



# THE GARLANDS® *Gazette*

*A Newsletter for the Members of the GARLANDS OF BARRINGTON*

December 2021



**Sam and Skootie Jeffers** vacation at Casa Tomasina in Zihuantanejo, Mexico.



At our 60s & 70s Dance Party –  
**Karen Robinson, Alice Van Egeren, Bev and Rod, we mean Steve Bromet, Dick Van Egeren.**




**Tom and Sue Rakow, Darlene Plocinski, Sharon M. Thomson, Grace Vinci, Darlene Bolman, Barbara Michelin, Mike Vinci, Frank Lyons, Jan Williams, Marilyn and Tim Roche** gather at the New Members Reception.

FEEL Better. AGE Better. LIVE Better.





**RSVP to the Concierge (\*07), to ensure your spot.**

*These activities require a reservation. For a printout of your reserved events, please call the Concierge (\*07).*



**This icon means we will have Eversound available to help you hear more clearly.**

<div><div><p><b>RSVP *07</b></p><p>Wednesdays</p><p><b>Dec 1, 8 &amp; 15</b></p><p>9:30 - 11:00 am</p></div></div>	<div><p><b>Kaleidoscope School of Fine Arts at The Garlands</b></p><p><i>December 1, 8, and 15, 9:30-11:00 am, Art Studio in Prairieview, mask required</i></p><p><i>Artist Ruthie Anne from Kaleidoscope brings the supplies and teaching. All you need to do is register and show up to give wing to your artistic side.</i></p><p>Dec 1: Holiday/Christmas cards in pen, ink, and watercolor Dec 8: Holiday/Christmas wreaths in pen, ink, and watercolor Dec 15: Christmas tree in pen and ink</p><p>After this, classes will be paused until we meet again on January 15. You are encouraged to meet in the Art Studio, anyway, to practice what you’ve learned over the past year!</p></div> <div></div>
<div><div><p><b>RSVP *07</b></p><p>Friday</p><p><b>Dec 3</b></p><p>5:30 - 8:30 pm</p></div></div>	<div><p><b>Holiday Dinner Spectacular: Ron Hawking Celebrates the Men and their Music</b></p><p><i>- Friday, December 3, 5:30 pm, Cash Bar in the Art Gallery outside the Performing Arts Center; 6:00 pm, Plated Three-Course; 7:00-8:30 pm, Performance. \$75 per person (not part of monthly allotment).</i></p><p>If you would like to specify your dining companions, please pick one person whose name will be the group label so that each person who reserves can give the Concierge the same group name to be sure you sit together. Your group can be up to 10 people. Tables will be assigned in the order the Concierge receives signed agreements. Please bring your signed agreement to the events as your ticket.</p><p>On the fanciest night of the year, Chef Glenn and his team prepare an elegant holiday feast including both Grilled Petit Filet Mignon and Lobster Rockefeller for each guest, supported by, among other deliciousness, Persimmon and Watercress Salad, and Rum Custard in a Gingerbread Tart Shell. As you sip coffee and spear the last crumbs of dessert, lights go down at the tables and go up on our stage. With classic style and sophistication -- and with his favorite Chicago musicians to accompany -- Chicago entertainer Ron Hawking seamlessly steps in and out of the personalities he brings to life: Bobby Darin, Ray Charles, Billy Joel, Frankie Valli, and, his signature, Ol’ Blue Eyes. Please note the Winslow Dining Room will be closed on this night.</p></div> <div></div>


