social way to discover smart snacks and share good company.</p>	
<p>Tuesday <b>Apr 14</b> 1:00-2:00 pm</p>	<p><b>Tea on Tues: A Tea Exchange - rsvp *07 - Roycroft</b></p> <p>Enjoy a charming tea exchange. Please bring 6 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 6 new teas to sample!</p>	

<p>Wednesday <b>Apr 15</b> 11:15 am-12:45 pm</p>	<p><b>New Friends Lunch - rsvp *07 by 4/14 - South Winslow</b> Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, Japan. The menu will be available in advance. Lunch is billed to your account; Complimentary non-alcoholic beverages and cookies included.</p>	
<p>Wednesday <b>Apr 15</b> 1:00-2:15 pm</p>	<p><b>Movie Buff John LeGear: Movie Music Memories 2 - rsvp *07</b> - Surround Sound Theater Take a lyrical stroll down memory lane with "Movie Music Memories 2," a curated collection of historic film clips spanning the past century. John will guide us through the decades with memorable performances from beloved stars of the silver screen. An audience Q&amp;A will follow.</p>	
<p>Saturday <b>Apr 18</b> 11:00 am-12:00 pm</p>	<p><b>SOUL Harbour Ranch Animal Therapy Visit - rsvp *07</b> - Performing Arts Center Experience the comfort and joy of therapy animals during this special visit from SOUL Harbour Ranch. Registered Pet Partners therapy dogs and miniature horses will be here to greet you. This all-volunteer nonprofit program promotes the healing power of the human-animal bond, bringing smiles, connection, and well-being.</p>	
<p>Monday <b>Apr 20</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes - rsvp *07 by 4/18 - Performing Arts Center</b> Everyone who BINGOs wins a prize-wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>	
<p>Thursday <b>Apr 23</b> 4:30 pm</p>	<p><b>Meet the Masters Dinner pARTy: Hokusai and the Great Wave - rsvp 77743 - Roycroft, Limit 24, \$55</b> Step into an immersive evening inspired by Japanese master Katsushika Hokusai and his iconic work, The Great Wave. Experience a visually inspired dinner that celebrates the beauty, movement of Hokusai's world. Sake pairings will complement the menu, adding an authentic touch to this social-interactive pARTy that blends art, flavor, and conversation.</p>	
<p>Monday <b>Apr 27</b> 2:00-3:00 pm</p>	<p><b>Dining at The Garlands: Navigating Special Dietary Needs - Presented by Executive Chef Glenn Zamet and guest, Michelle Carter, MHA, RD - rsvp *07</b> - Surround Sound Theater An educational session exploring common diets recommended by healthcare providers. We'll discuss what these diets involve and share helpful tips to guide you when ordering from The Winslow or Grill dining venues.</p>	
<p>Monday <b>Apr 27</b> 7:00-8:15 pm</p>	<p><b>Trivia Night! - rsvp *07 by 4/25 - Burnham Room</b> A really fun evening with new and old friends. Teams of 8 members. Beverages provided. The winning team gets a prize. We are unable to accommodate walk-ins.</p>	
<p>Wednesday <b>Apr 29</b> 10:00-10:45 am</p>	<p><b>What's Happening?! - rsvp *07 - Surround Sound Theater</b> We will give a brief overview of next month's events, and you can sign up for them on the spot.</p>	

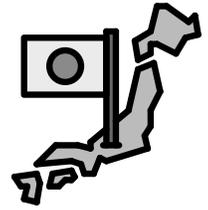
Thursday

**Apr 30**

3:00-4:00 pm

## Cultural Book Discussion: Japan - rsvp \*07 - Library

Read one or both and join the discussion comparing perspectives and portrayals of geisha life: *Geisha, A Life*, by Mineko Iwasaki and *Memoirs of a Geisha*, by Arthur Golden. These discussions are 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. Please find all the 2026 future book titles in the library.



## Coming Up In May

*Looking ahead to events for which you can register now!*

### Kentucky Derby Watch Party - rsvp \*07

*Saturday, May 2, 4:45-6:15 pm, Timbers Race begins 5:57 pm*

Sip a mint julep, thrill us with your hat, eat a bourbon ball, and bet your bottom dollar on the horse to win it all. \$1 per bet. Bet as many times as you'd like - bets close at 5:40 pm. House odds. If you wear a fancy hat, Activities will throw a dollar in the pot!



