

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

Let's Lunch at Gaylord's Fine Indian Cuisine: Dick Weaver, Barb Weaver, Marie Eibl, Sally Graham, Liz McKay, Diane Mazurek, Ruth Weiler, Roberta Rood, Carol Brenner, Bob Krull, Ann Krull, Nancy Cohen, Carolyn



Studio Open House: Carol Smith



Cheers to International Beer Sampling during Happy Hour: Rebecca, Chris, Bill Nagy, Bill Lawton, Nancy Willis, Margaret Aiken, JoAnne Westerman, Sherm Wolff, Art Laystrom, Jane Laystrom, Sophia Hausen, Tommy Means



Maureen Christine dazzled while strolling and serenading throughout the birthday celebration picnic of America's 250th: Pam & Warren Fuller



Tommy Means



Studio Open House: Rita Coake

This month's cultural connection focuses on China!

SEPTEMBER 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).

Tuesday
Sept 1

11:00 am-
12:00 pm

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



Wednesday
Sept 2

10:00 am-
12:00 pm

Breakfast with the BEST! Understanding Parkinson's Disease - rsvp *21

- 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.

Thursday
Sept 3

11:00-11:30 am

The Great Exchange: Treats from China - rsvp *07 - Robie Lounge

Bring 8 individually wrapped treats inspired by our monthly destination, China, and exchange them for 8 new goodies to enjoy. Can't find something from China? No problem! Bring your favorite chocolate or another fun individually wrapped treat instead. The Great Exchange is all about the conversation, discovering something new, and connecting with fellow members.



Thursday
Sept 3

4:00-5:00 pm

Toast to China! - rsvp *07 - Robie Lounge

We're raising a glass to kick off September's theme: China! Join us for a happy hour featuring a tasting of a Green Dragon cocktail while celebrating the culture and traditions of China. Place a pin on our world map if you've traveled to or were born in China, and explore a variety of interactive stations highlighting Chinese art, culture, and traditions. It's a fun and welcoming way to begin our month-long journey together.



Saturday
Sept 5

1:30-2:30 pm

Birthday Bash with Carlyn Lloyd & Jon Warfel - 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.



Tuesday
Sept 8

1:00-2:00 pm

Tea on Tues: A Tea Exchange - rsvp *07 by 9/7

- *Roycroft Dining Room*

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.



September 11, 2001 remains a defining moment in our nation's 250-year history. For those who witnessed that day and the 100 million Americans too young to remember it, we are the storytellers and stewards of its meaning. We will honor the enduring legacy of 9/11: the strength, unity, hope, and service that emerged afterward.

9/11: 25 Years Later & Remember the Sky - rsvp *07

- *Friday, September 11, 9:30-10:30 am & 11:00 am-12:00 pm, Surround Sound Theater*

Join us for a viewing of *9/11-25 Years Later*, a film featuring first-person accounts of the attacks and their aftermath. Members are invited to share personal reflections before stepping outside to look up at the sky, inspired by Spencer Finch's "Trying to Remember the Color of the Sky on That September Morning," and observe a moment of silence. Two viewing times are offered, so please let Concierge know which time you plan to attend.



Friday
Sept 11

2:00-3:30 pm

Chinese Opera: History, Culture & the Art of the Fan - rsvp *07

- *Performing Arts Center*

Presented by the Heritage Museum of Asian Art, this engaging program explores the history and traditions of Chinese opera through one of its most expressive elements, the fan. Learn how fans are used to convey emotion, movement, and character on stage, then discover three traditional fan gestures used in Chinese opera. Participants who wish to join in can try the gestures themselves, followed by time for questions and the opportunity to pose for photos with traditional Chinese opera fans.



Saturday
Sept 12

10:00-11:00 am

Barrington String Ensemble Performance: A New Chapter

- *rsvp *07 - Robie Lounge*

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.



Saturday
Sept 12

11:00 am-
12:00 pm

Cultural Connection: Chinese Fans, A Hands-On Cultural Experience

- *rsvp *07 - Roycroft Dining Room*

Join Cynthia for a fun, interactive workshop inspired by the beauty of traditional Chinese hand fans. Often decorated with elegant flowers, birds, landscapes, and calligraphy, these fans have long been admired as both functional objects and works of art. Each participant will receive a fan and have the opportunity to personalize it using a variety of materials, including watercolor pencils, paper collage materials, and creative embellishments. No artistic experience is necessary.

