

Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

THE DIAMONDS

Members pose with The Diamonds after their Holiday concert.



HANUKKAH TRADITIONS

Elaine Swingle and Bob and Janet Zilkowski play dreidel and learn about Hanukkah.



HOLIDAY LUNCHEON

Kathleen McCann hosted a terrific luncheon at DJ Bistro.



IN THE GALLERY

Dori Hoyne and son Scott with Thomas Hoyne Paintings.

Special Events

Please RSVP to the Concierge at *07

Thursdays JAN 3- FEB 7 10:00 am- 12:00 pm	Lorraine Caposieno Landscape Painting Classes - rsvp to *07 Art Studio at Prairieview <p>This class will discuss composition, lights and darks, soft edges and various other techniques. For the first class only, everyone will paint the same landscape on a canvas whatever size they prefer. After that, students may bring a reference and work independently. Lorraine will go around the class and give personal instruction and attention to each student. All supplies provided. No experience needed.</p>	
Saturday JAN 5 1:30-2:30 pm	Birthday Bash with Vince, the Music Man - rsvp to *07 Robie Lounge <p>Vince Politan's greatest joy in life is evoking smiles from his audience. He lives for pleasing others with music and plays everything from Frank to Engelbert to Polka to Waltz to more contemporary music. Complimentary coffee, tea, cupcakes, and sugar-free cookies, whether or not you celebrate a birthday this month.</p>	
Thursday JAN 17 2:30-3:30 pm	Music Appreciation with Jim Kendros: Rare Mozart Treasures - rsvp to *07 Prairieview, 3rd Floor Dining Room <p>Begin the New Year on a high note as we celebrate Mozart's birthday month. While we have heard many of Mozart's greatest hits, very few of us have heard the first symphony he composed at age eight! Jim will bring us this delightful youthful masterpiece. Jim will also share with us music on one of Mozart's favorite instruments, a rare glimpse into the artistic personality of "The Miracle that God let be born in Salzburg."</p>	
Friday JAN 18 11:00 am- 12:00 pm	Winter Crockpot Cooking Demo and Tasting with Ann Wayne - rsvp to *07 Surround Sound Theater <p>Ann, an instructor at One Life Kitchen in Barrington and recently of the Daily Herald Cook of the Week Challenge, will demonstrate two easy and delicious crockpot recipes, one for a soup and one for a stew. These recipes can also be made in standard stove-top pots. Delicious tasting at the end.</p>	
Friday JAN 18 7:00-8:00 pm	Evening Concert with Chris Colletti - rsvp to *07 Performing Arts Center <p>Singer Entertainer Chris Colletti keeps the music of the Big Band Era alive as he takes you on a journey back to a sweeter, simpler time ... when a song and its lyrics really meant something. They touched us...many times so deeply that we will forever hold them close to our hearts. Chris's energy and enthusiasm, style, lyrical interpretation, and powerful vocal styling make his date here a don't miss an hour of enjoyment.</p>	
Monday JAN 21 10:00 am- 2:00 pm	ESBE Designs Pop-Up Shop Gift Shop <p>ESBE Designs returns with artisan jewelry made by designer Sara Blaine. Each piece is handmade from real pearls and semi-precious and natural stones. Just in time for Valentine's Day.</p>	

Special Events

Wednesday **Pop-Up-Shop: Hugs and Mugs for Valentines**

JAN 30

1:00-3:00 pm

Wellness Hallway

GiGi's Playhouse runs free therapeutic, educational, and career-oriented programs for children and adults with developmental disabilities. Their mission is to change the way the world views Down Syndrome. This Pop-Up Shop will feature the personalized gifts sold in their retail shop. GiGi's looks forward to spreading some love here at The Garlands.



Things To Do

Creative Knecht Craft with Laura Knecht

Friday, January 4, 2:00-3:15 pm, Wellness Hallway

Create one-of-a-kind snowflake greeting cards and more. Laura Knecht has a fine arts degree and has been doing art and instruction for over 36 years. Each participant will make five cards and gift tags. All supplies will be provided.

