

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

L to R: Carol Garibotti, Sal Nutini, Liz McKay, Norma Star, Sally Graham, Gwen Larabee, Ines Ponterio

Lynn Croll with family



Lee Anderson and Gisela Seehafer



Liz McKay, Mary Blasko, Instructor, Mary Anne Ball, Lia Douglas



Bill Perry

This month's cultural connection focuses on MEXICO.

MAY 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>Friday  <b>May 1</b>                  4:00-5:00 pm</p>	<p><b>New! Around the World, presenting: Dr. Issa Boulos: 'Ud Performance-rsvp *07</b> - <i>Robie Lounge (Happy Hour)</i></p> <p>Dr. Issa Boulos presents a captivating performance on the 'ud, the iconic Middle Eastern lute known for its warm, expressive sound. Drawing from the rich tradition of maqamat, he explores a range of moods from deep melancholy to joyful expression. Through intricate playing and improvisation, this performance highlights the 'ud's role as the heart of traditional Arab music.</p>	
<p>Saturday  <b>May 2</b>                  1:30-2:30 pm</p>	<p><b>May Birthday Bash with Joe Cantafio-rsvp *07-rsvp *07</b>                  - <i>Robie Lounge</i></p> <p>Joe Cantafio, the legendary lead singer of Jade 50s, returns with a lively rock-and-roll tribute to celebrate our May birthdays. Join us for the music and a festive "Happy Birthday" to our members.</p>	
<p>Saturday  <b>May 2</b>                  4:45-6:15 pm</p>	<p><b>Kentucky Derby Watch Party-rsvp *07</b>                  - <i>Timbers Race begins 5:57 pm</i></p> <p>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. Wear your fancy hats!</p>	
<p>Mondays  <b>May 4, 11 &amp; 18</b>                  10:00 -11:30 am</p>	<p><b>Kaleidoscope Art Class: Mexican Amate Art-rsvp *07</b>                  - <i>Art Studio in Prairieview No class on Memorial Day</i></p> <p>Explore the vibrant tradition of Mexican Amate art, featuring scenes of daily life, nature, and mythical creatures painted on bark paper. Focus on composition and bring your work to life with watercolor and acrylic. Each class builds on the last, creating a fun and cumulative artistic journey.</p>	
<p>Wednesdays  <b>May 6 - June 24</b>                  1:00-3:00 pm</p>	<p><b>Matter of Balance-rsvp*07</b> - <i>Fitness, Limited to 10 members.</i>                  - <i>Starting May 6 - June 24</i></p> <p>The purpose of this class is to reduce the fear of falling and become more confident moving around safely and confidently. During this two hour, 8 week session; we will work on cognitive activities that include group discussions, handouts, videos, and practical fall prevention tips. Gentle balance exercises will be introduced half way through the course. This program is specifically targeted to members that are not currently exercising and avoid most activities due to fear of falling. Please rsvp as soon as possible.</p>	