Saturday
Sept 12

3:00-4:00 pm

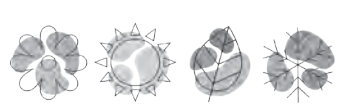
St. James Contemporary Choir Concert - rsvp *07- Performing Arts Center

Join us for a special concert by members of the St. James 11:30 Choir from Arlington Heights. The program will feature a lively selection of familiar and uplifting music. Come enjoy an afternoon of beautiful voices, joyful songs, and even a few sing-alongs!

Special Events

REQUIRE A RESERVATION

Mondays Sept 14, 21 & 28 10:00-11:30 am	Kaleidoscope Art Class: Chinese-Inspired Watercolor Painting - rsvp *07 - <i>Prairieview Art Studio</i> Explore the beauty of Chinese-inspired watercolor painting in this three-week series designed for both beginners and experienced artists. Learn watercolor techniques, color mixing, and composition while creating projects inspired by traditional Chinese art. Drawing skills are not required. Each session builds on the previous one, creating an artistic journey.	
Monday Sept 14 3:30-4:30 pm	BINGO for Coins - rsvp *07 by 9/12 - <i>Performing Arts Center</i> Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.	
Wednesday Sept 16 11:15 am-12:45 pm	New Friends Lunch - rsvp *07 by 9/15 - <i>South Winslow Dining Room</i> Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, China. The menu will be available in advance. Lunch is billed to your account; Complimentary non-alcoholic beverages and cookies included.	
Wednesday Sept 16 1:00-2:15 pm	Movie Buff John LeGear: Heart and Soul: Music in Cinema Part 1 - rsvp *07 - <i>Surround Sound Theater</i> Join John LeGear to relive some of the most memorable songs and dances in film history in Part 1 of Heart and Soul: Music in Cinema. This uplifting presentation is sure to touch your heart and have you tapping your toes.	
Thursday Sept 17 3:30-4:30 pm	Cultural Book Discussion: China - An Amy Tan Novel - rsvp *07 - <i>Eastlake Dining Room (Please note location and time change)</i> September features the works of Chinese American author Amy Tan, whose novels explore family, identity, culture, and the relationships between generations. Choose any Amy Tan novel, such as The Joy Luck Club, and join us for a lively discussion about her stories and the cultural themes they bring to life. This discussion is open to everyone; reading the book is not required, as conversation will also focus on Chinese culture. Please obtain your own copy of the book, available through most major booksellers. October (Germany): All Quiet on the Western Front, by Erich Maria Remarque.	
Thursday Sept 17 7:00 pm	Elgin Symphony Orchestra Duet: An Evening of Music Inspired by China - rsvp *07 - <i>Performing Arts Center</i> Celebrate our monthly theme of China with a special performance by musicians from the Elgin Symphony Orchestra. This intimate evening will feature beautiful music with a Chinese flair, offering a wonderful opportunity to experience the rich traditions and artistry that have inspired audiences around the world. Sit back, relax, and enjoy an unforgettable evening of exceptional live music.	
Friday Sept 18 9:30-10:30 am	Common Grounds: A Coffee Social for Members - rsvp *07 - <i>Roycroft Dining Room, Coffee will be provided</i> (Note Date Change) 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 Sept 18 2:00-4:00 pm	Painting with Member Artist Lorraine OMalley - rsvp *07 - Prairieview Art Studio Join member artist Lorraine OMalley for a relaxed, hands-on painting session that's perfect for all skill levels. No experience is necessary as we explore an easy, expressive abstract style using circles, color, and creativity. Come unwind, have fun, and leave with a one-of-a-kind work of art.	
Monday Sept 21 3:30-4:30 pm	BINGO for Prizes - rsvp *07 by 9/19 - Performing Arts Center Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.	
Tuesday Sept 22 2:00-3:00 pm	Chicago North Shore Chinese Center Presents: The Art of Chinese Calligraphy - rsvp *07 - Performing Arts Center Join Phillip Sun, Founder of the Chicago North Shore Chinese Center, for an introduction to the history and styles of Chinese calligraphy. Discover the beauty and meaning behind this centuries-old art form. If you'd like, you'll have the opportunity to practice writing the Chinese character (fu), a symbol of blessing, good fortune, and happiness. Participation in the hands-on calligraphy activity is optional.	
Thursday Sept 24 4:00-5:00 pm	Studio Open House with Wine Tasting & Cheese - rsvp *07 - Prairieview Art Studio and Patio We had so much fun at our last Open House, we decided to celebrate again! Join us for a festive afternoon celebrating the creativity of our member artists. View artwork on display, meet the artists, and enjoy a relaxed social hour filled with art, conversation, and community. Put on a festive hat, sample a selection of wines and cheeses, and raise a glass to another wonderful season of creativity. Everyone is welcome!	
Friday Sept 25 10:30-11:00 am	Garlands Living 301-Emergency Preparedness: Severe Weather, Fire & Disasters - rsvp *07 - Surround Sound Theater Know what to do when it matters most. Join Maintenance and Member Services for an important, possibly lifesaving presentation on how to respond to different types of emergencies on campus.	
Saturday Sept 26 12:00-3:00 pm	Family Fall Festival! - rsvp *07 - North side of Campus (all who rsvp will receive wristbands the week before) Celebrate the Fall season with members, team members, and family. The north side of campus will be transformed into a festival of fun with live music, fabulous food trucks, lawn games, photo ops, caricature and balloon artists, trackless train, pumpkin decorating, gigantic slide, and more! Complimentary hot dogs and hot apple cider. There is no charge for members and team members. There is a \$5 fee for family members. All registrations must be made with the Concierges. You may also purchase a Fall Fest t-shirt (\$20) through the Concierges.	 <i>Beautiful in Every Season</i>
Monday Sept 28 7:00-8:15 pm	Trivia Night! - rsvp *07 by 9/26 with Team - Burnham Room A really fun evening with new and old friends! Gather your team of up to 8 and designate one person to call and register the whole group. Beverages will be provided, and the winning team will take home a prize. Space is limited, and we are unable to accommodate walk-ins, so be sure to register your team in advance.	