Play Readers All Welcome Meeting

*Monday, January 7, 1:00 pm,
Performing Arts Center Front Half*

Everyone is welcome to attend this planning meeting to help decide our Spring and Fall shows for 2019 and voice your opinion. Bring paper, pencil, and your calendar to look at dates.

Organized Complexity and Emergence with Rem Stokes -rsvp *07

Tuesday, Jan 8, 11:00 am, Surround Sound Theater

Join Rem Stokes! Organized complexity is a recently understood type of organization for populations that solve problems without a leader using pattern recognition and feedback giving rise to the phenomenon of emergence.

Piano Lessons with Lina -rsvp *07

*Fridays, January 11, 18, 25, and February 1,
3:00-4:15 pm, PAC Art Gallery*

Interested in learning to play – or brushing up on – the piano? Lina, a wonderful Barrington High School student, very much wants to share with you her passion for teaching piano. Her way of giving to her community is to offer lessons to Garlands members at no charge on Friday afternoons, starting January 11. Think you might be interested? Why not meet with Lina, who has played piano for 12 years, and try?

"Welcome to the Opera!" with Bruce Smith

-rsvp *07

*Wednesday, January 16, 7:00-8:00 pm,
Surround Sound Theater*

*Thursday, January 17, 11:00 am-12:00 pm,
Surround Sound Theater*

If you love Opera or are just interested, this is for you! The program will include a variety of some of the most beautiful arias, profiles of their composers, and a backstage tour of the New York Met. You'll enjoy operatic arias from: Puccini's "Madame Butterfly," two selections by mezzo-soprano Ning Liang portraying the young Geisha who falls in love with American lieutenant Pinkerton; a selection from Bizet's "Carmen" sung by Anna Netrebko; Mozart's "The Magic Flute," a selection sung by Diana Damrau; the "Anvil Chorus" from Verdi's *Il Trovatore*; "Musetta's Waltz" from Puccini's "La Boheme;" Gilbert & Sullivan's "The Mikado;" then, sung by Renee Fleming, Dvorak's "Song To The Moon" from *Rusalka* and "Nessum Dorma" from *Turandot*. Most of these, while singing in Italian, have English subtitles. You'll also enjoy, from Verdi's *Aida*, The Triumphal Entrance "Glory To Egypt" and "Polovtsian Dances" from Prince Igor.

Please take the time to RSVP to the concierge at *07 so that we know how many members to expect. This event fills up quickly.

LifeLong Learning Opportunities

Harper College: Why I'm Optimistic with Myra Loris -rsvp *07

Tuesday, January 15, 10:30-11:30 am, Burnham Room

In the first of her five-part series, Myra presents Optimism Overall: a look at prominent contemporary and historical philosophies about the power of optimism. She'll include a breakdown of trends and events in contemporary American life that encourage optimism; in short, why we have reason to be optimistic.

Great Decisions with Gary Midkiff -rsvp *07

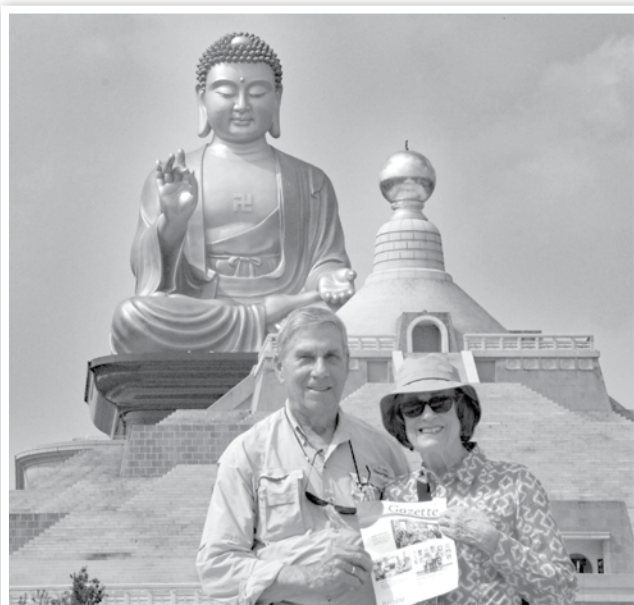
Friday, January 11, 10:00-11:30 am, Burnham Room