<p>Thursday <b>May 7</b> 11:00 -11:30 am</p>	<p><b>The Great Exchange: Fresh &amp; Fit Finds-rsvp *07</b> - <i>Robie Lounge (by the couches)</i></p> <p>Back by popular demand for another spring-inspired healthy 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 to enjoy. A simple, social way to discover smart snacks and share good company.</p>	
<p>Thursday <b>May 7</b> 4:00-5:00 pm</p>	<p><b>Toast to Mexico! With special guest, Jose Verduzco on guitar -rsvp *07</b> - <i>Robie Lounge</i></p> <p>We're raising a glass to kick off May's theme - Mexico! Join us for a relaxed, social happy hour featuring live guitar and vocals by Jose Verduzco, a Mexico-born classical guitarist and instructor at Harper College, performing a repertoire of Mexican, Latin American, and Spanish music.</p>	
<p>Friday <b>May 8</b> 2:00-3:00 pm</p>	<p><b>Queens of Spring: An Old Hollywood Affair-rsvp *07</b> - <i>Fitness &amp; SST</i></p> <p>The spotlight is waiting, the flowers are blooming and the stars are arriving. Join us for an iconic Mother's Day celebration inspired by old Hollywood, where glamour never fades and a little sass is always in style. We will start in the fitness center with some sweet treats, a Bloom Bar, and pictures. Followed up with the Red Carpet walk into the SST to watch a Hollywood Classic picture. Dress in your spring best and bring your Queen selves.</p>	
<p>Friday <b>May 8</b> 7:00-8:00 pm</p>	<p><b>Harp by Brittany: Student Harp Recital-rsvp *07</b> - <i>Performing Arts Center</i></p> <p>Enjoy a charming evening of music as Brittany presents her harp students in a spring recital. This program showcases young performers sharing both classical and seasonal selections, creating a warm and uplifting start to the spring season.</p>	
<p>Saturday <b>May 9</b> 10:00-10:45 am</p>	<p><b>Barrington String Ensemble Performance-rsvp *07</b> - <i>Robie Lounge</i></p> <p>Enjoy a morning of live music with the Barrington String Ensemble, a student-led chamber group dedicated to bringing meaningful performances to senior communities. They present a blend of classical and contemporary pieces designed to create connection and comfort through sound.</p>	
<p>Monday <b>May 11</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins-rsvp *07 by 5/9</b> - <i>Performing Arts Center</i></p> <p>Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.</p>	
<p>Tuesday <b>May 12</b> 1:00-2:00 pm</p>	<p><b>Tea on Tues: A Tea Exchange-rsvp *07</b> - <i>Roycroft</i></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 at your leisure.</p>	




# Special Events

REQUIRE A RESERVATION

<p>Thursday <b>May 14</b> 2:00-4:00 pm</p>	<p><b>Painting with Lorraine OMalley-rsvp *07 - Prairieview Art Studio</b> 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 painting flowers that's easy, expressive, and open to all.</p>	
<p>Monday <b>May 18</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes-rsvp *07 by 5/16 - Performing Arts Center</b> Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>	
<p>Tuesday <b>May 19</b> 2:00 pm</p>	<p><b>Roberta Recommends: In-House Book Favorites-rsvp *07</b> - Surround Sound Theater Need ideas for your summer reading? Member Roberta Rood, a former professional librarian and current member of The Garlands Library Committee, shares a selection of favorite titles from the Garlands Library's own collection.</p>	
<p>Wednesday <b>May 20</b> 11:15 am-12:45 pm</p>	<p><b>New Friends Lunch-rsvp *07 by 5/19 - 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, Mexico! The menu will be available in advance. Lunch is billed to your account; Complimentary non-alcoholic beverages and cookies included.</p>	
<p>Wednesday <b>May 20</b> 1:00-2:15 pm</p>	<p><b>Movie Buff John LeGear: Timeless Movie Music Moments-rsvp *07</b> - Surround Sound Theater Join film historian John LeGear for Timeless Movie Music Moments, a lively "docu-musical" presentation featuring memorable film clips and storytelling. Journey through the decades as John highlights the composers, performers, and films that shaped movie music history.</p>	
<p>Thursday <b>May 21</b> 4:30-6:30pm</p>	<p><b>Meet the Masters: A Dinner pARTy – Frida's Fiesta!-rsvp 77743</b> - Roycroft, \$55 (non alcoholic drinks included) Step into the vibrant world of Frida Kahlo with an evening inspired by her bold, expressive art and the richness of Mexican culture. Enjoy a festive blend of food, art, and cultural touches in a lively, immersive setting. No art experience required - just curiosity and a willingness to enjoy.</p>	

