

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



Gardening: Jack Husak

Croquet: Joe Krausert, Ellen Griffin, John Griffin, Marilyn Roche



Let's Lunch: A Taste of Paris: Theresa Perkins, Rita Coake, Joe Krausert, Dick Weaver, Barb Weaver, Pat Wenthold, Sally Graham, Liz McKay, Mark Geach, Pat Geach, Sarah Dockery, Carol Brenner, Bill Nimmo, Lee Myalls, Pam Fuller, Warren Fuller, Ruth Weiler, Roberta Rood



Art Class: Barbara Bey

This month's cultural connection focuses on the USA!

JULY 2026



# Special Events

REQUIRE A  
RESERVATION

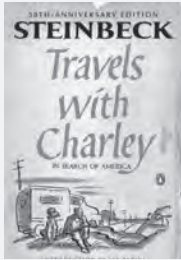
WHEN SPACE IS LIMITED, those who RSVP will be seated first.  
WHEN THERE IS A CANCELLATION, we notify everyone with a reservation.  
For a printout of your reserved events, please call the Concierge (\*07).

|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                       |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Thursday<br/><b>July 2</b><br/>11:00-11:30 am</p> | <p><b>The Great Exchange: Treats from the USA - rsvp *07</b><br/>- Robie Lounge</p> <p>Bring 8 individually wrapped treats made in the USA and leave with 8 new favorites to enjoy. A simple and social way to share, discover, and connect with fellow members.</p>                                                                                                                                                          |    |
| <p>Thursday<br/><b>July 2</b><br/>4:00-5:00 pm</p>   | <p><b>Toast to USA! - rsvp *07 - Robie Lounge</b></p> <p>We're raising a glass to kick off our USA theme! Join us for a relaxed social featuring patriotic crafts, light activities, and a delightful tasting. Sip on our Star-Spangled Sparkler, made with white wine, club soda, strawberries, and blueberries, along with a classic American beer to be revealed that evening.</p>                                         |    |
| <p>Friday<br/><b>July 3</b><br/>7:00-8:00 pm</p>     | <p><b>Red, White &amp; Blue Musical Celebration - rsvp *07</b><br/>- Performing Arts Center</p> <p>Continue the evening following our Red, White &amp; 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.</p> |  |
| <p>Saturday<br/><b>July 4</b><br/>1:30-2:30 pm</p>   | <p><b>Birthday Bash with Rick Pickren: The Stars &amp; Stripes</b><br/>- rsvp *07 - Robie Lounge</p> <p>Celebrate our July birthdays with The Stars &amp; Stripes, a festive musical tribute to America featuring Rick Pickren. Enjoy patriotic favorites and familiar songs as we honor our birthday members.</p>                                                                                                            |  |
| <p>Saturday<br/><b>July 4</b><br/>9:30 pm</p>        | <p><b>Fireworks Viewing from the Pool Deck - rsvp *07</b><br/>- Pool Deck, limit 30</p> <p>Join us for a relaxed evening on the Pool Deck as we gather to watch the Barrington fireworks display. Chairs will be set out facing Barrington High School, where the fireworks begin after dusk. Bring your beverage of choice in a non-glass, unbreakable container. Bug repellent is also a good idea!</p>                     |  |

