

The GARLANDS GAZETTE

December 2005

A NEWSLETTER FOR THE MEMBERS OF THE GARLANDS OF BARRINGTON



THE MONTH IN REVIEW

There's something for everyone at The Garlands!



Nancy Ludgin, Betty Catlin and Dori Hoyne view the Morton Arboretum from the tree top tower.



Dick Dinsmore and Activity Director, Jill Lund dress for the occasion at the Oktoberfest party.



Bart Bartling, Harry Logue, Dorothy Pfeiffer, Gil Reich, Toni Bartling and Bob Bruns judge the team member pumpkin contest.



The Matres and Cary Loomis, along with grandson Charlie, listen to Die Musikmeisters.



Jean Pearson shows off her handmade ceramic pumpkin.



Bathing beauties and M&Ms show up at the Halloween party.



Betty Bruns was the winner of the Member Pumpkin Contest



Plant Manager, Don Verrette gives Cordelia Devol and Joan DuBiago a pool lesson.



THE GARLANDS BY DAY

Men's Poker Club

Thursdays, December 1, 8, 15, 22, 29, at 2pm in the Timbers Lounge

Guys, join in the fun. Dealer's Choice!

Catholic Prayer and Communion Service at Prairieview

Sundays at 10:30am in the Argyle Lounge at Prairieview.

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

Holiday Card List on Excel Computer Class with Sharon

Mondays, December 5, 12, 19, 1:30-2:30pm in the Resource Center

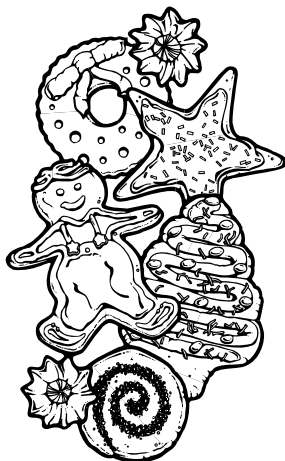
Sharon Hervey from the Sales department will instruct you how to create a holiday address book list on Excel. She will instruct you how to merge that information into labels to address your holiday cards. Computers are limited, so please sign up with the Concierge.

Garlands Gabbers

Wednesday, December 7, 2-3pm in the Robie Lounge

"For Gabbers and Listeners"

In order to encourage lively conversation, we will clip articles of interest from the newspapers and magazines to discuss this time. Bring your articles, and let's see where the discussion flows! Coffee, tea and cookies will be served.



Holiday Cookie Decorating

Friday, December 9, 1:30-3pm in the Café

Listen to holiday music and visit with friends while you decorate yummy cookies. Take some home or share the calories at the Nyckelharpa concertina in the Robie at 4:30pm on Saturday, December 10. Winners of "Most Creative Cookie" and "Most Festive Cookie" will be announced on Monday, December 12 at 5pm in the Timbers Lounge.

Ladies Texas Holdem

Mondays, December 12 & 26, 3:30pm in the Timbers Lounge

Enjoy the competition of this friendly poker game.

Travel Club

Tuesday, December 13, 1:30pm in the Robie Lounge

Talk about trips such as the Yangtze River, Costa Rica and Ireland/England and others you may want to go on as a group in 2006 that are being offered by Collette Travel.

Ladies Learn Pool with Don Verrette

Monday, December 19, 3:30pm in the Timbers Lounge

Back by popular demand, our Plant Manager Don Verrette will give basic instruction on how to play pool.

WELLNESS WORKS

Blood Pressures Taken

First Tuesday of every month, Tuesday, December 6, 9-11am in the Wellness Center by The Garlands Director of Wellness Services, Kim Marry

Podiatrist—Dr. Nuzzo

Friday, December 2, 9:30-11:30am in the Wellness Center

*Please call Kim at *40 to schedule your appointment.*

THE GARLANDS BY NIGHT

Movies

Please give your movie selections to Jill. Please note we are changing the Wednesday night movie time to 7:30pm. Movies are shown on Saturdays at 7:30pm and Sundays at 2pm in the Surround Sound Theater.

Please note on December 11, the movie will be shown at 4pm and on December 31, the movie will be shown at 2pm. Times when the theater is not in use, members may request a private showing for family and friends. For available times, please contact Jill or Members Services.

Bridge Club

Tuesdays, December 8 & 22 in the South Winslow

Please sign up at the Concierge desk. New members are welcome!

