August 2006

The Garlands Gazette

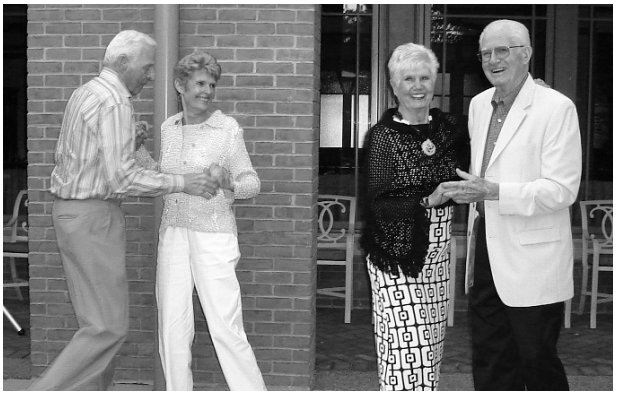
A Newsletter for the Members of The Garlands of Barrington

The Month in Review

There's something for everyone at The Garlands!

Bill Cox shows off his red suspenders to his wife, Virginia, and Frances Edwards, at the Red, White and Blue Celebration.

Members enjoy the warmth of outdoor music and dining in the courtyard.



Bonnie and Don Smith and Carl Peterson and Doris Cook dance under the stars to the Frankie K Duo.

Dining in the kitchen during our Roycroft Fine Dining experience is exciting and educational for members.

Members of the new "Knitting and Sew On" group listen as Susan Rosenberg from PHD asks for their help in creating layettes for young mothers.

Barbara Pettersen, along with Esther Marshall, Joan DuBiago and Evelyn Hammond, place their flags on the maps marking where they grew up at the recent "A Place Called Home" Happy Hour.

The Garlands By Day

"Sing Along with Lee"
Wednesday, August 2, 3:30-4:30pm in the Robie Lounge
Join Lee Bassett as he conducts a piano-led old fashioned sing along with songs of yesteryear! Songbooks provided.

Knitting and Sew On
Tuesdays, August 8 and 22, 1:30-2:30pm in the Tiffany Lounge
Ladies, come enjoy coffee and bring your stitching or knitting to keep your hands busy while you chat. Patterns for bibs for the PHD layettes are available.

Appliance 101
Wednesday, August 9, 10am, meet in the lobby
Join Assistant Plant Manager, Scott Weimer as he describes how to pop popcorn in the microwave or how to turn up the thermostat. All your appliance-related questions will be answered. This class is for new members or members who need a refresher course.

Bocce Ball and Italian Ice
Tuesday, August 15, 3-4pm in The Grill Courtyard
Frank Mannino from the Members Services Department leads this event. Learn how to play this easy yet challenging Italian game or just come and be a spectator and refresh your palate with Italian Ice.

Member Activity Meeting
Wednesday, August 16, 1-2:30pm in the Surround Sound Theater
Bring your ideas for events, outings and movies for fall.

Garlands Forum—Get to Know The Garlands Members
Wednesday, August 23, 3:30-4:30pm in the Robie Lounge
The Garlands Forum is a new program whereby members share an interesting story about their past for a brief 10 minutes. During each monthly forum, three or four members will be selected to share a story about a hobby, career, war story or something that may be of interest for the group. If you are interested in being a speaker at the Forum, please contact Jill Lund with your subject matter...watch for a flyer mid-month to see who our speakers will be.

LIFELONG LEARNING CENTER

"All About Owls"
Monday, August 28, 2-3pm in the Surround Sound Theater
Mark Spreyer from the Stillman Center will lecture on the behavior of owls and how the Stillman Center rescues injured or abandoned owls. This lecture will be followed up by a visit to the Stillman Center on Friday, September 15 from 9:30-11am to Birdwatch.

Food For The Soul

The Power of Your Word

No matter the extent of your vocabulary, each word you express has great power. Your word is like a force that can create or destroy, free or enslave, bring joy or unhappiness. Your word affects other people. And it affects you as well. Words have the ability to transform lives.

The mind is like a fertile field where seeds are constantly being planted. Some seeds are planted in the form of information, others come from wisdom learned through life experience, and others come in the form of people's ideas, opinions and judgments. Still other seeds are blown in on the winds of rumor and gossip.

When we are impeccable with our word, we come from a place of truth, thus spreading nurturing seeds that can make others' minds more fertile for knowing their own truth. Truth builds confidence, integrity and assurance. As the old saying goes, "The truth shall set you free."

Jacqui Neurauter, of Harmonious Pathways, is a Personal/ Professional Coach, Feng Shui Consultant and Ethical Wills Specialist. Call 847.359.6391 or visit www.harmoniouspathways.com to sign up to receive a free e-mail newsletter or complimentary coaching session.

