THE GARLANDS®
Gazette
A Newsletter for the Members of the GARLANDS OF BARRINGTON



Bill Perry and family celebrate at The Garlands' Family Fall Fest!



Oktoberfest Dinner Show: Sally Leffew, Vic Faraci, Weavers, Liz McKay, Gisela Seehafer

Garlands' Family Fall Fest: Clyde Dawson





Virginia Combs with her family at The Garlands' Family Fall Fest.

This month's cultural connection focuses on Spain

NOVEMBER 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).

Mondays
Nov 2, 9, 16, 23 & 30
10:00-11:30 am

Kaleidoscope Art: Spanish Tiles - rsvp *07 - *Prairieview Art Studio*



Explore the vibrant beauty of traditional Spanish ceramic tiles. Inspired by geometric patterns, floral motifs, and colorful decorative details, create your own designs and paint them onto ceramic tiles using colorful glazes. Through pattern, color, and repetition, create a unique ceramic artwork inspired by the timeless artistry of Spain.

Thursday
Nov 5
4:00-5:00 pm

Toast to Spain! - rsvp *07 - *Robie Lounge*



We're raising a glass to kick off November's theme -Spain! Join us for a relaxed, social happy hour featuring Tinto de Verano tasting and interactive cultural activities - easy and free to participate. ¡Salud!

Friday
Nov 6
1:00-2:00 pm

Running of the Bulls: Garlands Edition! - rsvp *07 - *1000 Lobby*

We're bringing a little Spanish excitement to The Garlands with our own Running of the Bulls! Join individually or gather a team and compete to complete the most laps for a grand prize. A surprise guest will be there to cheer everyone on. Come ready to have fun, and enjoy a little friendly competition!

Friday
Nov 6
7:00-8:00 pm

Wine & Opera: A Taste of Spain with Kirsten Leslie Karadzhova and pianist, Paul Dykstra - rsvp *07 - *Performing Arts Center*

Experience Spain through wine and music with opera singer and certified wine educator Kirsten Leslie Karadzhova. Sample a selection of Spanish wines while discovering the vineyards, winemakers, and stories behind each pour. Each tasting will be paired with music from the world of opera, including selections inspired by Spain such as Carmen. With wine, music, and stories woven together, this unique experience offers a delicious way to explore the flavors and sounds of Spain.

Saturday
Nov 7
11:00 am-12:00 pm

Dream It Like Dalí: A Surreal Art Workshop - rsvp *07
- Roycroft Dining Room



Get creative with Salvador Dalí! Inspired by his playful imagination and the unexpected world of Surrealism, join Cynthia for a fun, hands-on workshop exploring creative possibilities through paper collage, wearable works of art using polymer clay, and other simple projects. Using molds and EASY techniques, we'll create our own surreal pieces of art. No previous art experience is needed, just bring your imagination!

Saturday
Nov 7
1:30-2:30 pm

Birthday Bash with Peter Oprisko - rsvp *07 - *Robie Lounge*

Join us as we celebrate our November birthdays and welcome back acclaimed vocalist Peter Oprisko. Peter was the lead singer from our 2025 New Year's Eve celebration! Enjoy birthday cake, good company, and a special performance.

Special Events

Monday
Nov 9
10:00-11:00 am

Garlands Living 201: The Garlands Healthcare Continuum - rsvp *07
- Surround Sound Theatre

Director of Healthcare, Tiffany Barton, and Wellness Center Manager, Ashley Barraza, ensure you fully understand all the options along the healthcare continuum available to Garlands' members.

Monday
Nov 9
3:30-4:30 pm

BINGO for Coins - rsvp *07 by 11/07 *- Performing Arts Center*



Carleen Smith asks that you bring 5 singles. Please arrive early. We start promptly at 3:30 and we cannot accommodate walk-ins.

Tuesday
Nov 10
1:00-2:00 pm

Tea on Tues: A Tea Exchange - rsvp *07 by 11/07
- Roycroft Dining Room



Enjoy a tea exchange with fellow members. Bring 8 individually wrapped tea bags or a small packaged loose-leaf tea to share, and leave with a new collection to enjoy at home. Hot water will be ready for sipping during our time together, and members are welcome to bring a favorite teacup.