Great Decisions, America's largest discussion program on world affairs, began in September. Each session is a stand-alone, so you may buy the book and start at any time. If you would like to join, please let Lynn know (*13) so she can order your book (\$30). The topics of this and the coming next 2018 Great Decisions, which run through April: Turkey - A Partner in Crisis; U.S. Global Engagement and the Military; South Africa's Fragile Democracy; Global Health - Progress and Challenges.

The Gazette to Go

Going on vacation? Going to visit family? You can't take the Garlands with you, but you can take the *Gazette*. Bring along a copy of the *Gazette* and have a picture taken while holding it in front of something which shows where you have been. Give a copy to your children and grandchildren so they can join in the fun. Give Nate the picture and it will be displayed where all can see. Let's see how far the *Gazette* can travel!



Sam and Skootie Jeffers visit Buddhist Temple.



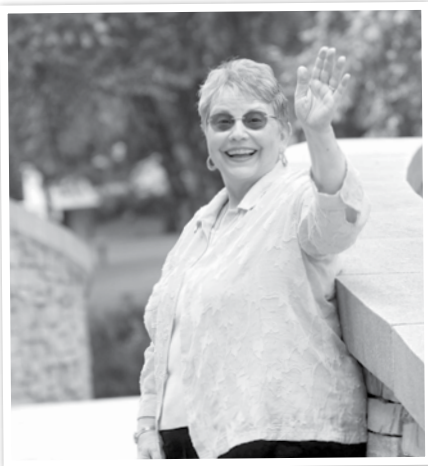
Vivian O'Neil and daughter Linda Wogelius enjoyed a Caribbean Cruise on October 20th on the veranda with Bermuda in the background, on Oct 24th in an aerial tram in St. Lucia, and on Oct 27 a natural bridge in Aruba.

It's All About *You!*

***We've said it a thousand times—
our members are our best marketers!***



We listened and we heard your thoughts! As we plan our marketing initiatives for 2019, our focus is once again on our members. Not only will members' images, stories and experiences be the focal point of our advertising and direct mail, but, as in years past and as an extension of the marketing effort, updated member vignettes will grace our walls throughout the building.



In addition to helping with our overall marketing campaign, in the past members have also helped us spread the good news about living at The Garlands by:

- Referring friends and family to The Garlands and inviting them to become neighbors
- Contributing testimonials to the marketing effort
- Sharing their perspective on making the decision to move to The Garlands
- Blogging about their Garlands experience on our website
- Sharing their photos and experiences on Facebook
- Hosting prospective residents on visits to The Garlands
- Serving as panelists for marketing special events.

This year we invite you to be a part of the marketing team! If you'd be willing to support the marketing effort in any of these ways, please fill out a short questionnaire to be distributed in cubbies at the first of the year and return it to the Concierge by Sunday, January 6.

Thank you in advance for helping others choose The Garlands of Barrington!

Dawn L. Kempf, LNHA

Vice President, Sales Marketing and Health Care

Fitness & Inspiration

Visit the Fitness Center and Enter to Win a Raffle Prize!

For the entire months of January, February and March every time you visit the fitness center you may enter your name into a prize raffle drawing! Stop into the fitness center today and start increasing your chances of being a winner!

National Hug Day!

Monday, January 21, 11:00-12:00 pm

The AMA states that 60% of disease and illness is caused by STRESS! Stop by the Fitness Center for a stress relieving hug and a handout on the Ten Benefits of Hugging!