**Monday, May 25 - No Trivia Night so you can enjoy your Memorial Day festivities!**

<p>Tuesday <b>May 26</b> 2:00-3:00 pm</p>	<p><b>Love Letters! A Two-Person Play-rsvp *07</b> - Performing Arts Center Paddy Lynn and her husband, Jon Lynn, present A.R. Gurney's Love Letters, an intimate two-person play that brings a lifelong correspondence to life. Jon, a former theatre teacher at Barrington High School, directed numerous productions and helped establish the school's Black Box Theatre. Paddy, a professional storyteller for over twenty years, shares engaging programs for audiences of all ages. Together, they bring this touching story to the stage.</p>	
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<p>Tuesday <b>May 26</b> 3:15–4:30 pm</p>	<p><b>A Perfect Pair – Just for Couples-rsvp *07 - Roycroft</b> Join us for a relaxed social designed just for Garland couples. Enjoy light appetizers and a glass of wine as you mix, mingle, and connect with other couples. A perfect way to continue the afternoon following the Love Letters performance.</p>	
<p>Thursday <b>May 28</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. This is a great way to hear about more of the details of the fun brewing!</p>	
<p>Thursday <b>May 28</b> 1:00-2:00pm</p>	<p><b>Cultural Book Discussion: Mexico-rsvp *07 - Library</b> Like Water for Chocolate by Laura Esquivel blends romance, food, and magical realism in a story set during the Mexican Revolution. Discussions are open to all - reading the book is encouraged but not required. Please obtain your own copy. 2026 titles are listed in our Library.</p>	
<p>Thursday <b>May 28</b> 3:00-4:00 pm</p>	<p><b>Men on the Move: Cornhole Competition-rsvp *07 - Timbers Grill Courtyard</b> Join Men on the Move for a friendly cornhole competition. All male members are welcome to play or come cheer on the fun. The winning team will receive a trophy and be featured on the Fitness Center bulletin board. Pizza will be served.</p>	

## Coming Up In June

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

**New! Community Spotlight: Barrington Area Library-rsvp \*07**

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

As one of our valued neighbors and community partners, the Barrington Area Library joins us to share the many resources they offer. Learn about book clubs, technology help, home delivery options, and a wide range of programs.

**Metropolis Theater: Rhythm of the Rocket Man – An Elton John Tribute-rsvp \*07**

*Friday, June 5, depart 5:00 pm, dinner on your own, performance 7:30 pm, return by 10:00 pm, 1000 Lobby, \$45*

Enjoy a high-energy Elton John tribute at Metropolis Theater, featuring Broadway performer Colte Julian. We will arrive early so you can enjoy dinner on your own before the show. This lively performance brings the iconic music, piano hits, and unforgettable style of Elton John to the stage.

**Wandering Tree Estate, Lake Zurich-rsvp \*07**

*Tuesday, June 23, 9:00 am - 2:00 pm, 1000 Lobby \$30, plus lunch on your own*

Enjoy a rare opportunity to visit the private Wandering Tree Estate, home to internationally recognized designer Elaine Silets. Her work in model and garden railways has been featured in major publications and national media. Explore beautifully curated gardens – from English-inspired rose gardens to a Japanese garden with waterfalls and a miniature bridge – along with a one-of-a-kind outdoor model train display set within its own botanical landscape. After the tour we will have lunch at Ancho & Agave in Deer Park. If you would like to carpool, that would be great. 20 spots are available!

**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.

## 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

## Let's Lunch: Lalo's Mexican Restaurant, Glenview-rsvp \*07

Wednesday, May 6, 11:00 am-1:30 pm, 1000 Lobby, purchase items on your own

Join us for lunch at Lalo's, a family-owned Chicagoland favorite known for its authentic Mexican cuisine. What began as a small 24-seat restaurant in Chicago's Mexican community has grown into a local tradition, still serving the same original recipes that built its reputation. Members are welcome to drive on their own and meet us there; please RSVP so we can provide an accurate count.

## Sip & Shop: Brighton Collectibles, Deer Park -rsvp \*07

Thursday, May 7, 2:15-3:30 pm, 1000 Lobby

Enjoy a "Uniquely The Garlands" shopping experience at Brighton Collectibles. Krista Migdal, Store Managing Partner, and her team will welcome us with wine and cheese while showcasing beautifully designed collections and select international-inspired pieces.

