



THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

FEBRUARY 2021



On New Year's Eve, **Peter Oprisko** and **The Peter Oprisko Band** live streamed for members from the Performing Arts Center.



Garlands' member getting the **COVID-19 vaccine** at Advocate Good Shepherd Hospital.



Over 100 members received prizes during **New Year's Eve** raffle.



Whether in person or live streamed, Kaleidoscope School of Art instructor, **Courtney McMillan**, teaches every Wednesday from our campus. **Nate** produces the show!



Housekeeping Director **Beverly Astudillo** and **Joyce Carlson** wrapped Champagne, chocolates, tiaras, hats, and more, were delivered to every Garlands member.

FEEL Better. AGE Better. LIVE Better.

Here's What's Happening

Staying Safe with Virtual Activities

We continue to live stream all events on Channel 1902. We hope members will be able to *rsvp* and attend in person. Please see each week's *This Week* for updates.

Monday
Feb 1
3:00 pm-
4:00 pm and
Saturday
Feb 13
3:00 pm-
4:00 pm



Martina Mathisen as Edith Head - Channel 1902
Wildly competitive, secretive, adored, and feared, Edith Head remains the undisputed queen of costume design. She dressed them all: Mae West, Bette Davis, Ginger Rogers, Audrey Hepburn, Elizabeth Taylor, Grace Kelly. Commanding an army of seamstresses over a dazzling six-decade, eight-Oscar career, she continues to inspire new generations of designers. Tune in as educational entertainer Martina Mathisen, embodies the most influential costume designer in Hollywood history.

Edith Head



Saturday
Feb 6
10:00 am-
11:00 am
and
Feb 20
10:00 am-
11:00 am

Just Talk - Zoom on your computer

In this member-run, loosely-guided gathering, you can discuss or raise any subject you like and hear other members' views on the topic. This group is proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. Please contact Garlands' member Tom Banfield (31400) with questions or to register for the Zoom gathering. Because this group is currently meeting online, you must have access to a computer, tablet, or smartphone to participate.

It's just talk ...



Wednesdays : Kaleidoscope Art School at The Garlands

9:30 am-11:00 am, *rsvp**07 for each class to receive an art kit. Live on Channel 1902 from the Performing Arts Center

Kaleidoscope instructor **Courtney** takes you step-by-step through an art piece each week. No experience is needed; however, if you're already a practicing artist, you will learn something new. **To get the art kit, you must *rsvp* for each class no later than Friday of the prior week so we can deliver your kit to your door by Tuesday night.** Even if you're a regular, be sure to *rsvp* for February. Limit 20.

Feb 3: Monet Inspired Chalk Pastels - Bring to life a garden scene evocative of Giverny.





Feb 10: Valentine Tulips in Watercolor - Love is in the air! Learn techniques to paint vibrant tulips in a vase.

Feb 17: Luna Moth in Oil Pastels - Elusive and beautiful, your luna moth will pop off the page. You will learn to or improve your shading skills in oil pastels.

Feb 24: Ink and Watercolor - Here's a new skill: using a thin, permanent marker, you'll draw an image that will be illuminated by watercolor. You'll create something special!

Kaleidoscope and The Garlands partnered to provide art supplies for each class free of charge until we resume classes in our Art Studio.