Nyckelharpa Concertina and Happy Hour

Saturday, December 10, 4:30-5pm in the Robie Lounge

Jim Kendros will play the Baroque period instrument, the Nyckelharpa, for your listening and learning pleasure. Don't miss his lecture on "Messiah" in the Surround Sound at 3:30pm on the same day.

Monthly Men's Poker:

Texas Hold'em

Tuesday, December 20, 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.

THE TIMBERS LOUNGE AND THE GRILL PRESENTS...

Monday Night Happy Hours in The Grill

Mondays, December 5, 12, 19, 26, 4:30-6pm

Enjoy wine drink specials for \$3 in the beautiful pub setting.

Monday Night Football

Mondays at 8pm

Watch the game on the big screen while you dine in The Grill.

Da Bears!

Sundays in December

Tackles and touch-downs on the big screen. Come watch with your friends in The Grill and Timbers Lounge. Enjoy drink specials.

The Bears versus the Green Bay Packers

Sunday, December 4, 1pm in the Timbers Lounge

Enjoy a complimentary Wisconsin cheese platter along with beer drink specials. Wear your team's colors!

ALEXIAN SPONSORED PROGRAMS

The following seminars will take place
in the Surround Sound Theater.

Please call 1-866-ALEXIAN to reserve your place.

Medicare Part D

Wednesday, February 8, 2-3pm

Medicare is changing! Beginning in January 2006, Medicare will offer coverage for prescription drugs under Medicare Part D. Erin Vogt from Alexian Older Adult Institute at Alexian Brothers Medical Center will be available to answer questions and talk about this program.

The Ankle Bones Connected to the ...

Thursday, February 16, 7-8pm

Dr. Patel, artificial ankle joint replacement surgeon, will be speaking about a new FDA approved ankle joint replacement as an alternative to fusion and surgery for severe arthritis of the ankle.

SPA AND FITNESS CENTER

Spa Vargas at
The Garlands
Mondays from
9am-3pm and
Fridays from
9am-3pm. By
appointment.
Some Wednesdays and Saturdays
by special appointment.



New Body Flow Class
Tuesdays, December 6, 13, 20, 27,
9:15am-9:55am

This class is invigorating, relaxing, high and low energy all at the same time. It combines basic Tai Chi along with Yoga and, last but not least, Pilates principles, together in a well-balanced union. All of these different components are used for strength, stretching and stability. The class is taught and adapted to your own level.

Intergenerational Splash Party & Holiday Card Making

Sunday, December 11, 1-4pm in the Pool

Bring the grandchildren to enjoy a dip in the pool after visiting Santa at the brunch. From 2-3pm, make holiday cards using stamps. At 4pm, enjoy popcorn and the movie "Robots" in the Surround Sound Theater.

Family Swim Times in the Pool

Great for the whole family!
Fridays: 4-7pm
Saturdays: 1-4pm
Sundays: 1-4pm

HAPPY HOURS

4:30-6pm in the Robie Lounge. Cash bar is available.

Wine Drink Specials \$3 each.

Times for Fitness Classes

New Times for Theraqua
Wednesdays & Fridays—
10am in the Pool

Triple S
Strength, Stretch, & Cardio for your Sweetheart
Thursdays—9:15am in the Fitness Studio

Body Flow
Tuesdays—9:15am in the Fitness Studio

Walking Club
Wednesdays at 1:30pm, meet in the lobby by the Concierge

New Hours for the Fitness Trainer—Natile Barsella
As of December 1, Natile's hours are 8am-2pm., Monday through Friday. Please call her for your complimentary fitness assessment at *41.

New! Monday Night Happy Hours in The Grill
Beginning Monday, December 5
4:30-6pm Wine Drink Specials \$3 each.

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

BHS Madrigals
Wednesday, December 7
The Barrington High School Madrigals will provide 20 minutes of musical entertainment beginning at 5pm.

Holiday Music with Dennis Mergan, Evelyn Hammond and Kim Marry
Wednesday, December 14
Enjoy the music of staff and member Evelyn Hammond on the piano.

Crossword Puzzle
Wednesday, December 21
The crossword puzzle was invented in 1913 on this day. Come and participate in the World's Largest Crossword Puzzle. Puzzle will be kept in the Tiffany 2 Game Room for future enjoyment

Chewing Gum Happy Hour
Wednesday, December 28
Chewing gum was patented in 1869 on this day. Enjoy a complimentary stick of gum.

