

# THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



*Scenic Fox River Cruise in St Charles: Meridith Randolph, Sally Graham, Peggy Clough, Chris Kotarba, Diane Mazuerk, Carol Garibotti, Nancy Cohen, Marie Eibl, Liz McKay, Marge Gerry, Roberta Rood, Gene Dawson, Mary Schwemm, Ann Krull, Dick Schwemm, Jane Dawson, Bob Krull, Dick Weaver, Barb Weaver, Liz McReynolds, Bill Nimmo*



*Garlands' Tailgate:  
Jim Schorr  
Alum of Purdue*

*Dick and  
Mary Schwemm  
enjoying the cruise.*



*BAPS Shri Swaminarayan Temple: Peg Cullen, Marie Eibl, Nancy Willis, Debbie Lafferty, Pat Wenthold, Kathie Faulwetter, Diane Mazurek, Jill Thiere, Liz McKay, Meridith Randolph, Sally Graham, Marge Gerry, Roberta Rood, Carol Brenner, Nancy Cohen, Mary Blasko, John Blasko, Dick Weaver, Barb Weaver, Liz McReynolds, Jane Laystrom, Art Laystrom*



This month's cultural connection  
focuses on Germany

OCTOBER 2026

# Special Events

REQUIRE A  
RESERVATION

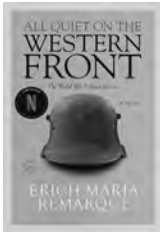
WHEN SPACE IS LIMITED, those who RSVP will be seated first.  
WHEN THERE IS A CANCELLATION, we notify everyone with a reservation.  
For a printout of your reserved events, please call the Concierge (\*07).

|                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                       |
|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Thursday<br/><b>Oct 1</b><br/>11:00-11:30 am</p>                     | <p><b>The Great Exchange: Treats from Germany - rsvp *07 - Robie Lounge</b></p> <p>Bring 8 individually wrapped treats inspired by our monthly destination, Germany, and exchange them for 8 new goodies to enjoy. Can't find something from Germany? 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.</p> |                                                                                       |
| <p>Thursday<br/><b>Oct 1</b><br/>4:00-5:00 pm</p>                       | <p><b>Toast to Germany! - rsvp *07 - Robie Lounge</b></p> <p>We're raising a glass to kick off October's theme - Germany! Join us for a relaxed, social happy hour featuring a tasting of Germany's famous Radler beer. It's a fun and welcoming way to begin our month-long journey together.</p>                                                                                                                                                                      |    |
| <p>Friday<br/><b>Oct 2</b><br/>3:00-4:00 pm</p>                         | <p><b>Kaffee und Kuchen: A German Tradition - rsvp *07 by 10/1</b><br/>- South Winslow Dining Room</p> <p>Experience "Kaffee und Kuchen," the beloved German tradition of taking a break in the afternoon to enjoy "coffee and cake" mixed with good conversation. Sample delicious German-inspired cake and discover why this simple afternoon ritual remains a cherished part of German culture.</p>                                                                  |  |
| <p>Saturday<br/><b>Oct 3</b><br/>1:30-2:30 pm</p>                       | <p><b>Birthday Bash with Jeffery Deutsch - rsvp *07 - Robie Lounge</b></p> <p>Join us as we celebrate this month's birthdays with live music and festive cheer. Gather in the Robie Lounge to honor those celebrating and enjoy an afternoon of lively entertainment and community.</p>                                                                                                                                                                                 |  |
| <p>Mondays<br/><b>Oct 5, 12,<br/>19 &amp; 26</b><br/>10:00-11:30 am</p> | <p><b>Kaleidoscope Art Class: German Romanticism - rsvp *07</b><br/>- Prairieview Art Studio</p> <p>Explore the dramatic beauty of German Romanticism through acrylic painting. Inspired by misty forests, rugged mountains, historic castles, and atmospheric autumn landscapes, explore the use of light, color, mood, and scale while creating your own German-inspired landscape.</p>                                                                               |  |
| <p>Tuesdays<br/><b>Oct 6 &amp; 13</b><br/>11:00 am-<br/>12:00 pm</p>    | <p><b>German-Speaking Classical Composers with Richard Schwemm</b><br/>- rsvp *07 - Surround Sound Theatre</p> <p>Classical music as we know it, was born in the German-speaking part of the world during the eighteenth century. Join member Dick Schwemm for two concerts celebrating three Austrian and three German composers. On the 6th, enjoy the timeless works of Haydn, Mozart and Mahler, then on the 13th by the music of Bach, Beethoven and Schumann.</p> |  |

