

The GARLANDS GAZETTE

June 2006

A NEWSLETTER FOR THE MEMBERS OF THE GARLANDS OF BARRINGTON

THE MONTH IN REVIEW

There's something for everyone at The Garlands!



John Georgeson and Bob Ryan strengthen their muscles in the Men's Sports Conditioning class on Monday afternoons.



Wellness Center nurse, Paula Irving, takes Rose Serwa's blood pressure. Complimentary blood pressures are taken the first Tuesday of each month.



The four Chordmasters entertain members in 4-part harmony during Happy Hour.



The Kitchen staff prepares "The Chef's Table" for members during the Roycroft Fine Dining experience.



The ladies lunch bunch dine at Alemar's.



New Members Welcomed! Marilyn Laystrom, Bill Canning, Loretta Finlay, Norma Delzell, Tina Czerwinski, and Harry Keller pose at a party in their honor.



Phyllis Baber proudly displays her winning Kentucky Derby ticket.

THE GARLANDS BY DAY

Garlands Gabbers

Wednesday, June 14, 2-3pm in
the Robie Lounge

“For Gabbers and Listeners.”

The theme this month is
“current events.” Please clip an
article from the newspaper or a
favorite magazine to discuss. We
will circulate a sign-up sheet for
bakers to bring treats for future
Gabbers events.

Lake County of the Civil War Era

Wednesday, June 28, 10am-Noon
in the Surround Sound Theater

Return for a time to Lake
County, Illinois, during the
1860s. In this engaging course
taught by Jill Martin, you’ll
discover how Lake County
citizens reacted during a time of
war. Martin’s information on
Lake County comes in part from
country histories and local
newspapers of the era. She also
uses letters and memoirs of
soldiers and their friends to
narrate this story, and she
describes the school, church
activity, soldiers and deserters, as
well as daily life during that
time. She uses slides and
artifacts to help bring the era to
life. Jill taught English in Lake
County for 32 years and is now
a volunteer with the Lake
County Discover Museum in
Wauconda. She recently edited
the photo book *Gurnee and
Warren Township* to be published
by Arcadia Publishing.

FOOD FOR THE SOUL

Caring for the Garden of Your Life

By Jacqui Neurauter



I learned a great deal about life from my mother working in her garden. Under her nurturing, loving hand I watched her plant tiny seeds that grew into beautiful flowers and luscious vegetables. Following are eight of those metaphorical teachings.

1. Trees and their deep roots represent our family of origin, providing the link to our ancestral roots.
2. Seeds of love shape our values and sense of self-worth.
3. Seeds of fear manifest as worry, doubt, rejection, mistrust, betrayal, or anger—causing disease.
4. Weeding out seeds of fear is essential to live a healthy and vibrant life.
5. Love seeds have strong antibodies that cure disease and ward off pests in the form of depressing world news and other negative influences.
6. Rocks and bushes serve as necessary boundaries, symbolizing when to say “no” and how to use our energy wisely for maintaining a healthy balance.
7. Overcrowding can stifle growth. We create more room by de-cluttering and simplifying our life.
8. Evergreens are symbolic of eternal life and the wisdom we learn from life’s lessons.

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 at 7:30pm,
Saturdays at 7:30pm except on
June 10 at 2pm due to the
evening violin concert, and
Sundays at 2pm

Enjoy hot buttered popcorn
and great shows right in your
own home. Give any movie
suggestions to Jill.

Garlands' Art Students Wine and Cheese Reception

Friday, June 9, 4:30-5:30pm in
1141

Sip wine and chat with our
resident artists as you peruse a
variety of artistic creations in
various mediums, all of which
are created by Garlands'
residents and being shown in
the art studio.

"Virtuoso Classic" Violin Concert

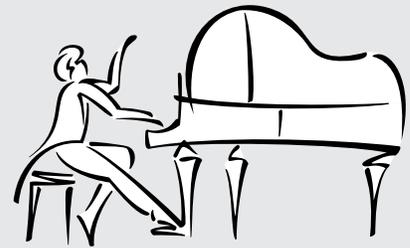
Saturday, June 10, 7:45pm in
the Performing Arts Center

"A major musician . . . an
extraordinary artist," states
Virgil Thomson, *N.Y. Herald
Tribune* about Oliver
Colbentson from Nurnberg,
Germany where he is head of
the string department of the
Meistersinger Conservatory
(Musk-Hochschule.) The
Garlands of Barrington is
proud to have Oliver as our
guest in a classical violin
concert where he is
accompanied by pianist,
Sojung Hong. Please don't
miss this complimentary
concert following the Roycroft
Fine Dining.

Roycroft Fine Dining

Saturday, June 10, 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.

Mix It Up Happy Hour and Buffet

June 7

Back by popular demand. A chance to dine with new friends from The Garlands. Come to the Happy Hour and draw your table number. You will sit at that table in the dining room for the buffet and possibly dine with someone who you have not met yet! You do not have to participate in this event in order to attend the happy hour or buffet. Please note, on this evening no reservations will be taken for parties over four in the dining room.