MEET THE COMPREHENSIVE REHABILITATION STAFF

NICK BIANCO: Nick is married to wife, Cathy, and has two children, Nina 3.5 years old and Jake 1.5 years old. Nick graduated from University of Kansas with a B.S. in Occupational Therapy. Currently, he manages three therapy departments in the local area including The Garlands. He lives in Sugar Grove, IL and enjoys golf, weightlifting, softball, volleyball and almost every other sport.

TERESA CAMINITI: Teresa graduated in 1983 with a B.S. in Physical Therapy from Russell Sage College in Troy, NY. She has an extensive background in orthopedics, treating clients in the acute care, extended care and outpatient environment. Special interests include stroke, arthritis diagnosis and osteoporosis.

NATILE BARSELLA: Natile lives in Lake Zurich and was originally from Daytona Beach, Florida (but has lived in the Midwest most of her life.) Currently, Natile is participating in the Oakton College Physical therapy assistant program. She is a nationally certified personal trainer with an exercise physiology background. Natile is not only the Fitness

Trainer at The Garlands, but she also works at Forest Grove Athletic Club as a personal trainer. She is currently working on her tennis game. Natile grew up as a competitive figure skater, and she loves all types of competitive sports.

COMPREHENSIVE REHABILITATION: Comprehensive Therapeutics, Ltd. offers the most fully integrated lines of therapy, management, staffing and consultation services. Comprehensive Therapeutics President Sandra Jacobson Lerner, OTR/L, and a staff of more than 300 experienced professionals work with clients as partners based on a desire to provide reliable, cost-effective, quality therapy, consultation and staffing services in keeping with today's rapidly changing healthcare marketplace. On June 10, 2005, Comprehensive Therapeutics, Ltd. was honored by being selected as one of Chicago's 101 Best and Brightest Companies to work for, a distinguished honor given by the National Association for Business Resources. Please call *47 to have a complimentary assessment with Teresa for physical therapy or *41 to schedule a complimentary fitness assessment with Natile.

WELCOME NEW MEMBERS

Bonnie and Don Smith Residence #2118

Bonnie and Don were born and raised in Southern California. They met at the University of Redlands and were married nine days after graduation in June of 1953. They began their traveling mode, thanks to the Navy, with 1.5 years in Guam and visits to the Far East. After several jobs and homes, the Smiths settled in Palatine, IL, for 19 years. While living there, Bonnie and Don started "escaping to Wisconsin." Their cottage on a lake provided many wonderful times with friends and family.



While Don pursued his sales career, which culminated in his position as a national account manager, Bonnie's job experiences ranged from working at a college in Guam, an architectural firm, an art gallery, a kitchen cabinet center, a gourmet cooking store, Chez Paul Country House restaurant, with Infant Welfare, with Friends of Clearbrook, and with Save-A-Pet Animal Shelter in Palatine.

When Don retired in 1993, he and Bonnie built a home in Homosassa on the Gulf Coast of Florida. They were both involved with volunteer responsibilities in the nearby state park, wildlife refuge, church and social organizations. Summers were busy with participation in community activities in Wisconsin. Both areas afforded them opportunities to become involved with the Whooping Crane Restoration project.

Three months ago the family decided that maintaining two homes and continually traveling between them was becoming too cumbersome. After deciding The Garlands was the place for them, the Smiths sold their two homes and moved into The Garlands where Don says "I think I've died and gone to Heaven!"

Both sons and their families live close by and have been unbelievably supportive and helpful. Now that the Smiths are settled in, they are looking forward to participating in all the wonderful activities available and to meeting more great people.

Please welcome our new members to the community.

SPECIAL EVENTS

Fine Dining in the Roycroft *Saturday, December 10,* *5:30-8pm*

Dining at its most elegant. Relax in the ambience of the lovely Roycroft while selecting culinary creations from a special menu especially prepared by Chef Rick and his staff.

Home for the Holiday Brunch with Santa and Splash Party

Sunday, December 11, Seatings
10:30am & 1pm

Bring the kids to meet Santa Claus (11am-2pm) while enjoying a beautiful spread of delicious brunch cuisine. Have the kids bring their swim suits for fun in the pool after brunch including the making of holiday cards with stamps from 2-3pm. Don't forget to reserve your spot for these events with The Concierge.



Christmas Eve & Christmas Day

The Winslow Dining Room will be open regular hours on Christmas Eve. On Christmas Day the Winslow will be open holiday hours from 11am until 3pm. Both days will feature special menu items. Please make your reservations early with the Concierge or the host.