Tuesday
Nov 10
1:00-1:30 pm

Flamenco Dancing with Axana from Fitness - rsvp *07
- Back of Performing Arts Center



Get into the spirit of Spain with a fun flamenco dance class led by Axana! No dance experience is needed, just come enjoy the music and have some fun. Wear red and black to add to the festive atmosphere, and stay for a special treat at the end of class!

Wednesday
Nov 11
12:30-2:00 pm

In Honor of Veterans: Deli Lunch Buffet & Patriotic Musical Tribute - rsvp *07 by 11/09 *- Performing Arts Center, Complimentary for Veterans, $20 for non-veterans*



Join us as we honor our Veterans with a special deli lunch buffet and patriotic musical tribute starting at 1:00 pm. Vocalist Layni Katz and pianist Deane Myers will take us on a journey through American history with the music, lyrics, and anthems that have shaped our nation's patriotic traditions. One more way to collectively say thank you to every soldier who has served or continues to serve in the U.S. Military.

Wednesday
Nov 11
4:00-6:00 pm

Dalí: A Surreal pARTy - Another Meet the Master Experience - rsvp *07 by 11/06 *- Roycroft Dining Room, $55, cash bar*



As we celebrate the art and culture of Spain this November, step into the surreal dream world of Spanish artist Salvador Dalí for a happy hour of art and tapas. Enjoy Spanish tapas while discovering the imagination, symbolism, and curious world behind Dalí's art. Enjoy lively conversation and a simple hands-on art experience. Come ready to sip, savor, create, and see things a little differently.

Thursday
Nov 12
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 focused on creativity, exploration, and having fun with paint! Experiment with color, techniques, and your own artistic expression in a welcoming atmosphere. All skill levels are welcome, from beginners to experienced painters. Come explore, create, and enjoy an afternoon of art!

Special Events

REQUIRE A RESERVATION

Thursday
Nov 12
7:00-8:00 pm

Piano Duo Kay Takahashi & Jean Shin: Spanish Rhythms & Tango - rsvp *07 - *Performing Arts Center*



Celebrate the music, dance and spirit of Spain with K&J Piano Duo, featuring pianists Kay Takahashi and Jean Shin. Enjoy an evening of lively Spanish music and tango selections. Joining the duo is flamenco dancer Rie Katayama, a finalist in the 2026 Flamenco Certamen USA competition.

Friday
Nov 13
9:30-10:30 am

Common Grounds: A Coffee Social for Members - rsvp *07
- *Roycroft Dining Room, Coffee will be provided*



Not a tea drinker? We heard you. How about coffee? Join fellow members for a casual coffee gathering. Whether you're catching up with friends or meeting someone new, it's a relaxed way to start the day.

Saturday
Nov 14
10:00-11:00 am

Barrington String Ensemble Performance - rsvp *07 - *Robie Lounge*



Enjoy live music with the Barrington String Ensemble, a student-led chamber group dedicated to bringing meaningful performances to senior communities. Their mix of classical and contemporary pieces is designed to create comfort, connection, and shared joy through music.

Monday
Nov 16
11:00 am-
12:00 pm

Folklore of Spain presented by Storyteller Megan Wells - rsvp *07
- *Performing Arts Center*

Journey into the colorful world of Spanish folklore. Discover tales of adventure, mystery, and humor while exploring the rich cultural heritage and storytelling traditions of Spain. National award-winning storyteller Megan Wells brings these stories to life through her engaging and expressive performance style, with more than 40 years of experience.

Monday
Nov 16
3:30-4:30 pm

BINGO for Prizes - rsvp *07 by 11/14 - *Performing Arts Center*



Everyone who BINGOs wins a prize–wines, chocolates, snacks, and practical whatnots. We cannot accommodate walk-ins.

Wednesday
Nov 18
11:15 am-
12:45 pm

New Friends Lunch - rsvp *07 by 11/17 - *South Winslow Dining Room*



Meet new people or invite someone you'd like to connect with for a relaxed Spanish-inspired lunch. The menu will be available in advance. Lunch will be billed to your account. Complimentary non-alcoholic beverages and cookies included.

Wednesday
Nov 18
1:00-2:15 pm

Movie Buff John LeGear: Heart and Soul: Music in Cinema Part 2 - rsvp *07
- *Performing Arts Center*

Relive some of cinema's most memorable songs and dances of classic film moments.