|                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                       |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Tuesdays<br/><b>July 7, 14,<br/>21 &amp; 28</b><br/>3:00-4:30 pm</p> | <p><b>Kaleidoscope Art Class: The Golden Age of Illustration</b><br/>- <b>rsvp *07</b> - <i>Art Studio in Prairieview</i></p> <p>Explore the Golden Age of Illustration and the work of iconic American artists such as Norman Rockwell and J.C. Leyendecker. Using acrylic paint, members will learn illustration techniques and create their artistic depiction of life in America. Each session builds on the previous one, creating a cumulative journey of learning and artistic discovery.</p> |    |
| <p>Thursday<br/><b>July 9</b><br/>7:00-8:00 pm</p>                      | <p><b>Harriet Beecher Stowe, presented by Paddy Lynn - rsvp *07</b><br/>- <i>Performing Arts Center</i></p> <p>Step back in time as historical impersonator Paddy Lynn brings Harriet Beecher Stowe to life. Discover the story of the influential author of Uncle Tom's Cabin and her impact on American history through this engaging first-person portrayal.</p>                                                                                                                                  |    |
| <p>Monday<br/><b>July 13</b><br/>3:30-4:30 pm</p>                       | <p><b>BINGO for Coins - rsvp *07 by 7/11</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 <b>we cannot accommodate walk-ins.</b></p>                                                                                                                                                                                                                                                                      |    |
| <p>Tuesday<br/><b>July 14</b><br/>1:00-2:00 pm</p>                      | <p><b>Tea on Tues: A Tea Exchange - rsvp *07</b> - <i>Roycroft</i></p> <p>Cozy up and enjoy a charming tea exchange. Please bring 8 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 8 new teas to sample at your leisure.</p>                                                                                                                   |   |
| <p>Wednesday<br/><b>July 15</b><br/>11:15 am-<br/>12:45 pm</p>          | <p><b>New Friends Lunch - rsvp *07 by 7/14</b> - <i>South Winslow</i></p> <p>Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, USA. The menu will be available in advance. Lunch is billed to your account; Complimentary non-alcoholic beverages and cookies included.</p>                                                                                                                                                           |  |
| <p>Wednesday<br/><b>July 15</b><br/>1:00-2:15 pm</p>                    | <p><b>Movie Buff with John LeGear: Comedy Gold on the Silver Screen</b><br/>- <b>rsvp *07</b> - <i>Surround Sound Theater</i></p> <p>Join film historian John LeGear for a fast-paced look at the evolution of comedy, from Charlie Chaplin to television classics. Enjoy memorable clips, behind-the-scenes insights, and plenty of laughs.</p>                                                                                                                                                     |                                                                                       |
| <p>Thursday<br/><b>July 16</b><br/>11:00 am-<br/>12:00 pm</p>           | <p><b>Remember When? Growing Up in Small-Town America - rsvp *07</b><br/>- <i>Surround Sound Theater</i></p> <p>Join nostalgic humorist Todd Hunt for a lighthearted look back at growing up in small-town America. Revisit old TV shows, favorite childhood candy, classic toys, and memorable advertisements as he shares stories and humor from a simpler time.</p>                                                                                                                               |                                                                                       |
| <p>Thursday<br/><b>July 16</b><br/>2:00-4:00 pm</p>                     | <p><b>Painting with Lorraine OMalley - rsvp *07</b> - <i>Prairieview Art Studio</i></p> <p>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>                                                                                                                                                                                    |                                                                                       |

# Special Events

REQUIRE A RESERVATION

|                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                       |
|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Friday<br/><b>July 17</b><br/>12:00-5:00 pm</p>  | <p><b>Annual Chinese Mah Jongg Tournament - rsvp Peggy Clough (73307) by 7/13</b><br/>- <i>Roycroft Dining Room, \$5</i></p> <p>Organized by Peggy Clough, this members-only event requires that you already know how to play and score Chinese Mah Jongg as played at The Garlands. Players will draw for table assignments and play 8 games for 2 hours. There will be refreshments, cash prizes, and drawing for other prizes!</p>    |                                                                                       |
| <p>Monday<br/><b>July 20</b><br/>3:30-4:30 pm</p>   | <p><b>BINGO for Prizes - rsvp *07 by 7/18 - Performing Arts Center</b></p> <p>Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. <b>We cannot accommodate walk-ins.</b></p>                                                                                                                                                                                                                             |    |
| <p>Monday<br/><b>July 20</b><br/>7:00-8:00 pm</p>   | <p><b>Stitching a Nation: The Life of Betsy Ross - rsvp *07</b><br/>- <i>Performing Arts Center</i></p> <p>Historical presenter Michelle Gibbons brings Betsy Ross to life in this engaging portrayal of the woman credited with creating the first American flag. Through storytelling and historical insight, discover Ross's role in the Revolutionary era and the enduring legacy of a symbol that helped unite a nation.</p>        |    |
| <p>Thursday<br/><b>July 23</b><br/>1:00-2:00 pm</p> | <p><b>Cultural Book Discussion: Travels with Charley &amp; Travels with George - rsvp *07 - Library</b></p> <p>Explore America through the eyes of two celebrated authors. Travels with Charley by John Steinbeck and Travels with George by Nathaniel Philbrick each offer unique reflections on the people, places, and spirit of the nation. Reading one or both books is encouraged, but all are welcome to join the discussion.</p> |   |
| <p>Thursday<br/><b>July 23</b><br/>4:00-5:00 pm</p> | <p><b>New! Studio Open House with Wine Tasting and Cheese - rsvp *07</b><br/>- <i>Prairieview Art Studio and Patio</i></p> <p>Celebrate the creativity of our member artists at this festive soiree. View artwork on display, meet the artists, and enjoy a relaxed social hour filled with art, conversation, and community. Put on a festive hat and enjoy a simple wine tasting with cheese. All welcome and encouraged to come!</p>  |                                                                                       |
| <p>Monday<br/><b>July 27</b><br/>7:00-8:15 pm</p>   | <p><b>Trivia Night! - rsvp *07 by 7/25 - Burnham Room</b></p> <p>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>Tuesday<br/><b>July 28</b><br/>5:00 pm</p>       | <p><b>Hamilton on Broadway: A Special Showing in Our Surround Sound Theater - rsvp *07 - Surround Sound Theater</b></p> <p>Celebrate our USA theme with an evening showing of Hamilton. This award-winning Broadway musical brings the story of America's founding to life through unforgettable music, powerful storytelling, and remarkable performances. There will be a 15 minute intermission.</p>                                  |  |
| <p>Friday<br/><b>July 31</b><br/>10:00-10:45 am</p> | <p><b>What's Happening?! - rsvp *07 - Surround Sound Theater</b></p> <p>We will give a brief overview of next month's events, and you can sign up for them on the spot.</p>                                                                                                                                                                                                                                                              |  |

