

The GARLANDS GAZETTE

July 2005

A NEWSLETTER FOR THE MEMBERS OF THE GARLANDS OF BARRINGTON

THE MONTH IN REVIEW

There's something for everyone at The Garlands!



Marion Hubbard and Esther Marshall stroll through spring flowers at the Botanic Garden.



Garlands Art Students along with their instructor, Laura D'Argo celebrate together as they display their work.



Members and Artists from Studio 2909 peruse the artists' work.



Harris Bank staff "Hawaiianizes" Helen Jantz for Tropical Bowling.



Gene Seibert deals cards to Tom Bush and Cookie Cook during "The Poker Walk for Fitness" event.



Assistant Plant Manager, Scott Weimer instructs members on how to use their appliances.



Members Services' Frank Mannino conducts the Garlands first Bocce ball tournament.



Cary Loomis and dance instructor Frank Penze waltz to music by The Night Express.

THE GARLANDS BY DAY

Catholic Prayer and Communion Service at Prairieview

Sundays at 10:30am

A layperson from the Catholic Church will conduct a prayer service for all and give communion to Catholics every Sunday.

Garlands Gabbers

Wednesday, July 6, 2-3pm in the Robie Lounge

"For Gabbers and Listeners." Let's get together over a cup of coffee or tea and cookies to chat about our favorite books, TV programs, movies, families and anything else that comes to mind. Meet new friends and find common interests with your neighbors here at The Garlands.

Italian Ice

Friday, July 8, 2-2:45pm in the Courtyard (inclement weather, Café)

Cool off with complimentary Italian Ice.

Watercolor Art Class

Mondays, July 11, 18, 25 at 10am in the lobby

Basic techniques of watercolor, such as "wet on wet" and "wet on dry," will be taught. New students are always welcome to join instructor and professional artist, Laura D'Argo. There is a \$35 charge per person for materials for the watercolor class. Although Laura will be present to help you with your work from 10am until Noon, members are always welcome to work on their projects in room 1141 at any time.

Sculpting in Clay

Saturday, July 16, 10am-Noon in 1141

By popular demand, art instructor Laura D'Argo is offering this one-day class. Students will work with non-firing clay to create a pot. All are welcome to try out this complimentary class.

A Stroll Through The Garlands Gardens

Monday, July 18, 1:30-2:30pm, Meet in the lobby

Our 31 acres with mature trees and walking paths feature an award-winning landscape tended by Damgaard Landscape Management. Join horticulture expert Rick Salberg from Damgaard for a stroll through the gardens as he identifies and describes the Garlands greenery.



If...Questions for the Soul

Wednesdays, July 20 – August 24, 11am in the Eastlake

Pastor Ann Spurgeon from the Salem United Methodist Church in Barrington will conduct this interdenominational, six-week course based on the book of the same name by Evelyn McFarlane and James Saywell. Course topics include: Being in the Wilderness, Testing God, Asking Questions, Seeing the Kingdom of God, Inclusivity, Facing Truth. In exploring these topics, Pr. Ann will lift up questions such as: If you could ask God one question, what would it be? If you were to sell your soul for one thing, what would you do it for? Pr. Ann says, "Sometimes we think that our souls need definite answers, but often it is in the exploration rather than in the answer that we encounter the face of God and find what we need or are looking for. Sometimes the questions and its exploration are more important than "the answer." Come explore in the company of others. Who knows where the adventure will lead!

THE BULLETIN BOARD

A friendly reminder...

For your safety, it is strongly recommended that you wear your Lifeline pendant or wristband while in your residence.

Sporting Events...

Please advise Jill which sporting events you would be interested in watching in "The Grill."

Postage Stamps...

Did you know for your convenience postage stamps are available at the Concierge desk?

A salute to July birthdays! Many warm wishes to you!

Lowell Ackmann
Ann Paddock
Tom O'Neil
Pat Menges
Bill Anderson
Helen Jantz



THE GARLANDS BY NIGHT

Red, White and Blue Barbeque

Friday, July 1, 5:30-7:30pm dinner buffet in the Courtyard. 7:30pm coffee and show in The Performing Arts Center. Free to Members. \$15 per guest.

Show your patriotism and wear red, white and blue for this barbeque as we “kick off” the 4th of July weekend with a delicious all-American buffet prepared by Chef Rick and his talented staff. After dinner tap your toes to Nowstalgia’s “Patriotic Tribute” musical performance in The Garlands Center for the Performing Arts. Make your reservations early as seating in the courtyard is limited.

July 4th Firework Display

Monday, July 4, 8:45pm (dusk) in 6205 at Prairieview. Meet in The Garlands lobby to be escorted by Members Services.

Enjoy the fireworks from the second story of Prairieview. Beer and pop will be provided for purchase.