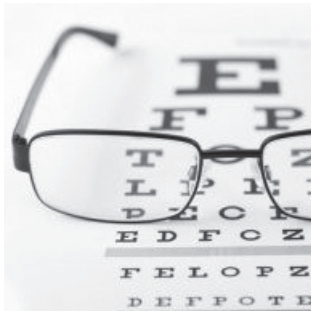

<div><div><p><b>RSVP *07</b></p><p>Saturdays</p><p><b>Dec 4 &amp; 18</b></p><p>10:00 - 11:00 am</p></div></div>	<div><p><b>Just Talk-rsvp 31400, Tom Banfield - Eastlake Dining Room</b></p><p>In this member-run, loosely-guided group, you can discuss or raise any subject you like and hear other members’ views on the topic, proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. Contact Garlands’ member Tom Banfield (31400) with questions and to reserve a spot.</p></div> <div><div><p>It’s just talk ...</p></div></div>
<div><div><p><b>RSVP *07</b></p><p>Saturday</p><p><b>Dec 4</b></p><p>1:30 - 2:30 pm</p></div></div>	<div><p><b>Birthday Bash: “A Claus for Celebration” with Carlyn Lloyd and Jon Warfel - Robie Lounge</b></p><p>You may remember flutist and multi-instrumentalist Carlyn from the “American Made” concert she gave in July with pianist Tim Lenihan. She’s back with pianist Jon Warfel to perform yuletide oldies: “Christmas in Killarney,” selections from the Nutcracker, and more. Plus a selection of sing-alongs! Member greeters give those with December birthdays a name tag, and everyone sings Happy Birthday halfway through. All members are invited to come to the Robie, have a slice of cake, a cuppa joe, and enjoy the entertainment!</p></div> <div></div>
<div><div><p><b>RSVP *07</b></p><p>Mondays</p><p><b>Dec 6, 13 &amp; 20</b></p><p>1:00 - 1:30 pm</p></div></div>	<div><p><b>Learn a Sign Language Christmas Carol - Surround Sounds Theater</b></p><p>Dec 6 – “Silent Night” Dec 13 – “What Child is This?” Dec 20 – “Joy to the World”</p><p>We’ll learn how to sing these classic carols in American Sign Language. Good for the brain; good for the heart!</p></div> <div></div>
<div><div><p><b>RSVP *07</b></p><p>Friday</p><p><b>Dec 10</b></p><p>1:00 - 1:30 pm</p></div></div>	<div><p><b>How to Ace Life Enrichment at The Garlands - Surround Sounds Theater</b></p><p>After this brief workshop with Lynn and Nate from Activities, you’ll feel confident that you’ll know what’s happening when, that you have a working reminder system, and that you’re enriching your life at The Garlands in the best way possible. We also welcome members willing to share personal methods for selecting, booking, and remembering to attend events!</p></div> <div></div>
<div><div><p><b>RSVP *07</b></p><p>Saturday</p><p><b>Dec 11</b></p><p>10:00 - 11:00 am</p></div></div>	<div><p><b>Barrington String Ensemble - Robie Lounge</b></p><p>In November these passionate, polished, accomplished Barrington High School music students, who volunteer their time, knocked our socks off. If you usually sleep past 10, it’s worth setting an alarm and being seated in the Robie when they begin. The theme running through all the compositions they play is this: they love gorgeous music and hope to make your day better with it</p></div> <div></div>


<div>RSVP *07 Sunday Dec 12 4:30 - 6:30 pm</div>	<div><b>Winter Wonderland!</b> - <i>Garlands Campus</i> (<i>rsvp *07 for planning purposes</i>) We are looking at a serene but festive, communal, intimate experience at this year's members-only Winter Wonderland. At chef stations throughout campus, you can fill up on Chef Glenn's delicacies, which include Lollipop Lamb Chops, Mini Crab Cakes, and Beef Tenderloin Sliders. Save room for the sweets from Pastry Chef Julie, creator of the best-ever Garlands Gingerbread Village this year. Live music will float on the air everywhere. You can listen to professional carolers decked in Victorian garb, watch one of two Nutcracker selections by the Dancewerks troupe, gather 'round the piano to sing carols with Jeffrey Deutsch, stroll up Candy Cane Lane to write a greeting to children in the hospital, have your photograph taken with Santa Claus, and more. Make a plan to celebrate the season with your Garlands neighbors.</div> <div></div>
<div>RSVP *07 Monday Dec 13 10:30 - 11:00 am</div>	<div><b>Garlands Living 301 – Emergency Preparedness: Severe Weather, Fire, and Disasters</b> - <i>Surround Sound Theater</i> What should you do when you hear a fire alarm or a tornado siren on our campus? What about when the power goes out? Do you know what to do if this happens and you or your spouse is in a wheelchair or has oxygen? (Hint: it's not "Call Member Services".) Please attend this informational, and possibly lifesaving, presentation by Roger Mutter, Director of Member Services, and Scott Weimer, Director of Maintenance. When the moment comes, you want to be confident your next step is the right one.</div>
<div>RSVP *07 Wednesday Dec 15 4:00 - 5:30 pm</div>	<div><b>Artist Reception for our Garlands Artists Exhibit</b> - <i>Art Gallery</i> Sip Champagne punch or regular punch and hear the stories behind the member paintings hanging in our Art Gallery this month. Starting at 4:30, each artist will tell us a little about her/his art journey. Thank you to all our talented Garlands artists for beautifying our campus all of December! This exhibit will run December 4-January 3. Additional pieces will be on display exclusively during the reception, so be sure to mark your calendar!</div> <div></div>
<div>RSVP *07 Thursday Dec 16 11:30 am - 1:00 pm</div>	<div><b>New Friends Lunch</b> - <i>South Winslow Dining Room, Limit 18</i> Share the art of conversation with established and soon-to-be friends. You'll receive a special Winslow lunch menu to return to the Concierge desk. Then, there's nothing to do but relax and enjoy. New Neighbor Committee members will join you. Lunch is billed to your account.</div> <div></div>
<div>RSVP *07 Thursday Dec 16 3:00 - 4:00 pm</div>	<div><b>Garlands BINGO with Nate</b> - <i>Performing Arts Center</i>  BINGO is the name of the game. We play for an hour. Each player who calls a correct BINGO wins a prize. These range from candles to comfy blankets to bottles of wine and candy. Join us for a chance to win some fantastic prizes and have fun with your friends.</div> <div></div>

