

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

Taste of The Garlands

All participating chefs with Chef Glenn



L to R: Julio Leon Cordova – 1st place with Halibut with Saffron Risotto; Clever Rivas Molina – 2nd place with Parmesan Crusted Sea Scallop with Angel Hair Carbonara; Chef Glenn; Bernardo Barradas – 3rd place with Smokey Country Style Pork Ribs

Snack Attack: Nancy Leonard, Dorothy Winsor



Metropolis:
Nancy Cohen



Snack Attack: Rebecca Blickenstaff, Lanny Ori, Diane Serak, Axana, Mary Anne Ball



Flick n' Float: Miriam Neff

This month's cultural connection focuses on India!

AUGUST 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).

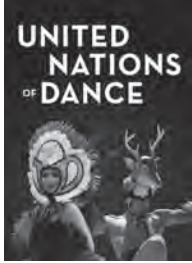
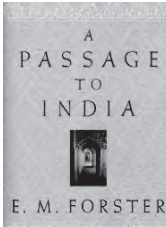
Saturday Aug 1 11:00 am- 12:00 pm	New! Cultural Connection: The Art of Henna, A Hands-On Cultural Experience - rsvp *07 - Roycroft Dining Room Join Cynthia for a fun, interactive workshop exploring the art of henna. Discover the traditions behind the art before practicing simple designs such as vines, flowers, dots, and paisleys. Participants will then apply their designs to themselves or a friend. Each participant will receive a henna cone to take home, and no artistic experience is necessary.	
Saturday Aug 1 1:30-2:30 pm	Birthday Bash with Jeffrey Deutsch - rsvp *07 - Robie Lounge 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.	
Tuesdays Aug 4, 11, 18 & 25 3:00-4:30 pm	Kaleidoscope Art Class: Indian Folk Art - rsvp *07 - Prairieview Art Studio Explore the rich traditions of Indian Folk Art using a variety of mixed-media techniques. Inspired by the storytelling, symbols, and natural themes found in this vibrant art form, participants will create their own unique works of art. Each session builds on the previous one, creating a fun and cumulative journey of learning and artistic discovery.	
Wednesday Aug 5 2:00-3:30 pm	Mandala Art Workshop with Artist Riddhi Gandhi - rsvp *07 - Prairieview Art Studio Discover the calming world of mandala art with artist Riddhi Gandhi in this fun, hands-on coaster painting workshop. Using simple dotting techniques, you'll create a beautiful, handcrafted coaster while experiencing the relaxing, meditative nature of this traditional Indian art form. This workshop is a wonderful way to unwind, express your creativity, and learn from an experienced instructor.	
Thursday Aug 6 11:00-11:30 am	The Great Exchange: Treats from India - rsvp *07 - Robie Lounge Bring 8 individually wrapped treats from India and leave with 8 new favorites to enjoy. A simple and social way to share, discover, and connect with fellow members.	
Thursday Aug 6 4:00-5:00 pm	Toast to India! - rsvp *07 - Robie Lounge We're raising a glass to kick off August's theme: India! Join us for a relaxed, social happy hour featuring a refreshing Mango Lassi tasting while exploring a variety of activities inspired by the rich culture, traditions, and flavors of India.	