|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                       |
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| <p>Thursday<br/><b>Oct 8</b><br/>5:00-7:00 pm</p>    | <p><b>Oktoberfest Dinner Show - rsvp *07</b><br/>- Performing Arts Center, \$70 (this does not come from monthly allotment). Check in with us in the Art Gallery for your table assignment. 4:00 Happy Hour in Roycroft. 4:30 PAC doors open. 5:00 Family Style Dinner Served, 5:30 Music, Dinner &amp; Dancing.</p> <p>Please note, on this night there will be no other happy hour or dinner service on campus. Die Musikmeisters are a lively German band performing German polkas, waltzes, marches, and audience participation songs. Party while you dine! Prost!</p> |                                                                                       |
| <p>Friday<br/><b>Oct 9</b><br/>9:30-10:30 am</p>     | <p><b>Common Grounds: A Coffee Social for Members - rsvp *07 by 10/8</b> - Roycroft Dining Room, Coffee will be provided</p> <p>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.</p>                                                                                                                                                                                                                              |    |
| <p>Friday<br/><b>Oct 9</b><br/>7:00-8:30 pm</p>      | <p><b>Todd Hunt Presents: The Sound of Music, From Stage to Screen - rsvp *07</b> - Performing Arts Center</p> <p>With its beautiful Alpine setting, memorable music, and Austrian roots, The Sound of Music is a fitting addition to our October celebration of Germany. Join theater historian Todd Hunt as he traces the remarkable journey of this beloved story, from the real von Trapp family to the Broadway stage and the Academy Award-winning film.</p>                                                                                                          |    |
| <p>Saturday<br/><b>Oct 10</b><br/>10:00-11:00 am</p> | <p><b>Barrington String Ensemble Performance - rsvp *07</b> - Robie Lounge</p> <p>Enjoy a morning of live music with the Barrington String Ensemble, a student-led chamber group dedicated to bringing meaningful performances by blending classical and contemporary pieces designed to create connection and comfort through sound.</p>                                                                                                                                                                                                                                   |   |
| <p>Monday<br/><b>Oct 12</b><br/>3:30-4:30 pm</p>     | <p><b>BINGO for Coins - rsvp *07 by 10/10</b> - Performing Arts Center</p> <p>Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.</p>                                                                                                                                                                                                                                                                                                                                                           |  |
| <p>Tuesday<br/><b>Oct 13</b><br/>1:00-2:00 pm</p>    | <p><b>Tea on Tues: A Tea Exchange - rsvp *07 by 10/12</b> - Roycroft</p> <p>Enjoy a charming tea exchange. Please bring 8 individually wrapped tea bags or a small tin of loose-leaf tea packaged to share. You're invited to bring your own special teacup and will go home with 8 new teas to sample at your leisure.</p>                                                                                                                                                                                                                                                 |  |
| <p>Thursday<br/><b>Oct 15</b><br/>10:00-11:30 am</p> | <p><b>Nabeela Syed Meet &amp; Greet - rsvp *07</b> - Performing Arts Center</p> <p>Join State Representative Nabeela Syed, running for State Senate for a conversation about the upcoming general election on November 3rd. You will get a chance to meet Nabeela, hear about her priorities, and ask her questions!</p>                                                                                                                                                                                                                                                    |  |
| <p>Thursday<br/><b>Oct 15</b><br/>4:00-5:00 pm</p>   | <p><b>Sip and Strings with Lexi Yoon Kim - rsvp *07</b> - Robie Lounge</p> <p>It's Happy Hour, unplugged. We'll strum into happy hour with live singing and ukulele playing by Lexi Yoon Kim. She is a recent graduate of Northwestern University with a BA in Theatre. Sip your favorite beverage, enjoy great conversation, and relax to a variety of classics.</p>                                                                                                                                                                                                       |  |