New Years Eve Early & Elegant Dining and Concert

*Saturday, December 31, \$50 per
person for the dinner, 6pm*

Dinner Seating, 8pm Concert
Begin with a toast to the New Year at Happy Hour in the Robie Lounge at 4:30pm. Enjoy a five-course meal especially prepared to tickle your taste buds. End the evening with a concert featuring the "The Klezmates," the violin and viola duo from Houston, TX that was so well-received at a previous Garlands Happy Hour.

"The Klezmates" New Year's Eve Concert

*Saturday, December 31, 8pm in
the PAC, no charge*

Welcome back Dan and Marcia from Houston. This talented couple played during a Happy Hour in August. We are proud to have them back by popular demand to bring in the New Year with Klezmer, classical and popular music on the violin, viola, and piano that is only enhanced by their beautiful voices.

BACOA SPONSORED EVENTS

*For more information or
reservations contact BACOA
at (847) 381-5030.*

Caregivers Support Group

*The first Wednesday of the
month, 7-9 pm, BACOA office
at Prairieview.*

The Barrington Area Council on Aging (BACOA) offers a caregiver support group that meets the first Wednesday of each month at the BACOA offices. Frequently, outside speakers will provide education on topics of interest to caregivers. The group provides an opportunity to share common caregiving issues and concerns.

THE LYRIC OPERA LECTURE SERIES AT THE GARLANDS

All lectures are held in the Surround Sound Theater.

The Magic Flute

Saturday, December 3, 2pm

Flying genies, dancing dinosaurs and stage wizardry at every turn. Is this a simple fairy tale about a prince who, with help from an endearing bird catcher, is out to prove he's worthy to marry his beloved?

Rigoletto

Thursday, January 19, 3:30pm

Rigoletto is the despised court jester who aids the philandering Duke with his indiscretions and then mocks a heartsick nobleman whose daughter has been defiled. One father's curse spells disaster for another: Rigoletto finds his own daughter is the next on the Duke's conquest list, and his plan for revenge goes horribly wrong.

Der Rosenkavalier

Friday, January 27, 3:30pm

Can a woman of a certain age find happiness in the arms of a much younger man? Well, yes—for a while. And what to do when the frisson of youthful passion ignites, disrupting a father's social ambitions to marry his daughter off to a lecherous aristocrat? Learn more about this operatic comedy of Viennese manners by Richard Strauss.

BULLETIN BOARD



Wishing Members and their loved ones a warm holiday season!

Sincerely, The Team Members at The Garlands of Barrington

A friendly reminder...

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

Postage Stamps...

Please limit your purchases to single stamps. Larger quantities can be purchased through the post office or at Jewel.

Resource Center...

When planning to work in the Resource Center, please remember to bring your pens, pencils, paper and other supplies with you.

The Garlands Library...

Please check to see if you have any Garlands library books or Barrington Library books in your apartments and return them to the Garlands Library on the 2nd floor as soon as possible. Thank you.

Clothing and small household items

Donation List

Please advise Jill if there are other organizations who will accept donations from our members.

Salvation Army: 847-662-7730
(must have at least 4 containers of clothing)

House of Hope (St. Anne's Church): 847-381-5721 (drop off)

Marillac House: 847-870-1589

Amvets: 708-388-7800

Cancer Federation: 1-800-962-3260

The Catchpenny, 118 E. Main in Barrington: Call to inquire about drop off times. 847-381-7721

The Barrington Library delivers and picks up books the third Friday of the month. Please sign out books when borrowing them from The Garlands Library.

Warm wishes for a Happy Birthday to those celebrating in December...

Tom Scarnato
Maureen Savage
Frances Edwards
Bart Bartling
Dwight Reed
Bernadette LaRocque
Marilu Matre
Kathleen Schneider



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.

Water Tower Mall & Marshall Fields in Chicago

Friday, December 2, 10am-4pm

The Garlands bus will drop you off and pick you up at the location of your choice for holiday shopping or viewing of the holiday windows.

Jewel Shopping

Thursdays at 10am, meet in the lobby

Trader Joe's & Dominick's in Lake Zurich

Mondays at 1pm, meet in the lobby

By popular demand the time on this trip has been changed for members' convenience. Members will enjoy complimentary transportation to the Dominick's and Trader Joe's weekly.

Radio City Christmas Spectacular Starring The Rockettes, Rosemont

Tuesday, December 6, 1-6pm, Ticket prices will vary from approximately \$35 - \$65 per person and can only be reserved upon availability.

Music and more for your enjoyment featuring the famous Rockettes. The deadline for this trip was November 17, however, if you want to go, please check with Jill.