Friday Aug 7 10:00 am- 12:00 pm	Breakfast with the BEST! Understanding and Living with Diabetes - rsvp *21 - <i>Performing Arts Center; \$10 member-preferred price includes continental breakfast</i> Join Rush Endocrinologist Dr. Pinar Smith for an informative discussion on diabetes, including prevention, treatment, and long-term management. Learn practical strategies for maintaining healthy blood sugar levels, improving overall wellness, and preventing complications. Gain empowering tools and knowledge to support healthier outcomes and long-term well-being.	
Saturday Aug 8 10:00-10:45 am	Barrington String Ensemble Performance: A New Chapter - rsvp *07 - <i>Robie Lounge</i> The Barrington String Ensemble returns with a refreshed program and new student leadership. Enjoy a delightful morning of live music featuring a variety of classical and contemporary selections performed by talented young musicians from Barrington High School.	
Monday Aug 10 10:00-11:00 am	Garlands Living 201: The Healthcare Continuum - rsvp *07 - <i>Surround Sound Theatre</i> Director of Healthcare, Tiffany Barton, and Wellness Center Manager, Ashley Barraza, ensure you fully understand all the options along the healthcare continuum available to Garlands members.	
Monday Aug 10 & 31 11:00-11:30 am	Bollywood Dance Experience! - rsvp *07 - Fitness Experience the energy and excitement of Bollywood dance in this fun, interactive pop-up class with Axana. Learn a few simple moves inspired by India's vibrant film and dance traditions. No experience is necessary, just bring your energy, your smile, and a willingness to have fun!	
Monday Aug 10 1:00-2:00 pm	RESCHEDULED: Vestibular Physical Therapy - rsvp *07 - Surround Sound Theater Feeling dizzy or unsteady? Do you frequently experience vertigo? Join Dr. Olga Zemlekova of PVO Physical Therapy in Barrington as she discusses vestibular therapy and how it can help reduce dizziness, improve balance, and prevent falls. Better balance can lead to greater independence and an improved quality of life.	
Monday Aug 10 3:30-4:30 pm	BINGO for Coins - rsvp *07 by 8/8- Performing Arts Center Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.	
Tuesday Aug 11 11:00 am- 12:00 pm	Community Spotlight: Dr. Craig Winkelman, Superintendent of Schools, Barrington - rsvp *07 - Surround Sound Theater Join Barrington 220 Superintendent Dr. Craig Winkelman for an update on the district and the education in our community. Topics will include facility improvements, student achievement, new programs, and the district's strategic direction. He will also share insights from his decades-long career and answer questions from attendees.	
Tuesday Aug 11 1:00-2:00 pm	Tea on Tuesday: A Tea Exchange - rsvp *07 by 8/10 - <i>Roycroft Dining Room</i> Enjoy a charming tea exchange. Please bring 8 individually wrapped tea bags or a small tin of loose-leaf tea packaged to share, and you'll leave with 8 new teas to sample at your own. We'll have hot water so you can enjoy a cup and you're invited to bring your own special teacup.	

Special Events

REQUIRE A RESERVATION

Friday Aug 14 9:30-10:30 am	NEW! Common Grounds: A Coffee Social for Members - rsvp *07 - Roycroft Dining Room, Coffee will be provided. Not a tea drinker? We heard you. How about coffee? Join fellow members for a casual coffee gathering. Whether you're catching up with friends or meeting someone new, it's a relaxed way to start the day.	
Friday Aug 14 4:00-5:00 pm	NEW! Sip and Strings with James Ross - rsvp *07 - Robie Lounge It's Happy Hour, unplugged. We'll strum into happy hour with live acoustic guitar by James Ross. Sip your favorite beverage, enjoy great conversation, and relax to a variety of familiar favorites.	
Monday Aug 17 3:30-4:30 pm	BINGO for Prizes - rsvp *07 by 8/15 - Performing Arts Center Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.	
Tuesday Aug 18 10:00 am-3:00 pm	Gold & Silver Roadshow Buying Event with David Kaz of DMK Metal - rsvp *07 - Eastlake Dining Room David Kaz returns to evaluate and purchase unwanted gold and silver jewelry, sterling flatware, coins, dental gold, and more. With over 15 years of experience, David will also educate us on the value of our gold and silver. No appointment is necessary. Members will be seen on a first-come, first-served basis. Questions? Contact David at 847-508-0224 or david@dmk-metal.com.	
Tuesday Aug 18 6:00-8:30 pm	A Perfect Pair: Movie & Dessert (Just for Couples) - rsvp *07 - Surround Sound Theater & Roycroft Dining Room, \$10 per couple Celebrate National Couples Day with a special evening created just for couples. Begin with <i>Simply Irresistible</i>, a charming romantic comedy filled with a little magic. After the movie, gather in the Roycroft for a chef-prepared dessert by Pastry Chef Cindy. Enjoy an evening together while meeting and getting to know other couples from The Garlands.	
Wednesday Aug 19 11:15 am-12:45 pm	New Friends Lunch - rsvp *07 by 8/18 - South Winslow Dining Room Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, India. The menu will be available in advance. Lunch is billed to your account; Complimentary non-alcoholic beverages and cookies included.	
Wednesday Aug 19 1:00-2:15 pm	Movie Buff John LeGear: Movie Music Love Affair - rsvp *07 - Surround Sound Theater Drawn from John LeGear's 16 "movie music" presentations, these 19 memorable selections share one timeless theme: romance in all its forms. See it, hear it, and feel it on a joyful journey through music, movies, and time.	