## Men on the Move: Adler Planetarium & Lunch at Manny's-rsvp \*07

Monday, May 11, 9:00 am-3:30 pm, \$37, 1000 Lobby   

Visit the Adler Planetarium, where interactive exhibits and immersive experiences explore the wonders of space, from planets and stars to the history of astronomy. Afterward, we'll head to Manny's, a much-loved and requested Chicago favorite, for lunch together.



## Marriott Theatre, Lincolnshire: Heartbreak Hotel – Elvis!-rsvp \*07

Wednesday, May 13, depart 12:00 pm, return approx. 4:00 pm, \$60, 1000 Lobby

"The King" takes the stage in this official Elvis Presley bio-musical, featuring over 40 iconic hits including "Hound Dog," "Jailhouse Rock," and "Love Me Tender." Follow Elvis's journey through the pivotal moments that shaped his legendary career. If you are interested in driving separately, please let us know. We have 20 tickets available and want this to be a full, fun and energizing experience!



## Kickboxing Class at Buettner Boxing Gym in Fox River Grove-rsvp \*07

Friday, May 15, 1:45-3:30 pm, 1000 Lobby \*Fitness

Come try out a great cardio workout in an actual boxing studio, \$12 per person

**810 Entertainment South Barrington-rsvp \*07**   

*Friday, May 22, 1:00-3:30 pm, 1000 Lobby*

Bocce and Appetizers. Come play and then hang with your friends. Pre-party Summer with this sporty/ social event. \$10 per person. The appetizers will be at the cost of the member.

**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. Rewind to 1985 when collars were popped, hair was huge, and the wedding singer was the raddest rock at the reception. 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.

**Mariachi Divas! Hemmens Cultural Center Main Stage Theatre, Elgin-rsvp \*07** 

*Sunday, May 24, 3:00-8:00 pm, 1000 Lobby, theater tickets \$35, 1000 Lobby dinner on your own*

Enjoy a lively performance by the two-time Grammy Award-winning all-female ensemble, known as the official mariachi of Disneyland. Dinner to follow at El Patio, a vibrant Elgin restaurant offering a fresh take on Mexican cuisine.



**National Museum of Mexican Art & Lunch-rsvp \*07**  

*Wednesday, May 27, 9:30 am-3:00 pm, 1000 Lobby, lunch on your own*

Visit the National Museum of Mexican Art for a guided tour of a sweeping exhibition exploring 3,000 years of Mexican spiritual expression - from ancient beliefs to modern-day traditions. Following the tour, we will enjoy lunch at Fat Rosie's Taco & Tequila Bar in Rosemont.

## Coming Up In July

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



**Wizard of Oz: Artist Talk with the Artistic Director, Metropolis Theatre -rsvp \*07**

*Tuesday, July 20, depart 10:30 am, program 12:00-1:00 pm, return by 2:00pm Arlington Heights \$10*

Go behind the scenes with the Artistic Director and Costume Designer of The Wizard of Oz as they share insights, stories, and lessons from staging the production. Pick up lunch to bring along or enjoy something beforehand. Join us for this special, curated look into the creative process. Lunch on your own.

**Metropolis: The Wizard of Oz-rsvp \*07**

*Saturday, July 25, depart 11:30 am-5:15 pm, (performance at 2:00 pm) 1000 Lobby, \$45*

Follow the story down the yellow brick road in this beloved stage adaptation of the classic tale. Featuring all the Oscar-winning songs from the film, including "Somewhere Over the Rainbow" and "We're Off to See the Wizard," this timeless story of friendship and courage comes to life on the main stage. We will depart at 11:30 am, arriving in Arlington Heights at noon, giving you time to enjoy lunch on your own before the 2:00 pm performance.

