

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

*Kentucky Derby: Dennis Ball, Liz McKay, Sharon Machacek, Gene Machacek, Mary Anne Ball*



*Cinco De Mayo Zumba with Fabio: Marie Eibl, Donna Sharak, Instructor, Chris Kotarba, Dorothy Winsor, Lee Anderson*



*A Toast to Mexico: Diane Mazurek*



*Pump it Up for Parkinsons: Rich Wilson*



*One of a Kind: John Blasko, Mary Blasko, Liz McKay, Gisela Seehafer, Diane Mazurek, Chris Kotarba, Carol Brenner, Kathie Faulwetter, Rebecca Blickenstaff, Barb Weaver, Dick Weaver, Marie Eibl*

This month's cultural connection focuses on FRANCE.

JUNE 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>Tuesdays,  <b>June 2, 9,                  23 &amp; 30</b>                  3:00-4:30 pm</p>	<p><b>Kaleidoscope Art Class: French Impressionism - rsvp *07</b>                  - <i>Art Studio in Prairieview</i></p> <p>(Note new summer schedule - no class on the 16th) Using French artists Impressionist as our muse, recreate works by Monet, Manet, and Cézanne while practicing rapid brushstrokes, texture, and atmospheric perspective. Each class builds on the previous one, creating a cumulative artistic journey throughout the month.</p>	
<p>Tuesday  <b>June 2</b>                  2:30-3:30 pm</p>	<p><b>New! Community Spotlight: Barrington Area Library - rsvp *07</b>                  - <i>Surround Sound Theater</i></p> <p>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.</p>	 <p><b>BARRINGTON                  AREA LIBRARY</b></p>
<p>Thursday  <b>June 4</b>                  11:00-11:30 am</p>	<p><b>The Great Exchange: French Finds - rsvp *07</b>                  - <i>Robie Lounge (by the couches)</i></p> <p>Bring 8 individually wrapped French-inspired treats, bites, or lovely little finds, and go home with 8 new discoveries to enjoy. A simple and social way to share favorites, and enjoy good company.</p>	
<p>Thursday  <b>June 4</b>                  4:00-5:00 pm</p>	<p><b>Toast to France! - rsvp *07</b>                  - <i>Robie Lounge</i></p> <p>We're raising a glass to kick off June's theme - France! Join us for a relaxed, social happy hour featuring a rosé wine tasting and interactive cultural activities - easy and free to participate. Santé!</p>	
<p>Saturday  <b>June 6</b>                  1:30-2:30 pm</p>	<p><b>Birthday Bash with Laura Freeman - rsvp *07</b>                  - <i>Robie Lounge</i></p> <p>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>June 8</b> 1:00-2:00 pm</p>	<p><b>Meet the Prairieview Activities &amp; Fitness Team - rsvp *07</b> - <i>Surround Sound Theater</i></p> <p>Independent Living members are invited to meet Will Van Giesen, Director of Prairieview Activities, and Adrian Fleisher, Fitness Coordinator at Prairieview. Learn more about Prairieview’s activities and fitness offerings, ask questions, and discover new ways to stay active and connected.</p>
<p>Monday <b>June 8</b> 3:30-4:30 pm</p>	<p><b>BINGO for Coins - rsvp *07 by 6/6 - 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>June 9</b> 1:00-2:00 pm</p>	<p><b>Tea on Tues: A Tea Exchange - rsvp *07 by 6/8</b> - <i>Roycroft</i></p> <p>Enjoy a charming tea exchange with fellow members. Bring 8 individually wrapped tea bags or a small packaged loose-leaf tea to share, and leave with a new collection to enjoy at home. Hot water will be ready for sipping during our time together, and members are welcome to bring a favorite teacup.</p>
<p>Wednesday <b>June 10</b> 2:00-4:00 pm</p>	<p><b>Impressions in Bloom: A French-Inspired Social pARTy</b> - <i>rsvp *07 - Throughout The Garlands’ Grounds</i></p> <p>Step into a French-inspired afternoon of art, music, and atmosphere as members wander between three curated vignette settings across the property. Inspired by the spirit of Impressionism, each location offers live music, artistic touches, and light culinary samplings in a relaxed, social setting. Guests are invited to circulate freely and enjoy the experience at their own pace.</p> <p><b>The Paris Atelier: Where Impression Begins, Prairieview Art Studio + Patio</b> – Explore an open-house artist studio featuring live painting by Garlands member artists. Music performed by Elgin Symphony Orchestra Duo.</p> <p><b>Monet’s Meadow: Giverny Reflections, The Bridge by the Pond</b> – Inspired by Monet’s gardens at Giverny, this outdoor setting celebrates plein air art, movement, and nature with music performed by Rabbit Ears (flute, Carlyn Lloyd and guitar, Jason DeRoche).</p> <p><b>Renoir’s Boating Party: Where Life Is Celebrated Socially, The Grill Patio</b> – Inspired by Renoir’s Luncheon of the Boating Party, enjoy a lively social atmosphere with music and conversation. Harp performed by students under the direction of Harps by Brittany.</p>
<p>Thursday <b>June 11</b> 2:00-3:00 pm</p>	<p><b>DanceFit Fusion-rsvp *07 - Fitness</b></p> <p>So you think you can’t dance? Now’s your chance! This class will combine line dancing, ballroom dance and hip-hop to get your heart pumping. We will meet you at your pace and your fitness level. This class will be taught by a guest instructor, Trish Strong.</p>






