

# The GARLANDS GAZETTE

July 2006

A NEWSLETTER FOR THE MEMBERS OF THE GARLANDS OF BARRINGTON

## THE MONTH IN REVIEW

*There's something for everyone at The Garlands!*



*Erwin Betz throws the Bocce Ball while team members cheer him on.*



*Betty Catlin, along with Dick and Joyce Dinsmore, enjoy the Botanic Garden tram ride.*



*Joanne Seibert dances with her son to the tunes of the "Night Express" 14-piece Big Band.*



*A Day at the Races for Toby Myers, Shirley Leichter, Marlene Rolecek and Angela Loukas.*



*The Flints brave the rain at the Morton Arboretum.*



*The Wheatleys gather poker cards from dealer, Gene Seibert on the Poker Path to Fitness.*



*Doris Cook displays her winning poker hand and her plush prize—A Garlands' spa robe.*



*Joan DuBiago relaxes with a mini massage from Spa Vargas' massage therapist, Susanna during the National Senior Fitness Day festivities.*



*Donning their favorite nightwear, Bob & Betty Bruns, Carl Peterson, Doris Cook and Dick and Marilu Matre participate in the Pajama Party Happy Hour.*



*Corky Devole and Evelyn Hammond visit the fountain at Millennium Park.*



*Members pose in front of "The Bean" at Millennium Park.*

# THE GARLANDS BY DAY

## Garlands Gabbers— “Serendipity, Coincidences and Miscues”

*Wednesday, July 5, 2-3pm in the  
Robie Lounge*

Ladies join us for some conversational fun. Have you ever made a happy discovery by accident? Do you have a story of something interesting or exciting that has happened to you apparently by chance? How about having something planned and plans turn topsy-turvy on you? Bring your stories to share. We encourage new participants to join the group!

## Horseshoes, Croquet and Lemonade

*Friday, July 7, 3-4pm in the  
Courtyard by The Grill*

Compete in a friendly game of horseshoes or croquet in our lovely courtyard. Quench your thirst with refreshing lemonade.

## National Ice Cream Month

*Thursday, July 20, 1:30-2:15pm in  
the Courtyard*

Enjoy a complimentary cone in the courtyard to celebrate America's favorite dessert.

## “Cancer: Real Men, Real Stories, Real Hope”

*Tuesday, July 25, 1:30-2:30pm in  
the Surround Sound Theater*

Join Frank Maher who will show a brief DVD from the American Cancer Society featuring volunteers who tell their personal stories interspersed with screening guidelines from local physicians. Introduced by WMAQ-TV news anchor and cancer survivor Warner Saunders and narrated by TV's Dr. Michael Breen, these survivors offer hope to other men and urge them to be more proactive in taking control of their health. Frank will lead a discussion and question and answer period after the video. Please invite your adult sons to attend as well.

## Sing-A-Long

*Wednesday, August 2, 3:30-  
4:30pm in the Robie Lounge*

Join music enthusiast Lee Bassett as you warm up your vocal chords to the popular songs of your favorite era. Lee will bring song sheets with large print for your convenience.

# FOOD FOR THE SOUL

## LIVE FROM YOUR HEART

Some 30 years of medical research at the HeartMath Institute in Boulder Creek, California, have shown that our brain is an extension of the heart and that the heart has its own intelligence. Half of all of our heart cells are neurons, as they also are in our brain. Emotions are a key factor in our health and well-being. When thoughts are attached to negative emotions—anger, fear, anxiety, guilt or blame—the heart is circumvented. As you express this emotion outwardly, or stuff it inside, the whole system is affected adversely. This boosts the level of harmful stress hormones, which can stay elevated up to six hours. When you focus on positive emotions of love and appreciation, you increase order and balance in the nervous system.



Living from the heart means balancing and managing emotions and letting go of thoughts and perceptions that are based on lack and limitation. It also means trusting the heart and evoking feelings of care and compassion. This expands our awareness of our interconnectedness, and it is our God-given right to live from a place of freedom. As is said in the Bible, "For a man thinketh in his heart, so is he."

*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](http://www.harmoniouspathways.com) to sign up to receive a free e-mail newsletter or complimentary coaching session.*

## Garlands Forum—Get to Know The Garlands Members

*Wednesday, July 26, 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, 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. In the month of July, Vette Kell has agreed to be one of our first speakers and tell us about his days in a band and as an attorney. George Flint will speak on his life as a doctor then a thespian and Kay McGibbon will talk about being a woman pilot. We have room for a 4th speaker, will it be you?

# 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, July 8, 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.



## WEDNESDAY HAPPY HOURS

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

### Travel Happy Hour

*July 5*

On this date in 1841 Thomas Cook started the first travel agency. Learn more about The Garlands' trip to Springfield.

### "A Place Called Home"

*July 12*

Pin a sticker with your name on it to the map showing where you grew up.

### Ty Gram and Piano

*July 19*

Ty will sing some of your favorites this evening.

### Social

*July 26*

Join your Garlands friends for chat and laughter over a cocktail.