Monthly Poker

Monday, July 18, 7-10pm in The Timbers Lounge
Join fellow poker players for a game of Texas Hold'em. Sign up and obtain tournament rules at the Concierge desk.

Soothing Sounds of Summer Concert and Dining Series

Please make your reservations soon for this spectacular dining event under the stars in the arbor-lined courtyard featuring live entertainment.

Friday, July 22, 5:30-8:30pm featuring the Ron Mills Trio with hits of yesteryear.

Friday, August 26, 5:30-8:30pm featuring the soft sounds of jazz by the 10 oz. Martinis.



THURSDAY HAPPY HOURS

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

Social Happy Hours

Thursday, July 7 & 14

Enjoy drinks and friendship.

“Cabaret Hits” with Brandon Strawder

Thursday, July 21

Special guest Brandon Strawder is currently performing at the Marriott Lincolnshire in “A Funny Thing Happened on the Way to the Forum.” Have a drink and enjoy his performance just for you here at The Garlands!

National Hamburger Day

Thursday, July 28

Munch on White Castle burgers while visiting with neighbors.



FITNESS AND AQUATIC CLASSES

Family Swim Times in the Pool

What a wonderful way to relax and beat the heat! Invite the whole gang!

Fridays: 4-7pm

Saturdays 1-4pm

Sundays 1-4pm

Fitness Assistance

Tuesdays in July, 1:30-3:30pm in the Fitness Center

If you need assistance adjusting your seat position or weights on the equipment, please stop by during the above time.



Improve Posture and Decrease Pain

Poor posture has been linked to stress on tissues, which leads to joint changes and pain (O'Brien et al., 1997) as well as decreases in gait and functional performance. Of course, no one wishes for that, so, once given the clearance from a healthcare professional, one should begin a fitness program incorporating strengthening and stretching exercises to improve posture and decrease pain. The American College of Sports Medicine recommends strengthening muscles and stretching tight muscles 2-3 times a week. Join us at one of the classes listed below or in the Fitness Center daily from 7am-7pm to work on posture and reducing pain.

Fitness Classes— Newcomers Welcome!

Yoga

Tuesdays at 3:30pm in the Fitness Studio

Theraqua

Wednesdays at 10am. No class on 7/6. Friday, July 8 at 10am in the Pool

Cardio, Strength & Stretch

Thursdays 10am in the Fitness Center



WELLNESS WORKS

Blood Pressures Taken

First Tuesday of every month, Tuesday, July 5, 9-11am in the Wellness Center by The Garlands' Director of Wellness Services, Kim Marry

Weight Management and Safe Weight Loss Strategies

Tuesday, July 19, 10-11am in the Surround Sound Theater
Pat Schwartz, registered consultant dietician from Health Technologies, Inc.

Learn how to lose weight safely using the newly revised food pyramid. Please call Kim at *40 to reserve your spot.

Taking Care of the Caregiver

Tuesday, July 12, 7-8pm in The Performing Arts Center

This session helps participants explore the needs of the caregiver of persons with memory loss and offers suggestions on avoiding burnout. Please register by calling 847-852-3500.

Doctor's Visits

For your convenience the following physician will be taking appointments in the Wellness Center. Please call Kim at *40 to schedule your visit.

Podiatrist, Dr. Nuzzo

Friday, July 29, 9:30-11:30am.



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.

Kane County Cougars Game

*Tuesday, July 5, 11am-4pm,
\$5 per person*

Take me out to the ballgame!
Enjoy this great American sport.
Transportation and admission
into the game are included...hot
dogs and beer on your own!

Woodfield Mall Shopping and the Cheesecake Factory Lunch

Monday, July 11, 10:30am-2pm

Shopping time available before
and after lunch. We will meet at
11:30am at the Cheesecake
Factory to dine. If you prefer to
shop the entire time, please
indicate your preference to the
Concierge.

Barrington Farmers Market

Thursday, July 14, 3:15-4:15pm

Support local farmers and enjoy
tasty and fresh produce at the
Farmer's Market.

Lincoln Park Zoo

Wednesday, July 27,

9:30am-2:30pm, \$10 per person.

Lincoln Park Zoo is among the
oldest zoological gardens in the
country (established in 1868). A
special tour of the endangered
species is included. Lunch is on
your own in one of the zoo's
restaurants.

Oakbrook Center Shopping

Monday, August 1,

10:30am-2:30pm

Enjoy shopping in the beauty of
this outdoor mall.

Biaggi's in Deer Park

Monday, August 8, 11am-1:30pm

Savor Italian food made with the
freshest ingredients--only 10
minutes from The Garlands.

Makray Golf Outing

Tuesday, August 16, 12:15pm.

Tee times begin at 1:10pm.