# Special Events

REQUIRE A RESERVATION

<p>Thursday <b>June 11</b> 7:00 pm</p>	<p><b>Buffalo Grove Encore Singers - rsvp *07 - Performing Arts Center</b> The Buffalo Grove Encore Singers return with a lively evening of music featuring spirited vocal performances, playful favorites, and crowd-pleasing classics. This joyful group brings warmth, humor, and high energy to the stage for a fun and memorable performance.</p>
<p>Monday <b>June 15</b> 1:30-2:30 pm</p>	<p><b>The Healing Sound Experience - rsvp *07 - Burnham Room</b> Join Reiki Practitioner Victoria from Divine Awakening Energy for a gentle guided session combining light movement, breathwork, visualization, and sound healing designed to promote relaxation and reconnection. Limited to 10 members.</p>
<p>Monday <b>June 15</b> 3:30-4:30 pm</p>	<p><b>BINGO for Prizes - rsvp *07 by 6/13 - 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>June 16</b> 1:00-2:00 pm</p>	<p><b>Father's Day Celebration - rsvp *07 - Grill Courtyard</b> Warming up for Father's Day weekend with croquet, cookies, and a toast to all the dads. Join Bethanie and the fitness team to celebrate and enjoy the fun.</p>
<p>Tuesday-Thursday <b>June 16-18</b></p>	<p><b>Artist in Residence: Maggie Bandstra - rsvp *07 - Surround Sound Theater</b> Join featured guest artist Maggie Bandstra for a three-day residency of conversation, workshops, and creative exploration. Bandstra is a multidisciplinary artist whose work explores nature, healing, movement, and human connection. She previously managed Ox-Bow House for the Ox-Bow School of Art and Artists' Residency in partnership with the School of the Art Institute of Chicago.</p> <p><b>Artist Lecture &amp; Q&amp;A Tuesday, June 16, 2:00 pm - rsvp *07 - Surround Sound Theater</b> – Maggie shares her artistic journey, influences, and evolving creative style.</p> <p><b>Meet &amp; Greet Tuesday, June 16, 4:00 pm - Timbers Lounge</b> – A casual social gathering to meet Maggie and learn more about her work.</p> <p><b>Art for All Workshop Wednesday, June 17, 10:00–11:30 am, \$15 per person - rsvp *07 - Prairieview</b> – Designed for all experience levels, this workshop focuses on technique, composition, and expression.</p> <p><b>Art for All Workshop Wednesday, June 17, 3:00–4:30 pm, \$15 per person - rsvp *07 - Prairieview</b> – A second workshop opportunity for newcomers or those wishing to continue under Maggie's guidance.</p>
<p>Wednesday <b>June 17</b> 1:00-2:15 pm</p>	<p><b>Movie Buff John LeGear: Movie Music Memories 3 - rsvp *07 - Surround Sound Theater</b> Take a lyrical stroll down memory lane with Movie Music Memories 3, featuring historic film clips, unforgettable song-and-dance performances, and stars from across the decades.</p>