Coming Up In October – *Events for which you can register now!*

Active Aging Week Celebration – Monday, October 5 through Sunday, October 11

Join Fitness for a week of celebrating-YOU! Pick and choose from a variety of events coming soon, so keep an eye out for more details as each event is announced!

Transportation to Elgin Symphony Orchestra, for Ticket Holders Only - rsvp *07

Sunday, October 11, 2:30-5:00 pm, 1000 Lobby - Tchaikovsky Piano Concerto No. 1

Sunday, November 8, 2:30-5:00 pm, 1000 Lobby - Isabella Lippi & Mozart's Prague

Sunday, December 13, 2:30-5:00 pm, 1000 Lobby - Holiday Spectacular

Sunday, January 24, 2:30-5:00 pm, 1000 Lobby - Hooray for Hollywood

Sunday, February 7, 2:30-5:00 pm, 1000 Lobby - Dvorak Symphony No.6

Sunday, March 7, 2:30-5:00 pm, 1000 Lobby - Symphonie Fantastique

Sunday, April 11, 2:30-5:00 pm, 1000 Lobby - Beethoven & Shostakovich

Sunday, May 2, 2:30-5:00 pm, 1000 Lobby - An American in Paris

Drury Lane: Buddy: The Buddy Holly Story - rsvp *07

Wednesday, October 14, departing 12:00 pm, show time 1:30 pm, return approximately 5:00 pm, 1000 Lobby, \$65

Rock out at Drury Lane Theatre in Oakbrook during *The Buddy Holly Story*. This musical chronicles the life of Buddy Holly from his early start in Texas to his meteoric rise to fame and untimely death at the age of 22. Experience the original sound that changed rock and roll music as we know it. Featuring 20 plus rock n roll classics such as "Peggy Sue", "That'll Be the Day", "Oh Boy" and so much more!

Breakfast with the BEST! AFib and You: Protecting Your Heart as You Age - rsvp *21

Friday, October 16, 10:00 am–12:00 pm, Performing Arts Center,

\$10 member-preferred price includes continental breakfast

Join Rush cardiologist Dr. Daniel Luger for an informative overview on atrial fibrillation (AFib), one of the most common heart rhythm disorders affecting adults as they age. Learn about key risks associated with AFib while reviewing diagnosis, monitoring, and treatment. Acquire knowledge on developing personalized treatment plans and guidance to support heart health and healthy aging.