## SPECIAL EVENTS

*In The Garlands Center for the Performing Arts*

### Red, White and Blue Barbeque

*Monday, July 3, 5-8:30pm, Cash bar, Buffet free to members, \$15 for members' guests*

Sip on happy hour drink specials from 5-6pm in the breezy courtyard decorated in Red, White, and Blue. A delicious buffet in the Performing Arts Center follows from 6-7:15pm. Maureen Christine will entertain you as she performs "Let Freedom Sing" from 7:30-8:30pm. Reservations are a must for this event. Seating will be at tables of 10. Either form your own table of 10 or sit with new friends! Show your patriotism and wear Red, White and Blue!

### Soothing Sounds of Summer is Back!

*Friday, July 28, 5:30-8:30pm in the Courtyard, featuring the Todd Boyce/Sam Macy Duo*

Enjoy dining in the tree-lined courtyard as you listen to live saxophone and guitar music under the stars.

### July Birthday Celebration

*Friday, July 28, 7:30-7:45pm in the Courtyard*

Calling all July birthdays and all Garlands friends. Gather for a rousing round of "Happy Birthday" and the sweetness of birthday cake for all.

### "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.



# SPA AND FITNESS CENTER

**Spa Vargas at The Garlands**  
*Mondays from 9am-3pm and Fridays from 9am-3pm. By appointment only: Tuesdays 11am-5pm, Wednesdays 10am-2pm, Thursdays 10am-4pm and Saturdays 9am-3pm*



**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*

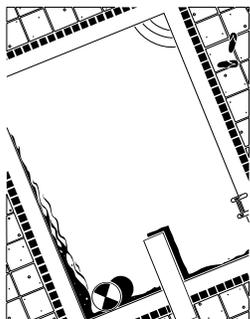
**Tai Chi—**  
*Thursdays 9:15am in the Pool Balcony Spa Floor*

**Fitness Trainer Hours—Natile Barsella**  
*Monday through Friday, 7:30am-4pm*

Please note that Natile will be on vacation July 14 in the afternoon through July 21 returning Monday July 24. Please check the calendar and This Week for up-to-date class schedules with Jill.

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

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



## WELLNESS WORKS

**Wellness Center Hours:**  
*Monday, Tuesday, Wednesday, Friday 9am-1pm.*

Wellness Nurse, Paula Irving will be on vacation Thursday July 27-August 11, returning to the Wellness Center on Monday, August 14.

### **Blood Pressure Screening**

Due to the 4th of July holiday falling on the first Tuesday of the month, blood pressures will be taken on Monday, July 3, 9-11am in the Wellness Center by The Garlands' Wellness Nurse, Paula Irving.

### **Dental Implant Lecture**

*Friday, July 21, 2pm in the Surround Sound Theater*

Dr. Ronald Powell will give a 40 minute lecture following by an opportunity for questions and answers. Please call Paula at \*40 by Monday, July 17 to sign up.

### **The Doctor Is In...**

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

**Podiatrist—Dr. Nuzzo**  
*Friday, July 7, 9:30-11:30am*

**Podiatrist—Dr. Warheit**  
*Monday, July 10, 9:30am-12:15pm*

**Optometrist—Dr. Lenzen**  
*Friday, July 21, 9-11:20am*



# 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, July 3 & 17, 1:30pm*

**Caputto's, Palatine: Monday, July 10, 1:30pm**

**Eurofresh, Palatine: Tuesday, July 25, 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.

## **Lunch Bunch**

*Friday, July 14, 11:15am-2pm: Millrose Courtyard, Barrington*

*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.

## **Chicago Architectural Cruise**

*Tuesday, July 18, 11:15am-4:30pm, \$35 per person*

Board Chicago's First Lady for a 90-minute river cruise where you will learn about the architecture and design of over 50 buildings described by a trained guide from the Chicago Architecture Foundation. Open air and air conditioned seating is available. A snack bar is available onboard. Please reserve your place by July 6.

## **All Around Barrington**

*Monday, July 31, 2-3:30pm, \$5 per person*

Especially designed for members who are new to the Barrington area. Take an hour and a half bus tour around Barrington. See all that Barrington has to offer. A map and some information from the Barrington Chamber is included in this trip.

## **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 that is 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 stuff pork loin or old fashioned pot roast. A beverage is also included. Please make your reservations with the Concierge by August 2.

# THE BULLETIN BOARD

## New! Holiday Fellowship Club

Are you alone on a holiday, but would like to spend the day with others? Start by celebrating the 4th of July with new friends! Stop at the Concierge Desk and sign up to receive a list of members and their phone numbers who will also be by themselves, and add your own contact information. It's your opportunity to meet people with common interests, enjoy a meal together, explore the town, or just chat and get to know one another!