Wednesday
Nov 18
2:30-3:00 pm

The Great Exchange: Treats from Spain - rsvp *07 - *Robie Lounge (by the couches)*

Bring 8 individually wrapped treats inspired by Spain and exchange them for 8 new goodies! Can't find something Spanish? Bring your favorite chocolate or another individually wrapped treat. Enjoy discovering something new and connect with Members.

Thursday
Nov 19
4:30-6:00 pm

New Member Reception with Ed Collins at the Piano - rsvp *07 - *Robie Lounge*

New and established members are invited in a welcoming atmosphere. Newer members will receive a corsage and introduced at 5:00 pm sharp, followed by a group photo. Enjoy complimentary cheese and crackers while listening to the music of pianist Ed Collins.

Friday
Nov 20
11:00 am-
12:00 pm

Cultural Connection: Crafting Spanish Decoupage Tiles
- rsvp *07 - *Library Community Table*



Create your own "cheater tiles" inspired by the colorful patterns and designs of traditional Spanish tiles! Using a simple decoupage technique and a selection of Spanish-inspired papers, we'll make a set of decorative coasters to take home. No art experience is necessary.

Friday
Nov 20
1:00-2:00 pm

Thanksgiving with Abraham Lincoln Portrayer Kevin Wood - rsvp *07
- Performing Arts Center

Join Abraham Lincoln portrayer Kevin Wood as Mr. Lincoln shares how our national Thanksgiving holiday came to be established during his presidency. Through Lincoln's words and perspective, discover how Thanksgiving became an annual observance.

Monday
Nov 23
2:00-2:30 pm

Annual Garlands Gobble - All Welcome - rsvp *07 - *1000 Lobby*



Gobble till you wobble! Don't miss this pre-food coma walk. Dress like a turkey or come as you are and get your steps in! Please wear comfortable shoes. We'll walk twice around The Garlands, but you're welcome to walk at your own pace and distance. Enjoy hot chocolate and Rice Krispies treats afterward!

Monday
Nov 23
7:00-8:15 pm

Trivia Night! - rsvp *07 by 11/21 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, please register your team in advance.

Tuesday
Nov 24
3:30-4:30 pm

Cultural Book Discussion: Hemingway's Spain - rsvp *07
- Eastlake Dining Room

(Note Date Change) Experience Spain through the words of Ernest Hemingway, whose time in the country inspired some of his most memorable writing. Choose either The Sun Also Rises or For Whom the Bell Tolls and join us for a lively discussion of Spain's people, traditions, and history. Whether you read a novel or simply come for the conversation, discover the culture and spirit of Spain through Hemingway's writing.

Tuesday
Nov 24
5:00-6:00 pm

An Early Evening in Spain with Guitarist Jose Verduzco
- rsvp *07 - *Performing Arts Center*



After packing the Robie Lounge during his last performance, guitarist Jose Verduzco is back by popular demand! This time, the classical guitarist and Harper College instructor will take us on a musical journey through Spain, featuring live guitar and vocals celebrating the country's beautiful melodies, vibrant rhythms, and rich musical traditions.

Friday
Nov 27
11:00 am-
12:30 pm

Art Workshop: Miró: Painting with Shape, Line & Imagination
- rsvp *07 - *Prairieview Art Studio*



Step into the playful and imaginative world of Spanish artist Joan Miró! Led by August Hagedorn Dykstra, an art historian and graduate student in Arts & Cultural Management and Museum Studies at Michigan State University, this hands-on workshop takes inspiration from Miró's bold shapes, expressive lines, and colorful abstract forms. August will guide us in creating our own Miró-inspired paintings. No previous art experience is needed, just bring your imagination!

Things **To Do**

These activities do NOT require a reservation

Tuesdays & Thursday
Nov 3, 10, 12, 17 & 24

Therapy Dogs! - *Wellness Hallway*

Tuesdays, November 3, 10, 17 & 24, 10:30 am-12:00 pm (schnoodle June or dachshund Liesl); Thursday, November 12, 10:00-11:00 am (golden retriever Myra).

These therapy dogs love YOU but should not interact with member dogs.