## Coming Up In August

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

### **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 and entertaining performance. Members are encouraged to walk over or take the Garlands shuttle.

### **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.

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

*Understanding and Living with Diabetes with Dr. Pinar Smith*

*Friday, August 7, 10:00 am-12:00 pm, Performing Arts Center,*

*\$10 member-preferred price includes continental breakfast*

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.

*Wednesday, September 2: Understanding Parkinson's Disease with Dr. Pierpaolo Turcano.*

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

### **Community Spotlight: Dr. Craig Winkelman, Superintendent of Schools, Barrington - rsvp \*07**

*Tuesday, August 11, 11:00 am-12:00 pm, Surround Sound Theater*

Join us as Dr. Craig Winkelman, Superintendent of Barrington CUSD 220, shares updates on the district, its schools, and initiatives shaping the future of education in our community. A great opportunity to learn what's happening right here in Barrington and ask questions.

### **New Member Reception w/ Ed Collins at the Piano - rsvp \*07**

*Thursday, August 27, 4:30-6:00 pm, 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 stylings of pianist Ed Collins.

# Things To Do

*These activities do NOT require a reservation*

|                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                       |
|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Saturday<br/><b>July 4 &amp; 18</b><br/>10:00-11:00 am</p>        | <p><b>Just Talk - Eastlake Dining Room</b></p> <p>Just Talk is an informal, twice-monthly Saturday morning gathering for Garlands residents. With no set agenda, these hour-long sessions focus on spontaneous, lively conversation and the exchange of diverse ideas. A great opportunity to meet neighbors and build friendships in a stimulating, social environment.</p>                                                                                                                       |    |
| <p>Tuesdays &amp; Thursday<br/><b>July 7, 9, 14, 21 &amp; 28</b></p> | <p><b>Therapy Dogs! - Wellness Hallway</b></p> <p><i>Tuesdays, July 7, 14, 21, 28, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, July 9, 10:00-11:00 am (golden retriever Myra).</i></p> <p>These therapy dogs love YOU but should not interact with member dogs.</p>                                                                                                                                                                                                           |    |
| <p>Tuesdays<br/><b>July 7 &amp; 21</b><br/>3:30-4:30 pm</p>          | <p><b>Barrington Area Library Brings Books to Us - Wellness Hallway</b></p> <p>On July 7th, In addition to the Barrington Area Library books, the Genealogy department will set up a table as well! 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<br/><b>July 8 &amp; 22</b><br/>4:00-5:00 pm</p>        | <p><b>Tech Lab with William! - Galleria</b></p> <p>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<br/><b>July 10 &amp; 24</b><br/>4:30-6:00 pm</p>          | <p><b>Bobby Schiff on Piano - Robie Lounge</b></p> <p>Bobby is legendary and can stun you with the beauty of his playing.</p>                                                                                                                                                                                                                                                                                                                                                                      |  |
| <p>Tuesday<br/><b>July 14</b><br/>9:30-10:45 am</p>                  | <p><b>Garlands Neighbor Meet Up (formerly Meet the MAC) - Robie Lounge</b></p> <p>Bring a coffee and catch up with your Members Advisory Committee.</p>                                                                                                                                                                                                                                                                                                                                            |  |
| <p>Tuesday<br/><b>July 14</b><br/>12:00-2:00 pm</p>                  | <p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair - Wellness Hallway</b></p> <p>Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>                                                                                                                                                                                                                                                                                   |  |
| <p>Saturday<br/><b>July 18</b><br/>11:30 am-1:30 pm</p>              | <p><b>Midday Broadway: Newsies - Surround Sound Theater</b></p> <p>Set in New York City at the turn of the 20th century and inspired by a true story, Newsies is the rousing tale of Jack Kelly, leader of a ragged band of teenage "newsies" who dream only of a better life, far from the hardship of the streets. But when two publishing titans raise distribution prices at the newsboys' expense, Jack finds a cause to fight for. Filmed live at the Pantages Theatre in Hollywood, CA.</p> |                                                                                       |