Golf with your Garlands buddies
on this beautiful course in
Barrington. Please sign up with
the Concierge for your preference
of 9 (\$30) or 18 (\$56) holes with
a cart.

Shedd Aquarium

Monday, August 22, 9am-3:30pm,

\$20 per person

Experience environments around
the world such as Caribbean coral
reefs, Amazon and Pacific rocky
coasts. Stop for lunch (not
included in price) at the food
court or Soundings Restaurant.



Thank you!

Several Garlands members served as hosts to our 250+ summer
Open House guests. We truly appreciated their hospitality, advice
and testimonials!

Doris Meyer

Betty Catlin

Ed Reidy

Marion Hubbard

Richard and Marilu Matre

Ester Marshall

Tom Bush

Barbara Pettersen

Dori Hoyne

Doris Pfeiffer

Dwight and Betty Reed

Gene and Joanne Seibert

Don and Janet Hansen

Gil and Kay Reich

Thanks so much!

—The Garlands marketing and
sales team

THE GARLANDS OF BARRINGTON'S LIFELONG LEARNING CENTER

Offered in partnership with Alexian Brothers Health System and Harper College, The Garlands LIFELong Learning Center offers educational and enrichment opportunities for the accomplished adult. The Garlands LIFELong Learning Center supports The Garlands LIFE philosophy: Learning, Independence, Freedom and Enrichment and provides a holistic offering of health, educational, academic, skill development and social programs.

2005 SUMMER CLASS SCHEDULE

Course pre-registration is required. Please make your reservations with the Concierge. All instructor fees are waived for Members of The Garlands of Barrington and The Harper College Lifelong Learning Institute. Material fees apply. If there are classes that you would like to see offered in the LIFELong Learning planning, please contact Jill Lund.



Harper College Sponsored Programming

In the Surround Sound Theater at The Garlands

History of Lincoln Park Zoo

Wednesday, July 13, 2-3pm

Lincoln Park Zoo is one of the oldest and most popular zoos in America. The zoo has played a unique role in the growth of Chicago and also in the establishment of zoos in cities across America. This presentation by Mark Rosenthal, curator emeritus, will discuss the fascinating history of the zoo combining stories of the famous animals and the people who have helped to make the zoo a household word. Learn about Bushman, the first and most famous gorilla and get the inside scoop on Marlin Perkins and the national television show Zoo Parade.



The Da Vinci Code

Tuesday, July 19, 7-9pm

Dan Brown's blockbuster "The Da Vinci Code" is provoking all kinds of discussion and questions about the origins of Christianity, New Testament documents and the suppression of Gnostic gospels that purportedly depict Mary Magdalene not only as the lead apostle of Christ but as the wife of Jesus who conceived and bore his child and whose descendants survive unto the present day. How many (if any) of Brown's assertions might be true and how much is fanciful, speculative and outright false? Dr. Alan Johnson, professor emeritus at Wheaton College will sketch a position and lead what will no doubt be a spirited discussion with diverse responses to the book touching on topics as wide as art history, church history, theology, literary criticism, feminism, Christianity and paganism.

How Do You Move A Rhinoceros?

Wednesday, July 20, 2-3pm

Zoos in the United States have developed elaborate breeding programs to help ensure the survival of many endangered species. Each year, hundreds of animals are moved around the world in an attempt to place animals together for potential breeding. It can be a very delicate and tricky job to make sure that the animals do well on their journey and arrive safely at their final destination. Mark Rosenthal, curator emeritus at Lincoln Park Zoo, will explain how to prepare a 3,000 pound rhinoceros to travel across the country. You'll find out if the airlines really give koala a first class seat when they travel. These and many other questions are answered with stories based on real experiences working with animals around the world.

SPIRIT CORNER

The Spirit Corner is written by members of BAMA, Barrington Area Ministerial Association, and are not necessarily the beliefs or opinions of The Garlands ownership, staff or membership. If your spiritual leader would like to share an article in The Gazette, please have them contact Jill Lund, 847-756-3200.

TOWARD A COMPLAINT-FREE LIFE

Summary: Giving less thought to problems and focusing more on evidence of God's goodness improves the quality of life for us and for those around us.

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Businesses don't get to zero-defect production by starting with a "defects-happen" attitude. Similarly, the human family won't get to complaint-liberated living by dismissing it as "mission impossible." Getting there involves both mental discipline and spiritual growth, which begin with accepting the idea that human life is perfectible—always capable of betterment.

The point is, complaints often come from somewhere personal—from personal likes and dislikes, sensitivities and insensitivities, digs and hurts. Although the reasons for complaining often seem beyond our control, the impetus for complaining can be inward and self-focused. Aren't the most uncomplaining individuals those who are least concerned with themselves and their personal situations?