Tuesdays
Nov 3 &17
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
Nov 7 & 21
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
Nov 10
9:30-10:45 am

Garlands Neighbor Meet Up - *Robie Lounge*

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 at 9:30 am in the Robie Lounge.



Tuesday
Nov 10
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).



Friday
Nov 13 &27
4:30-6:00 pm

Bobby Schiff on Piano
- Robie Lounge

Enjoy Bobby's beautiful music and the artistry he brings to every note.



Thursday
Nov 19
2:00-3:00 pm

Town Hall - *Performing Art Center*

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



Saturday
Nov 21
11:30 am-2:15 pm

Midday Broadway: Carmen - *Surround Sound Theater*

A woman desired by every man but determined to remain true to herself. Don José, the soldier who falls under her spell and sacrifices everything for her love, only to be cast aside when the toreador Escamillo piques Carmen's interest.

These activities do NOT require a reservation

Things **To Do**

Nov 23-Dec 24
8:00 am-4:00 pm

Holiday Shopping & Gift Wrapping - *Galleria*

Our Baristas are here to assist you in stress free gift-giving this season. Visit the Galleria Shop for unique boutique holiday gifts and then have them gift wrapped! Gift wrapping service is available to members and team members. No Galleria Gift purchase necessary. Small/Med size box - $5 and Large or unusually shaped gifts are $10.



Tuesday
Nov 24
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.



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)

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

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

Couple's Bridge - Thursdays, 6:30 pm, Robie Lounge (Carleen Smith 71221)

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

Spiritual Ongoing Happenings

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

Tuesdays 1:30-2:30 pm	**Bible Discussion with Stan Guillaume** *- Eastlake Dining Room, Beginning the season with the book of Acts.*
Wednesdays 2:00-2:30 pm	**Holy Communion with Deacon Bob Powers of St. Anne Catholic Community** *- Burnham Room*
Friday, Nov. 6 3:00-4:00 pm	**Communion Service with St. Mark's Episcopal Church** *- Eastlake Dining Room All welcome!*
Wednesday, Nov. 11 1:30-2:30 pm	**Introduction to Prayer** *- 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*

Bulletin Board

NEW! Couples Bridge
Want to play bridge with the same partner every week? Join us for couples bridge on Thursday nights from 6:30-9:00 pm in the Robie Lounge. Choose your partner or we will try to pair you up with one. For information call Carleen Smith at 71221 or 847-370-4158 or email carleensmith@comcast.net.

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.

Get Organized
Do you need assistance with decluttering/ organizing for the holidays? Housekeeping offers a service for just that! Call Beverly *10 for details.

November **Birthdays**

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



November 3	Betty Harkleroad	November 10	Lee Anderson	November 22	Ollie Mayes
November 4	Judith Setterstrom	November 12	Jerry Post	November 23	Carol Brenner
November 4	Bob Powers	November 12	Dave Ullius	November 23	Bob Schutte
November 5	Sally Koziar	November 13	Peggy Clough	November 24	Don Kenney
November 6	Bob Oliver	November 13	Ed Tilly	November 24	Patricia Geach
November 6	George Fuller	November 14	Suzanne Carmer	November 24	Kathie Faulwetter
November 6	Georgia Jacobson	November 15	Creda Feller	November 25	Marie White
November 7	Pat Moston	November 16	Tom Rode	November 27	Lanny Ori
November 8	Dennis Golbesky	November 20	Sherman Wolff	November 27	Rita Roche
November 8	Sylvia Carlson	November 21	Jan Husak	November 28	John Brown
November 9	Carol Last	November 21	Jane Greenfield	November 30	Jean Pagnotta

Lifelong Learning

These lectures REQUIRE A RESERVATION

Monday
Nov 2
3:30-4:30 pm

Wildlife Talk: The Evil Crow or "BIRDORABLE"?
- rsvp *07 *- Surround Sound Theater*

Join Alyse from the Wildbird Shack as we explore the extraordinary world of crows, some of the most intelligent and fascinating birds in the world. In certain scientific experiments, their problem-solving skills have been compared to those of a seven-year-old child. Discover what makes these remarkable birds so clever, curious, and misunderstood!