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, Sept. 4 3:00-4:00 pm	Communion Service with St. Mark's Episcopal Church - Eastlake Dining Room; All welcome!
Tuesdays 1:30-2:30 pm	Bible Discussion with Stan Guillaume - Eastlake Dining Room, (no meeting 9/1 & 9/8) <i>Beginning the season with the book of Acts.</i>
Wednesday, Sept. 9 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

Tuesdays Sept 1, 8, 15, 22 & 29 10:00-11:00 am	Learn Italian with Lia - rsvp *07 - Timbers Lounge (Note time change) Learn Italian with member Lia Douglas in this five-week workshop. Learn useful words and phrases, play light-hearted language games, and practice saying something beautiful in Italian. A relaxed and social way to explore the language, no experience needed. 
Friday Sept 4 9:30-11:00 am	Great Decisions w/ Julie Strauss - rsvp *07 - Burnham Room Great Decisions is America's largest discussion program on world affairs. Participants read the Great Decisions Briefing Book, view short videos, and engage in lively discussion on the 2026 global topics, facilitated by Julie Strauss, Ph.D. 
Wednesday Sept 9 11:00 am-12:00 pm	Curiosity Series: Living the Life...California Dreaming - rsvp *07 - Surround Sound Theater September 9th, 1850, California became a state. Impeccable timing for a presentation on California's rich history. Stacey Jacob from the Wildbird Shack, invites audiences on a journey through the Golden State's extraordinary landscapes - from sun-drenched coastlines and towering redwoods to arid deserts and snow-capped mountains.
Monday Sept 14 3:30-4:30 pm	Wildlife Talk: Twin Cities Where Nature Meets Innovation - rsvp *07 - Surround Sound Theater Melissa Schwartz from the Wildbird Shack will take you on an adventure through Minneapolis-St. Paul, where nature, transportation, history, industry, and the arts are beautifully woven together. From its roots as a vital transportation hub to its deep connection with the natural world, the Twin Cities offer a rich and dynamic story - one where nature runs through everything. 
Tuesday Sept 22 11:30 am-12:45 pm	Julie Strauss Lecture: Gubernatorial Elections in 2026 Cycle - rsvp *07 - Performing Arts Center Join Julie Strauss, Ph.D., for an in-depth look at the upcoming gubernatorial races this fall. We will look at toss-up races in Georgia, Michigan, Wisconsin and Iowa. We will also discuss that either lean Republican (Ohio and Nevada) and lean Democratic (Arizona). We will also discuss how California's somewhat unusual governor's race evolved and of course discuss our home state of Illinois. Don't miss this update on important elections coming up this fall.
Wednesday Sept 23 3:30-4:30 pm	Music Appreciation w/ Jim Kendros: Beautiful String Serenades - rsvp *07 - Robie Lounge September is a very tranquil time of year, and Jim Kendros comes to The Garlands with beautiful string serenades to enhance this gentle month! Enjoy the lush expressions of Tchaikovsky and the luminous beauty of Dvorak as Jim explores the structures and sonic landscape of these remarkable gems for strings! 

Fitness Programs

No classes on Labor Day, September 7th.

SWING INTO FITNESS!

We will be honoring the 2026 Presidents Cup (golf tournament) with a special contest! For the month of September, every time you come to a class, you get your passport stamped. Complete 10 or more classes and you can win a prize.

Mediation With Bhante Rahula

Wednesday, September 2, 11:30 am-12:15 pm, Timbers Lounge

Relax, breathe and meditate with Bhante from the Blue Lotus Temple.

Minecraft Experience: Village Rescue, Rosemont - rsvp *07

Friday, September 4, 3:30-6:30 pm, 1000 Lobby, \$40

First grandkids outing! Bring Minecraft to life and experience this together. This immersive Chicago adventure lets you and your friends become heroes, rescuing villagers from a zombie attack. Explore eight interactive Minecraft rooms, gather ingredients, and craft a life-saving potion before time runs out! Armed with a handheld device which lets you engage with the world and embark on a journey. Craft resources, interact with iconic mobs, and face skeletons, spiders, and creepers. You can come alone if you don't have a grandchild to bring. Those attending with up to two grandchildren should meet us at the event location.