My Balance is Better! Balance Class

Tuesday, Wednesday, Thursday at 11:15 am in the Fitness Studio beginning Tuesday, January 8

Research shows if your goal is to improve balance and prevent the risk of falling, moderate to high challenging balance exercises should be conducted over fifty hours. This may take as long as six months. Other research shows doing balance exercise three days a week for 31-45 minutes for three months is also effective. This class will target improved balance by adhering to a 3x a week three months protocol. A special prize will be given to those members who actually complete a 3x a week for 3-month protocol! If you are unable to attend a class, a DVD or online balance video will be available in order to make up the class for that week. If you are interested in being assessed in your balance or joining this balance class, please call *41 to make an appointment.

Protein, Protein, Yes I can!!!

Monday, January 7th at 1:00 pm in the SST

If you want to stay strong, sturdy and lean with good balance, getting enough protein in your diet is ESSENTIAL. Discover the why, what, where, when and how to do protein efficiently in your diet to get the most bang for your buck. You won't want to miss this informative, research-based lecture unlocking the latest scientific research about muscle wasting, muscle building, and protein consumption. If you can't make the live event, catch a replay on channel 17 or online on youtube and make sure to grab a handout up in the fitness center. Call *15 to sign up ASAP!

Tai Chi Balance Class

Wednesday, January 23, 11:15 am, in the Fitness Studio

Try out a tai chi balance class this day in place of our regular balance class!

Walking and Talking in the Pool-New Class!

Tuesdays and Thursdays, at 9:15-9:45 am, in the Pool

This will be an independently led opportunity to move in the pool, feel amazing and be with others! If you are looking for a buddy to go to the pool with this class is for you! The water is a perfect antidote to sore, achy, painful muscles and joints. Afterward, spend a few minutes in the hot tub or sauna for even deeper relaxation, ease, and well-being.

Men and Women's Fit-NEW TIME!

Tuesdays and Thursdays, 9:30-10:00 am, Fitness Studio

We will use a variety of fun equipment for a total body workout in this balance, strengthening and aerobics class set to lively music. All activity levels are welcome and exercises can be modified for sitting or standing!

Chair Yoga

Tuesdays and Thursdays, 10:30-11:00 am, Fitness Studio

Combine deep breathing and gentle range of motion stretches for a relaxing workout. We will be adding in optional standing exercises using the chair to improve balance. All levels welcome.

Preventive PT with Dr. Sandra

Mondays, Wednesdays, Fridays, 9:00-9:45 am, Fitness Studio

A variety of stretching and strengthening moves to enhance overall function and well-being. Doing these movements prevents pain and injury and improves balance and walking.

Fitness & Inspiration

Theraqua

Mondays, Wednesdays, Fridays, 10:00-10:30 am, Pool

Feel relaxed and buoyant after exercising in the pool! This fantastic, feel-good class is designed for all levels and includes mild cardio, strength, stretching, and balance. It is especially therapeutic for those with arthritis, joint pain or edema.

Osteoball and Balance

Tuesdays and Thursdays, 2:30-3:00 pm, Fitness Center

Osteoball is designed to help strengthen your muscles and build bone density in a safe and simple manner. Exercises are performed seated with five minutes of balance exercises at the end! Take this class 2x weekly to see the most improvement and benefit.

Meet the Garlands' New Fitness Coordinator Bethanie Lochman!

We are thrilled to welcome Ms. Bethanie Lochman to the Garland's Fitness Team. Bethanie has been actively working many different avenues in the fitness industry since 2001. For the last eight years, she's been a fitness specialist, group fitness instructor, and personal trainer for Edward-Elmhurst Hospital Health and Fitness in Naperville, Illinois. Bethanie grew up in the Northwest Suburbs and went to Fremd High school in Palatine. She received her undergraduate degree from Columbia College Chicago in broadcasting/journalism in 1999 and then received a master's degree in exercise science/human services from Concordia University Chicago in 2003. "Health and wellness is not just my career, it's my life! I practice what I preach, and my passion is helping others understand the importance of exercise! Be happy, be healthy." Please stop by the fitness center to say hello to Bethanie and introduce yourself!