Thursday Aug 20 12:00-1:00 pm	NEW! Feed Your Mind: United Nations of Dance: India - rsvp *07 by 8/18 - Performing Arts Center Experience the rhythm, color, and storytelling of India through PBS's United Nations of Dance: India. This lively documentary celebrates the movement, music, and traditions that bring Indian dance to life. Members may select a cold lunch option in advance, with menu pricing and details shared closer to the date.	
Thursday Aug 20 3:00-4:00 pm	Beer Pong - rsvp *07 - Robie Lounge Come see what your grandkids are doing in college. This game, brought to you again by Bethanie and the Fitness Team, is always a hit no matter your age! Play, do a non-alcoholic Jello-Shot, and hang with your friends. Our famous Root beer floats will be served. Be sure to join the Tail Gate at 4:00 pm!	
Thursday Aug 20 4:00-5:00 pm	NEW! Garlands' Tailgate - rsvp *07 - Robie Lounge Grab your favorite team gear and join us for a tailgate-inspired happy hour! We'll celebrate the start of football season with game-day activity and plenty of team spirit. Whether you cheer for a professional team, college team, local team, or your grandchildren's team, come meet fellow fans and enjoy the fun.	
Monday Aug 24 7:00-8:15 pm	Trivia Night! - rsvp *07 by 8/22 - Burnham Room 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.	
Tuesday Aug 25 10:00-11:00 am	Historical Presenter: Mother Teresa of Calcutta - rsvp *07 - Performing Arts Center As part of our month-long exploration of India, join historical presenter Michelle Gibbons as she brings Mother Teresa of Calcutta to life. Through this inspiring first-person portrayal, discover how her faith and compassion led her to dedicate her life to serving the poorest of the poor in India. Learn about her extraordinary humanitarian work, the founding of the Missionaries of Charity, and the legacy that earned her the Nobel Peace Prize.	
Wednesday Aug 26 7:00-8:00 pm	3rd Annual Rock 'N Roll for a Cause with Carlo! - rsvp *07 - Performing Arts Center An evening of classic rock favorites benefiting the Alzheimer's Association. Carlo Iaccino, Member Services, played in local bands in the 1970s, and will reunite with three of his former bandmates to share the music they love. The Alzheimer's Association is a cause that holds special meaning for Carlo. Donations will be accepted, with all proceeds benefiting Alzheimer's research, education, and support services.	
Thursday Aug 27 1:00-2:00 pm	Cultural Book Discussion: A Passage to India - rsvp *07 - Library Our August cultural destination is India. We will discuss A Passage to India by E. M. Forster, a literary classic that explores friendship, culture, and the complexities of life in British India. Whether you've read every page or simply want to join in the conversation, all are welcome.	

Special Events

REQUIRE A RESERVATION

Thursday Aug 27 4:30-6:00 pm	New Member Reception w/ Ed Collins at the Piano - rsvp *07 - Robie Lounge New and established members mingle in a lively atmosphere. Newer members also receive a corsage and introductions at 5:00 pm sharp, followed by a group photo. Enjoy complimentary cheese and crackers while enjoying the light styling of pianist Ed Collins.	
Monday Aug 31 11:00 am-2:00 pm	NEW! Fair Trade Market - rsvp *07 - Robie Lounge Celebrate our month-long journey through India with a special Fair-Trade Market presented by Carol Bergmann, a member of the Faith justice Committee at St. Anne's Catholic Church and School. Find meaningful gifts and unique treasures while supporting artisans and families around the world. Fair Trade purchases help ensure makers receive fair wages and work in safe, sustainable conditions, making every purchase meaningful.	

Coming Up In September & Beyond

Looking ahead to events for which you can register now!

NEW SPEAKER: The Evolution of Work & Unconventional Success - rsvp *07

Tuesday, September 1, 11:00 am-12:00 pm, Surround Sound Theater

In the spirit of Labor Day, join Paula Banno, former Executive Director and Lifestyle Director in senior living, for a fascinating look at how the world of work has changed over the generations. From punch clocks and lifelong careers to remote work and unexpected modern professions, this engaging presentation explores the history of work, changing workplace culture, and the surprising jobs that exist today. Paula has inspired audiences for more than 30 years by creating meaningful, thought-provoking experiences that spark curiosity and conversation.