<div>RSVP *07 Friday Dec 17 11:00 am - 12:00 pm</div>	<div><b>Music at The Garlands with Bruce Smith</b> - <i>Surround Sound Theater</i> Dvorák's 9th will be shown in the SST on Friday, Dec. 17 at 11:00 am. His symphony is one of the most popular classical works in existence. Symphony No. 9, popularly known as the New World Symphony, was composed by Antonín Dvořák in 1893 while he was the director of the National Conservatory of Music of America from 1892 to 1895. On December 16, 1893, the Philharmonic Society of New York gave the world premiere performance at Carnegie Hall. The nickname 'From the New World' or 'New World Symphony', as it is commonly referred to, comes from Dvořák explaining that the symphony offers 'Impressions and greetings from the New World.' As a composer who often drew inspiration from his homeland, folk music and traditional European musics, Dvořák essentially combined this new music he had found, with some of his European music expertise.</div> <div></div>
<div>RSVP *07 Friday Dec 17 5:00 - 8:00 pm</div>	<div><b>Holiday All-Harp Recital</b> - <i>Performing Arts Center</i> Teacher extraordinaire Brittany Smith brings a group of her current harpist students and alumni to soothe your soul with the universally-calming sounds of these mighty string instruments. As this is a long program, please be especially careful to not enter or leave the Performing Arts Center until the piece currently playing has come to an end. Cake, cookies, and punch accompany this beautiful music.</div> <div></div>
<div>RSVP *07 Saturday Dec 18 4:30 - 5:30 pm</div>	<div><b>Parker Players Holiday Music Extravaganza Featuring Metropolitan Opera Star William Powers</b> - <i>Performing Arts Center</i> Grammy finalist and beloved Barrington music maestro Nancie Kozel Tobison has produced a Parker Players music production, emceed by Los Angeles producer-director George Wyhinny, especially for The Garlands. You'll hear sensational solos, join in a jovial sing-along, savor magical moments sure to put you in the holiday mood, possibly win a prize in a Christmas Trivia game, and visit with their guest from the North Pole!  Bass-baritone powerhouse William Powers has performed and created over 100 operatic roles with major opera companies in the United States, Europe, and South America as well as recorded hundreds of broadcasts. Local soprano Kimberly Albrecht, who was also Ms. Illinois Senior America 2018, will help him create an afternoon of magic. This is a Don't Miss!</div> <div></div>
<div>RSVP *07 Monday Dec 20 10:30 - 11:30 am</div>	<div><b>Garlands Travel Club</b> - <i>Eastlake Dining Room</i> (Also see Travel Club Section of this Gazette) This open meeting explores options for and plans trips that Garlands members can take in groups of any size.</div> <div></div>



Special Events

<div>RSVP *07 Friday Dec 31 10:00 - 10:45 am</div>	<div><b>"What's Happening" Meeting for Low-Vision Members</b> </div> <div><i>- Surround Sound Theater</i></div> <div>Is it a challenge for you to read the Gazette and This Week? We invite you to this gathering where we tell you everything going on at The Garlands next month. We can register you for activities on the spot. Afterward, we will print out, in large type, a recap of what you've signed up for and deliver it to your cubby. This meeting does not encompass medical or scientific advances for those with low vision.</div>	
<div>RSVP *07 Friday Dec 31 7:00 - 9:00 pm</div>	<div><b>New Year's Eve Party with Peter Oprisko and the Peter Oprisko Band</b> <i>- Performing Arts Center</i></div> <div>Ring in the New Year with friends, neighbors, and Peter! An acclaimed concert and recording artist, Peter Oprisko's romantic baritone, dynamic charisma, and fun-filled, audience-pleasing showmanship has made him an in-demand national entertainer for over a decade. Peter will be in black tie. Let's join him in dressing to the nines!</div> <div>7:00-8:00 You'll be given a ticket as you arrive. Viewing of gift baskets. Put your ticket with the gift you like best.</div> <div>7:00-8:25 The band plays for your dancing and listening pleasure.</div> <div>8:25 Gift basket winners announced. Winners must be present.</div> <div>8:45 Traditional Champagne toast by your Member Advisory Committee, Auld Lang Syne, and the last dance of 2021.</div>	



Save the Date!





BE Brain Enrichment - RSVP \*07

Tuesdays, January 11-March 15, 12:30-1:30 pm

- Eastlake Dining Room, Limit 15

Would you like to develop strategies for improving attention, mental processing speed, working and long-term memory, problem-solving, and creative thinking? Lynn Adams leads this program, a curriculum for brain health and brain fitness developed by Linda Sasser, Ph.D. The \$18 cost for the workbook, which we'll order for you, will be reflected in your monthly statement for February. To get your workbook, register by December 20. The class dates are January 11, 18, and 25; February 1, 8, 15, and 22; March 1, 8, and 15. Limit 15 participants.