# Special Events

REQUIRE A RESERVATION

|                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                       |
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| <p>Friday<br/><b>Oct 16</b><br/>10:00 am-<br/>12:00 pm</p>    | <p><b>Breakfast with the BEST! AFib and You: Protecting Your Heart as You Age - rsvp *21 - Performing Arts Center</b><br/> <i>\$10 member-preferred price includes continental breakfast</i></p> <p>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 practical guidance to support heart health and healthy aging.</p> |    |
| <p>Monday<br/><b>Oct 19</b><br/>11:00 am-<br/>12:00 pm</p>    | <p><b>Artificial Intelligence 103, Going Further with AI - rsvp *07</b><br/> <i>- Surround Sound Theater</i></p> <p>Ready to explore what's next? Whether you've attended previous AI sessions or are just getting started, Raymond returns to demonstrate more practical ways Artificial Intelligence can simplify everyday life. Discover new AI tools and learn helpful tips and techniques.</p>                                                                                                                                                                                                                    |                                                                                       |
| <p>Monday<br/><b>Oct 19</b><br/>3:30-4:30 pm</p>              | <p><b>BINGO for Prizes - rsvp *07 by 10/17 - Performing Arts Center</b><br/>           Everyone who BINGOs wins a prize—wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.</p>                                                                                                                                                                                                                                                                                                                                                                                                         |    |
| <p>Wednesday<br/><b>Oct 21</b><br/>11:00 am-<br/>2:00 pm</p>  | <p><b>Daughters of the American Revolution High Tea - rsvp by 10/14 to Mary Miller millergal@sbcglobal.net - Performing Arts Center, \$55</b></p> <p>Hosted by the Signal Hill Chapter, NSDAR. You may shop at the boutique without attending the tea, but the performance is only for tea attendees. The Garlands Concierge cannot take reservations. All questions should be directed to Mary Miller (millergal@sbcglobal.net).</p>                                                                                                                                                                                  |                                                                                       |
| <p>Wednesday<br/><b>Oct 21</b><br/>11:15 am-<br/>12:45 pm</p> | <p><b>New Friends Lunch - rsvp *07 by 10/20 - South Winslow Dining Room</b></p> <p>Meet new people or invite someone you'd like to connect with for a relaxed lunch inspired by this month's theme, Germany. 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>Oct 21</b><br/>1:00-2:15 pm</p>           | <p><b>Movie Buff John LeGear: Movie Music Dance Party - rsvp *07</b><br/> <i>- Surround Sound Theater</i></p> <p>Join John LeGear for a joyful journey through time, featuring 20 dance-inspired selections from his first 16 "movie music" shows. Created from outstanding films and set to accompanying music, this lively presentation celebrates the movies many members grew up enjoying at their local theater.</p>                                                                                                                                                                                              |                                                                                       |
| <p>Thursday<br/><b>Oct 22</b><br/>3:30-4:30 pm</p>            | <p><b>Cultural Book Discussion: All Quiet on the Western Front - rsvp *07 - Eastlake Dining Room</b></p> <p>Our October cultural destination is Germany. We will discuss All Quiet on the Western Front, by Erich Maria Remarque, a powerful World War I novel that follows young German soldiers as they confront the harsh realities of war, friendship, loss, and survival. Whether you've read every page or simply want to join the conversation, all are welcome. <b>November (Spain):</b> The Sun Also Rises or For Whom the Bell Tolls, by Ernest Hemingway.</p>                                               |  |

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| <p>Monday<br/><b>Oct 26</b><br/>7:00-8:15 pm</p>  | <p><b>Trivia Night! - rsvp *07 by 10/23 with Team - Burnham Room</b></p> <p>A really fun evening with new and old friends! Gather a team of up to 8 and designate one person to register the whole group. Beverages will be provided. 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.</p>                                                                                                                                                                               |  |
| <p>Tuesday<br/><b>Oct 27</b><br/>5:00-8:45 pm</p> | <p><b>Hadestown on Broadway: A Special Showing in Our Surround Sound Theater - rsvp *07 by 10/23 - Surround Sound Theatre</b></p> <p>Journey to the underworld with <i>Hadestown</i>, the Tony Award-winning musical that reimagines the ancient Greek myths of Orpheus and Eurydice and Hades and Persephone. With unforgettable music, striking storytelling, and a touch of romance, this inventive production brings a timeless tale of love, hope, and sacrifice to life on stage. There will be popcorn, a specialty drink, as well as a 15 minute intermission.</p> |  |

## 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-Ladies** - Mondays, 12:30 pm, Robie Lounge (Judy Miller 224-279-8306)