The Garlands by Night

Movies
Wednesdays and Saturdays at 7:30pm and Sundays at 2pm.
Enjoy hot buttered popcorn and great shows right in your own home. Give any movie suggestions to Jill.

Roycroft Fine Dining
Saturday, August 12, 5:30-8:30pm
Make your reservations now for this fine dining experience. You may reserve the Chef's table in the kitchen. Call the Dining Room *17.

August Birthday Celebration
Friday, August 25, 7:30-7:45pm in the Courtyard
Calling all August birthdays and all Garlands' friends. Gather for a rousing round of "Happy Birthday" and the sweetness of birthday cake.

Wednesday Happy Hours

4:30-6pm in the Robie Lounge. Cash bar is available. Wine Drink Specials $3 each.

Social
August 2
Join your Garlands' friends for chat and laughter over a cocktail.

Song Stylings of Chris Colletti
August 9
Tap your toes to the nightclub music provided by Chris Colletti.

National Golf Month
August 16
Try your luck at the putting green and have a chance to win golf prizes!

Singing In The Rain/Gene Kelly's Birthday
August 23
Wear your rain gear and have a chance at winning an umbrella!

New Member Happy Hour
August 30
Meet your new neighbors. New members please sign up with the Concierge as you will receive a corsage this evening.

Special Events

In The Garlands Center for the Performing Arts

Violin and Viola —"Klezmates" Concert
Thursday, August 17, 7:45-8:45pm
They entertained you on New Year's Eve and now are back with a brand new show featuring popular show tunes and classical music.

Mark the date…

Dinner/Theater Event with Dave Seabaugh and Band
Saturday, October 7, 5:30-9pm in the Performing Arts Center

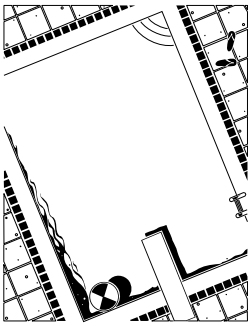
Spa and Fitness Center

Expanded Hours at Spa Vargas at The Garlands

Mondays and Tuesdays: 9am-3pm
Wednesdays, Thursdays, Fridays: 9am-7pm
Saturdays: 9am-6pm

Family Swim Times in the Pool—Great for the whole family!

Fridays: 4-7pm
Saturdays: 1-4pm
Sundays: 1-4pm



Times for Fitness Classes

Body Pump—

Mondays at 9:15am in the Fitness Studio

Men's Sports Conditioning—

Mondays at 1pm in the Fitness Studio

Body Flow—

Tuesdays—9:15am in the Fitness Studio

Theraqua—

Tuesdays, Wednesdays & Fridays—10am in the Pool

Tai Chi—

Thursdays—9:15am in the Pool Balcony Spa Floor

Fitness Trainer Hours—Natile Barsella

Monday through Friday, 7:30am-4pm.

Wellness Works

Wellness Center Hours:

Monday, Tuesday, Wednesday, Friday 9am-1pm.
Wellness Nurse, Paula Irving will be out of the office on Friday, August 11 and returning Monday, August 14 with hours from Noon-4pm. In addition, she will be on vacation Thursday August 24 – September 7, returning to the Wellness Center on Friday, September 8.

Blood Pressure Screening

Blood Pressures are taken on the first Tuesday of the month, Tuesday, August 1 from 9-11am in the Wellness Center by The Garlands' Wellness Nurse, Paula Irving.

Cataract Lecture and Screening

Friday, August 18, 9am in the Surround Sound Theater
Dr. Lenzen will give a short presentation on the prevention and treatment of cataracts followed by a complimentary screening.

The Doc is In…

Please call Paula at *40 to schedule your appointment in the Wellness Center.

Podiatrist—Dr. Nuzzo
Friday, August 4, 9:30-11:30am

Podiatrist—Dr. Warheit
Monday, August 14, 9:30am-12:15pm

Optometrist—Dr. Lenzen
Friday, August 18, after the Cataract Lecture

Welcome New Members

George and Vally Flint
Residence #2317

George and Vally have a lot in common and a long history together, especially if one were to consider that they were both born in New York City, spent many years living in the east raising their families, and traveled in the same social circles while living in Long Island. After 40 years of friendship and several events in between, Vally and George have enjoyed the last sixteen years as a couple in San Diego, California.

As a very young person Vally's family moved to London and later returned to New York with the onset of the war. George grew up in New York and eventually entered the College of Medicine of the State University of New York, after graduating from Ohio State University. As with most young men in those years, George enlisted in the army but was allowed to continue his studies in medical school.

George graduated from medical school and married his first wife in 1944. Soon after finishing his internship and residency in surgery, George's active duty in the army as a surgeon placed him on several bases in the United States. With the completion of his two years of active duty and the end of the war, George resumed his training in surgery. During this time, George had two sons who are now partners in a venture capital firm in Boston.