In *Science and Health with Key to the Scriptures*, the primary how-to book on Christian Science healing, Christ Jesus is described as having "held uncomplaining guard over [the] world" (p. 48). It's hard to imagine Jesus pausing during a long night of prayer to complain that the night air was a bit chilly. He was too busy caring for humanity to complain. *Science and Health's* author, Mary Baker Eddy, refers to Florence Nightingale, founder of modern nursing, as someone who could work long hours, as she did during the Crimean War, without collapsing, because she was moved by compassion for suffering soldiers. Those examples aren't out of reach. They're models worth emulating.

One of our editorial colleagues recalls a moment several years ago when New England's winter weather was giving him plenty to complain about. He was on his way back to the office after lunch, with super-

chilled air slicing through his coat as he fought through the virtual wind tunnel near the office entrance. He realized that he could either curse the cold, or he could love more—love the moment, the place, others who were struggling against the same wind, even love winter itself.

That moment wasn't his final weather complaint, but it was the end of unexamined complaining. Practical things helped, such as dressing more intelligently for cold days. But the more important moves were mental—giving less thought to weather's drama, praying more consistently about his inner mental climate, and looking for evidence of God's presence in every situation—practicing love as a Science rather than a random happening.

Science in its spiritual practice involves discovering the underlying truth and goodness of everything and everyone. And scientific prayer—far from being a wishful or blind-faith response to challenges, small or large—is an affirmation of what is spiritually true. Healing often begins with awakening to the realness and certainty of God's goodness and perfect creating, and consequently, to the weightlessness of whatever prompted the complaint.

The Bible's Psalmist prayed, "Deliver me . . . that there be no complaining in our streets," and concluded, "Happy is that people, that is in such a case: yea, happy is that people, whose God is the Lord" (144:11, 14, 15).

If the root meaning of complain is lament, its surest remedy is the pure happiness of waking up to God's presence and care. Psalm-like praying doesn't try to will away something bad, but rather it gives way to God's good will for each of us, to the fundamental supremacy of good over evil, of affection over anger, of health over disease.

"Toward a Complaint-Free Life" from the Christian Science Sentinel submitted by Cali McClure from the First Church of Christ Science in Barrington.

WELCOME NEW MEMBERS

Marlene Rolecek

Residence #1106

Having moved several times throughout the Chicagoland area, Marlene is no stranger to the moving process. But now she is ready to settle into The Garlands for the long term. Although the Rolecek's moved often, the family never strayed too far from Chicago. Marlene enjoys the city and has many fond memories of her years growing up in and even raising her own children within arms reach of Chicago. Not only did the Rolecek's experience the greatness of one of our country's biggest cities, they also realize the potential of the nearby Fox Lake. The family owned summer homes first in Antioch and then Ingleside for a total of 40 years.

More recently, Marlene and her husband wintered in their Arizona home while they enjoyed their Ingleside lake house the remainder of the year. The recent death of her husband of 52 years brought Marlene back to the Midwest full time where she now lives closer to her family and Ingleside home.

Marlene's two children, Terry and Sue, live in nearby Barrington and Hoffman Estates while Chuck, her oldest son, lives in New Hampshire. Marlene just recently returned from a visit to the east coast to visit her son's family and celebrate her grandson's high school graduation.

Marlene's three children and seven grandchildren bring her much joy. The family still owns the Ingleside home where the 40-year tradition of boating and skiing top the list of sources of entertainment and summertime pleasure. In addition to indulging and enjoying her grandchildren, Marlene also enjoys visiting Las Vegas and playing poker.

Angela Loukas

Residence #2208

As the name suggests, Angela is a first generation Greek born in Chicago. Her family is originally from Argos, Greece, which is a town known for its specialty in the fine arts. Angela's grandfather and uncles were involved in either playing or making violins and her mother was a dress designer.



Although Angela was raised in Chicago, her marriage brought with it the opportunity to live in many different parts of the country. Angela's husband was in the United States Air Force and was a bombardier in World War II. After he passed away in 1969, Angela settled in Palatine, and her 25 year career in the Pharmaceutical Advertising business ensued.

Most of Angela's family is still conveniently located in Palatine, which allows Angela to maintain close relationships. As the family has always been Angela's main focus, she is extremely proud of all their accomplishments. Angela's daughter, Claudette, carried on her ancestry's tradition in the fine arts by becoming an artist and interior designer. Her son-in-law is the Commissioner of Fire and Police in Palatine as well as the owner of Carriageway Builders. Angela's two grandsons are also associated with Carriageway Builders, and her granddaughter is the owner of Mia Garden in Palatine.

Angela's secret to keeping pace with her family and all the social visits, lunch dates and occasional travel opportunities it provides, is the fact that she was an avid walker. Angela also claims her vacations to Las Vegas keep her young at heart.



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—of Barrington—

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