**Bridge-Men's** - Tuesdays, 1:00 pm, Robie Lounge (Tom Fasolo 72202)

**Gentleman's Bridge** - Tuesdays, 1:00 pm, Robie Lounge (Steve Kramer 630-621-5217)

**Bridge-Co-Ed** - Wednesdays, 6:30 pm, Robie Lounge (rsvp the week before: Peggy Clough 73307 or Jill Theis 72124)

**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 (Bob Schutte 71307)

**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

# Things To Do

*These activities do NOT require a reservation*

|                                                                     |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                       |
|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Saturday<br/><b>Oct 3 &amp; 17</b><br/>10:00-11:00 am</p>        | <p><b>Just Talk - Eastlake Dining Room</b><br/>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>Oct 6, 8, 13, 20 &amp; 27</b></p> | <p><b>Therapy Dogs! - Wellness Hallway</b><br/><i>Tuesdays, October 6, 13, 20 &amp; 27, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, October 8, 10:00-11:00 am (golden retriever Myra).</i><br/>These therapy dogs love YOU but should not interact with member dogs.</p>                                                                             |    |
| <p>Tuesdays<br/><b>Oct 6 &amp; 20</b><br/>3:30-4:30 pm</p>          | <p><b>Barrington Area Library Brings Books to Us - Wellness Hallway</b><br/>If you'd like Whitney, Adult Services Librarian, and Barb to bring specific books or audio books, you can call and request them (847-382-1300, x-3120). Remember to say you live at The Garlands.</p>                                                                                         |    |
| <p>Fridays<br/><b>Oct 9 &amp; 23</b><br/>4:30-6:00 pm</p>           | <p><b>Bobby Schiff on Piano</b><br/>- Robie Lounge<br/>Enjoy Bobby's beautiful music and the artistry he brings to every note.</p>                                                                                                                                                                                                                                        |   |
| <p>Tuesday<br/><b>Oct 13</b><br/>9:30-10:45 am</p>                  | <p><b>Garlands Neighbor Meet Up (formerly Meet the MAC)</b><br/>- Robie Lounge<br/>Bring a coffee and catch up with your Members Advisory Committee.</p>                                                                                                                                                                                                                  |  |
| <p>Tuesday<br/><b>Oct 13</b><br/>12:00-2:00 pm</p>                  | <p><b>Pop Up Shop: Betsy's One-of-a-Kind Costume Jewelry and Repair</b><br/>- Wellness Hallway<br/>Betsy repairs and custom designs costume jewelry. She accepts cash and checks (not credit or debit cards).</p>                                                                                                                                                         |  |
| <p>Saturday<br/><b>Oct 17</b><br/>11:30 am-2:00 pm</p>              | <p><b>Midday Broadway: The Taming of the Shrew</b><br/>- Surround Sound Theater<br/>The merchant Baptista has two daughters, but the younger, daintier daughter, Bianca, cannot be married before her strong-willed sister, Katherina. What's a suitor to do?</p>                                                                                                         |                                                                                       |
| <p>Thursday<br/><b>Oct 28</b><br/>9:30-10:30 am</p>                 | <p><b>Coffee with Management - Performing Art Center</b><br/>At this informal gathering hosted by Nancy Wilson, Director of Hospitality, there is no agenda. Enjoy a coffee, ask questions, offer suggestions and let us know what is important to you.</p>                                                                                                               |  |

Friday  
**Oct 30**

10:00-11:00 am

## What's Happening?! - Information Only - Surround Sound Theater

Be the first to hear what's coming up next month! We will share details about upcoming programs, outings, and special events, answer your questions, and give you the inside scoop on what's ahead.

**Please note: This is an information-only session. RSVPs will not be taken during the program.**



## Coming Up in November & Beyond – Events for which you can register now!

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

The Garlands will not be providing tickets, only transportation.

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

### Bus to Feed My Starving Children, Schaumburg - rsvp \*07 by 11/11

Friday, November 13, 11:30 am-3:00 pm, 1000 Lobby



Make a difference and have some fun along the way! Join fellow Garlands members as we work together to pack nutritious meals for children in need around the world. After our volunteer session, enjoy a visit to the wonderful onsite store featuring handmade goods from many of the countries served by the organization. Credit cards are accepted. Need a volunteer task that doesn't require standing? Just let the Concierge know when you sign up. **Please remember that ALL jewelry must be removed before participating.**



Toast to China!: Lin, Bill Nimmo, Gordon Toole, Cathy Nardo



Matter of Balance Graduate: Lorraine O'Malley

## Spiritual Ongoing Happenings

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

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

## Bulletin Board

### Gardeners

A friendly alert: the last date to clean out your garden planters is Sunday October 18th. Please remove all plant material, per your agreement.

### NEW! Gentleman's Bridge

For men who want a more competitive bridge game join fellow guys Tuesdays, 1:00-4:00 pm in the Robie Lounge. Questions? Contact Steve Kramer (630-621-5217 or stevek2u@gmail.com).

### Ladies Bridge

Spend your Mondays from 12:30-3:30 pm in the Robie Lounge 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).

### Annual Pool Maintenance and Cleaning Underway

Pool Classes are subject to change.