These gatherings or live lectures require a reservation - Lifelong Learning

<div>RSVP *07 Friday Dec 10 10:00 - 11:30 am</div>	<div><b>Great Decisions with Gary Midkiff!</b> <i>- Burnham Room</i></div> <div>From the Foreign Policy Association, Great Decisions is America's largest discussion program on world affairs. You can join any month. Gary Midkiff moderates. Exercise your brain and have fun: Be sure to order your 2022 Briefing Book, either online at fpa.com or from Lynn Adams at *13 at cost. Or you can order it digitally for your tablet or other smart device from Amazon. FPA expects to start sending the books out January 7. We start Chapter 1 in February. Great Decisions in December and January will be foreign policy roundtables. Gary will email you the materials to be discussed ahead. Therefore, you want to reserve your spot no later than Tuesday, December 7. If you're new to Great Decision, please give the Concierge your email address too. December and January are excellent months to sit in with this vibrant group of thinkers and try it out.</div>	
<div>RSVP *07 Wednesday Dec 22 3:30 - 4:30 pm</div>	<div><b>Music Appreciation with Jim Kendros: Festive Orchestra, Uplifting Voices</b> <i>- Robie Lounge</i> </div> <div>In Jim's words: "Here is music to celebrate December!" Jim takes us behind the sparkling compositions of Bach, Vivaldi, Corelli, Haydn and Brahms for choir and orchestra. By delving into the fascinating story behind each work, Jim -- composer, music producer, concert artist, multi-instrumentalist, and music researcher -- widens our knowledge base and takes us on his ardent musical journey.</div>	
<div>RSVP *07 Wednesday Dec 29 3:00 - 4:15 pm</div>	<div><b>Chicago's Arsenal of Democracy with Jerome O'Connor</b> </div> <div><i>- Robie Lounge</i></div> <div>Jerry was unable to deliver this program in November and looks forward to doing so now. During the Second World War, all of Chicago converted to war production, including children who planted and tended victory gardens as their parents produced torpedoes. Millions of unsung American defense workers played vital roles in winning the war. Historian and author (The Hidden Places of World War II), Jerome O'Connor takes you on an on-screen tour of Chicago's war production locations, then and now.</div>	

Save the Date!



The Wayne Messmer Trio: "Songs Too Good to Forget" - RSVP \*07

Wednesday, January 19, 7:00-8:15 pm - Performing Arts Center

Wayne's jazz trio returns to The Garlands to thaw us out with songs from James Taylor, Carol King, David Gates and Bread, The Beatles, The Carpenters, Leon Russell, Tony Bennett, Barbra Streisand and Louis Armstrong. We'll have hot chocolate (spiked available too) to warm us up until the music kicks in.

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Things To Do - These activities do not require reservations

Monday <b>Dec 6</b> 11:00 - 11:15 am	<b>Garlands Travel Club Dream Destination Video</b> - Surround Sound Theater Enjoy immersing yourself in the sights and sounds of this video from American Classic Tours. We will watch American Classic Tours' First 8 Tours of 2022.	
<b>Dec 12-18</b> 3 pm & 6:00 pm	<b>Special Movie Week Theme: Happy Holidays!</b> December 12-18, 3:00 pm & 6:00 pm Sunday, 3:00 pm Wednesday, Friday, and Saturday - Surround Sound Theater It is the season! We will be watching some holiday classics in the theater this month. Grab your friends and enjoy the freshly-made, buttery popcorn provided at the Wednesday and Friday movies. Bring a blanket and snuggle in too! If you have a holiday movie you'd like to see in December, contact Nate in Activities.	
Thursdays <b>Dec 2 &amp; 16</b> approx. 10:45 - 11:45 am	<b>Penny, the Irish Setter Therapy Dog</b> - Wellness Hallway Penny lives for scratches and attention. She and her human, Bob, invite you to visit with them as long as you like.	
Wednesday <b>Dec 15</b> 9:30 - 10:30 am	<b>Coffee with Management</b> - Wellness Hallway – 9:30-10:30 am, - Performing Arts Center Coffee with Management is an informal forum for management to answer your questions. There is no agenda, so stop by and say hello, offer a suggestion or have your question answered in-person while enjoying a cup of coffee and a pastry. Coffee with Management occurs every two months. Town Hall occurs in the off months.	

FITNESS CENTER



**12 Days of Fitness:**  
**Everyday is a new challenge!**  
**(You can do these all at home)**  
Questions? Call Bethanie at \*41

- 1. 25 Pushups, on the floor or against the wall
- 2. 20 Squats
- 3. 10 Jumping Jacks
- 4. 20 Chair Stands
- 5. 25 Boxing Jabs
- 6. 20 High Knee Ups
- 7. 15 ABS Crunches on the floor, standing or in bed!
- 8. 20 Leg Lunges
- 9. 1 Minute Plank against the wall or on the floor
- 10. 20 Leg lifts in bed or on the floor
- 11. 30 Hip lifts in bed or on the floor
- 12. 2 Minutes of walking around the room

**Yoga Meditation** - rsvp to \*41  
Wednesday, December 1, 1-1:30 pm, Fitness Studio  
Learn a simple practice of mediation. It's easy and simple and you will enjoy it! 350 hour certified yoga instructor and Garlands member Marylou Nunamaker looks forward to teaching yoga meditation – a 7000 year old practice.

**Holiday Hustle for the Muscle** - rsvp to \*41  
Thursday, December 16, 9:15-10:15 am, Fitness Studio  
60 minute strength training class! We will use a variety of strength training tools and build towards a stronger and more balanced body.

FITNESS CENTER

**New Year New You Preparation**  
Get ready for the new year and get ready for a new you!! Make an appointment with Bethanie to get your fitness goals achieved in 2022. Call the fitness center at \*41 if you are interested in seeing what we have to offer while helping you reach your goals.