Wellness Lecture Series

*If any member has an interest in any topic, please let one of the wellness nurses know. Maybe your topic will be our next featured in our ongoing lecture series! Please rsvp to *40.*

New Year, New You -rsvp *40

Wednesday, January 30, 11:00 am, Surround Sound Theater

Learn about important changes you can make to your nutrition and exercise programs to help keep you in top shape for the new year. The presenter will be Laura Gordon, Physical Therapy Assistant at HealthPro.

Low Vision Resources -rsvp *40

Thursday, January 31, 11:00 am, Surround Sound Theater

Learn about the latest tools and resources for low vision. See demonstrations of the latest cutting-edge assistive technology devices and learn about how low vision examinations can help you to optimize your remaining vision. The presenter will be Melissa Wittenberg of The Chicago Lighthouse.

Sample Healthy Foods

-rsvp *40

Thursday, January 31, 11:00 am, Wellness Hallway

Join us for a healthy taste of potatoes! Chef Nick will prepare a tasty sample using this food. The Wellness Nurse will also give a short presentation on its health benefits.

Wellness Programs

Wellness Center Hours

The Wellness Center is open and staffed by a Registered Nurse Monday through Friday 8:00 am to 4:30 pm and on Saturday from 8:00 am to noon. The Garlands Home Care Solutions Manager is available Monday through Friday from 8:30 am to 5:00 pm.

Blood Pressure Testing -call *40

Drop in or make an appointment during Wellness Center nursing hours to have the nurse check your blood pressure and other vitals.

Lab Services -call *40

Blood draw services are offered every Tuesday, 9:00 am in the Wellness Center. This service is provided by NICL Lab. Advance notice of, at a minimum, 20 hours is required.

Comprehensive Group / HealthPRO

Rehabilitation -call *47 for information and scheduling

For all your therapy needs. By appointment only.

Outdated Prescriptions and Other Medications

These items may be brought to the Wellness Center Monday through Friday 8:00 am to 4:30 pm.

Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

THE DOCTOR IS IN...

Audiologist: Dr. Regina Dziewior -call *40

Wednesday, January 9, 9:00 am-12:00 pm, Wellness Center

With over 35 years of experience, Dr. Dziewior offers professional hearing evaluations along with state-of-the-art hearing solutions including wireless hearing aid technology compatible with consumer devices such as TVs and cell phones. She also offers hearing aid repairs and maintenance services for most brands. By appointment only.

Dentist: Dr. Mueller of Dental Health Onsite

-call 773-929-8888

Monday, January 14, Prairieview 2nd Floor Exam Room, next to Nurse Station

By appointment only.

Podiatrist: Dr. Warheit -call 847-577-1649

Wednesday, January 16, 8:00 am-3:00 pm, Wellness Center

By appointment only.

Eye Doctor: Dr. Lenzen -call *40

Next appointments in February, Prairieview, 2nd Floor Exam Room, next to Nurse Station.

Members' Corner

If you have something that you would like to include in this section of our next Gazette, please email ladams@thegarlands.com with your entry by the 12th of the month before (example: January 12 for the February Gazette)

Members Advisory Committee (MAC)

As we head into 2019, I've been receiving sporadic questions concerning Members Advisory Committee (MAC): e.g. What is its objective? Membership? Officers? And, what is the background of current MAC members?

Accordingly, a MAC sub-committee met in late December and produced a "MAC Book", which now resides in the Resource Center. This book outlines the objective of MAC, membership biographies, operating procedure, and our 2019 schedule. Please take a moment in early 2019 to review it. We represent you and want to do a good job, which always starts with good communication. When you have questions, concerns, and thoughts, please contact a MAC member from your living group.