## October Birthdays

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



October 2 Jim Schorr  
October 3 Stan Guillaume  
October 3 Sharon White  
October 6 Andy Rueb  
October 7 Betty Wilke  
October 7 Rod Lear  
October 8 Gerda Klumb  
October 8 John Russell  
October 8 Beverly Bystricky  
October 8 Meridith Randolph  
October 9 Constance Bader

October 9 Louise Hartigan  
October 9 Ron Rood  
October 12 Bob Boccaccio  
October 12 Kathy Callaci  
October 13 Phyllis Hamilton  
October 18 Ann Krull  
October 19 Rich Peterson  
October 21 Diana Buecking  
October 23 Lee Heckmeck  
October 24 Karen Pedersen  
October 25 Bruce Townsager

October 27 Susan Origer  
October 28 Bob Tikwart  
October 28 Patricia Krebs  
October 29 Tom Palmer  
October 29 Joanne Witte  
October 29 Kemp Ruffner  
October 30 Peggy Ullius  
October 30 Mary Kenney  
October 31 Chris Kotarba  
October 31 Nancy Cormack

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|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Monday<br/><b>Oct 5</b><br/>3:30-4:30 pm</p>                      | <p><b>Wildlife Talk: Feather Fright - rsvp *07</b><br/>- <i>Surround Sound Theater</i></p> <p>In the spirit of Halloween, Feather Fright, presented by Alyse from the Wildbird Shack, plunges into the shadowy world of nature's darkest and creepiest birds; creatures long shrouded in myth, superstition, and fear.</p>                                                                                                                                                                                                                   |    |
| <p>Tuesday<br/><b>Oct 6, 20 &amp; 27</b><br/>10:00-11:00 am</p>      | <p><b>Learn Italian with Lia - rsvp *07</b><br/>- <i>Timbers Lounge (10/13 No Class - Field Trip)</i></p> <p>Learn Italian with member Lia Douglas in this four-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.</p>                                                                                                                                                            |    |
| <p>Saturdays<br/><b>Oct 10, 17, 24 &amp; 31</b><br/>1:00-2:00 pm</p> | <p><b>Women of the Bible with Miriam Neff - rsvp *07</b><br/>- <i>Eastlake Dining Room</i></p> <p>Join member Miriam Neff, author of Not Alone: Historical Fiction of Women in the Bible, for a study of intriguing and inspirational women of the Bible. Two women will be explored each week through discussion and handouts with Bible references.</p>                                                                                                                                                                                    |                                                                                       |
| <p>Tuesday<br/><b>Oct 20</b><br/>11:30 am-12:45 pm</p>               | <p><b>Julie Strauss Lecture: Predictions for the 2026 Midterm Elections - rsvp *07</b> - <i>Surround Sound Theater</i></p> <p>Join Julie Strauss, Ph.D., for an in-depth exploration of the upcoming House and Senate elections. We will look at the House swing districts and make predictions about the impact of the mid-decade redistricting and changes in the campaign finance reform laws on the final outcome. Then we will discuss those Senate races that are rated toss-ups and evaluate each candidate's chances of victory.</p> |  |
| <p>Wednesday<br/><b>Oct 21</b><br/>11:00-12:00 pm</p>                | <p><b>Curiosity Series: Spooky Flowers - rsvp *07</b><br/>- <i>Surround Sound Theater</i></p> <p>The Wildbird Shack will present how not all flowers are sweet and cheerful. Some are dark, mysterious, and even a little unsettling. This fun and slightly eerie presentation explores flowers associated with death, poison, superstition, Halloween, and folklore.</p>                                                                                                                                                                    |  |
| <p>Wednesday<br/><b>Oct 28</b><br/>3:30-4:30 pm</p>                  | <p><b>Music Appreciation w/ Jim Kendros: A Haunted Violin Sonata - rsvp *07</b> - <i>Robie Lounge</i></p> <p>It is the most mysterious time of year! Join Jim Kendros for a truly scary and very beautiful (but haunted!) violin sonata! Giuseppe Tartini (1692-1770) was one of Italy's greatest violinists. He had "a most disturbing dream" one night which led to the creation of this amazing work! Jim will delve into the remarkable story and music of this mysterious Baroque masterpiece!</p>                                      |  |

# Fitness Programs

Get your **German Fitness Challenge** in the fitness center. **Go Pink** for Breast Cancer awareness month. Get your **Pink Ribbon Pin** in the fitness center and show your support.

## Pretty in Pink Zumba Party

*Friday, October 2, 11:00-11:30 am, Fitness Center*

In honor of Breast Cancer Awareness Month. Dance. Move. Celebrate. We will do a pink fit check! Wear your brightest pink. Together we will celebrate strength, hope, and community.

## Active Aging Week: Celebrate YOU!

The five core dimensions of wellness are physical, emotional, social, intellectual, and spiritual well-being. Choose your own adventure.