Healthpro Workshop: Learn How to Get Up from a Fall Properly - rsvp *07

Tuesday, September 15, 10:30, Fitness

During our regularly scheduled balance class, join Janica Miranda, Director of Health Pro Rehabilitation at the Garlands, for some tips and tricks on how to fall safely and how to get up from a fall.

Acupuncture: What Are the Benefits and How Can it Relieve Pain? - rsvp *07

Tuesday, September 15, 1:00-1:45 pm, Surround Sound Theater

Acupuncture is derived from Traditional Chinese medicine. Dr. Rani Sabri of Van Ness Chiropractic and Acupuncture; will be here to discuss how Acupuncture can trigger the body's natural healing abilities by stimulating the central nervous system.

Tai-Chi/Qigong - rsvp *07

Wednesday, September 16 & 30, 10:00-10:45 am, Performing Arts Center & Fitness,

No experience necessary. If you ever wanted to learn Tai Chi and Qigong, here's your chance. If you are a regular to class, please join us. This class will help you with balance, mobility and core strength. You can always sit in a chair and do these exercises, Allison will guide you. Sept. 16 (PAC) & Sept. 30 (Fitness).

NeroFit Circuit Pop up Class - rsvp *07

Thursday, September 17, 1:00-1:30 pm, Fitness

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.

Wanderlust Archery in Palatine - rsvp *07

Friday, September 18, 1:30-3:30 pm, 1000 Lobby, \$20

Experience being a modern archer and enjoy friendly competition at this new activity. Staff will assist and guide participants throughout the session, ensuring a safe and enjoyable experience for all skill levels. Welcome to participate and shoot comfortably from a chair, if needed.

Back to School: Recess Rewind Garlands Games - rsvp *07

Thursday, September 24, 1:00-2:00 pm, Grill Courtyard

Flash back to your school days. We will have a variety of fun activities during recess. As the kids say, "Touch Grass!" Get outside and unplug for a bit. Snacks will be provided.

Kickbox Cardio Class at Butler Boxing in Fox River Grove - rsvp *07

Friday, September 25, 1:30-3:30 pm, 1000 Lobby, \$10

Come have some fun, get moving, and bring your best knockout energy! Please note; We are not sparring or boxing one another.

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)

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

Cardio Sculpt - Studio

Mondays & Wednesdays, 11:30 am-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 while having fun.

Water Walking - Pool

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

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

Balance Class - Studio

Tuesdays & Thursdays, 10:30-11:00 am (no class 9/15)

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 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 and a mood booster while seated.

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.

Chair Fitness - Studio

Fridays, 9:15-9:45 am

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

Ping Pong - Burnham

Thursdays, 2:00-3:00 pm

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)



The Doctor is in...

By appointment only.

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment

Wednesday, September 16 & 30, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth

Call 847-382-6010 to schedule an appointment

Wednesday, September 23, 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.

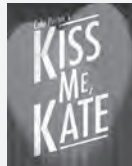
Outdated Prescriptions and Other Medications

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

Things To Do

These activities do NOT require a reservation

Tuesday Sept 1 5:00-7:30 pm	Broadway: From Here to Eternity - Surround Sound Theater At Pearl Harbor in 1941, love, desire, and duty collide as Private Prewitt and Sergeant Warden find themselves swept into complicated romances they cannot control. As war approaches, the lives of the lovers and soldiers of G Company are dramatically changed forever.	
Tuesdays & Thursday Sept 1, 8, 10, 15, 22 & 29	Therapy Dogs! - Wellness Hallway <i>Tuesdays, September 1, 8, 15, 22 & 29, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, September 10, 10:00-11:00 am (golden retriever Myra). Wellness Hallway.</i> These therapy dogs love YOU but should not interact with member dogs.	
Tuesdays Sept 1 & 15 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.	
Saturday Sept 5 & 19 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.	
Tuesday Sept 8 9:30-10:45 am	Garlands Neighbor Meet Up: A Success Story - Robie Lounge MAC Chair Peggy Clough reported that attendance at the MAC-sponsored Garlands Neighbor Meet Up increased by 41%, from 151 to 213 attendees, during the first seven months of 2026. Come socialize with your neighbors and learn more about life at The Garlands through Garlands Informational Nuggets, or GINs. This fun and informative monthly event meets on the second Tuesday of each month.	
Tuesday Sept 8 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 Sept 11 & 25 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 Sept 17 2:00-3:00 pm	Town Hall - Performing Art Center Town Hall is a forum for management to apprise members of news and updated information concerning life at The Garlands. Members are strongly encouraged to attend. This meeting occurs five times a year.	