Here's What's Happening

<p>Saturday Feb 6 1:30 pm- 2:30 pm</p>	<p>Birthday Bash with John Adair <i>Live on Channel 1902 from the Performing Arts Center. If your birthday is in February, please go to your purse shelf/front door around 11:30 am for your Birthday Bash Cupcake.</i></p> <p>What better way to celebrate <i>Valentine's Day</i> than through the music of romance? John Adair and his operatic voice are back with beautiful love songs made famous on Broadway and by Bocelli, Sinatra, Tony Bennett, Dean Martin, Michael Buble, and many others! Have a request? Call (*13) or email Lynn (Ladams@thegarlands.com) by 2:00 pm Friday, February 5.</p>	
<p>Friday Feb 12 1:00 pm- 2:00 pm</p>	<p>Lincoln as Storyteller with Kevin Wood - <i>Channel 1902</i> Kevin Wood has portrayed Abraham Lincoln at the Abraham Lincoln Presidential Museum, the Lincoln Home National Historic Site, the Lincoln Heritage Museum, and the Lincoln Log Cabin State Historic Site, among others. To celebrate his own birthday, Mr. Lincoln shares some of his favorite stories and jokes, and explains why he used these so often. Kevin makes sure you still get a good dose of the nation's history and Mr. Lincoln's personal story.</p>	
<p>Sunday Feb 14</p>	<p>Valentine's Day Sweet and Movies - <i>Sweet on your purse shelf or at your door (villas) and movie on Channel 1902</i> Enjoy a little sweet while watching one of two special movies to celebrate the day: "Destination Wedding," at 1:00 pm, with Winona Ryder and Keanu Reeves and "A Date with Miss Fortune," at 4:00 pm, with Jeannette Sousa and Ryan Scott.</p>	
<p>RSVP *77415 Thursday Feb 18 1:00 pm- 2:00 pm</p>	<p>Garlands BINGO with Nate <i>Live on Channel 1902</i> We are LIVE with Bingo! First, call Nate by dialing 77415 and request 1-2 Bingo Cards. He will deliver them to your front door shelf by Thursday morning. Second, grab markers or pennies to use to cover your numbers for when they are called. Third, sit near your landline so when you watch live at 1:00 pm on Channel 1902, you can call Nate at 77415 and yell BINGO! We will play for about an hour and each player that calls Nate with a correct BINGO will win a prize.</p>	

*Each live stream video is available on **MyGarlands App** approximately two business days after the program under Past Live Streams. **Nate** (77415) or **Lynn** (*13) can also email you a YouTube link so you may watch it on your computer, tablet, or phone.*

Bulletin Board

Reminder: Calling All Garlands Artists June and July 2021

Art Gallery by the Performing Arts Center

Next summer we are showcasing an "Our Garlands" exhibit in the Art Gallery featuring member and team member art pieces of our beautiful campus, indoors and out. You can create and share paintings, drawings, photographs, and mixed media. Come to the Wednesday Kaleidoscope Art Classes to build up your confidence. Ask us for photos to use as models!

Call **Lynn** in Activities (*13) with any questions.



Super Bowl Squares

Monday, February 1, through Friday, February 5, Café

A \$1-per-square Football Squares game will be available in the Café starting Monday, February 1. **Bring your own pen/pencil to write your name in the squares.** Place your money in an envelope addressed to Activities, **with your name and apartment/villa number**, and bring it to the Activities office by Friday, February 5, 4:00 pm. If we happen to be out, you can slip it under the door. Each member/couple can select up to 5 squares. We'll announce the winners on Monday, February 8.

Call **Nate** (77415) or **Lynn** (*13) with any questions or if you need a refresher on how Super Bowl Squares works!



Last year's Super Bowl Squares winners **Bonnie Smith** and **Caroline O'Laughlin**



Garden Planters for Summer 2021

Greetings gardeners! We are excited to start the inquiry process for garden planters. Members borrow our garden planter spaces and grow vegetables, fruits, flowers, etc., and are responsible for maintaining their plants throughout the season. We are unable to guarantee the same garden planter from season to season and we are unable to guarantee a full garden planter. The gardening interest has increased over these years, so prepare to have a half garden. If a full planter is available, it will be assigned. Are you interested in a garden planter?! Contact **Nate** via email (nszki@thegarlands.com) or phone (77415) and a garden packet will be delivered to you.

Batteries

Have batteries that need to be recycled? While the Resource Center is closed, you can bring them to Member Services or leave them in a bag on your purse shelf with a note that they should go to Member Services.

Calcium

A caring member asks that everyone educate themselves on bone health and calcium. Some breaks may be prevented with a diet consistently high in bone-healthy vitamins and minerals. Research on the Internet, ask your kids to, or ask **Sandra** (*15)!