# Things To Do

These activities do NOT require a reservation

<p>Saturday <b>May 2 &amp; 16</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>Tuesday <b>May 5</b> 1:00-1:45 pm</p>	<p><b>Cinco De Mayo Zumba vibes with Fabio - Fitness</b> Kick off our Mexico month with a little latin flare. Fabio will make a special cameo to lead us in a vibrant Zumba class. Try it out! It will be a lot of fun.</p>	
<p>Tuesdays &amp; Thursday <b>May 5, 12, 14, 19, 26 &amp; 28</b></p>	<p><b>Therapy Dogs! - Wellness Hallway</b> <i>Tuesdays, May 5, 12, 19, 26, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, May 14, 10:30-11:30 am (golden retriever Myra). Wellness Hallway. *new time this month</i> These therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesdays <b>May 5 &amp; 19</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>May 6 &amp; 20</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>May 8 &amp; 22</b> 4:30-6:00 pm</p>	<p><b>Bobby Schiff on Piano</b> - Robie Lounge Bobby is legendary and can stun you with the beauty of his playing.</p>	
<p>Tuesday <b>May 12</b> 9:30-10:45 am</p>	<p><b>Garlands Neighbor Meet Up (formerly Meet the MAC)</b> - Robie Lounge 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>May 12</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. She accepts cash and checks (not credit or debit cards).</p>	

Saturday  
**May 16**

11:30 am-  
1:50 pm

**Midday Broadway: Stephen Schwartz, Snapshots a musical scrapbook**  
- Surround Sound Theater

A married couple, Dan and Sue, who have drifted apart after their son has left for college, discover a box of photographs of their life together on the night Sue has planned to leave the marriage. As the photographs come to life (played by four other actors who also play Dan and Sue at younger phases of their lives), the couple uncovers secrets and surprises that change their relationship.

Thursday

**May 21**

2:00-3:00 pm

**Town Hall - 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 five times per year.

## Spiritual Ongoing Happenings

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

<b>Tuesdays</b> 1:30-2:30 pm	<b>Bible Discussion with Stan Guillaume</b> - Eastlake Dining Room; Focusing on the Book of Ephesians
<b>Wednesdays</b> 2:00-2:30 pm	<b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b> - Burnham Room in Building 3
<b>Friday, May 1</b> 3:00-4:00 pm	<b>Communion Service with St. Mark's Episcopal Church</b> - Eastlake Dining Room; All welcome!
<b>Wednesday, May 13</b> 1:30-2:30 pm	<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!
<b>Saturdays &amp; Sundays</b>	<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



Dick Weaver, Barb Weaver, Bill Nimmo, Marge Gerry, Lee Myalls, Mary Anne Ball, Liz McKay, Paddy, Dennis Ball and Marie Eibl



Father John Trout and Bob Powers

# Fitness Programs

Please note: Classes are canceled on Monday, May 25 in honor of Memorial Day.

## **Cinco De Mayo vibes with Fabio**

*Tuesday, May 5, 1:00-1:45 pm, Fitness*

Kick off our Mexico month with a little latin flare. Fabio will make a special cameo to lead us in a vibrant Zumba class.

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

*Starting May, 6-June, 24, Wednesdays, 1:00-3:00 pm, Fitness, Limited to 10 members, \*See Special Events*

The purpose of this class is to reduce the fear of falling and become more confident moving around safely and confidently. This program is specifically targeted to members that are not currently exercising and avoid most activities due to fear of falling. Please rsvp as soon as possible.

## **Meditation With Bhante Raula**

*Wednesday, May 6, 1:30-12:15 pm, Timbers*

Come meditate and relax with guided meditation.

## **Queens of Spring: An Old Hollywood Affair -rsvp \*07 \*See Special Events**

*Friday, May 8, 2:00-3:00 pm, Fitness & SST*

Join us for a Mother's Day celebration inspired by old Hollywood. Enjoy treats, a Bloom Bar, and photos before a red carpet walk into the theater for a classic film. Dress in your spring best!