Saturday Sept 19 11:30 am- 2:00 pm	Midday Broadway: Kiss Me Kate - Surround Sound Theater Taking its inspiration from Shakespeare, this hilarious romp recounts the backstage and on-stage antics of two feuding romances during an out-of-town tryout for a musical adaptation of <i>The Taming of the Shrew</i>.	
Tuesday Sept 22 11:00 am- 4:00 pm	NRC Mobile Fit by Naperville Running Company - Performing Arts Center The experts from Naperville Running Company are bringing their Mobile Fit experience to The Garlands! Stop by for personalized guidance, a complimentary arch assessment and gait analysis, and the opportunity to explore footwear designed for your comfort, movement, and support. It's a fun, informative way to discover what the right fit can do for your mobility and overall well-being. Attendees will also receive an exclusive 10% event discount.	
Thursday Sept 24 10:00-11:00 am	What's Happening?! - Surround Sound Theater 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 is first come, 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 Lounge (Dick Weaver 71321)

Mah Jongg (American) - Tuesdays, 12:30 pm, Timbers Lounge, Fireplace Room (Marilyn Helberg 72105)

Mah Jongg (American) - Thursdays, 10:00 am, Timbers Lounge Fireplace Room (Janet Zilkowski 71129)

Mah Jongg (Chinese) - Fridays, 1:00 pm, Timbers Lounge Fireplace Room (Peggy Clough 73307)

Member Steen Metz Holocaust Survivor - 15th of every month, 1:00-2:10 pm, Channel 1902

Mexican Train Dominoes - Sundays, 1:00 pm, Timbers Lounge (Lee Heckmeck 72116)

Movies - Wednesdays, Fridays, Saturdays, and Sundays: 3:00 pm, Surround Sound Theater. (Carolyn Burns, 77415, Activities, for movie requests)

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

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

Sewing - Need buttons re-attached? Something hemmed? Member Marilyn Laystrom to the rescue! 2nd Monday of the month, 1:00 pm, Galleria

Stitching with Friends - Bring your needlework and enjoy the company of friends! Wednesdays, 1:00-3:00 pm, Galleria

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.**

NEW! Beyond Barrington: Geneva - rsvp *07

Thursday, September 3, depart 9:00 am, return approximately 3:30 pm, 1000 Lobby, \$25

Discover the charm and history of Geneva with a guided introduction. First we'll enjoy a brief visit to the Geneva History Museum before boarding the bus for a narrated driving tour of the city's historic district, featuring beautiful homes, landmarks, and stories. Then, spend time exploring downtown Geneva at your own pace. Enjoy lunch on your own.

 
Little walking

 
Some walking

  
A lot of walking

Decadent Detour: A Taste of China at Fresh International Market bakery - rsvp *07

Wednesday, September 9, depart 2:00 pm, return approximately 3:30 pm, 1000 Lobby
Step inside the bakery at Fresh International Market in Schaumburg and discover a delicious assortment of traditional Chinese pastries and other global baked treats. Members will have the opportunity to purchase pastries to enjoy while exploring one of the area's largest international markets, featuring foods, ingredients, and specialty products from around the world.



RESCHEDULED: Wandering Tree Estate - rsvp *07

Thursday, September 10, depart 8:45 am, return approximately 3:00 pm, 1000 Lobby, \$35

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. Lunch is on your own.

Art Institute of Chicago: Chinese Art, de Kooning & Cassatt - rsvp *07

Monday, September 14, depart 9:30 am, return approximately 3:30 pm, 1000 Lobby, \$30

Enjoy a day at the Art Institute of Chicago featuring three remarkable experiences. We'll begin with the museum's collection of Chinese art and artifacts. Then explore the landmark exhibition Willem de Kooning: Drawing, one of the most influential artists of the twentieth century, before it leaves Chicago. We'll also experience Mary Cassatt: After Impressionism, the museum's first major Cassatt exhibition in more than 25 years. Lunch and additional gallery time are on your own.