Welcome New Members



Gene Dawson
Residence 1339
Member since May 2020

HOMETOWNS

- Mt Vernon, IA
- Rockford, IL
- Monroe, WI
- Barrington, IL

FAMILY

- 2 children
- 1 grandchild

EDUCATION

- BA, Monmouth College
- BS, Rockford College
- MA, DePaul University

HOBBIES

- All sports

CAREER

- 26 years of business
- 28.5 years government

ORGANIZATIONS

Township Officials of Illinois, Township Supervisors of Illinois, Barrington Noon Rotary, Monmouth College Alumni Board, Theta Chi Fraternity



Jane Dawson
Residence 1339
Member since May 2020

HOMETOWNS

- Mt Vernon, IA
- Rockford, IL
- Monroe, WI
- Barrington, IL

FAMILY

- 2 children
- 1 grandchild

EDUCATION

- BA, Monmouth College

HOBBIES

- Gardening
- Flower arranging for the church
- Reading
- Walking

CAREER

- 1st-grade teacher
- Teacher Aide
- Administrative assistant to the elementary school principal

ORGANIZATIONS: Episcopal Church Women - Altar Guild - Barrington District 220 Foundation

MORE ABOUT ME: First name is 'Grace' but I go by Jane as both my mother and grandmother were also, Grace

More New Members on Page 15



Calendars!

We still have a few 2021 nature-scene monthly wall calendars, donated by a Garlands' member. Call **Nate** (77415) if you'd like one delivered to you. First come, first served.

Shredding Your Confidential Documents

We're thrilled members are filling up our shredding container (in the hallway between the Café and Resource Center)! For now, the shredding company shreds its contents every Thursday. If it's full when you have items to deposit, keep them for another day and please contact **Member Services** (*02).

Lifelong Learning

<p>Thursday Feb 11 1:00 pm- 2:00 pm</p>	<p>Music Appreciation with Jim Kendros: The World of the Romantics <i>Live on Channel 1902 from the Performing Arts Center</i></p> <p>Enhance the sweetest month with great composers of the Romantic era. Jim brings the mystical yearnings of Chopin – his preludes, mazurkas, and an immortal nocturne. Revel in the youthful radiance of Schubert’s Serenade, and be awed by the heartfelt utterances of Brahms’ Symphony No. 3. He will also explore the life and times of each composer. We’re happy to tell you that Jim, a Garlands’ favorite, will be back each month to share with us the most beautiful music in the world.</p>	
<p>Friday Feb 12 10:00 pm- 11:30 pm</p>	<p>Great Decisions with Gary Midkiff on Zoom! -rsvp *13 if you’re not already on the distribution list, Zoom on your computer</p> <p>See your friends and exercise your brain! You don’t need a Zoom account to attend online*, just access to the internet and an email address. Our 2021 topics begin this month with the Global Supply Chain. To join this vibrant group of thinkers, please call Lynn Adams, Director of Activities (*13). Lynn can also help you order the briefing book.</p> <p><i>*Make sure you’re Zoom ready a week before the meeting. Lynn (*13) and Nate (77415) can help you get set up before the meeting. If you’re Zooming on your cell or tablet, you do need to download the Zoom app. For maximum satisfaction, Zoom from a device with a camera. Call us if you have any difficulties.</i></p>	
<p>Saturday Feb 20 3:00 pm- 5:00 pm</p>	<p>Harper College: Supernatural Folklore of Chicagoland Cemeteries with Ursula Bielski <i>Channel 1902</i></p> <p>Author of the book <i>Graveyards of Chicago</i>, Ursula Bielski takes you on a tour of Chicagoland’s legendary cemeteries. Dive deeply with her into the folklore of Resurrection Mary, Bachelor’s Grove Cemetery, Old St. Patricks, and more. Anyone with even a passing interest in the supernatural will be fascinated!</p>	
<p>Thursday Feb 25 1:00 pm- 2:00 pm</p>	<p>Here I Stand: The Life and Times of Martin Luther, with Anette Isaacs <i>Channel 1902</i></p> <p>The 500th anniversary of the beginning of the Reformation is a perfect moment to take a close look at this religious movement’s towering figure: the German monk turned rebel Martin Luther. Rather than focusing on his theological philosophy, German historian Anette Isaacs explores Luther’s colorful and riveting life story and provides captivating insights into daily life in the 16th century, thus painting a fascinating picture of this highly dramatic episode in the history of humankind.</p>	

Keep an eye on Channel 1901 to see other educational content we run on Channel 1902.

Saturday
Feb 27
3:00 pm-
4:30 pm

Harper College: Typhoid Mary with Leslie Goddard
Channel 1902

Is there a better time to learn about an epidemic than at the tail end of a pandemic?! Leslie Goddard recounts the remarkable story of the cook known as Typhoid Mary and why she is remembered as the first “healthy” carrier of a deadly virus. This story couldn’t be timelier!