### Bus to Elgin Symphony Orchestra for season ticket holders: Pictures at an Exhibition

- rsvp \*07

*Sunday, May 3, 12:45-5:00 pm, 1000 Lobby*

### Bach Cantata Vespers at Grace Lutheran Church, River Forest - rsvp \*07

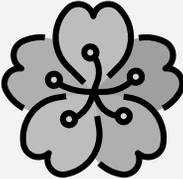
*Sunday, May 17, 1:45-6:15 pm, 1000 Lobby, \$10*

Join us for the final Bach Cantata Vespers of the season featuring BWV 43, *Gott fährt auf mit Jauchzen* ("God Goes Up with Jubilation"), written for the Feast of the Ascension. This festive cantata with orchestra, trumpets, and timpani is presented within a traditional evening prayer service with congregational singing and instrumental preludes. We will arrive in time for the 3:00 pm pre-Cantata lecture, followed by the 3:45 pm musical prelude. Free will offering.

### Metropolis: The Wedding Singer - rsvp \*07

*Saturday, May 23, depart 11:30 am, (2:00 performance) return by 5:15pm, 1000 Lobby, \$45*

Swing into wedding season with this Tony-nominated rom-com musical adaptation of Adam Sandler's hit movie. Robbie Hart, a beloved wedding singer, is left at the altar and turns every wedding into a wreck - until he meets Julia, a winsome waitress who just might change everything. We will depart at 11:30 am giving you time to enjoy lunch on your own before the 2:00 pm performance.

<p>Monday <b>Apr 6</b> 3:30-4:30 pm</p>	<p><b>Wildlife Talk: Uncover the Fascinating World of Penguins</b> - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Did you know that World Penguin Day is celebrated in April? These adorable animals are often misunderstood. Are penguins birds or fish? How do they survive and thrive in freezing temperatures? Explore the surprising and lesser-known facts behind these charming and remarkable creatures. Join Alyse Burman from the Wildbird Shack as we take a deep dive into the fascinating world of Penguins.</p>	
<p>Wednesday <b>Apr 8</b> 11:00 am-12:00 pm</p>	<p><b>Curiosity Series: The Botanical Traditions of Japan</b> - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Stacey Jacobs from The Wildbird Shack explores Japan's botanical traditions, where nature, spirituality, and art are deeply connected. Discover the beauty of cherry blossom viewing (hanami), the refined art of flower arranging (ikebana), bonsai, and Japanese garden design, along with the philosophy of wabi-sabi that shapes these timeless practices.</p>	
<p>Friday <b>Apr 10</b> 9:30-11:00 am</p>	<p><b>Great Decisions w/ Julie Strauss</b> - rsvp *07 - <i>Burnham</i></p> <p>Great Decisions is America's largest discussion program on world affairs. Participants read from the Great Decisions 2026 Briefing Book, view short videos, and engage in lively discussion led by Julie Strauss, Ph.D. This month's discussion focuses on U.S. – China Relations. The 2026 briefing book is available for purchase through the Foreign Policy Association website (<a href="http://www.fpa.org">www.fpa.org</a>).</p>	
<p>Tuesday <b>Apr 21</b> 11:30 am-12:45 pm</p>	<p><b>Julie Strauss Lecture: Silicon Valley's Growing Influence over Our Politics</b> - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Tech companies have grown exponentially over the past two decades, bringing increasing influence in the political sphere. Join Julie Strauss for an exploration of how major tech leaders and companies shape today's political landscape - from campaign donations to policy discussions, particularly around artificial intelligence.</p>	
<p>Wednesday <b>Apr 22</b> 11:00 am-12:00 pm</p>	<p><b>Genealogy Group</b> - rsvp *07 - <i>Eastlake Dining Room</i></p> <p>Garlands member Pam Wilson can help you trace your family tree. Wherever you are on your journey, come! Your family is fascinating. April is National DNA Month (who knew?), and the Garlands Genealogy Group invites you to join them for several special programs throughout the month. Check out the other genealogy programs in the Things to Do and Let's Go sections.</p>	
<p>Wednesday <b>Apr 22</b> 3:30-4:30 pm</p>	<p><b>Music Appreciation w/ Jim Kendros: The Passion of Russian Composers</b> - rsvp *07 - <i>Robie Lounge</i></p> <p>Nothing expresses musical passion quite like the great Russian composers. Jim Kendros returns to The Garlands to explore masterpieces by Rachmaninoff, Tchaikovsky, and Prokofiev while sharing insights into the lives and times that shaped their music.</p>	