Tuesday  
**July 21**

11:00 am-  
1:00 pm

## **Author Spotlight and Book Sale: Dorothy Winsor**

- Wellness Hallway by the Fountain

Looking for a gift for a young reader? Stop by member Dorothy Winsor's pop-up book shop featuring her collection of young adult and middle-grade fantasy novels. Her stories blend adventure, romance, magic, and memorable characters facing challenging decisions. Meet the author and learn more about her seven published novels.

Thursday

**July 23**

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.

## July Food and Beverage Events

### **Complimentary Red, White & Blue BBQ – Member Only Event - rsvp \*17**

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

Celebrate Independence Day with our All-American BBQ of burgers, hot dogs, sides & desserts. Due to large attendance, no reserved seating. The BBQ is the only menu this evening. Delivery and carry-out are not available.

**Also Tonight: Happy Hour: 4:00-6:00 pm - Robie The Red, White & Blue Musical Celebration begins at 7:00 pm in the PAC - rsvp \*07**

### **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**

### **National Hot Dog Day**

*Wednesday, July 15 11:00-3:00 pm, The Café, \$1.50*

Celebrate one of our most popular days and build your own perfect hot dog(s) using our condiment bar filled with favorite toppings. For this price, you could load up on dogs all day! Sides are additional.

### **Taste of The Garlands IV - rsvp \*17**

*Thursday, July 16, 5:00-7:30 pm, Winner announced at 8:00 pm, PAC \$40*

The 4th Annual Taste of the Garlands food competition brings out the extraordinary talent of

our kitchen. Each cook prepares their best dish to earn the coveted title of TOTG Champion! You are the judge, evaluating the flavor and presentation, as you sample and choose your favorite. 1st-3rd finalists announced at 8:00 pm. **The Winslow is closed for dinner.**

### **Chef's Summer Table - rsvp \*77743**

*Thursday, July 23, 5:00 pm, The Roycroft, \$90*

Sit back, relax, and observe Chef Glenn prepare a vibrant multi-course summer menu using the freshest ingredients of the season. Each course offers a wine pairing. Seats reserve quickly.

### **Fresh Chilled Seafood Bar - rsvp \*17**

*Friday, July 24, 4:30-7:30 pm, Winslow Courtyard*

Priced per piece. Start your dining experience with a visit to our outdoor seafood bar with your choice of Shrimp, Oysters, Crab claws, lobster tail and mussels accompanied with various condiments.

### **End of the Month Buffet**

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

### **America's 250th Celebration Picnic - rsvp \* 17**

*Thursday, July 30, 4:00-7:00 pm, Cafe Patio, \$30*

Join us outside for an old-fashioned American picnic. Your basket includes fried chicken, baked beans, coleslaw, corn and a biscuit. Mix and mingle as you make your way to the dessert stands and lawn games. **The Winslow is closed for dinner.**



**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.**



## Men on the Move! Schaumburg Boomers Baseball Game - rsvp \*07



**Wednesday, July 8, depart 10:00 am, return approximately 3:30 pm, 1000 Lobby, \$30**

Guys, grab your caps and join us for an afternoon at the ballpark as the Schaumburg Boomers take on the Windy City ThunderBolts.

Enjoy America's favorite pastime, ballpark classics, and good conversation with fellow members during this men-only outing.



Little walking



Some walking



A lot of walking

## Let's Lunch! Village Tavern, Long Grove - rsvp \*07 by 7/12



**Monday, July 13, 12:00 pm-2:30 pm, 1000 Lobby**

Step into a piece of Illinois history as we visit the Village Tavern, the oldest restaurant in continuous operation in Illinois. Known for its welcoming atmosphere, historic charm, and classic American fare, it's the perfect spot to enjoy lunch and good company. Lunch on your own.

## Jane Addams Hull - House Museum - rsvp \*07



**Friday, July 17, depart 8:45 am-3:00 pm, 1000 Lobby, \$25, lunch on your own.**

Join us for a visit to the Jane Addams Hull-House Museum, a National Historic Landmark and one of the most influential sites in American social reform history. We have secured a docent exclusively for our group, offering a deeper look into the life of Jane Addams and the lasting impact of Hull-House. Following the tour, we'll enjoy lunch at the iconic Manny's Cafeteria.



