

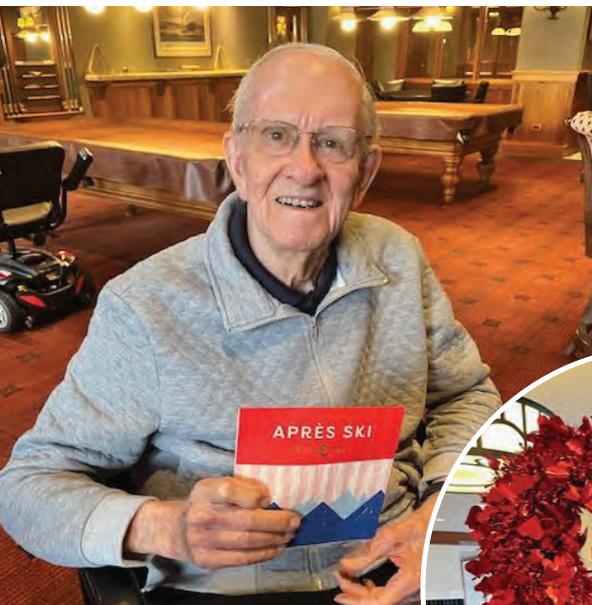
THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

Tea on Tuesday (L to R): Gwen Larabee, Lia Douglas, Norma Star, Carol Garibotti and Liz McKay



The Great Exchange – Chocolate!
Deanne Born



Olympic Fun 9: Tom Roche



Valentine's Day:
Dick Schwemm



Valentine's Day Crafts (L to R):
Chuck Larabee, Gwen Larabee, Mary Blasko,
Marie Eibl and Jan Walkington



MARCH 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>Monday Mar 2 10:00-11:00 am</p>	<p>Don't let the IRS Be Your Favorite Heir: A Discussion on Tax Law Updates - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Michelle Nagy Maison is an estate planning attorney at Kelleher + Holland, LLC in North Barrington whose practice takes a holistic approach and practical view of Estate Planning.</p>
<p>Mondays Mar 2, 9, 16, 23 & 30 10:00-11:30 am</p>	<p>Kaleidoscope Art Class: The Irish Coast and Sea - rsvp *07 for each class - Art Studio in Prairieview</p> <p>Inspired by Ireland's dramatic coastline and ever-changing seas, this class focuses on painting from photo references while learning how to layer, blend, and plan a complete composition. Each session builds on the last, offering a relaxed, cumulative journey through color, atmosphere, and coastal landscapes.</p> 
<p>Thursday Mar 5 3:00-4:00 pm</p>	<p>Fire Safety presented by the Barrington Fire Department - rsvp *07 - <i>Performing Arts Center</i></p> <p>The Barrington Fire Chief will explain safety related specific to The Garlands and answer your burning (pun intended) questions.</p>
<p>Thursday Mar 5 4:00-5:00 pm</p>	<p>Toast to Ireland! - rsvp *07 - Robie Lounge Happy Hour</p> <p>We're raising a glass to kick off February's theme: Ireland. Join us during happy hour for a wee bit of sipping, good conversation, and Irish-inspired flair. A fun, relaxed way to gather, mingle, and celebrate the spirit of Ireland together.</p> 
<p>Saturday Mar 7 12:30 - 2:30pm</p>	<p>Panhellenic Badge Day Tea 2026: Afternoon High Tea - rsvp to Dina Wasmund (847) 525-8279 - <i>Roycroft Dining Room</i></p> <p>Were you in a college sorority and interested in reconnecting with other sorority women? Join us to celebrate the legacy of sisterhood. Gather with fellow alumnae for an afternoon of connection and tradition as we honor Badge Day—wear your badge and reflect on friendships that continue well beyond college. Your payment by March 1 serves as your RSVP. Payment accepted by check, Zelle, or Venmo. Cost: \$32 Garlands members: \$25 For payment information, contact Dina at 847-525-8279 or dwasmund@starckre.com.</p> 
<p>Saturday Mar 7 1:30-2:30 pm</p>	<p>Birthday Bash with Jeffrey Deutsch: "Night at the Oscars" - rsvp *07 - <i>Robie Lounge</i></p> <p>Celebrate our March birthdays with one of our favorite pianists as he plays a lively mix of well-loved classics, including great songs that won the Oscar and quickly became favorites of the century.</p> 