While George was pursuing his career in the medical field, Vally worked for an airline and then DuMont Television Network. After Vally married her first husband, she moved to Boston where she had three children. She later returned to New York after ten years in Boston. Vally finally settled in Los Angeles following her divorce and soon thereafter her mother and three grown children migrated to California as well.

After his divorce and 38 years of specializing in colon surgery, George moved to California in his retirement. And so began two very wonderful events in George's life: the first of which was his new career in the theatre and the second of which was renewing his friendship with Vally. Just as George had known Vally for many years, his new acting career was merely a renewal of a passion from his high school and college years. After ten years of acting in everything from Neil Simon to Shakespeare in San Diego and Los Angeles, George founded his own theatre company, producing and directing theatre for the next six years. George has won numerous awards for such plays as *Waiting for Godot*, *Of Mice and Men*, *A View from the Bridge*, and many others.

After sixteen years in California, the Flints decided family was more important than climate, and they relocated to the Midwest. Now that the Flints have experienced both the east and west coast—the Midwest gets a chance!

With one daughter living in the village of Barrington and three sons living on the east coast, the Flints are now well positioned to make the most of all their children and grandchildren. Besides the involvement with their family, George is a regular in the fitness center, and the two have planned a trip back to California and a cruise with some friends. And we cannot forget about George's passion for directing and acting, which will surely come out of hiding here at his new Garlands home!

Save the Date!

Back by popular request . . .
Barbara Rinella in "*Teacher Man*" by Frank McCourt
Dramatic Book Review and Luncheon

Thursday, September 14, Noon-2:30pm
$25 for members and guests
$35 for the public.

Following lunch, the famous dramatic book reviewer, Barbara Rinella will present *Teacher Man* by Frank McCourt.

In the Prologue to his third, amazing memoir, McCourt states, "There should be a medal for people who survive miserable childhoods and become teachers." *Teacher Man* is a tribute to creative, inspiring teachers everywhere.

Come into the classroom with McCourt, who admits "Instead of teaching, I told stories." Oh what stories! Ms. Rinella will bring them to life. Invite your teacher friends to join you, and make your reservations early with the concierge!

Garlands To Go!

Please join us on these exciting day trips by signing up at the Concierge desk. Note: Once you have signed up, you will be responsible for the cost of the ticket. If you cannot attend, it may be possible to find someone else to use your ticket. In some cases, outings will be cancelled if there is not enough interest. Gather in the lobby for all outings.

Grocery Shopping

Meet in the Lobby

Trader Joe's & Dominick's in Lake Zurich:
Monday, August 7 & 21, 1:30pm

Whole Foods, Palatine: ***Monday, August 14, 1:30pm***

Eurofresh, Palatine: ***Tuesday, August 29, 1:15pm***

Jewel, Barrington: ***Thursdays 10am & 2pm***

Enjoy complimentary transportation to these destinations. Please reserve your spot as there is limited seating on the bus.

MaKray Golf Get-Together

Friday, August 4, Time to be announced dependent upon tee times and number of golfers.
Calling all golfers. Sign up for this event with your own foursome or get paired up with other avid Garlands' golfers for this event. You will pay the golf course directly for your own green fees. Please note that 9-holes is $22 or $40 for 18 holes for seniors. Carts are $8pp for 9 holes or $16 for 18. Pull carts are available upon request as well. When making your reservation with the Concierge, please indicate whether you want to play 9 or 18 holes and if you would like to reserve an electric cart.

Anderson Japanese Gardens, Tinker Swiss Cottage and The Machine Shed Lunch, Rockford

Friday, August 11, 9am-4:30pm, $35 per person
You'll be awe-struck by the natural beauty and serenity in this garden, ranked the top Japanese Garden in North America. Take time to experience the 12 acres of this 12th Century-style "pond strolling" garden with paths, pools, streams, lanterns, pagodas, waterfalls and Sukiya-style buildings. Stop at the garden shop for Japanese imports and garden items. Tour a treasure trove of a time gone by at the Tinker Swiss Cottage Museum overlooking Kent Creek. This cottage is one of only a handful of Swiss-style homes remaining in the United States from the 1800s. Lunch at the famous Machine Shed restaurant. Choose from an entrée of stuffed pork loin or old fashioned pot roast. A beverage is also included. Please make your reservations with the Concierge by August 2.

Lunch Bunch

Friday, August 18, 11:15am-2pm: Brass, Barrington
Friday, September 8, 11:15am-2:30pm: Port Edwards, Algonquin
Please note restaurants are not always able to give separate checks, although this will be requested when the reservations are made. Please note a 15-18% gratuity is sometimes added to your bill. If a tip isn't added, please note an average tip is 15% of your purchases.