**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. We purchase tickets for outings based on signed agreements. Your reservation is complete when your signed agreement is turned in to the Concierge.



## Decadent Detour: Kurimu, Schaumburg - rsvp \*07

**Wednesday, April 8, 1:00-3:00 pm, 1000 Lobby,**  **purchase items on your own**

A quick and fun stop at Kurimu, a Japanese-inspired dessert shop known for its creative soft-serve, bubble tea, and specialty sweets. Guests will hop off the bus to browse and try something unique before returning—no seating inside, just a playful and flavorful treat worth the stop.



## Going Beyond Your DNA Test at the Barrington Area Library - rsvp \*07

**Wednesday, April 8, 6:45-8:15 pm, 1000 Lobby**

Michelle Bray Wilson, a genetic genealogist and former president of the Computer Assisted Genealogy Group of Northern Illinois, will present "I Did A DNA Test, Now What?" If you tested with Ancestry, MyHeritage or 23andMe, find out what the results show about your tree. Questions? Contact Pam Wilson (71334)

## 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 heartbreaking 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.

## International Museum of Surgical Science - rsvp \* 07

**Friday, April 10, 11:30 am-5:00 pm, 1000 Lobby, \$30**

North America's only museum devoted to surgery, this fascinating collection explores the evolution of surgical practices, tools, and medical innovation. Highlights include exhibits on the artistry of plastic surgery and the development of surgical technology. A private retired doctor will guide our tour. Please eat beforehand or bring food with you. Snacks and drinks are available for purchase and seating is available throughout the museum.

## Bus to Elgin Symphony Orchestra for season ticket holders: Beethoven's 5th - rsvp \*07

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

## Men on the Move: Wolves Hockey - rsvp \*07

**Sunday, April 19, 2:00 pm (Game at 3:00 pm), Allstate Arena, \$35**

Watch the Chicago Wolves take on the Milwaukee Admirals in the final game of the season. This Fan Appreciation Game is a great chance to enjoy the action, camaraderie, and excitement of live hockey. Men on the Move is a new, active social group just for the guys.

**Japanese Market & Lunch: Mitsuwa Marketplace, Arlington Heights - rsvp \*07****Monday, April 20, 10:30 am-1:00 pm, 1000 Lobby, purchase items on your own**

Visit Mitsuwa Marketplace, a lively Japanese market featuring a grocery, bakery, specialty shops, and a popular food court with ramen, udon, sushi, tempura, and more. We will depart at 10:30 am to arrive ahead of the lunch rush. Cynthia will go ahead to help secure seating so we can enjoy lunch and browse the market together.

**Japanese Walking in the Cuba Marsh - rsvp \*07****Wednesday, April 22, 1:30-2:30 pm, 1000 Lobby**

Spring into fitness with this trending walking style. The Japanese walking method, or Interval Walking Training (IWT), is a 30-minute, high-intensity interval training technique that alternates between three minutes of fast-paced walking and three minutes of slow-paced strolling. Originating from studies on health benefits, it boosts cardio fitness, lowers blood pressure, and builds strength. Please wear comfortable walking shoes and bring water.