<p>Monday Mar 9 3:30-4:30 pm</p>	<p>BINGO for Coins - rsvp *07 by 3/7 - Performing Arts Center 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 Mar 10 12:00-12:30 pm</p>	<p>The Great Exchange: This Month's Theme: Movie Candy! - rsvp *07 - Roycroft Get ready for the Academy Awards with a fun Movie Candy Exchange. Bring 6 individually wrapped classic movie candies to share, and you'll go home with 6 new treats to enjoy!</p>	
<p>Tuesday Mar 10 1:00-2:00 pm</p>	<p>Tea on Tues: A Tea Exchange - rsvp *07 - Roycroft 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 Mar 11 2:00-3:00 pm</p>	<p>Lucky Leprechaun Scavenger Hunt - rsvp *07 - Please meet in the Café to get started Calling all leprechauns! Get ready for a lucky St. Paddy's themed scavenger hunt. Wear something festive, grab a few friends, and join the fun as we search, laugh, and celebrate Irish spirit together.</p>	
<p>Thursday Mar 12 10:00-11:00 am</p>	<p>Top of the Mornin': Donuts, Mimosas & a Little Irish Cheer - rsvp *07 - Art Gallery, Limit 25 Top of the mornin'! We're putting an Irish spin on Bethanie's fun donuts and mimosas by turning everything just a wee bit green. Enjoy sweet treats, festive sips, and create a simple lucky pin to wear through the week. A lighthearted, social hour with a touch of Irish flair.</p>	
<p>Saturday Mar 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. Their mix of classical and contemporary pieces is designed to create comfort, connection, and shared joy through music.</p>	
<p>Sunday Mar 15 6:30 pm</p>	<p>98th Academy Awards Pre-Show and Live Viewing - rsvp *07 - Surround Sound Theater Settle in for the glamour, gossip, and big moments of the 98th Academy Awards, beginning with the pre-show and continuing with the live broadcast (awards start at 7:00 pm). Jammies and robes are welcome. Stay for a bit or enjoy the show through the final envelope!</p>	
<p>Monday Mar 16 3:30-4:30 pm</p>	<p>BINGO for Prizes - rsvp *07 by 3/14 - Performing Arts Center Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. We are unable to accommodate walk-ins.</p>	