Breakfast with the BEST! returns this fall with a three-part series presented by Rush University Medical Center.

Understanding Parkinson's Disease with Dr. Pierpaolo Turcano; Wednesday, September 2, 10:00 am-12:00 pm, Performing Arts Center, \$10 member-preferred price includes continental breakfast

Join Rush neurologist Dr. Pierpaolo Turcano for an informative overview of Parkinson's disease, including symptoms, progression, and current treatment approaches. Gain a better understanding of available therapies, emerging research, and strategies that support quality of life for individuals, caregivers, and families navigating life with Parkinson's.

Friday, October 16: AFib and You: Protecting Your Heart as You Age with Dr. Daniel Luger.

RESCHEDULED: Wandering Tree Estate - rsvp *07

Thursday, September 10, depart 8:45 am, return approximately 3:00 pm, 1000 Lobby, \$35, plus lunch is on your own

Enjoy a rare opportunity to visit the private Wandering Tree Estate in Lake Zurich, home to internationally recognized designer Elaine Silets. Explore beautifully curated gardens, from English-inspired rose gardens to a tranquil Japanese garden, along with a one-of-a-kind outdoor model railway nestled within the botanical landscape. Following our private tour, we'll enjoy lunch at Lindy's Landing. If you're interested in carpooling, we'd love your help. We have 20 spots available!

August Food and Beverage Events

National Watermelon Day

Monday, August 3, 4:30-8:00 pm, Grill Dining Room

Celebrate National Watermelon Day with Chef Glenn's culinary creations featuring this refreshing fruit.

Toast to India! - rsvp *07

Thursday, August 6, 4:00-5:00 pm, Robie Lounge

We're raising a glass to kick off August's theme: India! Join us for a relaxed, social happy hour featuring a refreshing Mango Lassi tasting.

International Beer Sampling

Friday, August 7, 4:00-5:00 pm, Robie Lounge

During Happy Hour enjoy samples of beers from around the world for International Beer Day. Prost! Cin Cin! Salud!

Kitchen Tour - rsvp 77743

Tuesday, August 11, 3:00-4:00 pm, Winslow Dining Room

Go behind the scenes to learn how our many menus and customized dishes are prepared.

Farmers Market

Thursday, August 13, 11:00 am-1:00 pm, Winslow Courtyard

The local farmers market returns for one day this summer and then not again until Fall. Enjoy browsing through fresh produce and supporting the local farmers with your purchase. Accepted payment includes cash, credit, and member charge. Meal credit is not accepted.

Farm to Table Buffet - rsvp *17

Thursday, August 13, 4:30-7:00 pm, Winslow Dining Room, \$35

Chef Glenn is planning a buffet featuring fresh, local ingredients sourced from the products sold earlier in the day. Everyone will want seconds! No deliveries or to-go orders.

Taste of India Dinner Specials

Monday, August 17, 4:30-8:00 pm, Grill Dining Room

Enjoy the tastes of India through Chef Glenn's dinner specials. Dine-in only.

A Perfect Pair: Movie & Dessert (Just for Couples) - rsvp *07

Tuesday, August 18, 6:00-8:30 pm, Surround Sound Theater & Roycroft Dining Room, \$10 per couple

Celebrate National Couples Day with a special evening created just for couples. Begin with *Simply Irresistible*, a charming romantic comedy filled with a little magic. After the movie, gather in the Roycroft for a chef-prepared dessert by Pastry Chef Cindy.

Flavors of India Dessert Demo - rsvp 77743

Tuesday, August 25, 2:30 pm, Performing Arts Center, FREE

Pastry Chef Cindy will lead a demonstration on how to create a delicious Indian inspired dessert. She will explain the techniques involved while preparing the dish, offering samples as she works.

Root Beer Float Fundraiser

Wednesday, August 26, 7:00 pm, Performing Arts Center, \$4

Enjoy this frothy, creamy treat which quickly became a staple of American soda fountain culture as you listen to classic rock favorites. Your purchase is benefiting the Alzheimer's Association.

Table Side Heirloom Tomato Burrata Salad

Thursday, August 27, 4:30-8:00 pm, Winslow Dining Room, \$12

A generous globe of creamy burrata sliced open tableside, allowing its rich center to spill over summer ripe tomatoes, fresh basil, premium extra virgin olive oil and a drizzle of balsamic glaze. Dine in only.