**Hot Holiday Cheer**  
Friday, December 16, 9:00-11:00 am, Fitness Center  
Enjoy some hot chocolate and a hot workout on your own, or try out one of our classes!

**Merry and Bright Glow Chair Yoga**  
Tuesday, December 14, 11:00-11:30 am, Burnham Room  
Come glow in the dark and enjoy a little chair yoga to brighten your day.

**30 Day Wall Push up Strength Challenge**  
Come to the fitness center and get your December challenge to do in the comfort of your home or with Bethanie's assistance.

**Whole Body Move**  
Monday, Wednesdays and Fridays, 9:15-9:45 am, Fitness Studio

**Barre Class**  
Fridays, 2:00-2:30 pm, Fitness Studio  
Pilates, Ballet, and Yoga mix together. This class is performed standing behind a chair using it for balance and support.

**Women & Men's Fitness**  
Tuesdays, 9:30-10:00 am, Fitness Studio Thursdays, 9:15-9:45 am, Fitness Studio

**Chair Yoga**  
Tuesdays and Thursdays, 11:00-11:30 am, Fitness Studio

**Theraqua - Pool**  
Mondays, Wednesdays, and Fridays, 10:00-10:30 am, Fitness Studio

**Tread and Shed**  
Mondays, 2:00-2:30 pm, Fitness Studio

**Balance Class**  
Tuesdays and Thursdays, 10:30-11:00 am, Fitness Studio

**Friday Fun Walk**  
Fridays, 1:00-1:30 pm, Fitness Studio

**Zumba with Axana!**  
Tuesdays, 9:00-9:30 am, Fitness Studio  
Fridays, 11:00-11:30 am, Fitness Studio

**Bringing Your Sexy Back**  
(get rid of that Covid weight)  
Mondays and Wednesdays, 11:30-12:00 pm, Fitness Studio

**Afternoon Pick Me Up**  
Wednesdays, 2:00-2:30 pm, Fitness Studio  
Give your energy and take some energy back! If you get into an afternoon slump or funk, come join this class. We will do a mix of low impact cardio exercises mixed with some strength and stretching.

**Aerial Yoga** - rsvp to \*41  
Wednesday, December 8, 1:00 pm, Pilates Body by Kristin in Crystal Lake

If you ever wanted to try something new, aerial yoga class may be just the thing! You perform the same poses you do on a yoga mat, except you use a silk hammock that's suspended from the ceiling as a prop to support you through the various flows. The purpose of the hammock is to help you improve flexibility and build strength while allowing you to do more challenging poses without added pressure on your shoulders or spine. Age is not a concern with this exercise and it is widely accepted that, provided the user feels able, there is no time of life where an aerial yoga practice should not be enjoyed. Older adults are the perfect group of people who can do aerial yoga, and there are classes that are designed with the older person in mind – one of the most popular is the over-50s aerial yoga class, many of which run all over the world. The cost will be \$28 per member. Please meet in the lobby of the 1000 building at 12:30 pm.



# Pop-Up Shops in December

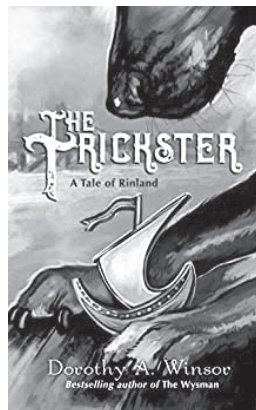
Please note what forms of payment each accepts so you are prepared.

Wednesday **Dorothy Winsor**

**Dec 1** **Pop-Up Shop - Wellness Hallway**

10:00 am - 2:00 pm Published author (nine books) and Garlands Member Dorothy Winsor has a great solution for the young adults on your holiday gift list: any of her five young-adult novels. Her teen characters' stories bubble with adventure, family tension, and a little magic. The Wysman debuted at #1 on Amazon, and earned wide praise for having a handicapped central character. Her most recent book, The Trickster, has been reviewed as "a less intense Game of Thrones meets Pirates of the Caribbean."

**Dorothy accepts payment by cash, check, and credit card.**



Wednesday **Freida Rothman Jewelry and Accessories**

**Dec 1** **Pop Up Shop - Wellness Hallway**

10:00 am - 2:00 pm Known for luxury layered necklaces, bracelets, and stacked ring sets, Freida Rothman's beautiful designs incorporate precious metals and semi-precious stones. Your most discerning gift recipient will be thrilled! Freida Rothman is a second-generation jeweler based in Brooklyn, New York and is represented in this pop-up by Pamela Chandor, daughter of Garlands' member Marie Payes.

**Pam accepts payment by credit and debit cards (not checks).**



Wednesday **House of Betty Jane**

**Dec 8** **Pop Up Shop - Performing Arts Center Back Half**

11:00 am - 3:00 pm We saw House of Betty Jane at the LBS Gift Show in November and think many Garlands members will enjoy their soft, yet chic, fashion-forward clothing. House of Betty Jane offers apparel and accessories, fitting XS through XL sizes, which seem too stylish to be as budget-friendly as they are. House of Betty

**House of Betty Jane accepts cash or checks as well as Venmo or Zelle (not credit or debit cards).**



Friday **"Button Up"**

**Dec 10** **Pop-Up Shop - Wellness Hallway**

11:00 am - 3:00 pm Creative owner, Nancy Luck, repurposes vintage (1890's-1960's) buttons, Mah Jongg tiles, cufflinks, and watch faces into beautiful, unique bracelets, earrings, rings, and brooches (which affix magnetically, rather than with a pin). Button Up accepts all major credit cards and cash (not checks).