## **Kickboxing Class at Buettner Boxing Gym in Fox River Grove-rsvp \*07**

*Friday, May 15, 1:45-3:30 pm, 1000 Lobby*

Come try out a great cardio workout in an actual boxing studio, \$12 per person

## **Tai Chi**

*Wednesday, May 20, 10:00-10:45 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.

## **810 Entertainment South Barrington-rsvp \*07**

*Friday, May 22, 1:00-3:30 pm, 1000 Lobby*

**\*See Let's Go!**

Bocce and Appetizers. Come play and then hang with your friends. Pre-party Summer with this sporty/ social event. \$10 per person. The appetizers will be at the cost of the member.

## **RECURRING CLASSES**

### **Balanced Body**

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

### **Pickleball**

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

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

### **AquaFit**

*Mondays & Weds 10:15-11:00 am, Fridays 10:00-10:30 am*

### **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.

### **Cardio Sculpt**

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

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

### **Absolutely Abs**

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

### **Men/Women's Fitness**

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

### **Red Ball Tennis**

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

### **Water Walking**

*Tuesdays & Thursdays starting in May, 10:00-10:30 am, Pool*

This is not a supervised/structured class. Grab a Garlands Gal or Guy and start moving in the water. You can utilize the noodles and dumbbells we have on the pool deck. For members that really suffer with Arthritis, Fibromyalgia, or have a difficult time exercising on land, this will be a fantastic option for you. We have a beautiful pool located in the 2000 building on the Spa level.

### **Only Legs**

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

Do this class if you have weak legs!!! We focus on exercises that will strengthen the muscles needed to sit, stand, balance and walk.

### **Balance Class Fitness**

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

## Fitness Programs

### Chair Yoga

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

### Barre Total Body Toning

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

### Ping Pong

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

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

### Floor Yoga

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

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

### Chair Fitness

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

### Beginner Balance

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

## 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.

### Interested in Playing Billiards?

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 Chagedorn@thegarlands.com.

## 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)

**Duplicate Bridge** - Thursdays, 6:30 pm, Robie Lounge (Susan Powers 73466)

**Euchre** - Thursdays, 1:00 pm, Robie (Dick Weaver 71321)

**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 (Lee Heckmeck 72116)

**Movies** - Wednesdays, Fridays, Saturdays, and Sundays: 3:00 pm, Surround Sound Theater.

**Pinochle** - Mondays, 1:00 pm, Timbers Lounge Fireplace Room (Ron Spiekhou 72110)

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

**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 (Gwen Larabee 73221)

# May Food and Beverage Events

## May is Mediterranean Diet Month

Chef Glenn will feature a specific Heart Healthy weekly special during the month designed to promote health benefits of eating patterns rich in vegetables, whole grains, beans, nuts, fruits and healthy fats.

## Cinco De Mayo Specials-rsvp \*17

*Tuesday, May 5, 4:30-7:00 pm, The Grill, prices vary*

Celebrate Mexican heritage with authentic flavorful dishes and refreshing drinks. Dine in only.

## Toast to Mexico & Margarita Drink Specials

*Thursday, May 7, 4:00-5:00 pm, Robie Lounge*

Raise a glass to kick off May's theme, Mexico!

## Mother's Day Tea Party-rsvp 77743

*Saturday, May 9, 1:00-3:00 pm, The Roycroft, \$35*

An elegant yet relaxing celebration honoring Mothers with a selection of delicious teas and treats.

## Mother's Day Brunch Buffet-rsvp \*17

*Sunday, May 10 Two Seatings: 11:00 am and 1:30 pm Winslow Savor breakfast and lunch favorites along with indulgent desserts.*

\$55 for adults / \$16 for children 3-12 years old

## National Strawberry Week

*Monday, May 11-Saturday May, 16*

During Strawberry month, Pastry Chef Cindy prepares a variety of delicious housemade sweets using fresh strawberries for the entire week. Look for your favorites on the dessert menu.