Baha'i Temple and Lunch at Friday's

Wednesday, September 6, 10:30am-2pm, $5 per person for bus transportation. (Admission to the temple is free.) Lunch at your own expense.
Feast at Friday's before touring the majestic Baha'i Temple in Wilmette. Since its completion in 1953, more than five million people have been attracted by the splendid architecture and lovely gardens. In 1978 the Baha'i House of Worship was listed in the National Register of Historic Places by the United States government.

Mozart Festival, Woodstock

Sunday, August 13, 2pm-6pm, $48 per person. Please reserve by August 3.
In celebration of Mozart's 250th birthday, the Woodstock Opera House invites you to attend this concert featuring Mark Peskanov, violinist and conductor and Marie-Elisabeth Hecker, cellist who received lst place in the 2005 Paris International Cello Competition.

The afternoon's musical selections include Vivaldi Concerto for Violin and Cello in B-flat major, Haydn Cello Concerto in D Major, Mozart Violin Concerto No. 3 in G Major, K and Bach Brandenburg Concerto No. 3.

Birdwatching at Stillman Nature Center
Friday, September 15, 9:15-11am, $5 per person
Take an 1.5 hour walk around Stillman's scenic lake with expert birdwatcher, Mark Spreyer. Mark will point out birds and their habitats along with their migration patterns.
Bring your binoculars!

Sanfilippo "Victorian Palace" Barrington
Friday, September 22, 1:15pm-6:30pm, $38 per Member
Please make your reservations with the Concierge by Friday, September 1. Begin with a luncheon in the Garlands Performing Arts Center with your choice of Chicken a la King in a Pastry Cup or an Open Face Beef Sandwich. Soup, dessert and a beverage are also included. A cash bar will be available. Travel to see the world's largest pipe organ and many other treasures from around the world located right here in Barrington at the Sanfilippo mansion.

Springfield Trip

Departing at 9am Monday, September 25, Returning late afternoon Wednesday, September 27, $450 per person for a single room or $330 per person for a shared room

3 Day, 2 night Garlands' Tour
- Overnight accommodations at the Hilton Springfield
- Garlands' transportation
- 4 meals (2 breakfast buffets & 2 dinners)
- Welcome Wine Party
- Chocolate Party
- Lincoln's Home
- Lincoln's Tomb
- Abraham Lincoln Presidential Museum and Library
- State Capital
- Old State Capital

Registration deadline: Monday, August 7

For more details or to sign up,
please contact Jill Lund at *13

The Bulletin Board

Have a suggestion?
A suggestion box is located in the Resource Center (next to the bank and gift shop). Please submit your ideas in writing and place them in the box.

A friendly reminder…
For your safety, it is strongly recommended that you wear your Lifeline pendant or wristband while in your residence. Also, if you have a Lifeline wristband that has an S or an E on it, please return it to Fitness Trainer, Natile Barsella. These bands with an S or an E are designed to solely work in the Pool area or the Fitness Center respectively.

Happy Birthday to Members Celebrating in August…

Dick Dinsmore
Tina Czerwinski
Ray Harding
Norma Delzell
Bev Harding
Robert Payne
Margaret Cifonelli
Dolores Miller
Joan DuBiago
Doris (Cookie) Cook
Pat Jonelis
Vally Flint
Rosemary Dennie
Dorothy Ackmann
Anne Alexander
Elvi Johnson
Charlotte Thoma

Welcome New Members

Phyllis Fossler
Residence #1329

Phyllis has only the fondest memories of growing up on her family's farm in DeLand, Illinois. Being one of six children meant Phyllis grew up in a family that was automatically outfitted with a team for most sporting opportunities as well as a support group for almost any endeavor. Not only could her family create their own fun, but living on a farm also allowed for the family to be quite self sufficient in many other aspects.

Champaign, Illinois, was the town to visit for shopping trips and other family outings. Phyllis also attended Business College in Champaign, and it just so happened that her future husband, Jerry, studied at the University of Illinois during this same time. After the couple married, Jerry's career in the advertising business moved them to Rockford, Illinois, (Jerry's hometown). After a short stay in Rockford, the Fossler family moved to Milwaukee and then finally migrated to the Chicagoland area settling in Mt. Prospect.

Phyllis is quite active with her three children, seven grandchildren and her siblings. Phyllis' brothers and sisters ventured to all parts of the country, providing Phyllis with opportunities to travel to different areas of the United States. Every couple of years Phyllis attends a family reunion and is expecting a visit to The Garlands from a sibling or two this year. In addition to the out-of-town visitors, Phyllis also has a lot of local traffic. There are quite a few last minute visits from her family to The Garlands, and she enjoys every minute of their time together. Sundays are especially busy since her grandkids have now found the pool at The Garlands. Phyllis has been known to play bridge, and reading is another of her favorite hobbies.

Please welcome Phyllis to The Garlands.

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