**Button Up accepts all major credit cards and cash (not checks).**



# Pop-Up Shops in December

Tuesday **Veronica Potter "Small Gems" Art**

**Dec 14** **Pop Up Shop - Wellness Hallway**

12:00 - 2:00 pm The gems are 3 ½ inch squares of wood that have been hand-painted, collaged, watercolored, or created with mixed media. They can be hung or placed on a small easel. Veronica accepts cash and checks (not credit or debit cards).

**Veronica accepts cash and checks (not credit or debit cards).**

Tuesday **Betsy's One-of-a-Kind Costume Jewelry Shop and Repair**

**Dec 14** **Pop Up Shop - Wellness Hallway**

12:00 - 2:00 pm Betsy repairs and custom designs costume jewelry in her studio of 2 million beads. She specializes in matching her jewelry to your special outfits: bring a photograph or the outfit if you'd like something customized! All items under \$75. Betsy accepts cash and checks (not credit or debit cards).

**Betsy accepts cash and checks (not credit or debit cards).**



## Wellness Center



### The Doctor is in...

**Audiologist: Dr. Regina Dziewior**

Call 847-358-2896 to schedule an appointment

December 15, 9:00 am-12:00 pm

By appointment only.

**Podiatrist: Dr. Warheit**

Call 847-577-1649 to schedule an appointment.

Wednesday, December 8, 8:00 am-2:00 pm

Wednesday, December 29, 8:00 am-12:00 pm

By appointment only.

**Wellness Center Hours** Monday through Friday, 8:00 am-4:30 pm, Saturday, 8:00 am-2:00 pm.

The Wellness Center is 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: call \*03 Monday - Friday, 8:30 am - 5:00 pm.

**Lab Services** - call \*40

Blood draw services are offered every Tuesday in the Wellness Center. This service is provided by NICL Lab. \*Minimum 24 hours advanced notice is required\*

### Blood Pressure Testing

Call 77458 to schedule an appointment.

Blood pressure testing will be provided by appointment only. Vitals (blood ressure and/or weight monitoring) can be taken in the wellness center free of charge. This service will be offered by one of our certified nursing assistants and information will be documented and provided to our Wellness Nurses.

### HealthPRO Heritage 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 from 8:00 am to 4:30 pm. Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

## Lecture Series – Sample Healthy Foods

Tuesday, December 28, 11:00-11:30 am, Wellness Hallway - RSVP \*40

Join us on Tuesday, December 28th for a short talk presented by our Wellness Nurse regarding the benefits of a healthy food option and sample a healthy recipe prepared by our culinary team.

**Outing Trips and Events:** ALL outings require a reservation. RSVP to Concierge \*07.  
Departures for all outings leave from the 1000 Entrance Lobby. Let the Concierge (\*07) or Member Services (0) know ahead of time if you'd like to be picked up at the 2000 or 3000 Lobby.



**Holiday Lights of "Lights on Magnolia"**  
- rsvp to \*07

Wednesday, December 8, 4:30 pm, 1000 Lobby, Max 8  
Thursday, December 9, 4:30 pm, 1000 Lobby, Max 8

Come see five houses dance to the music! All songs are manually synchronized to create this dazzling display in Rolling Meadows. The show is 30 minutes long and runs on a continuous loop.



**Lunch to Ciao Baby** - rsvp to \*07

Tuesday, December 14, 11:45 am, 1000 Lobby, Max 4,  
Price range \$10-20

Depart 11:45 am, Lunch 12:00 pm, Pickup 1:15pm,  
Back 1:30pm

Ciao Baby is a small neighborhood, family-friendly restaurant in downtown Barrington, Illinois. They have been serving the area for many years, offering authentic Italian dishes handed down through generations of their family.

Key



A cost is associated with the outing. To reserve your spot on the bus, you will need to sign a Payment Agreement at the Concierge Desk.



Climbing stairs is required in order to get to our event.



A little walking is required for this trip.



Some walking is required for this trip.



A lot of walking is required for this trip.

SAVE THE DATE



**National Museum of the American Sailor Guided Tour** - rsvp to \*07

Tuesday, January 18, 9:45 am  
1000 Lobby, Max 13, Price \$10 per person,  
Depart 9:45 am, Tour 11:00 am, Depart 12:15 pm, Back 1:30 pm



We are off to Great Lakes just outside the Great Lakes Naval Base to attend The National Museum of the American Sailor's exhibits that tell the stories of enlisted sailors from colonial America to those serving today. Starting with boot camp basics and looking back at the triumphs and challenges of a naval force constantly in flux. We will be on a guided tour, 30-45 min., and then will have some time to explore on our own.