H. Edward Tolle, *Chairman*

MAC Members

(Living Groups are denoted by the numbers to the left of names; e.g. 1-Building 1, 2-Building 2, 3-Building 3, V-Villas)

MAC Members starting 3rd year

- 3 Rebecca Blickenstaff
- 3 Doris Dorzweiler
- 2 Al Langtry (*Vice President*)
- 3 Kathy Tako

MAC Members starting 2nd year

- 1 Carol Brenner (*Secretary*)
- 2 Nancy Leonard
- 3 Ed Tolle (*Chairman*)
- 1 Bob Zilkowski

MAC Members starting 1st year

- 1 Suzanne Carmer
- V Gary Griffin
- 2 Marilyn Helberg
- 1 John Seaman

Note: Please visit the MAC Book for emails addresses and apartment numbers.

"My Favorite Things"

submitted by Bud Brinkman

Maalox and nose drops and needles for knitting,
Walkers, and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.
When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.
Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.
When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

-Anonymous

Bulletin Board

Watch Batteries and Knife Sharpening

Due to the holiday, Dave Nells will visit on Wednesday, January 2, 1:30 pm, Café

Jewelry Repair and Sales by Betsy's One-of-a-Kind Jewelry

This month Betsy will visit on Tuesday, January 8, instead of January 2. 1:30 pm, Wellness Hallway.

Barrington Hills Country Club, Reciprocal Dining Arrangement with The Garlands

Winter hours of operation:

January 2-26: Wednesday-Saturday, Lunch 11:30 am-2:30 pm. Dinner 5:30-8:30 pm

Closed January 27-March 5, 2019

March: Wednesday-Saturday, Lunch 11:30 am-2:30 pm. Dinner 5:30-8:30 pm

Garlands members should always call ahead to make a reservation (847-381-4200).

Denim is not permitted in our Grille Room after 5:30 pm on Friday and Saturday nights but is permitted in the Pub area at any time. Dressy casual is the norm.

Fire Alarm Reminder

Whenever you hear the alarm, stay in your apartment or wherever you may be!

Do not venture into the hallways wondering what may go happening. It is also requested not to call Member's Service because if there is an issue they are busy handling the event. Most often it is a false alarm. Should there ever be an event in your area someone will come to you if necessary to move to another location.

Resolve to Improve Recycling

from Scott Weimer, Director of Maintenance

There is room for improvement in what Members are placing in recycling. In the refuse rooms on each floor are containers. In these go ONLY paper. Magazines and clean cardboard such as cereal boxes are included in "paper." In the containers in the garage go clean glass, metal and aluminum cans, and plastic jugs, bottles, and beverage/food containers.

NO plastic bags or medical supplies are to be put in any of these containers. If collectors see wrong items, the entire container goes to 'garbage' pickup and not recycling.

At each floor location, there are pictorial guidelines of what to recycle. Please encourage anyone helping you to look at them. Your housekeeper may also take your items for you. Let's do our part in caring for our planet.

January Birthdays

Wishing a Happy January Birthday to those members celebrating their special day this month. Whether or not your birthday is in December, please come to celebrate all the January birthdays at the Birthday Bash with entertainer Vince the Music Man, Saturday, January 5, 1:30 pm, Robie Lounge.

Natalie Sponsler	Jan 01	Jack Mulholland	Jan 15	Corky Devol	Jan 21
John Olszewski	Jan 03	Jim Perille	Jan 16	Mort Henshell	Jan 22
Dolores Maher	Jan 04	Janet Fowler	Jan 17	Jo Regner	Jan 23
Arlene Schoenherr	Jan 04	Don Jones	Jan 17	Gaylen Larson	Jan 24
Marianne Lenz	Jan 04	Betty Bruch	Jan 17	Inna Morgan	Jan 25
Penelope Lumsden	Jan 07	Gary Karlin	Jan 18	Paul Anda	Jan 26
Janice Semerad	Jan 09	Mary Leopardo	Jan 18	Vera Proper	Jan 30
Tom Cronan	Jan 09	Joan Werderitch	Jan 19		
Robert (Bob) King	Jan 14	Celma Perry	Jan 21		