February Osher Lifelong Learning Institute ZOOM LECTURES

15 or so minutes before the lecture begins, Garlands members can go to the website zoom.us, click on “Join A Meeting” and enter the **Zoom Webinar ID** number associated with that lecture. Then follow the prompts to join the classes.

You can access course descriptions at olli-umich.org.

As always, if you have any trouble, call or email **Nate** (77415 or nszkil@thegarlands.com) or **Lynn** (*13 or Ladams@thegarlands.com) so we can help you.

DATE / TIME	TITLE	ZOOM ID
Thursday Feb 4 9:00 -10:30 am	Formation of Habitable Worlds and the Search for Life	916 9768 5308
Tuesday Feb 9 9:00 -10:30 am	How to Win the Game... and Keep Winning	944 2316 0101
Thursday Feb 11 9:00-10:30 am	Human Dispersal(s) from Africa	996 3924 8467
Tuesday Feb 16 9:00-10:30 am	Mental Health Perspectives During the COVID-19 Pandemic	992 2927 1737
Wednesday Feb 17 2:30-4:00 pm	Washtenaw Refugee Coalition: Refugees Given a Voice	933 0984 9799
Thursday Feb 18 9:00-10:30 am	Welcome to the Anthropocene	982 3200 0730

All lectures are available to Garlands Members on the *OLLI Video Catalog*, including 70 archived lectures from the past two years. You can access these at olli-umich.org.

Call **Lynn, Nate**, or the **Concierge** for login information (*we can't publish it in the Gazette*).

If you are attending the **OLLI Lectures online**, please call (*13) or email (Ladams@thegarlands.com) Lynn to let us know what you think of the OLLI Lecture Program.

Learning on Channel 1902

Featured Programs	
Thursday Feb 4 7:00- 8:00 pm	Carnegie Hall presents: Music as Medicine They are on the frontlines in the fight against COVID-19, doing everything possible to keep the world healthy. But when they are not in hospitals or research labs, many medical professionals find a creative outlet as gifted musicians, longing for the day when we can all enjoy live concerts together again. Join Carnegie Hall as we provide a platform for these modern-day heroes to showcase their musical talents, including a special performance by the National Virtual Medical Orchestra and a guest appearance by violinist Joshua Bell.
Tuesday Feb 9 1:00- 2:00 pm	How to decarbonize the grid and electrify everything with John Doerr and Hal Harvey "The good news is it's now clearly cheaper to save the planet than to ruin it," says engineer and investor John Doerr. "The bad news is: we are fast running out of time." In this conversation with climate policy expert Hal Harvey, the two sustainability leaders discuss why humanity has to act globally, at speed and at scale, to meet the staggering challenge of decarbonizing the global economy.
Thursday Feb 11 7:00- 8:00 pm	Carnegie Hall presents: At Home with New York Orchestra Jazz Hear the bright future of this country's jazz tradition when the outstanding young musicians of NYO Jazz are showcased in exciting performances created from their homes across the US. Sean Jones, NYO Jazz's artistic director, hosts this concert that also includes interviews with ensemble members. Featured selections include Thad Jones's "Cherry Juice," John Beasley's "Fête Dans la Tête" (commissioned by Carnegie Hall), and Wycliffe Gordon's "We're Still Here / He's Alright."
Saturday Feb 13 1:00- 2:00 pm	Rebroadcast of "Lights Up with Lara Allison and Tom Vondafreddo" Lara Allison and Tom Vondafreddo indulge you with a musical revue featuring many of your Broadway favorites.
Tuesday Feb 16 1:00- 2:00 pm	Frontline PBS presents: Flint's Deadly Water An exclusive investigation into the side of the Flint story that few know about -- an outbreak of Legionnaires' disease during the water crisis that continued to claim lives in the city five years later.
Thursday Feb 18 7:00- 7:45 pm	Carnegie Hall presents: New York String Orchestra Revisit past performances and go behind the scenes with conductor Jaime Laredo and frequent guest pianist Emanuel Ax as this year's seminar goes online.