Men on the Move: Lunch at Southern Belle's - rsvp *07

Wednesday, September 15, depart 11:45 am, return approximately 2:00 pm, 1000 Lobby

Calling all Garlands men! Join the group for lunch at Southern Belle's in Barrington, a local favorite known for hearty comfort food and a welcoming atmosphere. Enjoy good food, easy conversation, and a relaxed chance to connect with your community. Lunch is on your own.

Let's Lunch: North Star - rsvp *07

Monday, September 21, depart 11:30 am, return approximately at 2:30 pm, 1000 Lobby

Enjoy an authentic Chinese lunch at North Star in Lake Zurich. Explore a menu featuring classic Chinese favorites and discover new tastes as we continue our journey through this month's cultural destination. Lunch is on your own.

Unique China Experiences with Special Guest Host Lin Ye**Chinese American Museum of Chicago & Chinatown - rsvp *07**   **Wednesday, September 23, depart 10:30 am, return 3:30 pm, 1000 Lobby, \$25, plus lunch on your own**

Enjoy a docent-led tour of the Chinese American Museum of Chicago as we explore the stories, history, art, and contributions of Chinese Americans. Following our museum visit, enjoy lunch at MingHin Cuisine, browse local shops, and experience the vibrant atmosphere of Chicago's Chinatown. Throughout the day, Garlands' Accounting Controller, Lin Ye, will share personal insights, making this a memorable and enriching cultural experience.

Chinatown - rsvp *07   **Wednesday, September 30, depart 9:00 am, return 3:30 pm, 1000 Lobby, \$25, plus lunch on your own**

Join Garlands' Accounting Controller, Lin Ye, for an exploration of Chicago's Chinatown. See notable landmarks including Chinatown Square, the Chinatown Gateway, the Nine Dragon Wall, and the Chinese Zodiac sculptures. Enjoy lunch, followed by time to shop, stroll, and experience the sights, flavors, and traditions of one of Chicago's most vibrant neighborhoods.

Please Note: To allow more members the opportunity to participate, members may sign up for only one Chinatown outing. Members interested in attending both may be placed on a waiting list for the second outing if space becomes available.

**Art in the Barn at Good Shepherd Hospital - rsvp *07**   **Sunday, September 27, 1:00-3:30 pm, 1000 Lobby, \$5 admission (pay cash at gate)**

Enjoy one of Barrington's most beloved traditions at the 51st Annual Art in the Barn. What began in 1974 with 30 artists has grown into one of Chicagoland's premier fine art festivals, featuring up to 180 juried artists, live entertainment, food vendors, and more, all on the grounds of Advocate Good Shepherd Hospital.

**Bulletin Board****NEW! O'Hare's Travels**

Take a trip to China and Tibet without leaving The Garlands! Head up to the Library and explore photos and memories from the O'Hare's and friends incredible journey. Learn more about our highlighted country of the month through the eyes and experiences of fellow Garlands members, and enjoy a glimpse into the beautiful sights, fascinating culture, and unforgettable moments from their travels. You can find it next to the cultural book of the month.

Ladies Bridge

Spend your Mondays from 12:30-3:30 pm meeting new friends or visiting with old ones over a game of Bridge. No partners are needed; come join other Garlands Ladies who love the game. Don't miss out. For information or to register call Judy Miller (224-279-8306).

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.

Time Flies - Holiday Fund Committee

The holidays will be here before we know it. The Member Holiday Fund Committee wants to remind you about the fund's purpose. Because we are a "no tipping" community, this fund allows us, as members, to thank hourly employees for making our daily lives at The Garlands so comfortable. Look for contribution information in your cubby next month. Questions? Contact a committee member:

Marilyn Helberg, Chairman; Sally Leffew; Carol Garibotti; Darrel Dick; Ron Spiekhout; and Jim Zalesky.

September Food and Beverage Events

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.

End of Summer BBQ - rsvp *17

Thursday, September 3, 4:30-7:00 pm, Winslow Courtyard, \$40

Farewell Summer. Welcome Autumn with outdoor grilling and fun in the courtyard. Deliveries will not be available this evening.