Special Events

REQUIRE A RESERVATION

<p>Tuesday Mar 17 7:00-8:00 pm</p>	<p>St. Patrick's Day Celebration with Switchback - rsvp *07 - <i>Performing Arts Center</i></p> <p>We're excited to welcome Switchback back for a festive St. Patrick's Day celebration. Featuring Marty McCormack (vocals and bass) and Brian FitzGerald (vocals, guitar, and mandolin), this lively performance blends Irish, folk, rock, and country music - rich in tradition, energy, and storytelling.</p>	
<p>Wednesday Mar 18 11:15 am- 12:45 pm</p>	<p>New Friends Lunch - rsvp *07 by 3/16 - South Winslow. Limit 21</p> <p>Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, Ireland. The menu will be available in advance. Lunch is billed to your account; complimentary non-alcoholic beverages and cookies included.</p>	
<p>Wednesday Mar 18 1:00-2:15 pm</p>	<p>Movie Buff John LeGear: Vera-Allen Dancer - rsvp *07 - <i>Surround Sound Theater</i></p> <p>Join film historian John LeGear for an engaging look at the extraordinary career of dancer and actress Vera-Allen, who rose to fame during Hollywood's Golden Age of Musicals. Through curated film clips, we'll celebrate her unforgettable performances alongside Gene Kelly, Fred Astaire, and other legends.</p>	
<p>Wednesday Mar 18 3:00-4:00 pm</p>	<p>The Irish Monastic Trails, presented by Father John Trout - rsvp *07 - <i>Performing Arts Center</i></p> <p>Father John Trout, Pastor of St. Anne's Catholic Church in Barrington, presents an engaging talk on the monasteries of Northern Ireland. Drawing on history and tradition, he will explore these remarkable centers of faith, learning, and daily life, and their lasting influence on Irish culture and spirituality.</p>	
<p>Monday Mar 23 7:00-8:15 pm</p>	<p>Trivia Night! - rsvp *07 by 3/21 - 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>Thursday Mar 26 10:00-10:45 am</p>	<p>What's Happening?! - rsvp *07 - Surround Sound Theater</p> <p>We will give a brief overview of next month's events, and you can sign up for them on the spot.</p>	
<p>Thursday Mar 26 3:00-4:00 pm</p>	<p>Cultural Book Discussion: Small Things Like These by Claire Keegan - rsvp *07 - <i>Library</i></p> <p>March's selection is a novella set in 1985 Ireland. The story follows Bill Furlong, a coal merchant whose moral awakening challenges the quiet complicity of his community and the influence of the Catholic Church. This discussion is open to everyone; reading the book is not required, as conversation will also focus on the culture.. Please obtain your own copy of the book, available through most major booksellers. April (Japan theme): Read one or both and join the discussion comparing perspectives and portrayals of geisha life: <i>Geisha, a Life</i>, by Mineko Iwasaki and <i>Memoirs of a Geisha</i> by, Arthur Golden</p>	

<p>Friday Mar 27 10:30-11:00 am</p>	<p>Garlands Living 301 - rsvp *07 - Surround Sound Theater On our campus, what should you do in different kinds of emergencies? Please attend this informational, and possibly lifesaving, presentation by Maintenance and Member Services. When the moment comes, you want to be sure you know what to do (hint: it's not "Call Member Services").</p>	
<p>Tuesday Mar 31 11:00 am-12:00 pm</p>	<p>Celebrating Easter: Music at The Garlands with Bruce Smith - rsvp *07 - Surround Sound Theater Join us in the SST for a program entitled "Celebrating Easter : Music at The Garlands". Among the videos you'll enjoy are "Christ the Lord Is Risen Today - The Tabernacle Choir & Orchestra"; "What Wondrous Love - St Olaf College Choir"; The Steadfast Love of the Lord Never Ceases"; "Great is Their Faithfulness" - Viritas a Capella Quartet" ; "Hope" - organist, Gert van Hoef; "He's Been Faithful" - The Broken Tabernacle Choir; as well as several others. Please RSVP at *07 to assure yourself a seat.</p>	

Coming Up In April & Beyond
Looking ahead to events for which you can register now!

Pelvic Health Essentials for Healthy Aging Presented by Sapna Patel, PT, MPT - RSVP *03
Thursday, April 2, 1:30pm-2:30pm, 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.

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.

Elgin Symphony Orchestra: Beethoven's 5th - rsvp *07

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

Experience an afternoon of powerful and uplifting music with the Elgin Symphony Orchestra. The program features Beethoven's iconic Symphony No. 5, alongside R. Schumann's expressive Cello Concerto performed by Oliver Herbert, and Quinn Mason's A Joyous Trilogy. Conducted by Chad Goodman, this dynamic concert offers a rich journey through beloved masterworks and vibrant contemporary composition.

Elgin Symphony Orchestra: Pictures at an Exhibition - rsvp *07

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

Join us for an inspiring afternoon with the Elgin Symphony Orchestra featuring a richly expressive program. Enjoy Angélica Negrón's Moriviví, Richard Strauss' Death and Transfiguration, and Mussorgsky's beloved Pictures at an Exhibition, conducted by Chad Goodman. A stirring concert of color, imagination, and orchestral brilliance.

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.

A Day at the Chicago Botanic Garden: The Orchid Show - rsvp *07

Wednesday, March 4, 10:00 am-2:30 pm, 1000 Lobby, \$29,   

Lunch on your own

Rewind to the '60s and '70s at The Orchid Show: Feelin' Groovy, where more than 10,000 vibrant orchids create a dazzling, color-filled experience. Your ticket includes admission to the Orchid Show special exhibit as well as general garden admission, giving you time to explore other areas of the Chicago Botanic Garden at your own pace and enjoy lunch on your own before returning to The Garlands.