End of the Month Buffet

Sunday, August 30, 4:00-6:00 pm, Café Menu & price announced the week prior.

Labor Day Hours of Operation

Monday, September 7

Galleria 7:00 am - 4:30 pm

Café 11:00 am - 3:00 pm

The Grill and Winslow are closed.



Fitness Programs

DISNEY'S PETER PAN CONTEST: Walk the Plank to Neverland! A Core Strengthening Contest.

Each week there will be a new Plank challenge.
Pick up your copy in the Fitness Center. Or you'll
get the hook from the captain.

Matter Of Balance - rsvp *07

*Wednesdays starting August 5–September 23,
1:00-3:00 pm, Fitness*

Mediation With Bhante Rahula

*Wednesday, August 5, 11:30-12:15 pm, Timbers
Lounge*

Relax and unwind with this blissful time.

Bollywood Dance Experience! - rsvp *07

Monday, August 10 & 31, 11:00-11:30 am, Fitness
* See special events

Bollywood dance in this fun, interactive pop-up class
with Axana.

RESCHEDULED: Vestibular Physical Therapy - rsvp *07

*Monday, August 10, 1:00-2:00 pm, Surround Sound
Theater * See special events*

Join Dr. Olga Zemlekova of PVO Physical Therapy as
she discusses vestibular therapy

Beer Pong - rsvp *07

Thursday, August 20, 3:00-4:00 pm, Robie Lounge
*See special events

Tai Chi

Wednesday, August 19, 10:00-10:45 am, Fitness

RECURRING CLASSES

Balanced Body - Studio

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

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

Pickleball - Burnham

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

All levels are welcome!

Aqua Fitness - Pool

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

Zumba® Gold (standing and chair) - Studio

*Mondays & Fridays, 11:00 am, No class on 8/10
& 8/31*

Cardio Sculpt - Studio

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

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

Absolutely Abs - Studio

Monday & Wednesdays, 12:15-12:30 pm
15 minutes of core strength training.

Red Ball Tennis - Burnham

Tuesdays 9:30-10:30 am

Fit 'n' Fun - Studio

Tuesdays & Thursdays, 9:30-10:00 am
Get your cardio and your strength.

Water Walking - Pool

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

This is not a supervised/structured class. Grab a
Garlands Gal or Guy and start moving in the water.

Balance Class - Studio

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

Only Legz - Studio

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

Chair Yoga - Studio

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

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

Floor Yoga (mat based) - Studio

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

Chair Cardio Dance - Studio

Wednesdays, 11:00-11:30 am

Work on your Heart Health, Coordination, Brain and
Body connection plus instantly boost your mood
during this fun seated class.

Barre Total Body Toning - Studio

Thursdays, 8:30-9:00 am

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

Fitness Programs

Ping Pong - Burnham

Thursdays, 2:00-3:00 pm

Chair Fitness - Studio

Fridays, 9:15-9:45 am

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

Beginner Balance - Studio

Fridays, 11:30 am-12:00 pm

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

Walking with Friends - 1000 Lobby

Saturday mornings at 9:00 am

Walk as little or as far as you can. Questions?
Call Mary Blasko (73218)

Spiritual Ongoing Happenings

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

Wednesdays 2:00-2:30 pm	Holy Communion with Deacon Bob Powers of St. Anne Catholic Community - Burnham Room
Friday, Aug. 7 3:00-4:00 pm	Communion Service with St. Mark's Episcopal Church - Eastlake Dining Room; All welcome!
Tuesday, Aug. 11 1:30-2:30 pm	Bible Discussion with Stan Guillaume - Eastlake Dining Room
Wednesday, Aug. 12 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

Wellness Center



The Doctor is in...

By appointment only.

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment

Wednesday, August 19, 8:00 am-12:00 pm

Audiologist: Dr. Corinne Koepsell-Roth

Call 847-382-6010 to schedule an appointment

Wednesday, August 26, 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 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.

Wellness Lecture Series

Sample Healthy Foods: Black Beans

Tuesday, August 25, 11:00-11:30 am, Wellness
Hallway

Sample a healthy recipe, Black Bean & Corn
Salad, prepared by our culinary team as our
Wellness Nurse explains the health benefits
of black beans.