## Ravinia: Beethoven's "Pastoral" Symphony and Violin Concerto - rsvp \*07



**Sunday, July 19, depart 3:30 pm, return approximately 9:00 pm, 1000 Lobby, \$72 reserved seats**

Travel to Highland Park for an evening at Ravinia featuring acclaimed violinist María Dueñas, Gramophone's 2025 Young Artist and Instrumentalist of the Year. Joined by conductor Marin Alsop and the Chicago Symphony Orchestra.

## 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

**Frank Lloyd Wright Home & Studio Tour - rsvp \*07**  

**Wednesday, July 22, depart 9:00 am, return approximately 3:00 pm, 1000 Lobby, \$35, lunch on your own.**

Enjoy a guided tour of Frank Lloyd Wright's Home and Studio, the birthplace of the Prairie style and a revolution in American architecture. We have secured a docent exclusively for our group, offering a deeper look into Wright's life, work, and design philosophy. Following the tour, we'll enjoy lunch at Poor Phil's, a longtime Oak Park neighborhood favorite featuring casual American fare.



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

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

We're off to see the Wizard! Enjoy this beloved musical featuring favorite songs from the classic film and the timeless story of friendship, courage, and home. We will arrive early so you can enjoy lunch at one of the many restaurants near the theater before the 2:00 pm performance.



**Men on the Move! Lunch at Wild Onion Brewery - rsvp \*07** 

**Tuesday, July 28, 12:00-2:00 pm, 1000 Lobby, lunch on your own.**

All Garlands men are invited to join us for lunch at Wild Onion Brewery, a local favorite known for its hearty comfort food and welcoming atmosphere. Whether you're a regular or joining us for the first time, this is a great opportunity to meet new people, enjoy good conversation, and build camaraderie.

## 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, except 7/17 (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

# Fitness Programs

## CONTEST FOR JULY

**250 Squats and Push-ups to honor our country's 250th birthday. Pick up workout in the Fitness Center.**

### Meditation With Bhante

*Wednesday, July 1, 11:30-12:00 pm, Timbers*

Relax and ease your mind with this peaceful session.

### Eat. Bowl. Play! at 810 Entertainment, South Barrington - rsvp \*07

*Monday, July 6, 11:30 am-2:30 pm, 1000 Lobby*

Join us at 810 for lunch, bowling, and plenty of fun. Whether you're aiming for a strike, cheering on friends, or enjoying a game of bocce, there's something for everyone. Bowling is included with the purchase of a meal. Members pay for their meal.

### Miss American Pie Cornhole Competition - rsvp \*07

*Thursday, July 9, 3:00-4:00 pm, Grill Courtyard*

Calling all GGG (Gorgeous Garlands Girls'.) This is your time to shine, ladies! The men will be the cheerleaders. Show support for your spouse or gal pal and cheer them on. Bring a snack and beverage to share. If the temperature is hot we will relocate to the Burnham Room.

### Snack Attack - rsvp \*07

*Friday, July 10, 1:00-2:00 pm, Grill Courtyard*

Join Fitness Influencer Rebecca Blickenstaff and Axana for an outdoor fit party. Providing a demonstration of quick exercises to do at home and healthy snacks with infused cucumber and lemon water to follow.

### Cardio Inside Walking - rsvp \*07

*Monday, July 13, 2:00-2:45 pm, Burnham*

Based on workouts by famous YouTube Fitness Instructor Leslie Sanson and her videos (Walk Away The Pounds), if you want to get your steps in but don't like the heat, give this pop up class a try!

### Tai Chi (Standing)

*Wednesday, July 15, 10:00-10:45 am, Fitness*

No experience necessary. If you ever wanted to learn Tai Chi, here's your chance to learn with Allison from MoonWillow Studio.

### Summer Lovin' Flick & Float - rsvp \*07

*Wednesday, July 15, 10:15-11:00 am & 3:00 pm, Pool & Surround Sound Theater*

Calling all Pink Ladies and T-Birds! Splash, float, and sing along to your favorite songs from Grease during our pool party. Then join us at 3:00 pm in the Surround Sound Theater for a screening of the movie. Popcorn, Coke, and candy will be served.

### Vestibular Physical Therapy - rsvp \*07

*Monday, July 20, 2:00-3:00 pm, 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.