**When Was It Taken?: A Program on Dating Old Photos - rsvp \*07****Thursday, April 23, 6:45-8:15, 1000 Lobby**

Julia Johnas, a local historian with certificates in archival studies and photo preservation, will speak on "Dating Old Family Photos." If you have a puzzling old photo, bring it and Julia will examine it for dating clues. Questions? Call Pam Wilson (71334)

**One of a Kind Show & Sale at The Merchandise Mart - rsvp \*07****Friday, April 24, 9:00 am-3:00 pm, 1000 Lobby, \$15, lunch on your own**

Explore the beloved One of a Kind Spring Show at The Mart in Chicago, featuring more than 350 artists, and designers, from across North America. Browse original fine art, home décor, fashion, jewelry, gourmet treats, while meeting artists and discovering unique, handcrafted pieces. Exciting news: The Garlands' first Artist in Residence, Maggie Banstra, will be exhibiting in the show. She will also join us at The Garlands this spring for a lecture, workshop, and exhibition.

**Anderson Japanese Gardens - rsvp \*07****Tuesday, April 28, 9:00-3:00 pm, 1000 Lobby, \$20, Lunch on your own**

Experience the tranquility of Anderson Japanese Gardens, recognized as one of the finest Japanese gardens in North America. Begin with a docent-led overview, then enjoy time to stroll winding paths, waterfalls, and beautifully curated landscapes at your own pace. This peaceful cultural outing offers a glimpse into traditional Japanese garden design and artistry.

**Men on the Move: An Active Social Group for the Guys - rsvp \*07****Thursday, April 30, 11:00 am-1:30 pm, 1000 Lobby, Lunch on your own**

Take 2! Join us for lunch at Lucky Monk in South Barrington. Men on the Move is an active social group just for the guys - gather for good conversation, camaraderie, and to share ideas for future outings and activities.

# Things To Do

<p>Saturdays <b>Apr 4 &amp; 18</b> 10:00-11:00 am</p>	<p><b>Just Talk - Eastlake Dining Room</b> 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>Tuesdays &amp; Thursday <b>Apr 7, 9, 14, 21 &amp; 28</b></p>	<p><b>Therapy Dogs!</b> <i>Tuesdays, April 7, 14, 21, 28, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, April 9, 10:00-11:00 am (golden retriever Myra) - Wellness Hallway</i> These therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays <b>Apr 7 &amp; 21</b> 3:30-4:30 pm</p>	<p><b>Barrington Area Library Brings Books to Us - Wellness Hallway</b> 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>Apr 8 &amp; 22</b> 4:00-5:00 pm</p>	<p><b>Tech Lab with William! - Galleria</b> 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>Apr 10, 17 &amp; 24</b> 11:00 am-1:00 pm</p>	<p><b>NEW! Culture Corner - Galleria</b> Stop by this self-guided cultural station and explore something new inspired by the month's theme. Activities include Origami (April 10), Haiku Building (April 17), and Zen Tangle (April 24). Designed for curious minds, this hands-on activity invites you to experiment, create, and discover at your own pace.</p>	
<p>Fridays <b>Apr 10 &amp; 24</b> 4:30-6:00 pm</p>	<p><b>Bobby Schiff on Piano</b> <i>- Robie Lounge</i> Bobby is legendary and can stun you with the beauty of his playing.</p>	
<p>Tuesday <b>Apr 14</b> 9:30 am-10:45 am</p>	<p><b>Garlands Neighbor Meet Up (formerly Meet the MAC)</b> <i>- Robie Lounge NEW TIME!</i> Bring a coffee and catch up! All members are welcome. Get to know your neighbors, learn Garlands Information Nuggets (GINs) and share ideas and feedback with your Members Advisory Committee.</p>	
<p>Tuesday <b>Apr 14</b> 12:00-2:00 pm</p>	<p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway</b> Betsy repairs and custom designs costume jewelry. Cash or checks only, no credit or debit cards.</p>	

<p>Saturday <b>Apr 18</b> 11:30 am- 1:40 pm</p>	<p><b>Midday Broadway: Allegiance - Surround Sound Theater</b> Inspired by the true-life experience of George Takei, Allegiance tells the powerful story of a family torn apart by the wrongful imprisonment of Japanese Americans during World War II. When a mysterious envelope sends Sam Kimura back 60 years, he and his sister Kei fight to protect their family in this moving and untold American story.</p>
<p>Tuesday <b>Apr 21</b> 3:00-4:00 pm</p>	<p><b>Genealogy Help Desk - Wellness Hall</b> Curious about your heritage? Ancestors missing? Members of The Garlands Genealogy Group will help find answers. Fill out a research form and members of the group will get back to you about what they are able to find. Questions? Contact Pam Wilson (71334)</p>
<p>Wednesday <b>Apr 22</b> 9:30-10:30 am</p>	<p><b>Coffee with Management - Performing Art Center</b> 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>