Things To Do

These activities do NOT require a reservation

Saturdays Aug 1 & 15 10:00-11:00 am	Just Talk - Eastlake Dining Room Just Talk is an informal, twice-monthly Saturday morning gathering for Garlands residents. With no set agenda, these hour-long sessions focus on spontaneous, lively conversation and the exchange of diverse ideas. A great opportunity to meet neighbors and build friendships in a stimulating, social environment.	
Tuesdays & Thursday Aug 4, 11, 13, 18 & 25	Therapy Dogs! - Wellness Hallway <i>Tuesdays, August 4, 11, 18, 25, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, August 13, 10:00-11:00 am (golden retriever Myra). Wellness Hallway.</i> These therapy dogs love YOU but should not interact with member dogs.	
Tuesdays Aug 4 & 18 3:30-4:30 pm	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.	
Monday Aug 10 5:30-9:00 pm	Broadway: Into the Woods - Surround Sound Theatre Fairy tales teach us a black and white view of life, right and wrong. Into the Woods explores what happens after the 'happily ever after'. Desperate for a child, the Baker and his wife are sent on a quest by a Witch, who promises them their wish if they can do as she asks. Along the way we meet other famous characters, their stories overlapping, finding out how children grow up, how adults learn, and where life can take us.	
Tuesday Aug 11 9:30-10:45 am	Garlands Neighbor Meet Up - Robie Lounge (Formerly Meet the MAC) Bring a coffee and catch up with your Members Advisory Committee.	
Tuesday Aug 11 12:00-2:00 pm	Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).	
Fridays Aug 7 & 28 4:30-6:00 pm	Bobby Schiff on Piano - Robie Lounge Bobby is legendary and can stun you with the beauty of his playing.	
Thursday Aug 13 4:00-6:00 pm	Ed Collins on Piano - Robie Lounge Join Ed Collins at the piano for a warm and lively happy hour filled with beautiful music, easy conversation, and a relaxed start to the evening.	

Saturday Aug 15 11:30 am- 1:40 pm	Midday Broadway: Billy Elliot: The Musical - Surround Sound Theater A modern-day fairy tale of a young boy who exchanges boxing gloves for ballet shoes, Billy's story is set during the 1980's miner's strike in northern England, where his determination inspires an entire community. This story of self-discovery, determination, love, and hope is brought to life in this funny, uplifting, and spectacular experience that you'll want to experience again and again!	
Wednesday Aug 26 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.	
Thursday Aug 27 10:00-10:45 am	What's Happening?! - Surround Sound Theatre Be the first to hear what's coming up next month! Cynthia will share the details of upcoming programs, outings, and special events, answer your questions, and give you the inside scoop on what's ahead. You'll also have the opportunity to sign up for events on the spot. Seating first comes, first served and fills quickly.	

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 (Judy Miller 73305)

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)

Pinochle - Mondays, 1:00 pm, Timbers Lounge Fireplace Room (Ron Spiekhoult 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

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.**

Concert in Citizens Park Amphitheater: The Abby Kay Band - rsvp *07

Wednesday, August 5, 7:00–8:30 pm, Garlands' shuttle begins at 6:30 pm, 1000 Lobby

Join us at our neighboring park for an evening of live music featuring The Abby Kay Band. This high-energy, female-fronted group blends country, rock, pop, and blues into a fun performance. Members are encouraged to walk over or take the Garlands shuttle.

 Little walking

  Some walking

   A lot of walking

Barrington Night Out - rsvp *07

Thursday, August 6, depart 5:15 pm, return approximately 6:30 pm, 1000 Lobby

Join us for Barrington Night Out, a community celebration hosted by the Barrington Police Department. Meet local police officers, firefighters, and community organizations while enjoying live demonstrations, family-friendly activities, safety exhibits, and opportunities to connect with neighbors. This annual event is a fun way to celebrate community spirit and the people who help keep Barrington safe.

Let's Lunch at Gaylord Fine Indian Cuisine - rsvp *07

Wednesday, August 12, depart 11:30 am, return approximately 2:15 pm, 1000 Lobby

Join us for lunch at Gaylord Fine Indian Cuisine, one of Chicago's most celebrated Indian restaurants. For more than 50 years, Gaylord has been sharing the rich flavors and culinary traditions of India through authentic recipes, carefully selected spices, and warm hospitality. Lunch is on your own.