<p>Thursday <b>June 18</b> 10:00-11:00 am</p>	<p><b>Mimosa Artist Reception &amp; Exhibition - rsvp *07 - Gallery</b> Celebrate the culmination of Maggie's residency with a featured exhibition of her artwork.</p>	
<p>Thursday <b>June 18</b> 11:15 am-12:45 pm</p>	<p><b>New Friends Lunch - rsvp *07 by 6/17 - South Winslow</b> Meet new people or invite someone you'd like to connect with for a relaxed French-inspired lunch. The menu will be available in advance. Lunch will be billed to your account. Complimentary non-alcoholic beverages and cookies included.</p>	
<p>Monday <b>June 22</b> 7:00-8:15 pm</p>	<p><b>Trivia Night!-rsvp *07 by 6/20 - Burnham Room</b> A really fun evening with new and old friends. Teams of 8 members. Beverages provided. The winning team gets a prize. <b>We are unable to accommodate walk-ins.</b></p>	
<p>Thursday <b>June 25</b> 3:00-4:00 pm</p>	<p><b>Cultural Book Discussion: France - rsvp *07 - Library</b> Join member Roberta Rood for a discussion exploring the landscapes, culture, and rhythms of French village life through two popular mystery novels: Death in Brittany by Jean-Luc Bannalec or Bruno, Chief of Police by Martin Walker. Reading one or both is encouraged, but all are welcome to join!</p>	
<p>Tuesday <b>June 30</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>	

<b>Spiritual Ongoing Happenings</b>		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, June 10</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, June 12</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>	

# Things To Do

These activities do NOT require a reservation

<p>Tuesdays &amp; Thursday <b>June 2, 9, 11, 16, 23 &amp; 30</b></p>	<p><b>Therapy Dogs! - Wellness Hallway</b> Tuesdays, June 2, 9, 16, 23, 30, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, June 11, 10:00-11:00 am (golden retriever Myra). Wellness Hallway. These therapy dogs love YOU but should not interact with member dogs.</p>	
<p>Tuesday <b>June 2 ONLY</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>Fridays <b>June 5, 12 &amp; 19</b> 11:00 am-1:00 pm</p>	<p><b>Culture Corner: Inspired by France - Community Table in Library</b> Stop by this <b>self-guided</b> cultural station and explore something new inspired by France. Activities include French Postcard Design (June 5), Passementerie Ribbon Bookmarks (June 12), and Provençal Lavender Sachets (June 19). Designed for curious minds, this hands-on activity invites you to create and discover at your own pace.</p>	
<p>Tuesday <b>June 9</b> 9:30-10:45 am</p>	<p><b>Garlands Neighbor Meet Up (formerly Meet the MAC) - Robie Lounge</b> Bring a coffee and catch up with your Members Advisory Committee.</p>	
<p>Tuesday <b>June 9</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>	
<p>Fridays <b>June 12 &amp; 26</b> 4:30-6:00 pm</p>	<p><b>Bobby Schiff on Piano - Robie Lounge</b> Bobby is legendary and can stun you with the beauty of his playing.</p>	
<p>Saturdays <b>June 13 &amp; 20</b> 11:30 am-1:30 pm</p>	<p><b>Midday Broadway - Surround Sound Theater</b> Saturday, June 13 - <i>Funny Girl</i>; Saturday, June 20 - <i>An American in Paris</i> Enjoy two beloved musical classics on screen: <i>Funny Girl</i>, the witty and glamorous story of Fanny Brice's rise to fame, followed by <i>An American in Paris</i>, a romantic, music filled journey through postwar Paris with unforgettable characters.</p>	
<p>Saturday <b>June 20 ONLY</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>	

Wednesday  
**June 24**  
9:30-10:30 am

**Coffee with Management - Performing Arts Center**

Management apprises members of news and updated information concerning life at The Garlands. We strongly encourage members to attend this meeting, which occurs six times a year.