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 Book of Ephesians</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, April 8</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, April 10</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, 4:45-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am</p>	



Bingo! John Galanos



Liz McKay, Sally Graham, Meridith Randolph

# Fitness Programs

## **Easter Egg Hunt - rsvp \*07**

*Friday, April 3, 2:00-3:00 pm, 1000 Lobby*

Hop, walk or roll for Easter Eggs. Bring your friends and hunt for treats. This event takes place outside, weather permitting. Meet us at the 1000 entrance.

## **Pump It Up For Parkinson's Awareness**

*Thursday, April 9, All day, Fitness*

April is Parkinson's Awareness Month. The Garlands Fitness Center is thrilled to participate in the nationwide event, Pump it for Parkinson's alongside the National Institute for Fitness and Sport (NIFS). Pump It For Parkinson's focuses on symptom management through exercise. Help reach the national goal of 50 million steps by tracking your steps on any device while in fitness classes, out walking, or using a cardio machine. Please report all steps to the fitness center. Questions? Call Bethanie (\*41).

## **International Museum of Surgical Science**

**- rsvp \* 07**

*Friday, April 10, 11:30 am-5:00 pm, 1000 Lobby, \$30*

\*See Let's Go!

## **The Art Of Reiki: Journey Of Japan - rsvp \*07**

*Monday, April 13, 1:00-2:00 pm, Surround Sound Theater*

Join Reiki Master Victoria Spagnola, from DiVine Awakening Energy Healing; as she enlightens you with the power of Reiki. Reiki (pronounced ray-key) is a Japanese form of alternative, energy-based medicine developed by Mikao Usui in the 1920s. It involves practitioners placing hands lightly on or just above a person to channel "universal life energy" to promote stress reduction, relaxation, and self-healing.

## **Matter Of Balance Introduction - rsvp \*07**

*Tuesday, April 14, 2:00-3:00 pm, Surround Sound Theater*

Learn more about the benefits of this 8 week series on reducing your fears of falling and feeling more confident being active. This class will be once a week for two hours starting in May. The classes will be a mix of cognitive discussions, education and simple exercises. Max of 10 members for each session. The Matter Of Balance class is geared towards members that do not exercise regularly.

## **Tai Chi**

*Wednesday, April 15, 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.

## **Axe Throwing at Bullseye Axe Lounge, Schaumburg - rsvp \*07**

*Friday, April 17, 3:15-5:30 pm, 1000 Lobby, \$30*

Try your hand at axe throwing or come along to cheer on the Garlands crew. Please note axes are heavy and thrown from behind the head, so those with shoulder limitations may prefer to watch and cheer!

## **Meditation With Bhante From Blue Lotus Temple**

*Wednesday, April 22, 11:30-12:30 pm, Timbers*

Relax and breathe with this simple but effective meditation. The Bhante's are always up for questions and answers at the end. They are extremely welcoming and love to meet new members.

## **Japanese Walking in the Cuba Marsh - rsvp \*07**

*Wednesday, April 22, 1:30-2:30 pm, 1000 Lobby*

Relax and breathe with this simple but effective  
\*See Let's Go!

## **Bocce and Beer**

*Wednesday, April 29, 2:00-3:00 pm, Grill Courtyard*

Bring your besties. Everyone is welcome to play. If it's cold or raining we will meet in the Burnham Room.

## **RECURRING CLASSES**

### **Balanced Body - Studio**

*Mondays & Wednesdays 9:15-9:55 am*

We will be balancing and stretching standing and on the floor.

### **Pickle ball - Burnam**

*Mondays & Thursdays, 9:30-10:30 am*

All levels are welcome! **No Pickleball on April 30.**

### **Aqua Fitness - Pool**

*Mondays & Wednesdays, 10:15-10:55 am, & Fridays 10:00-10:40 am*

### **Zumba® Gold (standing and chair) - Studio**

*Mondays, Wednesdays, & Fridays 11:00 am*

## Fitness Programs

### **Cardio Sculpt - Studio**

*Mondays & Wednesdays, 11:30-12:00 pm*

This class is an advanced fast paced workout that will give you an all over challenge.