Garlands Travel Club



American Classic Tours, has scheduled the following trips. We have more information on them at the 1000 Concierge desk, and you can learn more about their excellent standards at americanclassictours.com. If you plan to go on one, let us know: we'll tell you if other Garlands members will be there too! Starting in December, you'll also see trips planned by Road Scholar in this space.

**March 22-29, 2022:** Savannah, Charleston, Hilton Head bloom with Azaleas

**June 15-17, 2022:** Mississippi River Magic with Galena and Bishop Hill Swedish Colony

**September 20-24, 2022:** Agawa Canyon Fall Foliage Train in Canada

Questions? Call **Lynn Adams** (\*13) and come to the Garlands Travel Club meetings.

Glorious Food!

**Holiday Tea - SOLD OUT**

Friday, December 17, 1:30 pm  
Saturday, December 18, 1:30 pm  
Robie Lounge

**Christmas Eve Dinner Selected Menu**

Friday, December 24 – 5:00 - 7:00 pm  
Winslow - rsvp \*17

**Christmas Day Selected Menu**

Saturday, December 25  
Breakfast, 8:00 - 10:00 am  
Lunch, 11:30 am - 1:30 pm  
Winslow - rsvp \*17

**New Year's Eve Dinner Selected Menu**

Friday, December 31 – 5:00 pm - 8:00 pm  
Winslow - rsvp \*17

**New Year's Day**

Saturday, January 1  
Breakfast 8:00 - 10:00 am, Café \*19  
Lunch 11:00 am - 3:00 pm, Café \*19  
(Winslow Dining Room is closed for Breakfast, Lunch & Dinner)

Members Corner

**Thinking About RECONCILIATION,**  
by Karen Stathakis

My understanding of reconciliation is the process of restoring a broken relationship. This requires a desire on my part, a willingness to take action, perhaps even some courage, to hopefully resolve differences. Having gone through this process multiple times in my life, I can say that the process was worth it, bringing peace to the relationship, whether it continues or not. For ongoing relationships that have been restored through the reconciliation process, the result can be a sense of unity and joy as well.

The Bible encourages us and instructs us to pursue reconciliation in our personal relationships with others, with ourselves and, most importantly, with God. We are reminded of this as we enter the Christmas season, that is rooted in God's plan of reconciliation with the people He created. There's an old song that declares, "Let there be peace on earth, and let it begin with me." That's where the process of reconciliation begins.

While reconciliation is important in our personal lives and families, we see the need for it in the public arena as well – in government, education, media, religion, business, and entertainment. Please join me in prayer to activate the desire for all Americans to pursue reconciliation and restore peace, unity and joy in our nation.

**Scriptures:** John 3:16-17; Romans 10:9-10; 2 Corinthians 5:17-21; 2 Corinthians 13:11

**Songs:** Let There Be Peace on Earth; Joy To The World; What A Friend We Have in Jesus



Ongoing Happenings

If you have questions about any of these activities, call the person named in parentheses. Please alert us to any changes below. Would you like to be doing something that isn't in this Gazette? Please call Lynn (\*13) so we can look into your idea.

**8-Ball Pool, Co-Ed** - Saturdays, 2:00 pm, Timbers Lounge (Paul Leonard 72217)

**Birthday Bash** - 1st Saturday of the month, 1:30 pm, Robie Lounge

**Betsy's One-of-a-Kind Costume Jewelry and Repair** - 2nd Tuesday of the month, 12:00 am-2:00 pm, Wellness Hallway (Lynn Adams-Activities \*13)

**Bridge-Co-Ed** - Thursdays, 7:00 pm, Robie Lounge (Tom Banfield 31400)

**Bridge-Men's** - Wednesdays, 1:00 pm, Game Room, (Frank Rubino 71218)

**Bridge-Ladies** - Mondays, 12:30 pm, Robie Lounge (Carleen Smith 71221)

**Canasta Hand & Foot** - Tuesdays, 11:00 am, Game Room (Esther Lark 72115)

**Gin Rummy** - Thursdays, 1:00 pm, Timbers (Lee Heckmeck 72116)

**Just Talk** -1st & 3rd Saturdays of the month, 10:00 am, Eastlake Dining Room (Tom Banfield 31400)

**Knit, Crochet, Stitch Group** - 1st Wednesday of the month, 1:00 pm, Timbers Lounge (Marilyn Laystrom 71342)

**Mah Jongg (American)** - Tuesdays, 1:00 pm, Timbers Lounge, Fireplace Room (Phyllis Hamilton 33408)

**Mah Jongg (American)** - Thursdays, 10:00 am, Game Room (Carleen Smith 71221)

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

**Movies** - Sundays 3:00 pm and (repeat) 6:00 pm, Wednesdays, Fridays, & Saturdays 3:00 pm, Surround Sound Theater (Nate Szkil-Activities 77415)

**Mexican Train Dominoes** - Sundays, 1:00 pm, Timbers Lounge (Marge Lutz 73208)

**Penny, the Therapy Dog** - Thursdays, 10:45 am, 1st and 3rd Thursday of the month, Wellness Hallway (Lynn Adams-Activities \*13)

**Pinochle** - Mondays, 1:00 pm, Game Room (Vivian O'Neill 72316)

**Poker-Men's** - Thursdays, 2:00 pm, Timbers Lounge (Dick Schmidt 72123)

**Scrabble** - 2nd, 3rd, 4th, and 5th Saturdays of the month, 1:00 pm, Game Room (Trish Caldwell 72302)

Bulletin Board

Looking to Join a Book Club?