Learning on Channel 1902

Featured Programs

<p>Friday Feb 19 3:00- 4:00 pm</p>	<p>Music at The Garlands This program will include songs like "Gentle on My Mind" by The Mavericks, "Moon River" by Andy Williams, "Getting to Know You" from the Broadway musical revival of <i>The King and I</i> with Kelly O'Hara, and more.</p>
<p>Tuesday Feb 23 1:00- 2:00 pm</p>	<p>BroadwayHD presents: Cirque du Soleil- AMALUNA Cirque du Soleil presents the show Amaluna, a captivating one-hour TV special. Amaluna invites the audience to a mysterious island governed by Goddesses and guided by the cycles of the moon.</p>
<p>Thursday Feb 25 7:00- 7:45 pm</p>	<p>Revelations by Alvin Ailey American Dance Theater Alvin Ailey American Dance Theater is celebrating six decades of "Revelations," a choreographic masterpiece that has become a lasting cultural treasure beloved by generations. Watch the company's full performance from the 2015 Lincoln Center at the Movies production</p>

Keep an eye on Channel 1901 to see other educational content available on Channel 1902.

Channel 1902 General Schedule

7:00 am- 12:00 pm	Move! <i>Fitness classes</i>
12:00 pm- 12:30 pm	Reminisce! <i>Old Time Radio/TV Shows</i>
1:00 pm- 2:00 pm	Learn! <i>Educational programs</i>
2:00 pm- 3:00 pm	Move! <i>Fitness classes</i>
3:00 pm- 5:00 pm	Movies! <i>Wednesdays and Fridays</i>
5:00 pm - 6:50 pm	Move! <i>Fitness Classes</i>
6:50 pm- 6:55 pm	Feel Calm... <i>Guided meditation</i>
7:00 pm	Be Entertained! <i>Music programs</i>
9:30 pm- 9:35 pm	Feel Calm... <i>Guided meditation</i>

Member Wisdom and Ingenuity

Garlands Members are RESILIENT! Think of all the world events and life experiences you've come through. Here are some of the ways you're thriving during the pandemic:



A Window Pane! – Marlene Peterson

Marlene Peterson – calm, thoughtful, kind-hearted, generous – is a swan gliding across still waters. What you see is how beautiful a life of caring about others can be. What you don't see is how fast those feet are paddling. Always a busy woman, Marlene didn't slow down when she retired as a nursing-home consultant. Retiring simply gave her more time to do what she loved and had always found time to do: pay attention to the people around her. A deacon (the hands and heart of the church) in the Presbyterian church for over 50 years, Marlene is all about Acts of Service. You find out what she does by talking to other people.

Here at The Garlands, she invites a less tech-savvy friend over on Sundays to (safely) watch their church's (Presbyterian Church of Barrington) streamed service. To commemorate holidays she often drops off a little craft or goodie to the members of her parish. She is an avid cook and pastry chef and regularly brings Tupperwares of what she makes to members whom she knows most need or appreciate them (a hearty soup to one member, cream puffs to another). She also takes entire meals for Barrington-area friends and acquaintances who may be recuperating or going through a challenging time. She spends an hour a

day in quiet prayer for all the people she knows are in need. She writes loads of snail-mail letters to friends, acquaintances, and family. "An actual letter brightens up everyone's day!," she says.

During the pandemic, Marlene has stepped it up: more people isolated equals more trips around town to drop off care packages. More goodies. More prayers. More letters. In a sense, these quiet acts are also a way of being close to her husband Jim, "the gentlest, kindest person I've ever known."

Marlene also stepped up her self-care as we went into restrictions. She's been packing a picnic lunch and book and heading off to a state park several times a month: a lovely drive, beauty for the eyes, fresh air for the lungs, exercise for the body and soul, and a great book for the brain! She walks about two miles a day, whether on or off campus. She's always studying something: currently, "the Jewish roots of Jesus." AND she carves out time to paint! (She is working on a piece for our June/July Garlands Member Art Exhibit – see Reminder on Page 4).

Marlene does not enjoy the spotlight! Her life philosophy is a song she learned as a young girl and has been singing ever since:

*"Others may be art glass of rainbow hue,
I chose to be a window pane for the sun
to shine through.*

*A clear pane, a clean pane is what I would be,
Unconcerned with temperament and personality.
I would have love shine through me so that
my friends might say, Not 'What a lovely pane
of glass,' but 'What a lovely day.'"*

What's YOUR Stay-at-Home Wisdom?