### Healthpro Heritage and EXER: Elevating Balance Assessments - rsvp \*07

*Wednesday, July 22, 2:00-2:30 pm, Surround Sound Theatre*

Preventing the fall starts with seeing the risk. Join Janica Miranda, Director of Health Pro Rehabilitation at the Garlands for a talk on their new balance analysis system.

### NeuroFit Circuit - rsvp \*07

*Friday, July 24, 1:30-2:00 pm, Burnham Room*

This high-energy brain-and-body workout is designed to improve coordination, balance, reaction time, strength, and cognitive performance. The circuit combines cardio, strength, agility, and sensory training to boost fitness, focus, and confidence. Limited to 10 members.

### Our Annual Garlandspalooza - rsvp \*07

*Monday, July 27-Friday, July 31*

Keeping with the tradition of Lollapalooza in Chicago, we are celebrating Garlands' style. Come dressed like you are headlining the festival. When you rsvp, please list the events you would like to attend which are listed below:

### Summerween

*Monday, July 27, 11:30 am-12:00 pm, Fitness*

Dress to scare for our Trick or Treat Tabita workout. Witches Brew and Cupcakes will be served. After all, a ghost needs a tan too.

# Fitness Programs

## **Cardio Drumming Rock n Roll Workout**

*Tuesday, July 28, 1:00-2:00 pm, Fitness*

Calling all you wannabe drummers-feel the beat. Drum Sticks and the physioball will be the main characters of this workout. "I wanna rock n roll all night and party everyday." Wear your favorite band attire if you got it! No experience required.

## **Hips Don't Lie - Belly Dancing**

*Wednesday, July 29, 1:30-2:00 pm, Fitness*

Shimmy, shake, and work those hips. If you've never taken Belly Dancing before, this is a great way to debut your foxy moves.

## **Stayin' July-ve**

*Thursday, July 30, 10:30-11:00 am, Fitness*

John Travolta has nothing on the Garlands' members! Join our disco balance class-dance, karaoke, and flex your Saturday Night Fever moves. The Bee Gees' are headlining this workout.

## **Yacht Rock**

*Friday, July 31, 10:00-10:30 am, Pool*

Work up a sweat with this heart pumping water workout. Mermaid Mimosas and Shark Attack Mocktails will be served.

## **Red Ball Tennis - Burnham**

*Tuesdays 9:30-10:30 am*

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

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

Get your cardio and your strength.

## **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 and Thursdays, 10:30-11:00 am (no class 7/30)*

## **Only Legz - Studio**

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

## **Chair Yoga - Studio**

*Tuesdays and 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.

## **Ping Pong - Burnham**

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

## **Chair Fitness - Studio**

*Fridays, 9:15-9:45 am (no class 7/3)*

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

## **Beginner Balance - Studio**

*Fridays, 11:30-12:00 pm (no class 7/3)*

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 \*3218

## **RECURRING CLASSES**

### **Balanced Body - Studio**

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

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

### **Pickle ball - 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 (no class on 7/31)*

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

*Mondays and Fridays 11:00 am (no class 7/3)*

### **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. (no class on 7/27)

### **Absolutely Abs - Studio**

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

15min of core strength training.