Wednesday  
**June 24 ONLY**  
4:00-5:00 pm

**Tech Lab with William! - Galleria**

Need a little guidance with your cell phone, tablet, or laptop? Forget how to send photos or forward an email from your phone? BHS student William helps us understand our technology and avoid scams.



Tuesday  
**June 30**  
11:00 am-1:00 pm

**NEW! Trunk Show Tuesday - Robie Lounge**

Enjoy specialty shopping right here at The Garlands with one or two featured boutiques and vendors. This month, Brighton Collectibles will be joining us with stylish accessories, handbags, jewelry, and gift items.

## Coming Up In July

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

**Red, White & Blue Musical Celebration - rsvp \*07**

*Friday, July 3, 7:00-8:00 pm, Performing Arts Center*

Continue the evening following our Red, White & Blue BBQ with a lively musical celebration featuring energetic American favorites and patriotic tributes. Enjoy Carlyn Lloyd, flute, Bill Burr, piano, and special guest vocalists Nicole Tuma and Gavin Coyle for a spirited evening of music and sing-along fun.

**Fireworks Viewing from the Pool Deck - rsvp \*07**

*Saturday, July 4, 9:30 pm, Pool Deck, limit 30*

Gather on the Pool Deck for a relaxed viewing of the Barrington fireworks display. Chairs will be set out facing Barrington High School. Members are welcome to bring a beverage in a non-glass container.

**Chinese Mah Jongg Tournament -rsvp \*07**

*Friday, July 17, 1:00-3:30 pm, Roycroft*

The 2nd Annual Chinese Mah Jongg Tournament returns this July. Participants must know how to play and score Chinese Mah Jongg. To register, contact Peggy Clough and submit a \$5 entry fee. Space is limited and first come, first served. Refreshments and cash prizes will be included.

**The Wizard of Oz: Artist Talk with Metropolis Theatre - rsvp 07**

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

Go behind the scenes of The Wizard of Oz with the Artistic Director and Costume Designer of Metropolis Theatre as they share stories and insights from staging the production. Members may bring a lunch or dine beforehand. Lunch on your own.

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

*Saturday, July 25, depart 11:30 am, 2:00 pm performance, return by 5:15 pm, 1000 Lobby, \$45*

Follow the yellow brick road to Metropolis Theatre for this beloved musical featuring classic songs including "Somewhere Over the Rainbow." Members will have time for lunch on their own before the performance.

**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.**

## Pilates Reformer at Good Shepherd Fitness - rsvp \*07

**Thursday, June 4, 12:30-2:30 pm, \$40 per member, Departing from 1000 Lobby**

Experience the Pilates Reformer and focus on flexibility, mobility, and core strength in this guided session at Good Shepherd Fitness. Participants will be using reformer equipment in a reclined position. Those who experience vertigo may find this class challenging. Space is limited to 10 participants..



Little walking



Some walking



A lot of walking

## 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, 1000 Lobby, \$45**

Enjoy a high-energy Elton John tribute at Metropolis Theater, featuring Broadway performer Colte Julian. This lively show brings the iconic music, piano hits, and unforgettable style of Elton John to the stage.



## Wilmette French Market - rsvp \*07

**Saturday, June 6, 9:00 am - 12:00 pm, 1000 Lobby, \$10**

Spend the morning exploring the Wilmette French Market, inspired by the open-air markets of Paris. Browse fresh foods, flowers, baked goods, specialty items, handmade products, and more while enjoying the lively atmosphere of this European-style market experience.