## Meet the Masters: Frida Fiesta!-rsvp 77743

*Thursday, May 21, 4:30 pm, Roycroft, \$55 includes non-alcoholic beverages*

Step into the vibrant world of Frida Kahlo with an evening inspired by her bold expressive art and the richness of Mexican culture. Enjoy a blend of food, art, music and culture led by Cynthia Hagedorn.

## Memorial Day Bar-B-Que-rsvp \*17

*Friday, May 22, 4:00-7:00 pm, The Winslow Courtyard, \$35*

Kick off grilling season by honoring our heroes with a special BBQ. Our regular dinner menu will not be available this evening. To-go orders for pick up only.

## A Perfect Pair – Just for Couples-rsvp \*07 \$10/couple

*Tuesday, May 26, 3:15-4:00 pm, Roycroft*

Mix, mingle and connect with other Garlands couples while enjoying light appetizers and a glass of wine.

## Memorial Day Hours – Winslow & Grill Closed

*Monday, May 25*

Galleria & Café open regular hours

Galleria: 7:30 am-4:00 pm

Café: 11:00 am-3:00 pm

## Chef Glenn's Table-rsvp 77743

*Thursday, May 28, 5:00-7:00 pm, The Roycroft, \$90*

Experience an intimate and immersive multi-course dinner prepared by Chef Glenn. Paired with fine wines and perfect desserts, this Michelin-star-quality experience will leave you in awe.

## End of the Month Buffet

*Sunday, May 31, 4:00-6:00 pm, Café Dining Area*

Menu & price announced the week prior.





<p>Friday <b>May 1</b> 9:30–11:00 am</p>	<p><b>Great Decisions w/ Julie Strauss-rsvp *07 by 4/29 - Burnham Room</b> Great Decisions is America’s largest discussion program on world affairs. Participants read the briefing book, view short videos, and engage in discussion led by Julie Strauss, Ph.D. May’s topic: Ruptured Alliances and the Risk of Nuclear Proliferation - exploring how shifting U.S. alliances may influence global security and nuclear decisions.</p>
<p>Monday <b>May 4</b> 3:30-4:30 pm</p>	<p><b>Wildlife Talk: Soaring with the Birds!-rsvp *07 - Surround Sound Theater</b> Soaring with the Birds is a presentation that opens our eyes to the beauty of the birds around us; their colors, behaviors, and songs. Alyse Burman from the Wildbird Shack will take you on a journey through some of the birds you simply can’t miss, inspiring a deeper appreciation for the life that surrounds us.</p>
<p>Tuesday &amp; Thursday <b>May 5 &amp; 7</b></p>	<p><b>The Life &amp; Art of Mexican Artist, Frida Kahlo, presented by Lanny Ori-rsvp *07 - Surround Sound Theater</b> <i>Tuesday, May 5, 11:00 am -12:00 pm &amp; Thursday, May 7, 1:00-2:00 pm</i> Explore the powerful story and vivid works of one of Mexico’s most iconic artists, and how her life experiences shaped her bold, symbolic paintings.</p>
<p>Wednesday, <b>May 13</b> 11:00-12:00 pm</p>	<p><b>Curiosity Series: The Journey of the Monarch Butterfly-rsvp *07 - Surround Sound Theater</b> Stacey Jacobs, presenter from the Wildbird Shack, will explore the remarkable journey of the monarch butterfly. These iconic insects share an ecological and cultural connection with Mexico, traveling nearly 3,000 miles each year from Canada and the United States to Mexico. Their arrival each November coincides with Día de los Muertos.</p>
<p>Monday <b>May 18</b> 11:00 am– 12:00 pm</p>	<p><b>AI 101: Everyday Technology Made Simple-rsvp *07 - Surround Sound Theater</b> Artificial Intelligence is becoming part of everyday life – from answering questions to helping with simple tasks at home. This intro session shows what AI is and how it can be used in practical ways. See real-life examples, a live demonstration of tools like ChatGPT, and simple ways to get started on your devices. No prior experience needed.</p>
<p>Tuesday <b>May 19</b> 11:30 am– 12:45 pm</p>	<p><b>Julie Strauss Lecture: Nuclear Proliferation: Are We Entering an Era of Nuclear Expansion?-rsvp *07 - Surround Sound Theater</b> The New START treaty expired on February 5, ending decades of U.S. &amp; Russia to reduce each country’s nuclear weapons. Julie Strauss will explore whether we are entering a new era of increased nuclear stockpiles and examine whether some countries that have never pursued nuclear weapons are now recalculating those risks. Don’t miss this!</p>
<p>Wednesday <b>May 27</b> 11:00 am– 12:00 pm</p>	<p><b>Genealogy Group-rsvp *07 - Eastlake Dining Room</b> Garlands member Pam Wilson can help you trace your family tree. Wherever you are on your journey, come! Your family is fascinating.</p>
<p>Wednesday <b>May 27</b> 3:30-4:30 pm</p>	<p><b>Music Appreciation w/ Jim Kendros: Those Romantic Romantics!-rsvp *07 - Robie Lounge</b> May is the month where everything blooms. Join Jim Kendros as we explore the lush, expressive world of Romantic-era composers. Hear works by Schumann, Brahms, and Schubert as Jim highlights the meaning of romanticism and the lives behind the music.</p>