Chinese Drink Demonstration - rsvp 77743

Thursday, September 10, 2:00 pm, The Grill, \$15

Join Rebecca for a Chinese cocktail demonstration. Sample four signature Chinese cocktails. Take home step-by-step guides for every drink. Master the art of beautiful cocktail presentation.

Chicago Bears Football Games

Sunday, September 13 & 20, 12:00-3:00 pm, Timbers Lounge

Watch the noon games and cheer for your home team, shoot pool, and enjoy light snacks. Bar beverages will be available for purchase.

Chinese Buffet - rsvp *17

Thursday, September 17, 4:30-8:00 pm, Winslow Dining Room, \$40

Enjoy delicious Asian cuisine with a variety of fresh favorites including fried rice, flavorful noodles, classic entrees, fresh vegetables and sweet desserts. Beverage not included. There will be no delivery tonight.

Family Fall Festival - rsvp *07

Saturday, September 26, 12:00-3:00 pm, North side of Campus, \$5 for family members

Celebrate with us during this campus-wide member and team member family festival of fun where we provide complementary hot dogs, hot apple cider, caramel apples and doughnuts. The Winslow is closed for lunch. The Cafe will be open.

End of the Month Buffet

Sunday, September 27, 4:00-6:00 pm, Café Dining Area Menu and price announced the week prior.

National Coffee Day

Wednesday, September 30, 1:30 pm, Galleria

Join our baristas for a fun coffee bean lesson. Sip whipped Dalgona coffee. Taste and smell coffee like a pro in a cupping session.

Oktoberfest Dinner Show - rsvp *17

Thursday, October 8, 5:00-7:00 pm, Performing Arts Center, \$70 (this does not come from monthly allotment)

Celebrate Oktoberfest with a fun and lively Bavarian band serenading you while enjoying a traditional German menu. Dinner is family style, beer is flowing and dancing is highly encouraged. The Winslow is closed this evening.



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 Lecture Series

Understanding Age-Related Macular Degeneration (AMD)

Wednesday, September 2, 1:00-2:00pm, Surround Sound Theater

Dr. Hassan will provide a clear overview of AMD, explain the differences between "dry" and "wet" forms and how they affect your vision. He will outline current management strategies, including lifestyle adjustments, modern injection treatments, and emerging therapies, while empowering you with practical steps to monitor your eye health and maintain independence.

Walker Adjustment and Repair Clinic

Thursday, September 3, 10:00 am-12:00 pm

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

Sample Healthy Foods: Butternut Squash

Tuesday, September 29, 11:00-11:30 am, Wellness Hallway

Sample a healthy recipe, Butternut Squash Soup, prepared by our culinary team as our Wellness Nurse explains the health benefits of butternut squash.

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



The Laystroms at the Beaches of Normandy France

September Birthdays

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



September 3 Santo Callaci
September 4 Sonia Miller
September 5 Jackie Cusick
September 5 Skootie Jeffers
September 6 John Griffin
September 6 Liza Kaufman
September 7 Gary Couch
September 8 Helen Burroughs
September 8 Sam Oliver
September 9 Jim Zarzycki
September 10 Debbie Lafferty

September 10 Suzie McGinn
September 10 Terry Sbertoli
September 11 Carl Michelotti
September 11 Wayne Sunderlin
September 13 Lynn Croll
September 13 Marie Eibl
September 14 Diane Lolli
September 14 DeeDee Zwilling
September 15 Heather Kircher
September 15 Barb Rueb
September 16 Paul Stofcheck

September 19 Linda Larson
September 22 Donna McMahon
September 23 Barbara Lim
September 23 Richard Winsor
September 25 Nancy Leonard
September 25 Patricia Toole
September 26 Wilma Kobeski
September 27 Carol Horschke
September 27 Anita Russell
September 28 Marcia Todd

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 —



Miriam Neff and family in Missouri at the Big Cedar Lodge



The Weavers dressed patriotic for the 250th picnic.

Mr Mayes selects several fresh options from Chef's outdoor chilled seafood bar.



Rich and Pam Wilson share their Gazette with Hans Christian Andersen in Odense, Denmark