## Men on the Move: Cantigny Park - rsvp \*07

**Thursday, June 11, 9:00 am - 2:00 pm, 1000 Lobby \$10**

Join Men on the Move for a day exploring Cantigny Park, featuring beautiful gardens, museums, and the historic Robert R. McCormick House. Once the private estate of Colonel McCormick, the home offers a fascinating look into history, journalism, art, and entertainment in a grand estate setting. Enjoy time to explore the grounds, exhibits, and lunch at your own pace.

## Let's Lunch! Taste of Paris, Mundelein - rsvp \*07

**Friday, June 12, 12:00 - 2:00 pm, 1000 Lobby**

In celebration of our June theme - France - join us for lunch at Taste of Paris, a traditional French restaurant and bakery for over 40 years. From the moment you walk in and spot the Eiffel Tower rising from the center of the restaurant, you'll feel transported into a playful and uniquely French dining experience you won't want to miss.



**Wandering Tree Estate, Lake Zurich with lunch at Ancho & Agave, Deer Park - 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. We have 20 spots available!

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

**Wednesday, June 24, 11:30 am-1:30 pm, 1000 Lobby**

Join Men on the Move for lunch at Makray Memorial Golf Club's Oak Terrace Grille. Members pay for their own meal. Gather for good conversation, camaraderie, and sharing ideas for future outings and activities. You are welcome to drive yourself or ride with others - the more the merrier!



**The Picklr, Deer Park - rsvp \*07** 🥾🥾🥾

**Monday, June 29, 9:30-11:30am, 1000 Lobby, \$30 per person (Fitness Fun)**

We're in our pickleball era! Join the Garlands gang at The Picklr for a lively morning of fun, movement, and friendly competition. All skill levels are welcome, and guests are invited too.

## 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 7132.

**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 cburns@thegarlands.com.

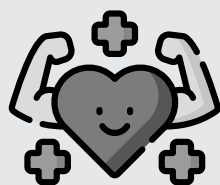
**MAC Membership**

Inviting all members to submit names, their own or other members, to be considered by the Member Advisory Committee (MAC) Nominating Subcommittee for a 3 year term on the MAC beginning 1/1/2027. Give names to Peggy Clough 7-3307 // peggyc@umich.edu or any current MAC member by June 19, 2026.

**Holidays Are Coming**

The Garlands Holiday Fund name has been changed to Members Holiday Fund. This fund was established in 2002 by member Len Wickland to say thank you to our wonderful hourly team members. Because tipping is not accepted, each year donations are collected from members to show appreciation for all the team members do to make our lives comfortable everyday. The Committee, Chaired by Marilyn Helberg, begins collecting contributions in the Fall. More information to follow.

# Fitness Programs



**GET STRONG AND FIT!**  
Call \*41 and get a  
workout plan custom  
made just for you.

## **Meditation with Bhante Rahula**

*Wednesday, June 3, 11:30-12:15 pm, Timbers.*  
Come chill, relax, and enjoy this guided meditation.

## **Pilates Reformer at Good Shepherd Fitness**

**- rsvp \*07**  
*Thursday, June 4, 12:30-2:30 pm, \$40 per member,*  
*Departing from 1000 Lobby. See "Let's Go!"*

## **Tour de France**

*June 8–21, Fitness Center*  
Bonjour, mon amis! Celebrate our month of France with a friendly cycling challenge inspired by the Tour de France. Use the Cyber Cycles in the Fitness Center at your own pace and convenience. Pick up a tracking sheet in Fitness – everyone who completes the challenge will receive a prize.

## **Meet the Prairieview Activities & Fitness Team**

**- rsvp \*07**  
*Monday, June 8, 1:00–2:00 pm, Surround Sound Theatre*

Meet the Prairieview Activities and Fitness team and learn more about upcoming opportunities, programs, and wellness offerings. See "Special Events" section for more details.