How do you pass the time? Are you learning something new? Are you making headway on a project? What advice would you give to seniors confined to their homes and their family members? Even if you think your accomplishment is small, it might be exactly what another member needs to hear.

Please call or email **Lynn Adams** in Activities (*13 or Ladams@thegarlands.com).

Wishful and Happy Thoughts About Our Surround Sound Theater from Bonnie Gekler

Since Covid-19 and social distancing changed everyone's lives, one of the things I miss most here at The Garlands is our ability to gather for presentations in the SST. If we got there early, we could chat and catch up with our neighbors, introduce ourselves to new members, or just wave to familiar faces in the front rows. If we had a full house (as was always the case when a Bruce Smith video was featured!), I loved being sandwiched in, shoulder to shoulder. Sharing those beautiful experiences as a group made me feel as if we were all vibrating in unison, passing goosebumps from person to person down one row and up the next, like a collection basket - with the only "donations" being warmth and camaraderie. I always came out feeling uplifted, warm, fuzzy, and hungry! How I look forward to the next one. (There will be the next one!) And, when it appears in the Gazette, I'm going to get my reservation in early because I want to be smack dab in the middle.

-Your neighbor,
Bonnie Gekler - 2224, who is missing you!

(Look for a Member Wisdom and Ingenuity piece on Bonnie in the March issue!)



Irene Napier received a visit from her grandson and his darling new puppy.

Some of us are still singing Frank and Marcia Todd's hilarious New Year's song from the January Gazette!

Connecting with Friends and Neighbors During the Pandemic

One member makes it a point to invite another member to her home (Bring Your Own Lunch) at least once a week – a different member each time. She may pick a good friend, someone she was just getting to know when the pandemic hit, or someone new to The Garlands. The point is to sit together and VISIT, as we used to do. To be extra safe, they (either one or a couple) handle their own food and beverage and sit at the head and tail of the table. What a great idea!

February Birthdays



Wishing a Happy Birthday to those members celebrating their special day this month. Whether or not you have a birthday, please plan to attend the Birthday Bash with John Adair on Saturday, February 6, 1:30 pm, on Channel 1902. For more information, see Birthday Bash on Page 3.

Ruth Wohnrade	Feb 02	Marlene Lawton	Feb 14
Sally Rayner	Feb 05	Nancy Hamill	Feb 17
Carm Mistretta	Feb 05	Bev Bromet	Feb 19
Jane Hoffman	Feb 10	Mickey Finney	Feb 20
Josephine Buetow	Feb 11	Cathy Nardo	Feb 22
Fred Sponsler	Feb 12	Emanuel Semerad	Feb 23
Marjorie Fitzgerald	Feb 12	Betty Lang	Feb 28
Judy Thierer	Feb 14	Corinne Anda	Feb 28

Food Glorious Food

Dark Chocolate Cake Pops

Monday, February 1

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow- *17
2 for \$4

Tatchos Cafe Special

Tuesday, February 2

11:00 am-3:00 pm, Café- *19

Loaded tater tots with cheese, tomatoes, green onion,
bacon, and sour cream
\$5

Homemade Carrot Cake Special

Wednesday, February 3

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow- *17
\$4

Chicken Cordon Bleu Dinner Special

Thursday, February 4

5:00-8:00 pm, Winslow- *17

Chicken cordon bleu with Boursin cheese, mashed
potatoes, and broccoli
\$24

Nutella French Toast Breakfast Special

Friday, February 5

7:00-10:00 am, Winslow- *17

French toast stuffed with Nutella and mascarpone
cheese with bacon or sausage side.
\$10

Bagel with Lox Breakfast Special

Tuesday, February 9

7:00-10:00 am, Winslow- *17

No side included with this special
\$5

National Have a Brownie Day

Wednesday, February 10

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow- *17
Featuring a Chef Julie homemade large brownie
\$4

Peanut Butter & Jelly Breakfast Special

Friday, February 12

Peanut butter and jelly-stuffed French toast with
bacon or sausage
7:00-10:00 am, Winslow- *17
\$10

Valentine's Day Dinner Surf & Turf Special

Friday, February 12

5:00-8:00 pm, Winslow- *17

Lobster tail and filet served with Hasselback potatoes
and parsnip puree, and a dessert of a
flourless raspberry heart with passion fruit coulis
\$45