Tuesday
Nov 10 & 12

Masterpieces of the Prado Museum, presented by Member Lanny Ori - rsvp *07
- Tuesday, November 10, 11:00 am-12:00 pm & Thursday, November 12, 2:00-3:00 pm, Surround Sound Theater



As we journey through Spain, join member Lanny Ori for a fascinating presentation on one of Spain's greatest cultural treasures. The Prado Museum in Madrid is home to many of the world's most celebrated works of art. Come discover its extraordinary masterpieces and learn the fascinating stories behind them.

Tuesday
Nov 10 & 17
2:30-3:30 pm

Two Concerts to Celebrate American Music with Member Dick Schwemm - rsvp *07 *- Surround Sound Theater*



Join member Dick Schwemm for two special presentations celebrating American music. The first features works by renowned classical composers John Adams, George Gershwin, Aaron Copland, and Leonard Bernstein. The second presents "John Williams Conducts John Williams," featuring the legendary American composer conducting the Berlin Philharmonic in a performance of his iconic music.

Tuesday
Nov 17
11:30-12:45 pm

Julie Strauss Lecture: 2026 Election Results: Beyond the Headlines - rsvp *07 *- Performing Arts Center*



Join Julie Strauss, Ph.D., for a review of the 2026 midterm election results. We'll review the House, Senate, and Gubernatorial race results, the major issues that resonated with voters, how the turnout levels compared with past midterm elections and the demographics of the voter turnout. Finally, we will explore what the results portend for the second half of the Trump administration.

Wednesday
Nov 25
3:30-4:30 pm

Music Appreciation with Jim Kendros: Violin Treasures to be Thankful For - rsvp *07 *- Robie Lounge*



Enjoy the energetic finale of Beethoven's violin concerto and the romantic, passionate warmth of the second movement of Mendelssohn's violin concerto. Learn about rondo and binary forms as Jim explores the life and times of these great composers.

Fitness Programs

NO CLASSES ON THANKSGIVING DAY

Get strong and fit! Call *41 and get a workout plan custom made just for you.

Planksgiving Contest
Grab a copy in the fitness center. Plank your way to the Pumpkin Pie.

Fitness Annual Food Drive A Makeover for Your Soul
Throughout the month of November, we will be accepting donations for the Barrington Food Pantry. Donations can be dropped off at the Fitness Centers in the 1000 and 3000 buildings. **No expired food will be accepted.** You can pick up a "wish list" of non-perishable items at either Fitness Center or the Concierge Desk. Member Services will deliver the donations to the food pantry at the end of the month.

Running of the Bulls: Garlands Edition! - rsvp *07
Friday, November 6, 1:00-2:00 pm, 1000 Lobby
*** See Special Events*

Flamenco Dancing with Axana with Fitness - rsvp *07
*Tuesday, November 10, 1:00-1:30 pm, Back of Performing Arts Center ** See Special Events*

Tai Chi with Allison
Wednesdays, November 11 & 18, 10:00-11:00 am, Fitness

Join Allison for a guided Tai Chi class focusing on balance, mobility, and core strength. Exercises can also be performed while seated in a chair.

Friendsgiving at Wanderlust Archery - rsvp *07
Monday, November 30, 1:30-3:30 pm, 1000 Lobby, $20
*** See Let's Go*

Garlands Gratitude Week
Monday, November 16-Friday, November 20

Monday: 11:00-11:30 am: Gratitude Groove with Axana after Zumba Gold, Fitness
After Zumba Gold, complete "I'm grateful I can..." on our community gratitude board in Fitness.

Tuesday: 9:00 am-12:30 pm: Blue Lotus Temple Visit & Meditation, 1000 Lobby - rsvp *07

Wednesday: 10:00-11:00 am: Tai Chi with Allison, Fitness

Thursday: Count Your Blessings Step Challenge. "I got you!" Pick a neighbor, motivate each other, and see who gets the most steps in one day. The winner gets dinner on the other!

Friday: Good Vibes and Grateful Hearts. Write a letter to a friend at The Garlands and let them know how they've made a positive impact on your life in the community.

Drumsticks and Drumsticks - rsvp *07
Tuesday, November 17, 2:00-3:00 pm, Fitness

Calling all turkeys! Drum with Del! Time to move, groove and get your workout on. This class is giving heart beats and drum beats! Serving fun with a side of sweat. We provide the ball and sticks you bring the energy. ROCK ON! Max of 10 members.