Patriotic Songs

June 14

Carolyn Wehner will play the piano and sing your favorite patriotic songs.

National Flower Day

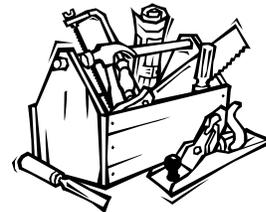
June 21

Put your name in the drawing to win some beautiful potted flower plants.

Woodshop Show

Wednesday, June 28

See what the woodworkers have been creating in our Woodshop. Meet Bob Meyer, Woodshop Instructor.



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



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

Walking Club

Tuesdays at 11:15am, meet in the lobby

Tai Chi

Thursdays 9:15am in the Pool Balcony Spa Floor

Walking Club

Tuesdays beginning in June at 11:15am,

meet in the lobby

Join Natile and friends while we walk, talk and exercise while gazing at the beauty of The Garlands foliage and flowers. Pedometers are available to track your mileage.

Tai Chi

Thursdays beginning in June at 9:15am on the pool balcony (weather permitting)

With slow movements as fluid as silk, the gentle Chinese practice of Tai Chi seems tailor-made for easing sore joints and muscles. Doctors recommend Tai Chi for people with a variety of musculoskeletal conditions because it improves flexibility and builds muscle strength gradually. Come join the class at the pool's balcony on the spa floor.

Fitness Trainer Hours—Natile Barsella

Monday through Friday, 7:30am-4pm



WELLNESS WORKS

Wellness Center Hours:

Monday, Tuesday, Wednesday,

Friday 9am-1pm.

Stop by to meet the new Director of Wellness Services, Paula Irving, RN.

Blood Pressures Taken

The first Tuesday of the month, June 6, 9-11am in the Wellness Center by The Garlands'

Director of Wellness Services, Paula Irving

The Doctor is In—

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

Podiatrist—Dr. Nuzzo

Friday, June 2, 9:30-11:30am

Podiatrist—Dr. Warheit

Monday, June 12, 9:30am-12:15pm

Low Vision Question & Answer Session

Wednesday, June 14, 11am in the Surround Sound Theater

Bob Schwartz from Reading Systems, Inc. will give a brief talk and then answer your questions about vision. He will have a hands-on display of low vision aids, hand-held and video magnifiers. Members please sign up with Paula at *40 by Friday, June 9.

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.

Grocery Shopping

Monday and Tuesday Grocery Shopping Changed to 1:30pm departure
Meet in the Lobby

Trader Joe's & Dominick's in Lake Zurich:
Monday, June 5 & 19, 1:30pm

Caputto's, Palatine: *Monday, June 12, 1:30pm*

Eurofresh, Palatine: *Tuesday, June 27, 1:30pm*

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, June 9, 11:15-2pm: Artemis, Mt. Prospect
Friday, July 14, 11:15-2pm: Millrose Courtyard, Barrington

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.

Twin Lakes Golf Outing

Thursday, June 15, 1-4pm, \$20 per person for 9 holes and shared cart

No matter whether you are a pro golfer or just a beginner, this outing is designed for golfers and duffers alike. Twin Lakes is a sporty nine-hole course that can be a challenge to the short game, even for the avid golfer. We will play a scramble based on handicaps. Find out who will be awarded "Closest to the Pin," and "Longest Drive." After golf, a prize party will be held in the Robie Lounge.

Cedar Creek Settlement, Cedarburg, WI

Friday, June 16, 9am-7pm, \$25 per person
Feast on a unique crepe or sandwich at Cream and Crepe Café and finish your meal with a dessert crepe. Walk off your meal by wandering around this quaint, little village visiting the blacksmith, antique stores, specialty shops and galleries. Take a tour of the cool limestone cellars of Cedar Creek Winery and savor the products in their tasting room. Napping on the bus ride back home is allowed.

Oak Brook Mall Shopping

Tuesday, June 20, 10:30am-3:30pm
Door-to-door service. Avoid the traffic and parking problems. Enjoy walking around this outdoor mall with many department stores, specialty stores and dining choices.

King Tut Exhibit, Field Museum, Chicago

Friday, June 23, 11:30am-4pm, \$28 per person
View the objects of wealth of pharaoh, King Tutankhamun including 50 major artifacts found in his tomb. Have lunch on your own (price not included) or order a lunch from the kitchen 24 hours in advance to eat on the bus.

Any interest in Cirque du Soleil at the United Center?

If we are able to secure decent seats, we will go to the 1pm matinee on Sunday, August 13. Tickets will cost approximately \$110 per person. If you are interested, please contact Jill by June 2.

SPECIAL EVENTS

Fathers Day Brunch

Sunday, June 18, 11am-2pm in the Winslow Dining Room

Executive Chef Hans Ladwein has carefully prepared a bountiful buffet menu. Bring the family to the feast honoring Dad! Please make your reservations with the Concierge.

Soothing Sounds of Summer is Back!