The Keen Readers book club welcomes new members! Keen Readers meets on the second Thursday of the month. If interested, please call Mari Harrer (72118) for more information.

Military Veterans

Tom Banfield is looking for one or two members to help gather and compile more thorough information on our veterans than simply whether or not a member has served. This would involve distributing a flyer and making phone calls. If you'd like to help, call Tom (31400).

Trash

Out of consideration for your neighbors, please don't leave anything in the trash rooms! If you need to dispose of something too large to fit down the trash chute, please call Member Services (\*02) for assistance. If you choose to recycle, ALL recyclables need to be disposed of in the bins at the garage level.

Safety Tip of the Month

Never run to answer that phone! If it's important, the caller will leave a message. No call in the world is worth a fall, right?

Urgent Care Alternatives

Need to be seen by a doctor after hours but you don't think your situation merits the Emergency Room? Within six miles of The Garlands, there are six urgent-care clinics or urgent-care offices open late or on weekends. We have compiled them into a list which you may pick up at the Wellness Center or Member Services. Please note that the list is for those who independently wish to drive themselves to be evaluated for a non-emergency medical concern. The policy of The Garlands is unchanged: in the event of an emergency or in determining the cause of illness, Member Services will either notify a nurse from our Wellness Center or call 911. Member Services does not offer transportation to any urgent-care clinic or office.

December Birthdays



Wishing a Happy Birthday to those members celebrating their special day. Whether or not it's your month, have a slice of cake and coffee and enjoy the company of new and old friends at the Birthday Bash on Saturday, December 4, 1:30 pm, in the Robie Lounge. For more information on our entertainer, see Birthday Bash on Page 3.

Spiritual Services and Gatherings

**Live Catholic Masses and Services on Xfinity** - Please call the Concierge (\*07) or **Lynn Adams** in Activities (\*13) if you would like the schedule of 30 live masses a week on Xfinity Basic.

<b>Tuesday, Dec 7</b> 1:30 pm	<b>Bible Study (Questions? Call Carol Smith 72318)</b> - Eastlake Dining Room - ALL ARE WELCOME!
<b>Wednesdays</b> 2:00 - 2:30 pm	<b>Holy Communion with Deacon Bob Powers of St. Anne Catholic Community</b> - Performing Arts Center - ALL ARE WELCOME!  <i>Please note that St. Anne's Mary Ellen Johnston will replace Bob and Susan Powers on November 3</i>
<b>Thursdays</b> 3:00 - 3:45 pm	<b>Bible Study with Pastor Joe Dorociak of the Presbyterian Church of Barrington</b> - Surround Sound Theater - ALL ARE WELCOME!
<b>Friday, Dec 3</b> 3:00 - 4:00 pm	<b>Communion Service with Bob Alberding of St. Mark's Episcopal Church</b> - Eastlake Dining Room - ALL ARE WELCOME!
<b>Wednesday, Dec 15</b> 1:00 - 1:30 pm	<b>Communion Service with Pastor Matthew Johnson of Barrington United Methodist Church</b> - Surround Sound Theater - Live spiritual music. ALL ARE WELCOME!

Veronica Potter	Dec 02	Cherrill Sneedeen	Dec 11	Gene Dawson	Dec 17
John Byrns	Dec 02	Grace Vinci	Dec 11	Rita Coake	Dec 19
Marlene Peterson	Dec 02	Marty Istvan	Dec 11	Lynne Backer	Dec 19
Rem Stokes	Dec 03	Willa Larwin	Dec 12	Jean Tolle	Dec 20
Joan King	Dec 04	Ellen Nilssen	Dec 13	Doris Dorzweiler	Dec 21
Bob Thierer	Dec 06	Kathy Kopp	Dec 13	Tom Rakow	Dec 22
Bruce Smith	Dec 06	Julia Steco	Dec 15	Jack Rohner	Dec 22
Tomi Hubert	Dec 07	Marilyn Dick	Dec 15	Ellen Coy	Dec 23
Louise Cronan	Dec 08	Abby Brown	Dec 15	Lloyd McCarthy	Dec 25
Bill Setterstrom	Dec 09	Gary Cooper	Dec 16	Suzette Schmidt	Dec 25
Samuel Jeffers	Dec 09	Pat Bobkoski	Dec 17	Carleen Smith	Dec 26
Harriet Ahr	Dec 10	Patty Foos	Dec 17		



# 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!

FEEL Better. AGE Better. LIVE Better.

## At Our 60s & 70s Dance Party!



Jane & Gene Dawson, Peggy & Dave Ullius, & Lyle Davidson



Karen Robinson & Cathy Nardo



L to R-Tom & Judy Rode, Marilyn & Tom Roche, Mike Vinci, Jim Zeleski, Bill & Judee Setterstron, Dennis Golbesky, Grace Vinci, & Deanne Born



Frank & Marcia Todd



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