Holiday Mood: Flick and Float - rsvp *07
Friday, November 20, 10:15-11:00 am & 3:00 pm, Pool & SST

Join us for Aquafit, then stay for holiday cookies and frozen hot chocolate! At 3:00 pm, enjoy the classic Thanksgiving comedy Planes, Trains and Automobiles, starring John Candy and Steve Martin. Candy, popcorn, and pop will be provided. All are welcome!

Annual Garlands Gobble - rsvp *07
Monday, November 23, 2:00-2:30 pm, 1000 Lobby
*** See Special Events*

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 11/16) All levels are welcome!

Aqua Fitness - Pool
Mondays & Wednesdays, 10:15-10:55 am & Fridays, 10:00-10:40 am

Zumba® Gold (standing and chair) - Studio
Mondays & Fridays, 11:00 am

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.

Fitness Programs

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

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.

Only Legz - Burnham Room
Tuesdays & Thursdays, 10:15-10:30 am

Balance Class - Burnham Room
Tuesdays & Thursdays, 10:30-11:00 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
Heart Health, Coordination, Brain and Body connection.

Barre Total Body Toning - Studio
Thursdays, 10:15-10:45 am
Low impact workout that combines elements of ballet with regular fitness exercises. Targets posture, balance, and muscular endurance.

Ping Pong - Burnham Room
Thursdays, 2:00-3:00 pm

Chair Fitness - Studio
Fridays, 9:15-9:45 am
Cardio and strength functional training in a chair.

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)



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

Podiatrist: Dr. Warheit
Call 847-577-1649 to schedule an appointment
Wednesday, November 18, 8:00 am-2:00 pm

Audiologist: Dr. Corinne Koepsell-Roth
Call 847-382-6010 to schedule an appointment
Wednesday, November 25, 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: Brussels Sprouts



Tuesday, November 24, 11:00-11:30 am, Wellness Hallway
Sample a healthy recipe, Autumn Brussel Sprouts, prepared by our culinary team as our Wellness Nurse explains the health benefits of brussel sprouts.

Let's **GO!**

ALL outings REQUIRE A RESERVATION

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.


Little walking


Some walking


A lot of walking

Get Your Kicks on Route 66... At the Barrington Area Library! - rsvp *07

Monday, November 2, depart 6:45 pm, return approx 8:15 pm, 1000 Lobby

Join us right next door at the Barrington Area Library as we celebrate 100 years of Route 66. Presenter John Kokoris takes us along the legendary Mother Road, exploring fascinating history, memorable towns, great food, and quirky roadside attractions from Illinois to St. Louis. It's also a wonderful opportunity to discover the library and all it has to offer.

Election Day Bus to the Park District - rsvp *02

Tuesday, November 3, 10:00 am, 12:00 pm & 2:00 pm

The Garlands will provide transportation to the Park District for Election Day voting. Members should be ready at one of the three scheduled departure times. Multiple trips will be made as needed to accommodate everyone who arrives by the designated times.

Get Ready for the Holidays: Shopping at Woodfield Mall - rsvp *07

Friday, November 6, depart 11:00 am, return approx 2:00 pm, 1000 Lobby

Get a head start on your holiday shopping! Enjoy transportation to Woodfield Mall in Schaumburg, featuring nearly 280 stores, including Nordstrom, Macy's, Primark, and specialty shops. Browse for holiday gifts, enjoy lunch on your own, and leave the driving to us!

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

Sunday, November 8, depart 12:45 pm, pre-concert talk 1:30 pm, performance 2:30 pm, return approx 5:30 pm, 1000 Lobby, $10 – Isabella Lippi & Mozart's Prague

Veterans Day Celebration at Lake Barrington Shores - rsvp *07 by 11/09

Wednesday, November 11, depart 10:15 am, return approx 12:30 pm, 1000 Lobby

The Veterans of Lake Barrington Shores invite the Veterans of The Garlands to join them in honoring all who served. This special Veterans Day celebration begins at 11:00 am and features keynote speaker Congressional Medal of Honor recipient Army Sergeant Allen Lynch. Join us for this meaningful tribute to our nation's veterans. We'll return to The Garlands at approximately 12:30 pm for our own Veterans Day luncheon.