### Monday, October 5, Wildlife Talk - rsvp \*07

*See Lifelong Learning for more information*

### Tuesday, October 6, German-Speaking Classical Composers with Richard Schwemm - rsvp \*07

*See Special Events for more information*

### Wednesday, October 7, Let's Lunch: Sweetgreen in Deer Park - rsvp \*07

*See Let's Go for more information*

### Thursday, October 8, One with Nature: Cuba Marsh Walk - rsvp \*07

*Depart 12:45 pm, return approximately 2:15 pm, 1000 Lobby*

Join us for a refreshing fall walk through Cuba Marsh! Member Services will provide transportation to and from. Wear sturdy walking shoes and bring water-no fountains will be available.

### Friday, October 9, Gong Bath - rsvp \*07

*2:00-3:00 pm, Grill Courtyard*

In honor of Mental Health Awareness week, join us for a Gong Bath. You can lay in the grass or sit in a chair and relax. Bring a blanket and or a yoga mat. We have mats in the fitness center if you'd like to borrow one.

### Saturday, October 10, Barrington String Ensemble Performance - rsvp \*07

*See Special Events for more information*

### Sunday, October 11, Movie: If you don't see yourself in the Obt, Eat Breakfast

## Matter Of Balance - rsvp \*07

*Wednesdays starting October 14-December 9, 1:00-3:00 pm, Fitness - Limited to 10 members.*

**New 8 week session. Please register ASAP, spots fill quickly.** The purpose of this class is to reduce the fear of falling and become more confident moving around safely and confidently. We will work on activities that include group discussions, handouts, videos, and fall prevention tips. Gentle exercises will be introduced half way through the course. This program is specifically targeted to members that are not currently exercising and avoiding activities due to fear of falling.

## Meditation with Bhante from Blue Lotus Temple

*Wednesday, Oct. 7, 11:30 am-12:30 pm, Timbers Lounge*

Relax, breathe and meditate with Bhante Raula.

## Tai Chi with Allison

*Wednesdays, October 14 & 21, 10:00-10:45 am, Fitness*

Focus on balance, mobility and core strength. You may also sit in a chair to perform exercises.

## Bewitching Fun - rsvp \*07

*Thursday, October 15, 2:00-3:00 pm, Fitness*

Hosted by Reiki Specialist Victoria Spangnola of Divine Awakening Wellness. Awaken your Witch within and celebrate the season of autumn with this interactive experience. Exploring the wisdom of the wise woman, memory sharing, story telling, light movement, a gratitude ceremony, laughter, connection and more.

## Fencing at Skyward Fencing at the Arboretum - rsvp \*07

*Friday, October 16, depart 1:30 pm, return approximately 3:30 pm, 1000 Lobby, \$15*

Learn the basics of fencing while practicing balance, coordination, focus, and quick thinking. This fun and engaging activity is a great way to get moving, try something new, and enjoy a little friendly competition.

## 360 Sky Yoga at the 360 Chicago Observation Deck - rsvp \*07

*Saturday, October 17, depart 6:00 am, return approximately 11:00 am, 1000 Lobby, \$60*

360 Chicago's instructor, set against stunning views of the city. Perfect for all skill levels. Registration includes General Admission to the observation deck,

# Fitness Programs

the yoga session, and a choice of a mimosa or Kikwetu coffee. After class, stay and enjoy the full 360 Chicago experience. Bring your own yoga mat, water and towel.

## **Coreform a Lagree Fitness Studio in Barrington** **- rsvp \*07**

*Thursday, October 22, depart 1:15 pm, return approximately 2:45 pm, 1000 Lobby, \$20*

The Lagree Method combines slow resistance-based movement with continuous muscle engagement to create deep, effective strength without high impact or heavy weights. The result is a workout that is challenging, efficient, and suitable for all fitness levels. Please bring grip socks.

## **All Seasons Orchard in Woodstock - rsvp \*07**

*Friday, October 23, depart 10:00 am, return approximately 2:00 pm, 1000 Lobby, \$25*

Apple picking, Cornmaze (Dolly Parton themed,) Pumpkin Patch, Hayrides, plus much more. Be Fall photo shoot ready. We will get your pic with the pumpkins. Let's have some fun!

## **Fitness Fair Darty (A Party in the Day Time)** **- rsvp \*07**

*Tuesday, Oct. 27, 1:30-3:00 pm, Performing Arts Center*

Our Fitness Fair Darty is a fun celebration of fitness and wellness. Our fitness classes are accompanied by a DJ. Included: guest instructors, healthy snacks, ginger shots, smoothie samples, a seated hula hoop contest, a raffle, and more!

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## **RECURRING CLASSES**

### **Balanced Body - Studio**

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

Balancing and stretching standing and on the floor

### **Pickleball - Burnham Room**

*Mondays 9:30-10:30 am & Thursdays 9:00-10:00 am  
(No class 10/5)*

### **Aqua Fitness - Pool**

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

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

*Mondays & Fridays, 11:00 am (No class 10/2)*

### **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*

### **Red Ball Tennis - Burnham Room**

*Tuesdays, 9:00-10:00 am*

### **Fit 'n' Fun - Studio**

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

Get your cardio and your strength.