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

Sunday, March 8, 12:45-5:00 pm, 1000 Lobby – Faure Requiem

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

Monday, March 9, 11:30 am-1:30 pm, 1000 Lobby, Southern Belle's Pancake House, Barrington

Men on the Move is a new, active social group just for the guys. This gathering continues the conversation as we shape future Men on the Move experiences together. Enjoy lunch and good company at Southern Belle's - while not an Irish restaurant, there's a wee nod to the theme on the menu, including the Irishman's Hash and Shamrock Benedict. Members pay for their own meal.

Sixty to Escape - rsvp *07

Tuesday, March 10, 1:00-3:30 pm, 1000 Lobby, \$20 per member *Fitness

Step into an immersive adventure at Putt Portal Mystery Golf, where mini golf meets puzzles and storytelling. Each of the 9 holes features creative challenges, surprises, and themed environments that turn the game into a one-of-a-kind experience. Work your way through the course, solve clues, and test your skills in a setting that's anything but ordinary.

Let's Lunch! Peggy Kinnane's - rsvp *07

Monday, March 16, 11:00 am-2:00 pm, 1000 Lobby, Members pay own meal

Celebrate St. Patrick's Day with a festive lunch at Peggy Kinnane's in Arlington Heights, an authentic Irish pub built with materials brought directly from Ireland. Enjoy Irish-inspired fare, warm hospitality, lively conversation, and a touch of Irish spirit! If you choose to drive yourself, please let us know so we can plan for an accurate count.. You are welcome to dine with the group or enjoy lunch with a friend.

Illinois Primary Election Bus Runs for VOTING - No RSVP Needed

Tuesday, March 17 Bus departures: 10:00 am, 12:00 pm, and 2:00 pm, 1000 Lobby

Transportation will be provided to the Barrington Park District polling location. Everyone who arrives for the scheduled departure times will be transported, even if multiple trips are needed. Buses will return to The Garlands following each run.



Decadent Detour: Irish Shoppe & Long Grove Confectionery - rsvp 07

Friday, March 20, 2:00-4:30 pm, 1000 Lobby  

Celebrate our Ireland theme with a delightful Decadent Detour. We'll make a quick stop at a charming Irish boutique, then head to Long Grove Confectionery for some scrumptious indulgence. A wee bit of Ireland followed by desserts that always feel lucky!

Balloon Museum; EmotionAir - rsvp *07 *fitness   

Tuesday, March 24, 9:30-4:00 pm, 1000 lobby, \$60 per member.

The Balloon Museum in Chicago is an immersive art space of giant inflatable artworks that you can touch, explore, and play with. It showcases interactive installations meant to spark emotion and imagination, creating a fun, sensory experience. Lunch will be on your own at Staropolska Restaurant, Polish/American Cuisine.

NEW! Sip & Shop: House of Hope - rsvp *07  

Thursday, March 26, 1:00-2:30 pm, 1000 Lobby

Join us for a special outing to House of Hope Resale Shop, where every purchase supports local neighbors in need. Hope Ministries has been serving the Barrington community for more than 35 years through programs providing food, housing, transportation, and essential assistance. Enjoy an afternoon of browsing, discovering treasures, and perhaps finding a little luck as we sip and shop with purpose.



Driehaus Museum and Lunch at Harp and Fiddle - rsvp *07   

Friday, March 27, 9:00 am-2:30 pm, 1000 Lobby, \$25 (lunch on your own)

In the spirit of March and our Ireland theme - when everything feels a little emerald - we'll visit the Richard H. Driehaus Museum to view The Land of Oz: Beyond the Page, a special exhibition inspired by The Wizard of Oz and the iconic Emerald City, set within the stunning Nickerson Mansion. After our museum visit,

we'll continue the Irish theme with lunch at The Harp and Fiddle, a lively Irish pub in Park Ridge - an easy and festive way to wrap up the day.