Men on the Move: Lunch at Emmett's Brewing Co. - rsvp *07

Thursday, November 12, depart 11:30 am, return approx 2:00 pm, 1000 Lobby

Join Men on the Move for lunch at Emmett's Brewing Co., a local favorite in Palatine known for its handcrafted food and award-winning craft beers. Founded in 1998 by former Marine Andy Burns, Emmett's helped pioneer the craft beer movement in Chicagoland. Named in honor of Andy's grandfather, the brewery brings together great food, locally brewed beer, and good company with just the guys!

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

Friday, November 13, depart 11:30, return approx 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. **ALL jewelry must be removed before participating.**

Let's **GO!**

Blue Lotus Temple Visit & Meditation - rsvp *07

Tuesday, November 17, depart 9:00 am, return approx 12:30 pm, 1000 Lobby - Fitness

Join us for a peaceful visit to the Blue Lotus Temple in Woodstock, where Bhante Rahula will lead a meditation session. Located near the historic Woodstock Square, this beautiful lotus-inspired temple is an architectural marvel designed to inspire tranquility and serenity. Whether you're visiting for the first time or returning, enjoy a relaxing experience in this unique setting.

Experience Spain: Chicago Flamenco Nights & Dinner at Cafe Marbella Tapas - rsvp *07

Wednesday, November 18, depart 4:00 pm, return approx 10:00 pm, 1000 Lobby, $10, meal cost not included

Experience the passion and flavors of Spain with a special evening in Chicago. Begin with dinner on your own at Cafe Marbella Tapas, an intimate Spanish restaurant featuring traditional tapas, paella, and other Spanish favorites. Then, it's on to the Gary and Laura Maurer Concert Hall for Chicago Flamenco Nights, a vibrant performance bringing together flamenco music, song, and dance with the sounds of jazz and R&B. Under the direction of internationally acclaimed flamenco artist Curro de Candela, it's an exciting celebration of Spanish culture, rhythm, and artistry.



Sip & Shop at And All the Angels Gift Shop - rsvp *07

Friday, November 20, depart 3:30 pm, return approx 5:00 pm, 1000 Lobby

Get a head start on your holiday shopping at And All the Angels Gift Shop, located inside St. Michael's Episcopal Church in Barrington. Browse a wonderful selection of jewelry, books, journals, holiday décor, baby gifts, and unique treasures, both religious and non-religious. Sip, shop, and enjoy a festive afternoon while supporting charities that benefit women and children. Others may join if they wish to drive themselves.

Bach Cantata Vespers at Grace Lutheran Church - rsvp *07

Sunday, November 22, depart 1:45 pm, return approx 6:15 pm, 1000 Lobby, $10

Join us for an afternoon of beautiful sacred music at Grace Lutheran Church in River Forest. Begin with a pre-service lecture at 3:00 pm, followed by Bach Cantata Vespers, a musical tradition featuring the works of Johann Sebastian Bach. Enjoy an inspiring afternoon of music in this beautiful setting.



Metropolis Presents: The Christmas Schooner - rsvp *07

Saturday, November 28, depart 11:30 am, return approx 5:30 pm, 1000 Lobby, $35, meal cost not included

Celebrate the holiday season with The Christmas Schooner, a heartwarming musical inspired by the true story of sailors who braved the icy waters of Lake Michigan to bring Christmas trees to Chicago's immigrant families. Set in the late 1800s, this touching story celebrates family, courage, tradition, and the spirit of giving. Before the 2:00 pm performance, enjoy lunch on your own at one of the many restaurants in downtown Arlington Heights, just steps from the Metropolis Performing Arts Centre.

Friendsgiving at Wanderlust Archery - rsvp *07

Monday, November 30, depart 1:30 pm, return approx 3:30 pm, 1000 Lobby, $20 - Fitness

Enjoy archery, friendly banter and lots of great laughs with Bethanie from Fitness! We're celebrating the fun fitness friendships we've created and the new ones yet to come. Connection is so important, and staying active, sharing experiences, and building friendships are all part of a happy, healthy life.