## **DanceFit Fusion-rsvp \*07**

*Thursday, June 11, 2:00-3:00 pm, Fitness.*  
See "Special Events" section for more details.

## **The Healing Sound Experience - rsvp \*07**

*Monday, June 15, 1:30–2:30 pm, Burnham Room.*  
See "Special Events" section for more details.

## **Father's Day Celebration - rsvp \*07**

*Tuesday, June 16, 1:00 - 2:00 pm, Grill Courtyard.*  
See "Special Events" section for more details.

## **Tai Chi with Allison From MoonWillow Studio**

*Wednesday, June 17, 10:00-10:45 am, Fitness*  
Everyone is welcome to join this class. Tai Chi is a great way to increase mobility while working on your balance. Come feel Zen and centered with Allison.

## **The Picklr, Deer Park - rsvp \*07**

*Monday, June 29, 9:30-11:30am, 1000 Lobby, \$30 per person.* See "Special Events" section for more details.

## **Chair Pelvic Floor Exercises-rsvp \*07**

*Tuesday, June 30, 1:00-2:00 pm, Fitness*  
This class will be led by Sapna Patel, a Physical Therapist and Pelvic Floor Specialist. She will focus on exercises to help strengthen pelvic floor muscles; your muscles that support the bladder, bowel and uterus. She will answer any and all questions at the end of the session.

## **RECURRING CLASSES**

### **Absolutely-Abs**

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

### **Balance Class Fitness**

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

### **Balanced Body**

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

### **Barre Total Body Toning**

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

### **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, Wednesdays, and Fridays, 10:00-10:30 am, Pool*

### **Floor Yoga**

*Tuesdays and Thursdays, 2:00-2:45 pm, Fitness*

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

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

### **Only Legs**

*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.

# Fitness Programs

## Water Walking

*Tuesdays & Thursdays, 10:00-10:30 am, Pool*  
This is not a supervised/structured class. Grab a Garland's 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.

## 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.

## Walking with Friends

*Saturday mornings at 9:00 am, 1000 Lobby*

Walk as little or as far as you can. Questions?  
Call Mary Blasko \*3218

# 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)

**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. (Carolyn Burns, 77415, Activities, for movie requests)



**Pinocle** - Mondays, 1:00 pm, Timbers Lounge Fireplace Room (Ron Spiekhout 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

<p>Monday <b>June 1</b> 3:30-4:30 pm</p>	<p><b>Wildlife Talk: Peonies: Timeless Beauty in Bloom - rsvp *07</b> - Surround Sound Theater</p> <p>From ancient symbolism to modern gardens, peonies have a story as rich as their petals. Join Stacey Jacobs from the Wildbird Shack as we explore the beauty, cultural significance, and basic care of these stunning flowers that return year after year with unforgettable blooms.</p>	
<p>Tuesdays <b>June 2, 9, 16 &amp; 30</b> 11:00 am-12:00 pm</p>	<p><b>Learn Italian with Lia - rsvp *07 - Timbers Lounge</b> (No class June 23) Learn Italian with member Lia Douglas in this four-week workshop. Learn a few useful words and phrases, play lighthearted language games, and practice saying something beautiful in Italian.</p>	
<p>Wednesday <b>June 3</b> 11:00 am-12:15 pm</p>	<p><b>French Classical Composers Part One with Richard Schwemm - rsvp *07</b> - Surround Sound Theater</p> <p>Join Richard Schwemm for a program featuring French classical composers Berlioz, Dukas, Saint-Saëns, Ravel, and Satie.</p>	
<p>Saturdays <b>June 6, 13, 20 &amp; 27</b> 1:00 pm</p>	<p><b>New! Women of the Bible Discussion with member, Miriam Neff - Tiffany Room, second floor</b></p> <p>Join Miriam Neff, author of Not Alone: Historical Fiction of Women in the Bible, for a study of intriguing and inspirational women of the Bible. Two women will be explored each week through discussion and handouts with Bible references. The June 6 discussion will focus on Ruth and Esther, the only two books of the Bible named for women. Future discussions will be determined with participant input.</p>	
<p>Tuesday <b>June 9</b> 3:00-4:15 pm</p>	<p><b>French Classical Composers Part Two with Richard Schwemm - rsvp *07</b> - Surround Sound Theater</p> <p>Richard Schwemm returns with a second program featuring the music of Fauré, Poulenc, Lili Boulanger, and Debussy.</p>	
<p>Wednesday <b>June 10</b> 11:00-12:00 pm</p>	<p><b>Curiosity Series: Copenhagen: Castles, Canals, and the Magic of Summer Solstice - rsvp *07 - Surround Sound Theater</b></p> <p>Copenhagen's Summer Solstice, celebrated on June 20–21, marks one of the most magical times of the year. Melissa from the Wildbird Shack will take you on an exploration of Copenhagen's royal landmarks, scenic canals, and the enchanting traditions surrounding the summer solstice in this immersive look at one of Europe's most charming capitals.</p>	
<p>Friday <b>June 12</b> 9:30-11:00 am</p>	<p><b>Great Decisions: Ukraine and the Future of European Security - rsvp *07</b> - Burnham Room (*Please note date change)</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 discussion led by Julie Strauss, Ph.D. This month's topic explores Ukraine, NATO, and the future of European security amid changing U.S. policy and growing uncertainty across Europe. Essay by Thomas Wright.</p>	