|                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                       |
|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Friday<br/><b>July 3</b><br/>9:30-11:00 am</p>                        | <p><b>Great Decisions w/ Julie Strauss: Multilateral Institutions</b><br/>- rsvp *07 - Burnham Room</p> <p>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.</p>                                                                                                                                                                                                        |    |
| <p>Monday<br/><b>July 6</b><br/>3:30-4:30 pm</p>                         | <p><b>Wildlife Talk: Perfect Hotspots for Bird Stalking</b> - rsvp *07<br/>- Surround Sound Theater</p> <p>Alyse Burman from the Wildbird Shack will take you on a journey through "nature palaces" right in your own backyard. We'll explore Crabtree Nature Center with its scenic trails and diverse species, Baker's Lake for waterbirds and a bustling heron rookery, and Stillman Nature Center for raptors and woodland songbirds. Don't miss nearby gems like Lyman woods and Morton Arboretum!</p>                                                            |                                                                                       |
| <p>Tuesday &amp; Thursday<br/><b>July 7 &amp; 9</b></p>                  | <p><b>The Art of American Realism, presented by Lanny Ori</b> - rsvp *07<br/>- Surround Sound Theater<br/><i>Tuesday, July 7, 11:00 am-12:00 pm &amp; Thursday, July 9, 1:00-2:00 pm</i></p> <p>Enjoy masterpieces of American Realist painting. Lanny Ori will showcase uniquely American scenes, landscapes, and portraits that reflect the people, places, and spirit of a new nation.</p>                                                                                                                                                                          |    |
| <p>Tuesdays<br/><b>July 7, 14 &amp; 21</b><br/>2:00-3:00 pm</p>          | <p><b>Lincoln Conversations with Richard Schwemm</b> - rsvp *07<br/>- Surround Sound Theater, July 7: <i>Lincoln the Politician</i>; July 14: <i>Lincoln the Commander in Chief</i>; July 21: <i>Lincoln the Emancipator</i></p> <p>During three stand-alone sessions, Richard Schwemm will explore three defining aspects of Abraham Lincoln's life and legacy. Members are welcome to attend one, two, or all three programs, but please RSVP for each session you plan to attend.</p>                                                                               |                                                                                       |
| <p>Tuesdays<br/><b>July 7, 14, 21 &amp; 28</b><br/>11:00 am-12:00 pm</p> | <p><b>Learn Italian with Lia</b> - rsvp *07 - Timbers Lounge</p> <p>Learn Italian with member Lia Douglas in this four-week workshop. Learn useful words and phrases, play lighthearted language games, and practice saying something beautiful in Italian. A relaxed and social way to explore the language, no experience needed.</p>                                                                                                                                                                                                                                |  |
| <p>Wednesday<br/><b>July 8</b><br/>11:00 am-12:00 pm</p>                 | <p><b>Curiosity Series: Heart of Early America Southeast Philadelphia</b> - rsvp *07<br/>- Surround Sound Theater</p> <p>In the spirit of the 250 years anniversary of the United States, Melissa Schwartz from the Wildbird Shack, will take you on a tour of the rich history and enduring spirit of one of the nation's most influential neighborhoods. This presentation brings to life the people, places, and everyday stories that shaped early American culture, from colonial streets and waterfront communities to the traditions that still echo today.</p> |                                                                                       |
| <p>Saturdays<br/><b>July 11, 18 &amp; 25</b><br/>1:00-2:00 pm</p>        | <p><b>Women of the Bible Discussion with member, Miriam Neff</b> - rsvp *07<br/>- Tiffany Room, second floor</p> <p>Join Miriam Neff, author of <i>Not Alone: Historical Fiction of Women in the Bible</i>, 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.</p>                                                                                                                                                                                            |                                                                                       |

|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Tuesday<br/><b>July 21</b><br/>11:30-12:45 pm</p> | <p><b>Julie Strauss Lecture: Recent Major Supreme Court Decisions - rsvp *07</b><br/>- Surround Sound Theater</p> <p>Join Julie Strauss, Ph.D., in a review of the major decisions of the Supreme Court's term that just concluded. We will discuss its decision on birthright citizenship; the court's decision on a Colorado law banning conversion therapy; whether the president can fire a member of the Federal Reserve and whether the president can continue to impose tariffs. Don't miss this opportunity to dive into the Supreme Court's 2025-2026 docket.</p> |
| <p>Wednesday<br/><b>July 22</b><br/>3:30-4:30 pm</p> | <p><b>Music Appreciation w/ Jim Kendros: Great American Music</b><br/>- rsvp *07 - Robie Lounge</p> <p>Join Jim Kendros as we celebrate American music in July! As our nation turns 250, Jim will highlight the music of George Gershwin and Samuel Barber! Enjoy the jazz and blues fusions of Gershwin's Three Preludes, and the highly melodious strains of Barber's Violin Concerto. Jim will delve into the lives of both composers.</p>                                           |

## Bulletin Board

### American Mah Jongg

Interested in learning or getting a refresher on American Mah Jongg? Call Carleen Smith (71221 or 847-756-3052) or email [carleensmith@comcast.net](mailto:carleensmith@comcast.net).

### Chinese Mah Jongg

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

### Euchre!

We have a Euchre group! Whether you already play or wish to learn, come on by. We play as many tables as we have players to fill. Come early to be sure you play. Thursdays, 1:00 pm, Robie. Questions? Call Dick Weaver 71321.

### 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.

### Garlands Golf Club 2026 at Makray Memorial Golf Club

Members are invited to play golf at Makray in Barrington, where your green fees are the compliments of Garlands during special times. First, pick up your agreement at the Concierge desk and follow the directions! Questions? Call Carolyn (77415) in Activities.

### 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](mailto:cburns@thegarlands.com).



### 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

# Wellness Center



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

**Podiatrist: Dr. Warheit**

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

Thursday, July 15 & 29, 8:00 am-2:00 pm

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

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

Wednesday, July 22, 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.