### **Water Walking - Pool**

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

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

### **Balance Class - Burnham Room**

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

### **Only Legz - Burnham Room**

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

### **Chair Yoga - Burnham Room**

*Tuesdays & Thursdays, 11:00-11:30 am (No class 10/1)*

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 plus instantly boost your mood.

### **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*

Cardio and strength functional training in a chair.

### **Ping Pong - Burnham Room**

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

### **Beginner Balance - Burnham Room**

*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)

**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.



## Metropolis Performing Arts Centre: Feelin' Groovy:

**Michael Mahler Sings Paul Simon - rsvp \*07**

**Tuesday, October 6, depart 1:00 pm, return approximately 4:30pm, 1000 Lobby, \$45**

Get into the good vibes as Chicago's own award-winning Michael Mahler celebrates pop music's premier poet, Paul Simon. Backed by a live band, Mahler brings harmony, humor, and heart to Simon favorites including "Mrs. Robinson," "The Sound of Silence," "Bridge Over Troubled Water," "Homeward Bound," "Cecilia," and "You Can Call Me Al."

Little walking

Some walking

A lot of walking

## Let's Lunch: Sweetgreen in Deer Park - rsvp \*07

**Wednesday, October 7, depart 11:30 am, return approximately 1:30 pm, 1000 Lobby**

In honor of Active Aging Week, join Fitness Supervisor Bethanie for a fresh and flavorful outing to Sweetgreen in Deer Park. Enjoy a healthy lunch, good conversation, and a relaxed way to celebrate staying active, social, and well. Food and beverages on your own.

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

**Sunday, October 11, depart 2:30 pm, return approximately 5:00 pm, 1000 Lobby \$10**

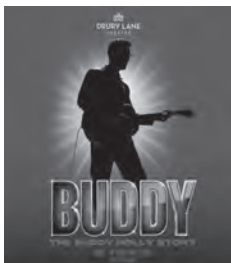
Tchaikovsky Piano Concerto No. 1



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

**Tuesday, October 13, depart 12:00 pm, return approximately 2:15 pm, 1000 Lobby**

All Garlands men are invited for lunch at Wild Onion Brewery, a local favorite known for its hearty comfort food and welcoming atmosphere. This is a great opportunity to meet new people, enjoy good conversation, and build camaraderie. Food and beverages are on your own.



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

**Wednesday, October 14, depart 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 and music of rock and roll pioneer 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!

## NEW! A Happy Outing: Schnell's Brauhaus - rsvp \*07

**Tuesday, October 20, depart 4:00 pm, return approximately 6:00 pm, 1000 Lobby**

We're taking Happy Hour on the road! Join us for our new Happy Outing as we visit Schnell's Brauhaus in downtown Palatine, a German-inspired restaurant and beer hall known for its Bavarian flavors and lively atmosphere. Enjoy a quick happy hour with friends, a German beer or beverage, and an appetizer as we continue our October journey through Germany. Food and beverages are on your own.

# Let's GO!

## **Bach Cantata Vespers at Grace Lutheran Church in River Forest - rsvp \*07 by 10/23 Sunday, October 25, depart 1:45 pm, return approximately 6:15 pm, 1000 Lobby, \$10**

Experience Bach's Höchsterwünschtes Freudenfest (Most Highly Desired Festival of Joy), BWV 194, performed in the beautiful setting of evening prayer. Arrive in time for the 3:00 pm pre-service lecture, followed by Bach's celebrated Concerto for Two Violins in D minor at 3:45 pm and the Cantata Vespers service. Concierge Martha's sister and nephew usually sing in the chorus!



## **Volkening Heritage Farm & Lunch at Renate's German Restaurant - rsvp \*07**

**Thursday, October 29, depart 10:30 am, return approximately 3:00 pm, 1000 Lobby, \$12, meal cost not included**

Step back into 1880s Schaumburg and experience life on a traditional German-American farm. Explore the historic farmstead, meet the livestock, and discover the seasonal chores and daily activities of the German immigrant families who helped shape Schaumburg's farming community. Following our farm experience, we'll continue our taste of Germany with lunch at Renate's German Restaurant, known for traditional German favorites and house-made desserts.