Metropolis: The Play That Goes Wrong - rsvp 07  

Saturday, March 28, 11:30 am-4:30pm, 1000 Lobby, \$45

Part Monty Python, part Sherlock Holmes, The Play That Goes Wrong is an Olivier Award-winning comedy and global sensation guaranteed to leave you aching from laughter. In this farcical fiasco, a bungling troupe attempts to stage a 1920s whodunit - only for everything that can go wrong to do exactly that. We will depart at 11:30 giving you time to enjoy lunch on your own before the 2:00 pm performance.

Bach Cantata Vespers - rsvp *07 by 3/27  

Sunday, March 29, 1:45-6:15 pm, 1000 Lobby, \$10

Join us for Bach Cantata Vespers at Grace Lutheran Church in River Forest, featuring BWV 68, Also hat Gott die Welt geliebt ("God so loved the world"). This evening prayer service includes congregational singing, instrumental preludes, and preaching, with the cantata performed in full. We will arrive in time for the 3:00 pm pre-cantata lecture; the Prelude begins at 3:45 pm. Free-will offering.

Things To Do

<p>Mar 3, 10, 12, 24 & 31</p>	<p>Therapy Dogs! - Wellness Hallway <i>Tuesdays, March 3, 10, 24, 31, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, March 12, 10:00-11:00 am (Myra).</i> These therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays Mar 3 & 17 3:30-4:30 pm</p>	<p>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.</p>	
<p>Wednesdays Mar 4 & 18 4:00-5:00 pm</p>	<p>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.</p>	
<p>Saturday Mar 7 & 21 10:00-11:00 am</p>	<p>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.</p>	
<p>Tuesday Mar 10 10:00-11:00 am</p>	<p>Garlands Neighbor Meet Up (formerly Meet the MAC) - Robie Lounge Join your Members Advisory Committee for an easygoing, friendly hour together. All members are welcome! Come socialize with your neighbors, learn interesting Garlands Informational Nuggets (GINs), and share ideas and feedback. We would love to see you there! Sponsored by the Members Advisory Committee (MAC).</p>	
<p>Tuesday Mar 10 12:00-2:00 pm</p>	<p>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 (no credit/debit cards).</p>	
<p>Fridays Mar 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>Tuesday Mar 17 11:00 am-1:00 pm</p>	<p>Craft Corner: Irish Good Luck Cards - Galleria Craft Corner is a social, stress-free creative space designed for all. No pressure, just easy projects, good company, and a little creative fun. Join us to make an Irish good luck card.</p>	

<p>Thursday Mar 19 2:00-3:00 pm</p>	<p>Town Hall - Performing Art Center Town Hall is a forum for management to apprise members of news and updated information concerning life at The Garlands. Members are strongly encouraged to attend. This meeting occurs five times a year.</p>
<p>Saturday Mar 21 11:30 am- 1:45 pm</p>	<p>Midday Broadway: Titanic the Musical - Surround Sound Theater In the final hours of April 14, 1912, the "unsinkable" RMS Titanic struck an iceberg on her maiden voyage and sank, claiming the lives of 1,522 people in one of the 20th century's greatest tragedies. Titanic the Musical, featuring music and lyrics by Maury Yeston and a book by Peter Stone, brings the real passengers' hopes and dreams to life in a Tony Award-winning production now celebrating the 10th anniversary of its acclaimed London premiere.</p>

Wellness Center



The Doctor is in... By appointment only.

Podiatrist: Dr. Warheit
Call 847-577-1649 to schedule an appointment

Wednesday, March 11 & 25, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth
Call 847-382-6010 to schedule an appointment

Wednesday, March 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

Walker Adjustment and Repair Clinic

Thursday, March 5, 10:00 am-12:00 pm

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



Sample Healthy Foods: Zucchini Squash

Tuesday, March 31, 11:00-11:30 am, Wellness Hallway

Sample a healthy recipe, Mini Zucchini Pizza, prepared by our culinary team as our Wellness Nurse explains the health benefits of zucchini.