National Italian Food Day

Saturday, February 13

5:00-8:00 pm, Winslow- *17

Cheese manicotti with Italian veggies garlic bread,
and panna cotta dessert
\$24

All-You-Can-Eat Pancakes

Tuesday, February 16

7:00-10:00 am, Winslow- *17

No sides included with this special
\$6

Mardi Gras Select Dinner Menu

Tuesday, February 16

5:00-8:00 pm, Winslow- *17

Half Price Bottle of Wines

Thursday, February 18

5:00-8:00 pm, Winslow- *17

Chocolate Mint Dessert Special

Friday, February 19

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow- *17
\$4

Half-Off Cherry Pies

Saturday, February 20

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow- *17
(Orders must be submitted 48 hours in advance)

Breakfast Burrito Special

Wednesday, February 24

7:00-10:00 am, Winslow- *17

No sides served with this special
\$5

Chef's Homemade Chili Special

Thursday, February 25

11:30 am-1:30 pm and 5:00-8:00 pm, Winslow- *17
\$6

Juicy Lucy Burger Special

Friday, February 26

5:00-8:00 pm, Winslow- *17

Steakhouse burger stuffed with cheddar and Swiss cheese, with grilled onion on a pretzel bun and choice of one sandwich side
\$10

Frog Legs Dinner Special

Saturday, February 27

5:00-8:00 pm, Winslow- *17

Frog Legs Dinner served with Garlic Au Gratin Potatoes & Asparagus
\$26

The Doctor is in...

Please plan to wear a mask during your appointment.



Audiologist: Dr. Regina Dziejior

Call 847-358-2896 to schedule an appointment.
Wednesday, February 10, 9:00 am-12:00 pm

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment.
Wednesday, February 17, 8:00 am-2:00 pm

Care Navigators

There's no doubt that the COVID-19 pandemic has caused increased stress and anxiety for millions of people. Many individuals look to social workers to provide support with depression, anxiety, and other mental health challenges. The Garlands of Barrington partners with Care Navigators, Inc. to provide one-on-one counseling services in the comfort of your own home. Counseling is covered by Medicare and most private insurances.

Services are provided by **Rachel Risler**, LCSW. Rachel earned her BA degree from Smith College and her MSW degree from the University of Michigan - Ann Arbor, where she was a Hartford Geriatric Fellow concentrating in Aging and Interpersonal Practice. Rachel has over fifteen years of experience in geriatric social work, including long term care and hospice.

Call Care Navigators at 847-250-1829 for more information or to schedule your first appointment.

Wellness Center Hours

Monday through Friday, 8:00 am-4:30 pm,
Saturday, 8:00 am-2:00 pm.

The Wellness Center will remain closed for walk-ins and will be open by APPOINTMENT ONLY. Please dial *03 to speak with Wellness Center staff about your needs and to schedule an appointment.

The **Wellness Center Manager** is available by phone (*03): Monday - Friday, 8:30 am - 5:00 pm.

Blood Pressure Testing - call *03

With COVID cases remaining high, we have decided to reduce traffic in the Wellness Center, allowing only those Members that need to see the nurse or nurse practitioner access. Until further notice, we must suspend complimentary blood pressure checks in the wellness center.

If you need to check your blood pressure regularly, you have two options: 1) Call *03 and ask the wellness center staff to schedule a time for them to bring the electronic blood pressure cuff to your unit free of charge or 2) schedule a nurse to come to your unit to take your blood pressure for a fee of \$32.50 for 15 minutes per visit.

Lab Services - call *40

Blood draw services every Tuesday in the Wellness Center. This service is provided by NICL Lab. *Minimum 24-hour advance notice required*

Comprehensive Group / HealthPRO Rehabilitation

Call *47 for information and scheduling
For all your therapy needs. By appointment only.

Outdated Prescriptions and Other Medications

These items may be brought to the Wellness Center Monday through Friday 8:00 am-4:30 pm. Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

Fitness Live on Channel 1902

See below for a condensed schedule for our classes.
Reference or request the channel 1902 schedule for
a more comprehensive list of TV fitness classes.

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Red Dress Collection

Friday, February 12, 7:00-8:00 pm, Channel 1902

Every February the American Heart Association's "Go Red For Women" initiative puts on an exclusive event full of diverse personalities where they strut down the catwalk in their best red dresses to shine a light on women with heart disease. Enjoy this live event on channel 1902 and show your support by wearing red that day!