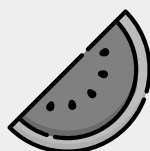
## Outdated Prescriptions and Other Medications

To keep harmful chemicals out of our water, please bring outdated medications to the Wellness Center during regular hours.

## Caring for the Caregiver

Are you caring for a spouse, family member, or loved one? While caregiving can be rewarding, it can also be challenging. Caring for the Caregiver is a supportive group that offers connection, encouragement, and a place to share experiences with others who understand the caregiving journey. If you are interested, please inquire with Ashley at extension 77459. Limited space available.

## Wellness Lecture Series



### Sample Healthy Foods: Watermelon

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

Sample a healthy recipe, Watermelon, Cucumber, and Feta Salad, prepared by our culinary team as our Wellness Nurse explains the health benefits of watermelon.

## Spiritual Ongoing Happenings

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

|                                              |                                                                                                                                                                                                                   |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wednesdays</b><br>2:00-2:30 pm            | <b>Holy Communion with<br/>Deacon Bob Powers of St.<br/>Anne Catholic Community</b><br>- Burnham Room                                                                                                             |
| <b>Friday, July 3</b><br>3:00-4:00 pm        | <b>Communion Service with St.<br/>Mark's Episcopal Church</b><br>- Eastlake Dining Room;<br>All welcome!                                                                                                          |
| <b>Wednesday,<br/>July 8</b><br>1:30-2:30 pm | <b>Introduction to Prayer<br/>with Father Osborne of St.<br/>Michael's Episcopal Church</b><br>- Eastlake Dining Room;<br>Conversations and teaching<br>about what prayer is and how<br>we can pray. All welcome! |
| <b>Tuesday, July 14</b><br>1:30-2:30 pm      | <b>Bible Discussion with Stan<br/>Guillaume</b><br>- Eastlake Dining Room                                                                                                                                         |
| <b>Saturdays &amp;<br/>Sundays</b>           | <b>Ride To and From St. Anne<br/>Catholic Community</b><br>- rsvp *02<br>- Saturdays, 4:45-6:15 pm;<br>Sundays, 8:40-9:45 am and<br>10:30-11:45 am                                                                |



**WARREN FULLER**  
*Arrived in May  
from Lake Geneva*



**PAM FULLER**  
*Arrived in May  
from Lake Geneva*

## July Birthdays

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



|         |                 |         |                   |         |                 |
|---------|-----------------|---------|-------------------|---------|-----------------|
| July 4  | Janet Janess    | July 15 | Irene Pitzafferro | July 26 | Larry McQuaid   |
| July 5  | Ellen Fuller    | July 16 | Pat Wenthold      | July 26 | Larry Metz      |
| July 6  | Rich Wilson     | July 18 | Ron Spiekhout     | July 25 | Dick Schwemm    |
| July 7  | Clyde Dawson    | July 18 | Francis Houlihan  | July 27 | David Takla     |
| July 8  | Dick Kraus      | July 18 | Bob Janess        | July 29 | Sally Graham    |
| July 8  | Steve Kramer    | July 19 | Jim Zalesky       | July 30 | Janet Zilkowski |
| July 9  | Ralph Wozniak   | July 19 | Ines Ponterio     | July 30 | Paula Meyers    |
| July 10 | Jack Arnold     | July 21 | Dorothy Winsor    | July 30 | Ron VanDeVelde  |
| July 11 | Kathy McAndrews | July 23 | Gordon Toole      | July 31 | Tom Roche       |
| July 13 | Mary Spinner    | July 23 | Gene Machacek     | July 31 | Steve Thorpe    |

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 —



## Honor Flight



**Bob Schutte**  
Retired  
Commander,  
U.S. Navy  
participated in  
Honor Flight  
Chicago on  
May 20



Janie Schutte, Nancy Wilson, Dawn Kempf and  
Cynthia Hagedorn welcome him home from  
Washington DC at a celebration within Midway Airport

*Impressions In Bloom: Cindy Neff,  
Jane Dawson, Artist Kasia*



*Harbor Country  
Michigan: Mr. Jim Schorr  
celebrating his son's  
60th birthday and the  
dedication of his interior  
design studio*

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



*On our way to lunch with a police escort! Mary Blasko, Ruth Weiler, Marie Eibl,  
Police Escort, Nancy Cohen, Lia Douglas, Sally Graham, Liz McKay,  
Kathy Faulwetter*



*Impressions In Bloom: Mike Heyl, Diane  
Heyl, Carl Youngs, Pat Youngs, Jim  
Zalesky, Sally Leffew*