Lunch Bunch to Barrington Bistro

Monday, December 12, 11:15am

Enjoy French bistro food in an elegant atmosphere.

Holiday Light Tour and Hot Cocoa

Monday, December 12, 6:30pm departure, return to Robie Lounge for hot cocoa by 8:30pm.

Enjoy the Wonderland of Lights at Arlington Park Racecourse along with a visit to North Park in Arlington Heights. Stop at a few brightly decorated homes along the way! Warm up afterwards with cocoa.

Medicare D Library Program

Thursday, December 15, 10am-3:30pm at the Barrington Area Library. Transportation from The Garlands departs at 2pm, pick up at 3pm

Catholic Charities will assist people who are ready to enroll with the online enrollment process.

"The Nutcracker" at Woodstock Opera House

Saturday, December 17, 1pm-4:30pm, \$20 per person

Watch our own Patti (Concierge at Prairieview) Alberding's daughter in the lead role as the "Sugar Plum Fairy" in this production.

Museum of Science and Industry, Chicago

Tuesday, December 20, 9:30am-3pm, \$12 per person

Experience the holiday tradition that began in 1942, "Christmas Around the World Exhibit and Holiday of Lights" featuring a forest of 50 trees and three crèches, each decorated by Chicago's ethnic and cultural communities. Lunch on your own at the museum.

Barrington Library Book Discussion Series

Join professional book discussion leader Lanny Ori for thought-provoking discussion of notable titles.

Thursday, January 19, 1:45-3:30pm: Mountains Beyond Mountains by Tracy Kidder.

Thursday, February 23, 1:45-3:30pm: Middlesex by Jeffrey Eugenides

Thursday, March 23, 1:45-3:30pm: Runaway by Alice Munro

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 FALL 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 at *13.*



Create a Holiday Centerpiece

*Monday, December 5, 10am-noon
in 1141, \$20 for materials*

Create a beautiful holiday centerpiece or decoration for your hallway shelf. Keep it or give it as a gift! Peggy Garvin of Garvin Gardens will help you create a long and low style centerpiece made of fresh evergreens, pine, fir, juniper and cedar. There will also be cedar with holly, pine cones, glass balls, velvet ribbon, candles and branches for you to use to dress up your centerpiece. All materials are provided, but please bring your pruning shears.

Messiah

Saturday, December 10, 3:30-4:30pm in the Surround Sound Theater; 4:30-5pm concert in the Robie Lounge

Listen to Harper and Oakton College lecturer Jim Kendros as he details sections of this famous musical piece. Jim will join members for a Happy Hour in the Robie Lounge with his period instrument, the Nyckelharpa immediately following the lecture.

The Christmas Art Story

*Wednesday, December 14,
2:30-3:30pm in the Surround
Sound Theater*

Enjoy this lecture and slide presentation of a very extensive collection from this country and abroad. Included will be paintings, sculpture, stained glass and mosaics, all done by artists and craftsmen working to give a visible reality to the story of the birth of Christ. Appealing and inspirational, with no denominational slant, this program of the story of Christ's birthday will send everyone on their way feeling the special warmth of the Christmas season.

WELCOME NEW MEMBER

Bernadette LaRocque

Residence #2202

Bernadette was raised in central Illinois and remained in the area most of her life. Bernadette met her late husband, Joe, on a double date during his temporary station at the Shanute Army base in Champaign. Joe was later transferred to a base located at the University of Madison but returned to Illinois after the war to obtain a degree from the University of Illinois and to be near Bernadette. The two were married shortly thereafter, and Champaign became their home for 57 years during which time Bernadette enjoyed raising her family of five children.

Adding to her brood of five and the pride that accompanies parenthood are Bernadette's 11 perfect grandchildren. The members of the LaRocque family enjoy close relationships with each other. They always make an effort to assist each other in



times of need and to just otherwise be together. The entire family (extended families included—sometimes making it 21 people in all) made it home for the holidays every year up until Bernadette's husband fell ill in 1996. More recently, all of Bernadette's children together updated Bernadette's home in Champaign to prepare it for sale prior to her move to The Garlands. Her children came from such distances as Los Angeles, Dallas, Washington D.C., and Alabama with her daughter that lives in Barrington overseeing the entire operation.

Bernadette enjoys sewing and has decorated her home and made clothing for her family. She often takes on sewing projects for charities as well as volunteers her time to the church, the schools and the hospitals in her area.

Please welcome Bernadette to The Garlands.



THE GARLANDS®
—of Barrington—

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www.TheGarlands.com