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

**Podiatrist: Dr. Warheit**  
Call 847-577-1649 to schedule an appointment  
Wednesday, May 13 and May 27, 8:00-2:00 pm

**Audiologist: Dr. Corinne Koepsell-Roth**  
Call 847-382-6010 to schedule an appointment  
Wednesday, May 20, 10:00 am-12:00 pm

## Wellness Lecture Series



### Sample Healthy Foods: Garbanzo Beans

Tuesday, May 26, 11:00-11:30 am, Wellness Hallway

Sample a healthy recipe, Roasted Red Bell Pepper Hummus, prepared by our culinary team as our Wellness Nurse explains the health benefits of garbanzo beans.



Theresa Perkins

### 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 3000 Lobby. If you'd like to be picked up at your building, please indicate this when you make your reservation. The bus/car departs promptly at the scheduled time. Return transportation will depart 1 hour after drop-off at the store. While delays may occur, Member Services will monitor timing and ensure the full allotted duration is honored.

**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!*



**BOB OLIVER**  
*Arrived in February  
North Barrington*



**SAM OLIVER**  
*Arrived in February  
North Barrington*



**VALERIE CALLAS**  
*Arrived in February  
from Inverness*

## May Birthdays

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



Jackie Matecki	May 2	Rebecca Gibbons	May 9	Jill Theis	May 21
Jay Walkington	May 2	Darlene Plocinski	May 10	Carol Palmer	May 23
John Blasko	May 2	Bill Gibbons	May 12	Linda Hughes	May 25
Lola Smythe	May 3	Bill Mullin	May 14	Lorri Metz	May 25
Mary Jorndt	May 3	Roberta Rood	May 14	Norma Star	May 26
Donna Sharak	May 3	Jim Skomer	May 17	Sue Sanabria	May 28
Marilyn Helberg	May 5	Steven Bromet	May 18	Diane Damos	May 29
Steen Metz	May 5	Marilyn Laystrom	May 20	Ruth Koenemann	May 29
Rebecca Blickenstaff	May 7	Nancy Cohen	May 20		
Sharon M Thomson	May 7	Ute Jung	May 20		

# 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



L to R: Lia Douglas, Marie Eibl, Dick Weaver, Cynthia Hagedorn, Barb Weaver, Meridith Randolph, Kathie Faulwetter, Sally Graham, Mark Geach, Pat Geach, Carol Brenner and Liz McKay



Mary Anne Ball and  
Ines Ponterio



Front Row: Mark Geach, Gene Dawson Jim Zarzycki,  
John Blasko; Top Row: Jim Zalesky, Ron Goldenstern



Sally Graham Carol Brenner, May Anne Ball  
and Liz McKay