Fitness Programs

March Madness Fitness Challenge
Pick up a copy in the Fitness Center.

Pilates Reformer Class at Happy Hour Yoga in Crystal Lake - rsvp *07

Monday, March 2, 1:00-3:30 pm, 1000 Lobby, \$30

Take advantage of this opportunity to take a class on the Pilates Reformer. The Pilates reformer is a specialized, bed-like apparatus featuring a sliding carriage, adjustable springs for resistance, straps, and a footbar. This is a great way to add resistance and more flexibility safely, to your Pilates workout.

Golf Conditioning - rsvp *07

Fridays in March, 6, 13, 20, 27, 1:00-1:30 pm, Fitness

If you are interested in working on your mobility and flexibility for your golf game, please join Bethanie and your favorite golf buddies in the fitness center.

Sixty to Escape - rsvp *07

*Tuesday, March 10, 1:00-3:30 pm, 1000 Lobby, \$20, *Fitness*

Step into an immersive adventure at Putt Portal Mystery Golf, where mini golf meets puzzles and storytelling. Each of the 9 holes features creative challenges, surprises, and themed environments that turn the game into a one-of-a-kind experience. Work your way through the course, solve clues, and test your skills in a setting that's anything but ordinary.

Lucky Leprechaun Scavenger Hunt - rsvp *07

Wednesday, March 11, 2:00-3:00 pm, Cafe

Calling all Leprechauns, get ready for a lucky St. Paddy's themed scavenger hunt. Come in some festive clothing and grab your friends to join you. Please meet in the Cafe area.

Cardio Drumming Workout - rsvp *07

Tuesday, March 17, 1:00-2:00 pm, Burnham Room
Space is limited to 10 participants. RSVP required.

Enjoy a challenging workout using the physioball as a drum. Drumsticks and balls are provided, and the workout can be done seated or standing, making it adaptable for different fitness levels. A lively way to move, build coordination, and enjoy a rhythmic fitness experience.

Balloon Museum; EmotionAir - rsvp *07

Tuesday, March 24, 9:30-4:00 pm, 1000 lobby, \$60 per member.

The Balloon Museum in Chicago is an immersive art space of giant inflatable artworks that you can touch, explore, and play with. It showcases interactive installations meant to spark emotion and imagination, creating a fun, sensory experience. Lunch will be on your own at Staropolska Restaurant, Polish/American Cuisine.

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

Tuesdays and Thursdays, 10:30-11:00 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, 9:15-10:00 am, Fitness

Chair Yoga

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

Fit Aqua

Mondays and Wednesdays, 10:15-11:00 am

Fridays, 10:00-10:30 am, Pool

Floor Yoga

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

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

Fitness Programs

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!! This class focuses on exercises to 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

Ping Pong

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

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



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 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

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)