Magical Highlights from Winter Wonderland



Barrington High School Madrigals



Barrington High School Volunteer Elves



Lola Bard Victorian Carolers





Waiting for the Balloon Artist



Even big kids write Santa

Let's Go

Please note:

- **ALL outings require a reservation. Call Concierge (*07) or Nate (77415) respectively.**
- This icon  means there is a cost associated with the outing. To reserve your spot on the bus, you will need to sign a Payment Agreement at the Concierge Desk.
- This icon  means there are stairs in order to get to our event.
- The number of "walking shoes" indicates how much you'll walk on the trip.

No walking shoe = no walking,
may be handicapped accessible

 Limited Walking

 Some Walking

 Mostly Walking

- **Departures for all outings leave from the 1000 Entrance Lobby. Let the Concierge (*07) or Member Services (0) know ahead of time if you'd like to be picked up at the 2000 or 3000 Lobby.**

Barrington Area Library Second Fridays Presents The Nite Hawks -rsvp *07

Friday, January 11, 7:30 pm, 1000 Lobby, free

Depart 7:30 pm, Concert 8:00 pm, Pickup 9:15 pm, Back 9:30 pm

Chase away the winter chill with updated arrangements of 20s classics by the Gershwins, Irving Berlin, Louis Armstrong, and Fats Waller.

Elgin Symphony -rsvp *07

**Sunday, January 13, 1:00 pm, 1000 Lobby,
Season Ticket Holders only**

Depart 1:00 pm, Concert 2:30 pm, Pickup 4:00 pm, Back 4:45 pm

Stephen Squires, conductor

Isabella Lippi, ESO concertmaster, violin

Hayden, Symphony No. 94 "Surprise" Symphony

Bruch, Violin Concerto No. 1

Kodaly, Peacock Variations

Barrington Area Library Silver Stages Presents Legends of Surf Music with Randy Walker

-rsvp *07 

Wednesday, January 16, 1:45 pm, 1000 Lobby, free

Depart 1:45 pm, Concert 2:00 pm, Pickup 3:30 pm, Back 3:45 pm

Learn about the early 60s phenomenon that captivated the nation, while listening to hit songs from artists such as Dick Dale and the Deltones, The Beach Boys, and The Ventures.

Barrington High School Giordano Dance Project -rsvp *07

**Saturday, January 19, 6:30 pm, 1000 Lobby, free,
rsvp by Jan 16.**

Depart 6:30 pm, Show 7:00 pm, Pickup 8:30 pm, Back 8:45 pm

High school dance groups in Chicago's northwest suburbs are each paired with a GDC Company member to create an original dance work. Hosted and co-produced by Barrington High School's Fine Visual and Performing Arts Department, the project culminates with a shared performance on Barrington's stage.

Let's Go

Supper Club to Tokio Sake -rsvp *07

**Sunday, January 20, 4:30 pm, 1000 Lobby,
Members pay for own meal, rsvp by Jan 18.**

Depart at 4:30 pm, Dinner at 5:00 pm, Pickup at 6:30 pm, back at 7:00 pm

"Sake" refers to Japanese rice wine, a delicacy that can be tasted at Tokio Sake. One can taste the savory dishes created from Sun's years of experience and June's perfected artistry in sushi at Tokio Sake Japanese Restaurant.