November **Food and Beverage Events**

Dia de Los Muertos - rsvp *52
Monday, November 2, 4:30-8:00 pm, Grill Dining Room

The Day of the Dead holiday celebrates and remembers loved ones lost. Tonight, traditional food and drink specials are offered during dinner. Our nightly menu will be available as well.

Kitchen Tour - rsvp 77743
Wednesday, November 18, 3:00-4:00 pm, Winslow Dining Room

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

Chicago Bears Football Games
Sunday, November 22, 12:00-3:00 pm, Timbers Lounge

Watch the noon game vs New Orleans Saints, shoot pool, and enjoy light snacks. Bar beverages will be available for purchase.

Thanksgiving Dining Hours
Thursday, November 26

The Galleria is open 7:00-11:00 am
The Winslow is open for breakfast 8:00-10:00 am
No breakfast reservations are needed.
The Café will be closed.
All Dining Venues are closed for dinner.

Thanksgiving Holiday Meal - rsvp *17 by 11/20
Thursday, November 26, 11:00 am-3:00 pm, Winslow Dining Room, $45

Served Family Style for parties greater than (4). Plated meals served for parties of (4) or less. Individual carry-out and delivery orders are also accepted.

Boxed Family To-Go Meal, serves 4, $180/box. Multiple boxes may be ordered. Individual To-Go Meal, $40 (does not include soup or sweet potatoes) All reservations and To-Go Meal order requested by 11/20.

End of Month Buffet
Sunday, November 29, 4:00-6:00 pm, Café Dining Area

Menu and pricing announced the week prior.

Holiday Dinner and Show Spectacular - rsvp *07
Wednesday, December 9, 5:00 pm, Performing Arts Center, $70 (does not come from monthly allotment)

See Coming Up in December section for more information.

Holiday Teas - rsvp *21
Saturday December 12 & Sunday December 13, 1:00-3:00 pm, Performing Arts Center, $45/Adult, 12 and under $20

A harpist accompanies your afternoon tea with sweet and savory delights.



Ongoing Rides to Stores - rsvp *02

All times listed are for departures, and all are at the 3000 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. **(No rides on 11/26)**
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



Coming Up in December - Register Now!

The Garlands 15th Winter Wonderland - rsvp *07

Sunday, December 6, 4:30-7:00 pm, Garlands Campus

You're invited to a holiday treat: The Garlands' annual signature event! Come and indulge in gourmet sweet and savory small bites available throughout the celebration. Enjoy the authentic sounds of Victorian carolers, watch the playful creations of balloon artists, and sing along with our lively piano man. Don't miss your chance to visit Santa's Workshop for a complimentary professional photo and a check to see if you made the "nice" list.

The Garlands Annual Holiday Spectacular Dinner and Show - rsvp *07 by 12/2

Wednesday, December 9, 4:30-8:00 pm, Performing Arts Center, $70 (not deducted from monthly allotment).

Celebrate the season in style at our annual Holiday Spectacular, a formal evening exclusively for Garlands members! Enjoy an elegant Land & Sea dinner followed by A Night at the Sands, featuring Chicago's premier Frank Sinatra tribute artist, Stevie Swing, and his five-piece ensemble. With the timeless music of Sinatra, Dean Martin, and the Rat Pack, enjoy an unforgettable evening of holiday cheer, classic favorites, and Las Vegas-style entertainment!

Welcome!



JUDY GLASSGOW
Arrived in June
from Palatine



CAROL BUCHTA
Arrived in June
from Lake Barrington



BILL BUCHTA
Arrived in June
from Lake Barrington



FRED AIGNER
Arrived in August
from Arlington Heights



BETH HUTCHINSON
Arrived in August
from Barrington



SHARON WHITE
Arrived in August
from Arizona

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

GLOBAL BIORISK ADVISORY COUNCIL GBAC STAR FACILITY

BEST NURSING HOMES U.S.News & WORLD REPORT SHORT-TERM REHABILITATION

ICAA INDUSTRY INNOVATOR AWARD WINNER



Garlands' Family Fall Fest: Ron Goldenstern and Dawn Kempf



Sharon Machacek with family decorating pumpkins!



The Sound of Music, From Stage to Screen: Peggy and Steve Kramer



Drina serving the cake for the Oktoberfest Dinner Show!



Beverly Bystricky celebrates her birthday with family at the Oktoberfest Dinner Show!