<p>Tuesday <b>June 16</b> 11:30-12:45 pm</p>	<p><b>Julie Strauss Lecture: George Washington, General, Founder, President - rsvp *07 - Surround Sound Theater</b></p> <p>In celebration of the 250th anniversary of the founding of the United States, explore George Washington's impact on the birth of our nation. We will discuss his military and political leadership, his role in the Constitutional Convention, and the presidential precedents that helped shape the future of the United States. Join Julie Strauss, Ph.D. for this look at one of America's most influential figures.</p>	
<p>Wednesday <b>June 24</b> 3:30-4:30 pm</p>	<p><b>Music Appreciation with Jim Kendros - rsvp *07 - Robie Lounge</b></p> <p>Celebrate summer with the passionate music of Robert Schumann. In honor of his June birthday, Jim Kendros will explore Schumann's Piano Concerto in A minor and Symphony No. 4, both inspired by his love for Clara Schumann. As a tribute to France in June, we'll also enjoy the unforgettable movie themes of Michel Legrand.</p>	

## June Food and Beverage Events

### A Week in France

Monday, June 8 - Friday, June 12, 4:30-8:00 pm, Grill - Winslow

Celebrate this month's country, France, with french wine and cuisine as weekly dine-in specials.

### French Baking Demonstration, Pate a Choux - rsvp 77743

Thursday, June 11, 2:30-3:30, Performing Arts Center

The light hollow pastry is the base for French classic desserts such as eclairs, cream puff and profiteroles.

### New Orleans Buffet - rsvp \*17

Thursday, June 18, 4:30-7:00 pm, Winslow, \$35

After attending the Taste of New Orleans presentation in the afternoon, step into a dinner celebration with a buffet load with flavorful dishes from the Big Easy.

### Father's Day Steak Night - rsvp \*17

Friday, June 19, 4:30-8:00 pm, The Winslow, Prices Vary.

Featuring Chef Glenn's prime steak selections, Dine-in only. The Winslow menu is also available.

### A Classic French Dinner - rsvp 77743

Friday, June 26, 5:30, Roycroft Dining Room, \$95

Intimate five-course dinner paired with French wines. Trained in France, Chef Glenn is excited to share his creations.

### End of the Month Buffet

Sunday, June 28, 4:00-6:00 pm, The Cafe Dining Area

Menu & price announced the week prior.

### Red, White & Blue BBQ - rsvp \*17

Friday, July 3, 4:00-7:00 pm, Winslow Courtyard, Complimentary

A member's only All-American BBQ of Burgers and Hot Dogs. No guests, please. Additional seating in The Winslow. No other menu offered and delivery is unavailable.