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

<p>Monday Mar 2 3:30-4:30 pm</p>	<p>Wildlife Talk: Nature's Avian Superstars! - rsvp *07 - Surround Sound Theater Alyse Burman from the Wildbird Shack, will take you on a journey into the world of extraordinary birds — creatures of impossible colors, incredible abilities, and surprising intelligence. This presentation reveals the species that push the limits of nature and remind us why birds captivate the human imagination</p>
<p>Thursdays Mar 5, 12, 19 & 26 11:00 am-12:00 pm</p>	<p>Learn Italian with Lia - rsvp *07 - Eastlake Dining Room Continue learning Italian with member Lia Douglas in this four-week, cumulative workshop designed to build skills week by week. Participants will expand vocabulary, practice useful phrases in a relaxed, social setting. This series works best if you can attend all four sessions, as each class builds on the last.</p> 
<p>Friday Mar 6 9:30-11:00 am</p>	<p>Great Decisions w/ Julie Strauss - rsvp *07 by 3/4 - Burnham Room Great Decisions is America's largest discussion program on world affairs. Participants read the Great Decisions Briefing Book, view short videos, and engage in lively discussion on the 2026 global topics, facilitated by Julie Strauss, Ph.D. The March topic covers Chapter 2, "Trump Tariffs and the Future of the World Economy." You'll want the 2026 briefing book available for purchase through the Foreign Policy Association website (www.fpa.org).</p> 
<p>Wednesday Mar 11 11:00-12:00 pm</p>	<p>Curiosity Series: Awakened by the Magic of the Lunar Eclipse! - rsvp *07 - Surround Sound Theater Frank Moriarty of the Wildbird Shack invites you to step beyond the ordinary and into the celestial realm, where the evening sky reveals its hidden wisdom. Wander through our galaxy, meet the stars and the ancient stories they guard, and learn to recognize eight constellations that have guided dreamers for centuries.</p>
<p>Thursday Mar 12 3:00-4:15 pm</p>	<p>Women Composers with Richard Schwemm - rsvp *07 - Surround Sound Theater In recognition of International Women's Day, join Richard Schwemm for a special talk highlighting the significant, though often overlooked, contributions of women composers. The program features works by Amy Beach, Lili Boulanger, and Clara Schumann, performed by the Berlin Philharmonic Orchestra.</p>
<p>Tuesday Mar 24 11:30 am-12:45 pm</p>	<p>Julie Strauss Lecture: The War in Ukraine, Latest Developments and Global Implications - rsvp *07 - Surround Sound Theater Please join Julie Strauss, Ph.D., for an assessment of the war in Ukraine at the four-year mark. We will examine the latest military actions, as well as prospects for additional funding and weapons from Europe and the United States. We will also explore possible outcomes of the conflict and discuss the impact this war has had on Europe, the U.S., NATO, and China. Don't miss this stimulating class.</p>
<p>Wednesday Mar 25 11:00 am-12:00 pm</p>	<p>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.</p> 

Wednesday
Mar 25
3:30-4:30 pm

Music Appreciation w/ Jim Kendros: Spring into Bach, Haydn and Vivaldi! - Robie Lounge

Spring is here! And Jim Kendros offers us delightful music by great composers born in March. Experience the music of Bach, Haydn and Vivaldi. Jim will also give us a mini-concert on the piano.



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).

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, Kathie, and Theresa keeps our library humming.

Garlands Golf Club 2026 at Makray Memorial Golf Club

Members are invited to play golf at Makray in Barrington, where green fees are complimentary through The Garlands, within the parameters of the 2026 Garlands Golf Club agreement. Motorized golf carts are at the member's expense.

To participate, members should read, complete, and sign the 2026 Golf Club agreement at the Concierge desk. Once submitted, members will receive a 2026 Garlands golf club card in their mailbox, along with a copy of the agreement. Members who are new and have not yet had their photo taken should contact Cynthia (*13) or Abby (77415) in Activities.

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. Please reach out to Bethanie at (*41) or stop by the Fitness Center.

Sweet Success!

Thank you so much for supporting Inspira's Bake Sale! Your generosity and sweet support truly make a difference. All donations received will go directly to the Barrington Food Pantry, helping local families in need. A very special thank you to all of our talented bakers who generously donated their time and delicious treats to make this event such a success. We are so grateful for kindness and community spirit!

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.

March Food and Beverage Events

Chinese New Year Lantern Dinner - rsvp *17

Tuesday, March 3, 5:00-6:00pm, Roycroft, \$30

In China, thousands of lanterns will light the sky to celebrate the New Year. We'll mark the occasion with a Chinese buffet dinner in a lantern-lit room adorned with Chinese décor. Seating is limited, reserve early.

Kitchen Tour - rsvp 77743

Wednesday, March 4, 3:00 pm, Winslow Kitchen

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

Fish Fry Friday - rsvp *17

Friday, March 6, 13, 20, & 27, 4:30-8:00 pm, The Winslow, \$27

Includes fish, our famous fries and coleslaw.

Irish Whiskey Sampling - Free

Thursday, March 12, 4:00-5:00pm, Robie Lounge

Sample whiskeys from all around Ireland and celebrate the Irish heritage.