Valentine's Day Partner Yoga

*Thursday, February 11, 11:00-11:30 am,
Channel 1902* - Shine your heart and spread some
yogi love to a partner or friend.

This is a love-themed yoga class spending time honoring our besties and the love they continually bestow upon us every day. If you feel comfortable bringing a friend into your home, you can participate in this class 6 feet apart and cherish the bond that brought you together.

Valentine's Day Heart Healthy Treat!

*Saturday and Sunday, February 13 and 14, 10:00-
10:20 am, Channel 1902*

With *Valentine's Day* and *American Heart Month* both falling into February, what better way to celebrate the heart than by making a heart-healthy dessert you can share with a loved one. Tune into channel 1902 and see how to make a delicious avocado chocolate mousse that is good for the heart and soul!

Beach Body Ready 2021!

February and March

This is a two-month fitness challenge consisting of exercises and healthy food suggestions. You will be given a workout calendar and a list of healthy food options for you to choose from. Get back to the beach and pool in fitness style! Please call *41 if you want to be added to this challenge.

TRX (Total Resistance Exercises) Tutorial

*Wednesdays, February 17 and 24, 9:00-9:30 am,
Channel 1902* - Watch **Bethanie** as she gives you a mini workout on the TRX, a suspension resistance training system. After that, you can make an appointment at the fitness center and Bethanie will guide you along with this amazing strength training tool.

Men and Women's Strength and Stretch

*Tuesdays and Thursdays, 9:00-9:25 am, Live on
Channel 1902* - Get your fitness and movement on with this fun, upbeat class designed to improve strength and increase "feel good" endorphins!

Align and Well

*Tuesdays and Thursdays, 9:30-10:25 am, Live on
Channel 1902* - Have some fun with some functional stretches and mobility exercises.

Chair Yoga

*Tuesdays and Thursdays, 11:00-11:25 am, Live on
Channel 1902*

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

Tai Chi and Yoga

*Tuesdays and Thursdays, 11:30-11:55 am, Live
on Channel 1902* - Supercharge your brain and body with a combination of Tai Chi and yoga! This meditative movement may inspire you to feel happy, energized, focused, and strong. Exercises performed standing but may be modified!

Learn to Meditate

Monday-Friday, 8:00-8:30 am, Live on Channel 1902
Put restful relaxation into your daily routine.

Gentle Joints

*Mondays, Wednesdays, and Fridays, 11:00-11:30 am,
Live on Channel 1902* - This class is a seated class that is extremely beneficial for your joints. Slow-moving but will get you moving and flowing with your day.

Welcome New Members

Lunch Hour of Power!

Mondays, Wednesdays, Fridays, 1:00-2:00 pm, Channel 1902 - This month's theme is "Movement: how it benefits your brain, your body, and your mindset." Tune in for some hot knowledge every to find your inspiration to get that body moving.

Outdoor Nature Walk - rsvp *41

Wednesdays and Fridays, 1:00-1:30 pm, Meet outside 1000 Lobby - Bundle up and let's head outside for a nutritious movement walk in nature!



Sophia Hausen

Residence 1201

Member since Nov 2020

HOMETOWNS

- Chicago
- Elk Grove Village
- Lake Barrington Shores

FAMILY

- 3 children
- 8 grandchildren
- 2 great-grandchildren

EDUCATION

- Taft High School
- Some college

HOBBIES

- Bridge
- Golf
- Reading

CAREER

- Banking 25 yrs in Elk Grove and 5 yrs in Glenview
-



Oliver Mayes

Residence 3451

Member since August 2020

HOMETOWNS

- Houston, TX
- Lubbock, TX

FAMILY

- 2 children
- 2 grandchildren

EDUCATION

- Texas Tech Lubbock, TX
B.S. Music Education

HOBBIES

- Keyboard music
- Computers
- Model ships

CAREER

- US Army
 - United Air Line Pilot 34 years
-



Barb Mayes

Residence 3451

Member since August 2020

HOMETOWNS

- Seagraves, TX
- Crystal Lake, IL

FAMILY

- 2 children
- 2 grandchildren

EDUCATION

- Texas Tech Lubbock, TX
Masters Elementary Education

CAREER

- Teacher

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!

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