A Day in St Charles and Scenic Fox River Cruise - rsvp *07

Friday, August 21, depart 11:00 am (1:30–2:30 pm cruise), return approximately 4:00 pm, 1000 Lobby, \$25

Depart with us for a relaxing day in downtown St. Charles! Before our scenic river cruise, you'll have time to browse the charming shops, relax, and enjoy lunch on your own at one of the many local restaurants. Then sit back aboard a St. Charles Paddlewheel Riverboat and take in the beauty of the Fox River while listening to stories of the area's rich history and watching for wildlife along the shoreline.

NEW! Destination Discovery: Wheaton - rsvp *07

Saturday, August 22, depart 9:00 am, return approx 2:00 pm, 1000 Lobby, \$10 plus lunch on your own

Discover the charm of downtown Wheaton during this leisurely outing designed for you to explore at your own pace. Stroll through the popular Wheaton French Market featuring fresh produce, flowers, artisan foods, baked goods, handcrafted goods, and unique local vendors. You'll also have time to browse the walkable downtown, visit locally owned shops, and enjoy brunch or lunch on your own at one of Wheaton's many restaurants before returning to The Garlands.

Metropolis Theater: Great Moments in Vinyl - rsvp *07

Sunday, August 23, depart 1:00 pm (2:00 pm performance), return approx 6:00 pm, 1000 Lobby, \$40

Enjoy an afternoon of live music as Great Moments in Vinyl pays tribute to Genesis, Phil Collins, and Peter Gabriel. Through unforgettable hits and the stories behind the music, discover how they became some of the biggest names of the 1970s and '80s. After the performance, enjoy dinner on your own at one of the restaurants in downtown Arlington Heights before returning to The Garlands. If you prefer to drive separately, please let us know. We have a few extra tickets, but they will go quickly!

Men on the Move: Lunch at Pilot Pete's - rsvp *07

Wednesday, August 26, depart 11:30 am, return approximately 2:00 pm, 1000 Lobby

Calling all Garlands men! Join the group for lunch at Pilot Pete's, a unique aviation-themed restaurant overlooking the Schaumburg Regional Airport runway. Enjoy great food, watch planes take off and land through the restaurant's panoramic windows, and spend a relaxing afternoon getting to know other men in the community. Lunch is on your own.

BAPS Shri Swaminarayan Mandir - Bartlett, IL - rsvp *07

Friday, August 28, depart 9:00 am (10:00 am guided tour), return approx 3:00 pm, 1000 Lobby, \$10

Experience one of the largest and most breathtaking Hindu temples in North America during a guided tour of the BAPS Shri Swaminarayan Mandir. Explore the magnificent hand-carved stone Mandir, the traditional wooden Haveli, and the Understanding Hinduism exhibition while learning about India's rich history, culture, and spiritual traditions. Following the tour, enjoy time to experience the Mandir campus at your own pace. Attend the optional prayer service, browse the gift shop, enjoy lunch on your own at the Shayona Café, or simply take in the beauty and tranquility of the grounds before returning to The Garlands. **Please note:** A modest dress code is required. Registered participants will receive an information sheet with visitor guidelines prior to the outing.



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 Lounge. Questions? Call Dick Weaver 71321.

Garlands Library

The Garlands Library is once again accepting book donations and seeking volunteers to help keep the library organized and welcoming. If you'd like to lend a hand or have questions about donations, please contact Sal Nutini at 72320. Sal, along with Roberta Rood, Kathie Faulwetter, and Theresa Perkins, helps keep our library humming.

MAC Update

Two new members added to the MAC to fill vacancies. The MAC welcomes Mark Geach and Dorothy Winsor both from Building 1.

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.