Saint Patrick's Day Buffet - rsvp *17

Tuesday, March 17, 4:30-7:00pm, Winslow, \$48

Traditional Irish food for you to enjoy and celebrate Ireland. The Grill will be closed this evening. Happy Hour is in the Robie Lounge.

Chef Glens Table - rsvp 77743

Thursday, March 19, 5:00pm, Roycroft, \$95

An evening of spectacular food and wine. Every new chef's table is a little better than the last with new surprises and innovative cooking methods. Reserve early, seating is limited.

National Cocktail Day Demonstration - rsvp 77743

Friday, March 27, 3:00pm, The Grill, \$15

To commemorate National Cocktail Day, Jason and Drina will share the history of the cocktail. Learn how to make craft prepared beverages and sample the results.

End of the Month Buffet

Sunday, March 29, 4:00-6:00 pm, Café Dining Area

Menu & price announced the week prior.

Day of the Taco Night - rsvp *17

Tuesday, March 31, 4:30-8:00 pm, The Grill, \$27

Day of the Taco dinner celebration offers a choice of ground beef or chicken tacos with hard or soft shell and include beans, rice and elote corn. The Grill dinner menu will be available as well.



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 - Eastlake Dining Room; Focusing on the Book of Ephesians
Wednesdays 2:00-2:30 pm	Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - Burnham Room in Building 3; Please note: Wednesday, March 18, Mass will be celebrated in the PAC at 2:00pm; At 3:00pm. Father John Trout will be presenting a talk to all members: The Irish Monastic Trails
Friday, March 6 3:00-4:00 pm	Communion Service with St. Mark's Episcopal Church - Eastlake Dining Room; All welcome!
Wednesday, March 11 1:30-2:30 pm	Introduction to Prayer with Father Osborne of St. Michael's Episcopal Church - Eastlake Dining Room; Conversations and teaching about what prayer is and how we can pray. All welcome!
Saturdays & Sundays	Ride To and From St. Anne Catholic Community - rsvp *02 - Saturdays, 4:45-6:15 pm; Sundays, 8:40-9:45 am and 10:30-11:45 am



Welcome!



NANCY WILLIS
*Arrived in December
from Inverness*



TRIPP THOMASSON
*Arrived in January
from South Carolina*



TERESA THOMASSON
*Arrived in January
from South Carolina*

March Birthdays

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



Mary Schwemm	Mar 1	Darrell Dick	Mar 14	Lorraine OMalley	Mar 19
Vic Faraci	Mar 2	Rita Gabis	Mar 14	Barbara Bey	Mar 21
Diane Heyl	Mar 2	Christy Gaples	Mar 14	Anne Earle	Mar 21
Jean Pitt	Mar 6	Kay Reich	Mar 14	Carol DeSalvo	Mar 22
Art Laystrom	Mar 8	Pat Wille	Mar 14	Susan Powers	Mar 23
Bonnie Gekler	Mar 11	Joe Cusimano	Mar 15	Marge Gerry	Mar 25
Pat Youngs	Mar 11	Dick VanEgeren	Mar 15	Lee Myalls	Mar 25
Dolores Vonderheide	Mar 11	Pat Lavelle	Mar 17	Therese Schoen	Mar 25
Carol Smith	Mar 12	Herb Schmidt	Mar 18	Mary Lou Sheedy	Mar 25
Tom Banfield	Mar 13	Gisela Seehafer	Mar 18	Kay Golitz	Mar 30
Alice Van Egeren	Mar 13	Tom Fasolo	Mar 19		

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



Bocce Ball (Front): Sally Graham, (Back L to R): Mary Anne Ball, Gwen Larabee, Tom Fasolo, Mary Blasko, Chuck Larabee, Ines Ponterio, Marie Eibl and Lia Douglas



Toast to Italy: Ines Ponterio, Sally Leffew, Ron Spiekhout and Jason Babor



Mahjong: Sally Leffew, Nancy Leonard and Marilyn Helberg



Men on the Move: Kevin Lavin, Jim Zarzycki and Stan Guillaume



Toast to Italy: Sophia Heusen, Christy Gaples and Lia Douglas