## 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.

## A BIRTHDAY SALUTE TO YOU

### CELEBRATING IN JULY...

Patricia Menges

Lowell Ackmann

Ann Paddock

Tom O'Neil

Bill Anderson

Helen Jantz



## WELCOME NEW MEMBER

### Margaret Cifonelli

Residence #1303

Margaret grew up in Duluth, MN and graduated with an MS in Chemistry from the University of Minnesota. While taking her courses to earn her advanced degree, she met her husband, Tony. After Tony acquired his PHD in Chemistry, the Cifonelli family relocated to Illinois for his professorship at the University of Chicago. Margaret worked in a chemistry lab and taught at the University while in Minnesota, and in Illinois she became a high school chemistry teacher, which included teaching advanced placement students. Margaret has many remarkable memories from her 20 plus years of teaching.

Teaching added an element of excitement to Margaret's life, but so did her children and her own sense of adventure. In 1978, Margaret traveled to Norway with her sister and met many of her cousins who still lived there, and had the good fortune to attend a traditional Norwegian wedding.



Margaret's husband and daughter both spent time in Europe, which made for other traveling opportunities. When her daughter attended college in France, Margaret and her husband spent three weeks in Europe even visiting the town in Italy in which her husband still had family. Margaret's husband was sent to Europe as a consultant for his area of research. During these years, Margaret corralled her busy children, and they all spent four weeks in Italy during the Christmas holidays.

Being the enterprising person that she is, Margaret surprised her family by flying them all to France for dinner for her 50th wedding anniversary. After Margaret's husband passed away this last year after 56 years of marriage, she decided to move to The Garlands from her Lake Barrington Shores home. Margaret is very close to her family and, more recently, has visited her two daughters in Oregon where they decided to make a trip to the rodeo. Margaret visits two daughters a couple times a year. She also has the benefit of a son and daughter living in the northwest suburbs as well.

*Please welcome Margaret Cifonelli to The Garlands.*

# *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.*

Savor a chicken crepe lunch complimented with a garden salad, rolls and butter. Sip complimentary coffee or tea or order a glass of wine from the cash bar. Treat your taste buds to cobbler to sweeten the end of your meal. 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, and through wonderful stories of his thirty years of teaching in the public schools of New York City, one understands that the resilience of McCourt the teacher is exactly tied to his Irish upbringing and surviving life with an alcoholic father, family losses, poverty, trial and trouble described in his Pulitzer Prize-winner first book, *Angela’s Ashes*.

Come into the classroom with McCourt, who admits “Instead of teaching, I told stories.” Oh what stories! Ms. Rinella will bring them to life. McCourt is funny, irreverent, reverent and wise. He learns from his students. Very quickly he understand that the off-hand, sarcastic answer only invites trouble. He is intimidated by his students. He is adored by his students. He makes a difference in the lives of his students. He has many messages and life lessons for all; one of the most important—“Find what you love and do it.” Learning can be such fun. Let’s open the book!

Invite your teacher friends to join you, and make your reservations early with the concierge! This LIFElong Learning Center program is sure to be a sell out!

# WELCOME NEW MEMBERS

## Teresa and Conrad Zwik

Residence #1227

Teresa grew up in Chicago and first met Conrad in 4th grade directly after Conrad and his family immigrated to the United States from Austria.

Conrad must have been a quick study in the English

language and American traditions as he presented Teresa with a Valentine's Day card within his first year living in the United States. By the time the couple had their first official date in 8th grade, they had already become good companions. After 64 years of marriage, they are a lovely couple to be with and are still the best of friends.



Graduation from high school began Conrad's long and fulfilling journey in the Tool and Die industry. Conrad eventually built his own Aluminum Die Casting business starting with AAllied Die Casting and Manufacturing and then followed by Inland Die Casting, located in Franklin Park and Wheeling, respectively. After 40 years in the business, Conrad retired and feels very fortunate to see that the business he put his heart and soul into is still a viable and successful company today.

The Zwiks have three children (Sharon, Linda and Randy) as well as six grandkids and nine great grandchildren. Their family is a source of great

enjoyment for the Zwiks. Teresa, who is an avid reader to begin with, has written several books for her grandchildren. The Zwiks also enjoyed their travels to most corners of the world including many trips to Austria to visit Conrad's family. Their most memorable trips were the ones where they struck out on their own and experienced an entire country or continent traveling by car.

The Zwik family has always resided in the northwest suburbs of Chicago, but in 1972 Teresa and Conrad began buying second homes in Naples, FL. They enjoy Florida for half the year and The Garlands for the other part of the year. Wherever they decide to hang their hats, the Zwiks are lucky to be near their family.

Coming in as a close third to their family and Florida home (and maybe they are all connected to a degree), is the Zwiks passion for playing cards. Teresa grew up with a grandmother who never left the house without a deck of cards, and Teresa, in her own way, follows the tradition through her daily game of gin. Conrad plays gin every Wednesday and Saturday for a couple of hours at his club as well. Most likely you will see the Zwik family and/or their buddies venture to The Garlands for lunch and they'll be the ones sneaking in a side game of cards.

*Please welcome the Zwiks to The Garlands.*



THE GARLANDS<sup>®</sup>  
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