### July 4th Dining Hours

Winslow Breakfast: 7:00 - 10:00 am

Winslow Lunch: 11:30 am - 1:30 pm

Galleria: 7:00 am - 4:30 pm

Cafe: 11:00 am - 3:00 pm

Winslow closed for happy hour and dinner





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

**Podiatrist: Dr. Warheit**

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

Wednesday, June 17, 8:00 am-2:00 pm

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

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

Wednesday, June 24, 10:00 am-12:00 pm

## Wellness Lecture Series

### Walker Adjustment and Repair Clinic

*Thursday, June 4, 10:00 am-12:00 pm,  
Wellness Center*

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: Blackberry

*Tuesday, June 30, 11:00-11:30 am, Wellness  
Hallway*

Sample a healthy recipe, Blackberry Cornmeal Cobbler, prepared by our culinary team as our Wellness Nurse explains the health benefits of blackberries.

### 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 Northwest Community are offered every Thursday 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!*



**JOE KRAUSERT**  
*Arrived in March  
from Huntley*



**GENE MACHACEK**  
*Arrived in March  
from Mundelein*



**SHARON MACHACEK**  
*Arrived in March  
from Mundelein*

## June Birthdays

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



- |         |                   |         |                   |         |                  |
|---------|-------------------|---------|-------------------|---------|------------------|
| June 1  | Bill Nimmo        | June 13 | Ellen Griffin     | June 20 | Liz McReynolds   |
| June 1  | Carole Poulos     | June 14 | Carl Youngs       | June 23 | Donna Mulholland |
| June 6  | Ted Golitz        | June 15 | Sue Ellen Griffin | June 23 | Anne Yarwood     |
| June 7  | Mark Geach        | June 16 | Ronald Lang       | June 23 | Carl Koenemann   |
| June 9  | Janet Hansen      | June 16 | Ron Goldenstern   | June 24 | Miriam Neff      |
| June 9  | Margaret Aitken   | June 16 | Charlie Calo      | June 24 | Diane Mazurek    |
| June 9  | Bill Allendoerfer | June 17 | Joyce Carlson     | June 25 | Donna Sbertoli   |
| June 10 | Beth Allendoerfer | June 17 | Deanne Born       | June 26 | Gary Griffin     |
| June 11 | Kathy Peterson    | June 18 | Gwen Larabee      | June 26 | Sarah Dockery    |
| June 11 | Laurel Skomer     | June 18 | Peg Cullen        |         |                  |
| June 12 | Lionel Lenz       | June 18 | Ted West          |         |                  |

# 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!

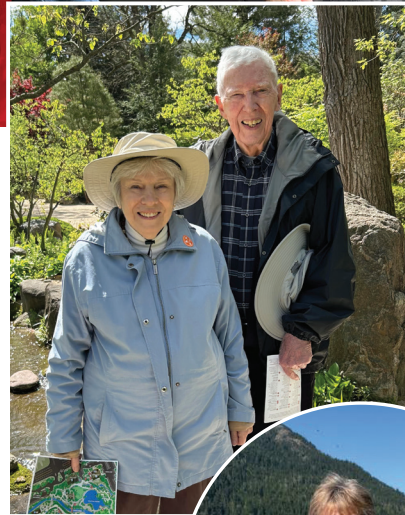


THE GARLANDS®  
of Barrington



*Anderson Japanese Gardens: Susan Salita, Bill Nimmo, Barb Weaver, Dick Weaver*

*Queens of Spring: Mary Anne Ball*



*Anderson Japanese Gardens: Ellen Griffin, John Griffin*



*Men on the Move: Rich Wilson, John Blasko, Gene Dawson, Mark Geach, Dick Weaver, Bill Perry, Jim Zalesky, Bill Allendoerfer, Ron Goldenstern*



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

*Olympic National Park: Rebecca Blickenstaff*