### **Absolutely Abs - Studio**

*Monday & Wednesdays, 12:15-12:30 pm*

15 minutes of core strength training.

### **Red Ball Tennis - Burnham**

*Tuesdays 9:30 - 10:30 am*

### **Men and Women's Fitness - Studio**

*Tuesdays & Thursdays 9:30-10:00 am*

Get your cardio and your strength.

### **Only LegZ - Studio**

*Tuesdays, Thursdays, 10:15-10:30 am*

### **Balance Class - Studio**

*Tuesdays & Thursdays, 10:30-11:00 am*

### **Chair Yoga - Studio**

*Tuesdays & Thursdays, 11:00-11:30 am*

Unwind, relax and reward yourself with these amazing feel-good yoga moves using a chair for support!

### **Floor Yoga (mat based) - Studio**

*Tuesdays & Thursdays, 2:00-3:00 pm*

### **Brain and Body - Studio**

*Wednesdays, 1:00-2:00 pm*

Class is geared towards our neurological community using boxing techniques and boxing equipment.

### **Barre Total body Toning - Studio**

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

Low impact workout that combines elements of ballet with regular fitness exercises. Targets posture, balance, and muscular endurance.

### **Ping Pong - Burnam**

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

### **Chair Fitness - Studio**

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

Get your cardio and strength with this functional training in a chair.

### **Beginner Balance - Studio**

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

This class offers a blend of exercises designed to improve core strength, coordination, and flexibility.

## Ongoing Happenings

*If you have questions about any of these activities, call the person named in parentheses. Please alert us to any changes in this information.*

**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)

**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 Spiekhout 72110)

**Poker-Men's** - Thursdays, 1:00 pm, Timbers Lounge (Steve Thorpe 73320)

**Sewing Repairs** - 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

# April Food and Beverage Events

## **First Day of Passover Specials - rsvp \*17**

*Wednesday, April 1, 4:30-8:00pm, The Grill*

To celebrate the first day of Passover Chef Glenn will be preparing a special menu in addition to the regular dinner menu. This special menu will feature a selection of food traditionally eaten during Passover. The specials are for dining in only and will not be available for takeout.

## **Fish Fry Friday - rsvp \*17**

*Friday, April 3, 4:30-8:00 pm, The Winslow, \$27*

Treat yourself to our fresh battered fish dinner complete with our famous fries and coleslaw. Note that this evening Happy Hour will be located in the Roycroft.

## **Easter Day Brunch Buffet - rsvp \*17**

*Sunday, April 5, Two Seatings: 10:30 am and 1:00 pm, The Winslow*

Celebrate Easter and experience our signature hot/cold buffet, complete with a dazzling dessert bar. \$55 for adults / \$16 for children 3-12 years of age. Please state the number of children in your party when making reservations.

## **National Beer Day**

*Tuesday, April 7, 4:00-5:00 pm, The Timbers Lounge, Prices Vary*

Taste craft beers from around the nation to celebrate National Beer Day during happy hour. Chef Glenn will use these beers in his specials for the evening.

## **Spring Dessert Demonstration - rsvp 77743**

*Thursday, April 9, 2:00 pm, PAC*

*Pastry Chef Cindy will demonstrate how to make delightful, sweet Spring inspirations with samples available to taste.*

## **Fried Chicken Dinner Special - rsvp\*17**

*Friday, April 10, 4:30 - 8:0 pm, Winslow Dining Room, \$24*

Tonight's special: a three-piece fried chicken dinner with mashed potatoes, corn and a biscuit. Please note, no substitutions for the chicken pieces. Available for dining-in, carry-out or delivery, alongside our Winslow dinner menu.

## **Tax Day Happy Hour**

*Wednesday, April 15, 4:00-6:00 pm, The Timbers Lounge*

Let us take the stress off your taxing day of Tax Day. Jason, guest mixologist, creates drinks on special.