*Sunday Bears Game: Jane and Art Laystrom*



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

**Podiatrist: Dr. Warheit**

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

Wednesday, October 21, 8:00 am-2:00 pm

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

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

Wednesday, October 28, 10:00 am-12:00 pm

## **Wellness Center (\*03)**

Monday through Friday, 8:00 am-5:00 pm, Saturday 8:00 am-2:00 pm. By APPOINTMENT ONLY. Please call to speak with Wellness Center staff about your needs and to schedule an appointment.

## **Wellness Center Manager (77459)**

Monday through Friday, 8:30 am-5:00 pm

## **Blood Pressure Testing (77458)**

By appointment only. Blood pressure testing and/or weight monitoring offered by a certified nursing assistant free of charge. Results are documented and provided to our Wellness Nurses.

## **Lab Services (\*40)**

\*Minimum 24 hours advance notice is required\* Blood draw services by Northwest Community are offered every Thursday morning in the Wellness Center.

## **HealthPRO Heritage Rehabilitation (\*47)**

By appointment only. For all your therapy needs.

## **Outdated Prescriptions and Other Medications**

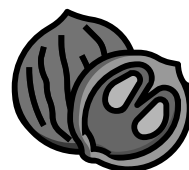
To keep harmful chemicals out of our water, please bring outdated medications to the Wellness Center during regular hours.

## **Wellness Lecture Series**

### **Sample Healthy Foods: Walnuts**

*Tuesday, October 27, 11:00-11:30 am, Wellness Hallway*

Sample a healthy recipe, Coconut Walnut Chocolate Cookies, prepared by our culinary team as our Wellness Nurse explains the health benefits of walnuts.



# October Food and Beverage Events

## Chicago Bears Football Games

*Sunday, October 4 & 18, 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.

## National Taco Day - rsvp \*17

*Tuesday, October 6, 4:30-8:00 pm, Grill Dining Room, prices vary*

Celebrate one of our favorite foods, TACOS! Taco specials complement our dinner menu tonight. Rice and beans included.

## Oktoberfest Dinner Show - rsvp \*07

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

See Details in Special Events. **This is the only dining venue open tonight.**

## Wine Sampling

*Thursday, October 15, 4:00-5:00pm, Robie Lounge, FREE*

An offering of wine samples and a brief description of each is provided during Happy Hour.

## Sweetest Day Dinner for Two - rsvp \*17

*Saturday, October 17, 4:30-8:00 pm, Winslow Dining Room, prices vary*

The first Sweetest Day began in 1921 as a charitable act of kindness day. Tonight, celebrate your appreciation to someone important in your life with a special menu made for two. The dinner menu will be available this evening as well.

## Fall Farmers Market

*Thursday, October 22, 11:00 am-1:00 pm, Winslow Courtyard*

You'll have excellent options for fall produce, pumpkins and gourds at our Fall Farmers Market featuring local produce from around the area. You can purchase by billing your account or cash.

## Fall Harvest Buffet - rsvp \*17

*Thursday, October 22, 4:30-7:00 pm, Winslow Dining Room, \$35*

Fresh produce straight from our earlier market will be the main ingredients for featured dishes. No deliveries this evening.

## End of the Month Buffet

*Sunday, October 25, 4:00-6:00 pm, Café Dining Area*  
Menu and price announced the week prior.

## Witches Herb Dinner - rsvp 77743

*Thursday, October 29, Roycroft Dining Room, 5:00 pm, \$65*

This interesting, educational and tasty evening of magic, facts, great food and fun is hosted by member Cathy Nardo. The dishes are prepared in front of you as you learn the significance of the fresh herbs incorporated into each dish. Limited seating.



## 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





**GERDA KLUMB**  
*Arrived in March  
from Lake Barrington*



**KATHLEEN SKOLI**  
*Arrived in April  
from McHenry*



**PAT KREBS**  
*Arrived in April  
from Round Lake*



**HELEN BURROUGHS**  
*Arrived in May  
from Barrington*



**DIANE SERAK**  
*Arrived in May  
from Palatine*



**GEORGE FULLER**  
*Arrived in June  
from Georgia*



**ELLEN FULLER**  
*Arrived in June  
from Georgia*

# 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 —



*Sam and Skootie Jeffers celebrated their 70th wedding anniversary in the Eastlake with family.*



*Wanderlust Archery: Bill Nimmo, Larry McQuaid, Mary Anne Ball, Mary Blasko, John Blasko, Marie Eibl, Bethanie*



*Larry McQuaid enjoying archery.*

*Italian Club: Dorothy Carlton, Joe Cusimano, Lorraine O'Malley, Carol Garibotti, Carol DeSalvo, Mary Lou Sheedy, Cathy Nardo, Ralph Wozniak, Tom Fasolo, Jackie Cusick, Marie Eibl, Shirley DeAvilla*



*Garlands' Tailgate: Mary and Ed O'Hare*