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

Friday, June 23, 5:30-8:30pm in the Courtyard, featuring the Frank K Duo

Friday, July 28, 5:30-8:30pm in the Courtyard, featuring the Steve Hashimoto Jazz Band

MILLENNIUM PARK, CHICAGO

Prices vary depending on the package you choose

All packages include a walking tour of the park starting at the visitor's center. Prices include your lunch, transportation and tour.

Package 1: The Sandwich Bag Luncheon—Picnic in the Park at your leisure. Grab a bench in the park and feast on your choice of smoked turkey, ham & cheese or corn beef, pasta salad, cookie and water or soft drink prepared by the Park Café. \$29pp

Package 2: Relax in the Park Grill and have a leisurely lunch including an entrée and soft drink. \$31pp

Although the June 2 trip is full, we are finding out if we can schedule another trip during the summer. Please put your name on the waitlist, if you are interested in this tour.

THE BULLETIN BOARD

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.

Summer birthday wishes for those celebrating in June

Betty Bruns

Virginia Cox

Mary Durham

Janet Hansen

Bonnie Smith

Joan Meigs

Ruth Butcher

Eugene Abraham

Harry Durham

Arvid Johnson

Shirley Leichter

Walter Muskat

Dorothy Pfeiffer

Len Wicklund



WELCOME NEW MEMBERS

Roger and Muriel Girard

Residence #2223

Roger and Muriel have, for the most part, lived in the northwest area of Chicago, namely in Park Ridge, where Muriel lived her entire life and Roger from the time he was in high school.



Roger spent 40 months in the South Pacific and Atlantic serving his country in the Navy in World War II. After the war he completed his education and graduated from Loyola University in 1949. He joined his father in the oil equipment business and eventually took it over. He met Muriel after the war and they were married in 1950. In the meantime, Muriel had graduated from Indiana University and began teaching.

The Girards started their family in 1952 having settled in Arlington Heights. The past 19 years they've resided in Inverness. Their three sons and families (seven grandchildren) live in the area and are constant visitors at The Garlands. The five-year-old twins especially love the pool.

Both Roger and Muriel have spent half their lives on the golf course. They lived in Naples, FL for 25 years and during half the year golfed at Bear's Paw Country Club. They spent the other six months in Rolling Green Country Club in Arlington Heights. When Roger could no longer play golf, the Florida condo was sold and the golfing membership was dropped at Rolling Green. Moving to The Garlands seemed to be the next logical step and the beginning of the next phase of their lives. The Girards have only been residents for a short time but are happy to report that they have been most pleased with the initial service they've received.

Please welcome The Girards to The Garlands.

Kay McGibbon

Unit #1127

Kay McGibbon, a Barrington resident of 60 years, moved here with her three children (William Alexander, Catherine Jean and Bonnie Laurie) and husband after World War II. Edmund served the U.S. Navy as a Lieutenant Commander earning many honors as captain of a destroyer. Once in Barrington, the family purchased a wonderful little farm complete with sheep, chickens, horses, dogs and cats. Edmund practiced law in his office in Chicago, eventually transferring his office to Barrington.



Kay somehow managed to find time in between raising the children and managing their farm to utilize her English degree. She wrote and published several papers on flying and gardening. Being that gardening is a great passion of Kay's, it is no surprise that she became one of the original members of the board for the Chicago Botanic Garden and then later a member on the Tucson Botanic Garden's board.

The mention of Tucson leads us to the time in Kay's life when her husband retired at the age of 60, giving the couple time to pursue other interests such as flying airplanes. They flew various assorted Beech airplanes for 12 years to such places as Mexico, the Bahamas and all over the United States. Kay and Edmund frequented Arizona and fell in love with the Tucson area. The McGibbon's enjoyed Arizona so much so that they purchased a ranch just outside of Tucson, which is currently owned and run by their grandson.

Kay's lifelong hobbies have been gardening, flower arranging and writing about such subjects as travel and nature. Kay feels blessed with all in her life, especially her children and grandchildren with whom she spends the winter months in Tucson.

Please welcome Kay McGibbon to The Garlands.

WELCOME NEW MEMBER

Norma Delzell

Residence # 1146

Norma was born and raised in Missouri and Iowa. Not until she was married did Norma and her family move to the suburbs of Chicago. Her husband's work in the cutting tools industry brought the family to Illinois. They lived and raised their three children for the next 17 years in Illinois until another job opportunity moved the Delzells to Dallas, TX. Texas was Norma's home for the next 38 years.



In addition to some of her hobbies such as sewing, crocheting and using her hands in other projects, Norma especially enjoyed traveling. Her favorite mode for vacationing was the cruise ship. Norma and her late husband cruised all over the world with their Australian cruise being one of her favorites.

Norma has one daughter who lives in this area, a daughter in North Carolina and a son in Houston. In addition, Norma is a proud grandmother of five grandchildren and three great grandchildren. She is often busy with her family, but she also enjoys a good card game.



THE GARLANDS®
—of Barrington—

1000 Garlands Lane 🌿 Barrington, IL 60010

800-822-0267 🌿 847-756-3000

www.TheGarlands.com