## **Japanese Buffet Featuring Guest Sushi Chef - rsvp \*17**

*Thursday, April 16, 4:30-7:00 pm, The Winslow, \$40*

Join us for an exclusive, one-night-only authentic Japanese buffet! Experience a celebration of traditional flavors, featuring a live sushi chef hand-rolling fresh selections to order.

## **Kitchen Tour - rsvp 77743**

*Wednesday, April 22, 3:00 pm, The Winslow*

Take a guided tour with Chef Glenn and Jason to learn about everyday operations in the food and beverage department.

## **Meet the Masters Dinner pARTy: Hokusai and the Great Wave - rsvp 77743**

*Thursday, April 23, 4:30 pm, Roycroft, \$55, limited seating*

Step into an immersive evening inspired by Japanese master Katsushika Hokusai and his iconic work, The Great Wave. His imaginative spirit comes to life through thoughtfully themed table settings, artful details, and engaging elements. Enjoy a visually inspired dinner celebrating the beauty, movement, and storytelling of Hokusai's world. Sake pairings will complement the menu, adding an authentic cultural touch to this social-interactive dinner pARTy that blends art, flavor, and conversation.

## **End of the Month Buffet**

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

## **Table Side Prime Rib Night - rsvp \*17**

*Monday, April 27, 4:30-7:00 pm, The Grill, \$45*

Sous Chef Emilio carves the best cut of prime rib right at your table. All prime rib comes with two sides of mashed potatoes and green beans. The Winslow dinner menu will also be served tonight as well.

# April Food and Beverage Events

## **Japanese Whiskey Tasting - rsvp 77743**

*Wednesday, April 29, 3:00 pm, The Timbers, \$15*

Jason offers samples of Japanese wines from around the region and explains the history with interesting facts about each of the drinks.

**Did you know that all daily menu items are prepared to order?** Not a fan of that sauce on a certain dish; ask for no sauce or a substitution. Prefer the salad dressing paired with a different salad on the menu; you may change the dressing of your choice. If it is on the daily menu, you can substitute. Restriction may apply to Chef's Daily Specials. Ask your server about special requests.



## 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](mailto:carleensmith@comcast.net).

### **Chinese Mah Jongg**

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

### **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**

All garden plots have been assigned and confirmed. Garden planters open May 1. Items planted before then risk being removed without notice. If you were assigned a planter but have changed your mind, please notify the Concierge so it may be released to those on the waiting list.

### **Garlands Library**

Please note, the Library is not accepting donations at this time. We will share an update once donations resume. If you have questions or would like to serve

on the Library Committee, please contact Sal Nutini (72320). Sal works alongside Roberta Rood, Kathie Faulwetter, and Theresa Perkins to help keep the library running smoothly.

### **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.

### **Trash Talk**

Many people are confused about the need to flatten boxes before putting them in the recycling bin. All boxes (cereal, crackers, etc) need to be flattened as do cardboard shipping boxes. If you are unable to flatten shipping boxes, place them on top of a full recycling bin or next to the recycling bins in the basement and staff will handle the breakdown as required.

### **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).



## The Doctor is in... By appointment only.

**Podiatrist: Dr. Warheit**

**Call 847-577-1649 to schedule an appointment**

Wednesday, April 15, 8:00 am-2:00 pm

**Audiologist: Dr. Corinne Koepsell-Roth**

**Call 847-382-6010 to schedule an appointment**

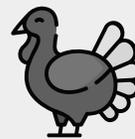
Wednesday, April 29, 10:00 am-12:00 pm

## Wellness Lecture Series

### **Pelvic Health Essentials for Healthy Aging Presented by Sapna Patel, PT, MPT - rsvp \*03**

*Thursday, April 2, 1:30 pm-2:30 pm, Surround Sound Theater*

Urinary incontinence is a common problem among seniors. Approximately 1 in 3 adults over age 65 experience some form of urinary incontinence. This program will explain some of the common age-related pelvic floor changes and highlight practical exercises that promote strength, balance, and bladder and bowel control. Join us for this impactful presentation to learn about pelvic health as it relates to independence, comfort, and overall quality of life.