Monday Aug 3 11:00 am- 12:00 pm	Artificial Intelligence (AI) 102, Another Look - rsvp *07 - Surround Sound Theater Whether you joined us for AI 101 or are attending for the first time, this session is for you! Raymond returns for another look at Artificial Intelligence, sharing new examples, practical uses, and the latest AI tools. Enjoy live demonstrations, including ChatGPT, and discover simple ways AI can help with everyday tasks.
Monday Aug 3 3:30-4:30 pm	Wildlife Talk: Hidden Lives of Birds - rsvp *07 - Surround Sound Theater Alyse from the Wildbird Shack will lead you down the path that may change how you perceive birds around you. Birds are full of extraordinary surprises - from how birds outlived dinosaurs, see colors beyond human vision, to why males dazzle with brilliant feathers and how they navigate and sleep in flight. You may leave this presentation saying, "I had no idea"!
Tuesday Aug 4 11:00 am- 12:00 pm	How Do You Get to Madison Square Garden? (And the Westminster Kennel Club Show) - rsvp *07 - Surround Sound Theater Join Garlands member Dick Schwemm, who spent more than 20 years breeding, training, and showing dogs, as he shares stories from the world of dog shows. Learn what it takes to compete at the prestigious Westminster Kennel Club Dog Show and enjoy two entertaining, semi-serious talks based on his firsthand experiences.
Thursday Aug 6 9:30-11:00 am	Great Decisions w/ Julie Strauss - rsvp *07 - Burnham Room (Note date change) 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. 
Wednesday Aug 12 11:00 am- 12:00 pm	Curiosity Series: Reykjavik Revealed - rsvp *07 - Surround Sound Theater Reykjavik comes alive in August – and so does Melissa Schwartz from the Wildbird Shack's presentation! Timed with Reykjavik Pride month, this experience offers a front-row seat to the city's vibrant and inclusive culture. Wander the charming streets of Reykjavik as you uncover its rich Viking roots, marvel at striking architecture and iconic landmarks, encounter the stories of historic figures, and experience the beauty of nature woven seamlessly into urban life.
Tuesday Aug 18 11:30 am- 12:45 pm	Julie Strauss Lecture: Voting Rights and Gerrymandering in the 2026 Midterm Elections - rsvp *07 - Surround Sound Theater Join Julie for a deep dive into the developments concerning ballot boxes and how the congressional district lines are being drawn. We will discuss the latest court rulings on mail-in ballots and the status of the SAVE Act that has been proposed in Congress. Then we will discuss which states have redrawn their district lines this year and how it will likely impact the upcoming 2026 midterm elections. Don't miss this important class.
Wednesday Aug 26 3:30-4:30 pm	Music Appreciation w/ Jim Kendros: Vivaldi's Mandolin & Mozart's Serenade - rsvp *07 - Robie Lounge Join Jim Kendros as we enjoy the wonderfully effervescent sounds of Vivaldi and Mozart! Jim will share with us Vivaldi's joyful and highly expressive Concerto for Two Mandolins in G Major, and Mozart's charming Divertimento 1 for Strings. Enjoy music of courtly grace and charm. 



Welcome!



GEORGIA JACOBSON
Arrived in May
from Florida



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 Monday, 1:30 pm

Target - 2nd Tuesday of the month, 1:30 pm

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

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

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

August Birthdays

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



August 1	Liz McKay	August 16	Bruce Greenfield	August 28	Carolyn Figurski
August 2	Warren Fuller	August 19	Chuck Larabee	August 30	Doris Alton
August 6	Dorothy Carlton	August 19	Betty Arnold	August 30	Morris Trichon
August 8	Lois Kinney	August 20	Shirley Conibear	August 30	Mike Heyl
August 11	Peggy Kramer	August 20	Mary O'Hare	August 30	Sue Sypien
August 13	Tripp Thomasson	August 21	Karen Stathakis	August 31	Carolyn Smith
August 14	Samuel Kaufman	August 22	Ruth Weiler	August 31	Joann Beer
August 14	Tommy Means	August 25	Janie Schutte	August 31	Bob Kell
August 15	Viv Bukar	August 25	Darryl Peterson	August 31	Dan Stockwell
August 16	Sally Leffew	August 27	Bill Perry		
August 16	Jane McCaffrey	August 28	Virginia Combs		

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 —



Ravinia: Suzie McGinn, Kathy Faulwetter, Dick Schwemm, Mary Schwemm, Marge Gerry, Mary Blasko, John Blasko, Pam Kell, Bob Kell, Bob Krull, Ann Krull, Sally Graham, Diane Mazurek



A Toast to the USA!: Jackie Matecki, Bill Mullin



Painting with Lorraine OMalley: Carol Garibotti, Sylvia Carlson



Men on the Move Boomers Game: Mark Geach, John Blasko, Jim Zalesky, Ron Goldenstern