Drury Lane's "The Beauty and the Beast"

-rsvp *07  

**Thursday, January 24, 10:00 am, 1000 Lobby,
\$100 pp, rsvp by Jan 3**

Depart at 10:00 am, Lunch at 11:00 am, Show at 1:30 pm, Pickup at 3:45 pm, Back at 4:45 pm

Bring money to pay for tax and gratuity during the lunch

Based on the beloved Academy Award-winning Disney film, this nine-time Tony-nominated musical continues to win the hearts of people all over the globe. Trapped in her provincial life, a young and intelligent beauty risks everything to become the heroine of her own story and break a wicked spell imprisoning a castle of enchanted misfits and a terrifying beast.

Bus to Tuesday Matinée at the Catlow Theater

-rsvp for transportation *07  

**Tuesday, January 29,
11:15 am-(approx) 2:00 pm,
1000 Lobby, \$5 at theater.**



Depart at 11:15 am, Movie at 12:00 pm, Pickup at end of movie, Back at approximately 2:00 pm

As soon as we know what the movie is and our return time, we'll post it on the TV screens. You can purchase lunch at the theater's Showtime Eatery which is attached to the Catlow. Order from their deli-style, movie-themed menu and eat at your seat in the movie theater. If you use a cane or need help, they'll bring your lunch to you at your seat.

Barrington High School Jazz band Concert

-rsvp *07 

**Tuesday, January 29, 6:30 pm, 1000 Lobby, free,
rsvp by Jan 25**

Depart 6:30 pm, Concert 7:00 pm, Pickup 8:30 pm, Back 8:45 pm

Come out to listen to the brilliant sound of this award-winning student jazz ensemble. They'll perform classic and new jazz favorites. Good vibes!

SPA VARGAS

DIP MANICURES

NEWEST MANICURE METHOD; A CROSS BETWEEN ACRYLIC AND GEL

Spa Vargas is excited to offer Dip Manicures which offers long wear, efficient application, adds strength to weak nails and no smells. OPI Dip Powder Perfection will leave your nails beautiful and strong!



INTRODUCTORY PRICE \$45 PER 45 MINUTE SESSION

SCHEDULE TODAY *49

Please Welcome



Jim and Sheila Busse
Unit 1222 | Members since September 2018



Bonnie Gekler
Unit 2224 | Member since October 2018



Carolyn Smith
Unit 3308 | Member since August 2018



Roger Maurice
Unit 2322 | Member since August 2018

Please Welcome



Andy and Barb Rueb
Unit 1311 | Members since September 2018



Mert and Pat Willie
Unit 3201 | Members since August 2018

Food! Glorious Food

*Reservations are required for all events at *17, unless otherwise noted.*

New Year's Eve Dinner Buffet -rsvp *17

Monday, December 31

5:00 – 7:00 pm, Winslow Dining Room

New Year's Day -rsvp *17

Tuesday, January 1

Breakfast 8:00 – 10:00 am, the Café

Lunch 11:00 am – 3:00 pm, the Café

(Winslow Dining Room is closed for Breakfast and Lunch)

(Grill Dining Room is closed for Dinner & The Timbers for Happy Hour is closed as well)

NY Deli Lunch Buffet -rsvp *17

Monday, January 7

11:30am-1:30pm in the Winslow

Join us for lunch as Chef Nick transforms the Winslow Buffet into a real New York Deli.

The Garlands Wine Club -rsvp *17

Monday, January 21

4:00 pm Roycroft

Soul Food Buffet -rsvp *17

Thursday, January 17

5:00pm-7:00pm in the Winslow

Join us for a Southern themed buffet night!

Burger Night -rsvp *17

Wednesday, January 23

5:00pm-7:00pm in the Grill

Join us for a Burger night and see what twist our culinary staff has put onto the classic burger.

Come Discuss Food & Beverage -rsvp *17

(All Members Welcome)

**Wednesday, January 23th 2:00 pm,
Surround Sound Theater**

F&B discusses past and future events and opens the meeting up to Members for questions, concerns, and suggestions.

Café Month End Buffet -rsvp *17

Sunday, January 27, 5:00 – 7:00 pm, Café

Join us for fresh carved turkey from our talented culinary team.