### **Sample Healthy Foods: Lean Ground Turkey**

*Tuesday, April 28, 11:00-11:30 am, Wellness Hallway*

Sample a healthy recipe, Asian Turkey Lettuce Wraps, prepared by our culinary team as our Wellness Nurse explains the health benefits of lean ground turkey.

### **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.



### **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, 9:00 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, 1:30 pm

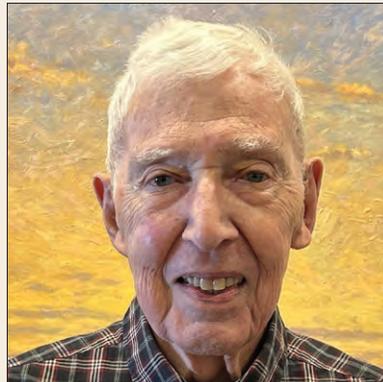
**Eurofresh** - 4th Tuesday of the month, 1:30 pm

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

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



*Welcome!*



**JOHN GRIFFIN**  
*Arrived in February  
from Indiana*



**ELLEN GRIFFIN**  
*Arrived in February  
from Indiana*

## April Birthdays

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



Nancy Willis	Apr 1	Sally Nutini	Apr 11	Mary Brown	Apr 23
Lynn Hadlock	Apr 2	Dennis Ball	Apr 13	Bill Lawton	Apr 21
Susan Jones	Apr 3	Joan Anderson	Apr 14	Carol Garibotti	Apr 24
Candy Peterson	Apr 3	John Galanos	Apr 14	Larry Feltes	Apr 25
Kevin Lavin	Apr 6	Linda Wolff	Apr 14	Gina Liautaud	Apr 25
Gar Olson	Apr 7	Tom Seibert	Apr 15	Cindy Neff	Apr 25
Carroll Dudley	Apr 8	Dennis Schnack	Apr 16	Jane Laystrom	Apr 29
Sue Hoggins	Apr 9	Sharon Machacek	Apr 16	Dorothy Fisk	Apr 30
Peter Ordway	Apr 9	Betty Stockwell	Apr 17	Larry Goldman	Apr 30
Nelson Cheung	Apr 10	Sophia Hausen	Apr 18	Lucy Ruth	Apr 30
Scott Wallace	Apr 10	Bob Krull	Apr 22		

# THE GARLANDS® Inspira

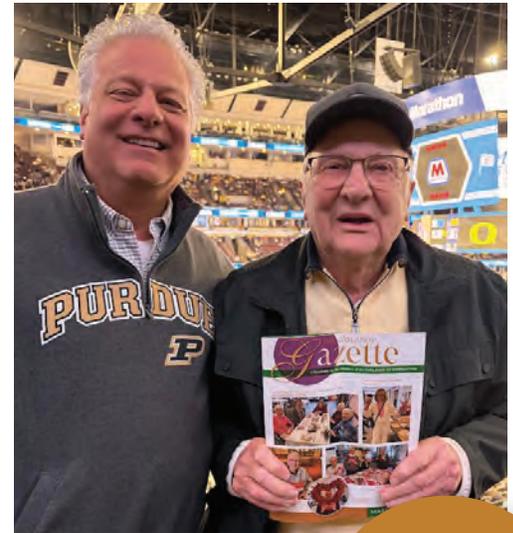
At The Garlands, we believe that the secret to happiness and joyful longevity is a healthy balance of physical and mental fitness, a sense of community and a positive attitude. Our members feel better, age better and live better with this inspiring approach we call Inspira!



THE GARLANDS®  
of Barrington



*Top of the Mornin': Donuts, Mimosas & a Little Irish Cheer  
Dick Weaver, Mark Geach, Carol Brenner, Barb Weaver, Bob Schutte,  
Bill Perry, Debbie Lafferty, Liz McKay*



*Jim Schorr and his son Dan, attended the four-day Big Ten Tournament at the United Center as Purdue claimed the championship—Boiler Up!*

*If you travel, snap a photo of yourself on the road with a Gazette, and we'll put it in an upcoming issue.*



*Bridge Group: Lynne Backer, Lynn Crull, DeDe Zwilling*



*60 to Escape: Dennis Ball, Bethanie Lochman, Mary Anne Ball, Lia Douglas, Pat Wenthold, (front of group) Marie Eibl*

