

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

February 2025



Members enjoying afternoon devotion.



Cardinal pillow craft with Wildbird Shack.



Seated Zumba!



Crafts with Wildbird Shack.

THE GARLANDS[®]
Inspira

FEEL Better. AGE Better. LIVE Better.

February Special Events



Rebecca Rivera Presents: Romance in February

*Tuesday, February 4
at 3:00 pm*

Get ready to be swept away by the incredible talent of Rebecca, a dynamic and celebrated singer-songwriter who's taking the music world by storm! With a voice that captivates and moves, Rebecca has graced iconic stages across Chicago, Milwaukee, and Nashville, leaving audiences in awe every time she performs. Her performances aren't just shows – they're experiences, where timeless classics blend seamlessly with today's hits, offering a musical journey that spans generations. Get ready for an unforgettable experience filled with heart, soul, and a voice that will leave you speechless!

Super Bowl Sunday!

February 9 at 5:30 pm in the Skybox

Ready for a winning combination of great food and epic football? Join us for the ultimate Super Bowl Sunday! The perfect way to fuel up for all the action!

GAME DAY MENU:

Bratwurst: Sizzling, savory, and absolutely game-winning!

Hamburgers: Juicy, grilled to perfection, and guaranteed to satisfy.

Potato Salad: Classic side dish everyone loves!

Chips: Crispy, crunchy, and perfect for snacking during the game.

Special Dessert: A sweet treat to score extra points for your taste buds!

Whether you're here for the food, the football, or both — we've got you covered!



Kristin Ashley – The Romantic Era in Art: A Cultural Revolution

*Wednesday, February 12
at 2:00 pm*

In this month of love, we will visit the Romantic era in painting. From the late 18th to mid-19th century, the Romantic era was not just about romantic love but also celebrated nature, personal feelings, individualism, and spiritual themes. Join us for this heartfelt journey as we explore Romantic-era artists like Eugene Delacroix, Caspar David Friedrich, J.M.W. Turner, and Gustave Moreau and delve into their paintings of imaginative scenes and nature in all her majesty.



Randy McAllister Presents: Valentine's Day

Friday, February 14 at 2:30 pm

Get ready for a Valentine's Day celebration like no other because Randy is back and he's bringing the love! He's all set to light up Prairieview with soulful tunes and irresistible vibes that'll have you swooning all afternoon long. Randy's here to serenade you with timeless hits from the legends—think Otis Redding, Wilson Pickett, Sinatra, Elvis, The Temptations, The Stylistics, The Four Tops, and so much more! Whether you're in the mood to dance, sing along, or just bask in the magic of these classics, Randy's got it covered. Get ready to groove, feel the love, and rock the house with unforgettable melodies!

February Special Events



John Boda Presents: Valentine's Day Love Songs

Tuesday, February 18
at 3:00 pm

This is a Valentine's Day presentation filled with great love songs such as, "Some Enchanted Evening", "Love is a Many Splendored Thing", "I'm in the Mood for Love", "The Way You Look Tonight", "Love Me Tender" and more! Each song is performed over a brief video clip of the film linked to the song. Along with the songs, John Boda includes brief trivia on Valentine's Day all through this program.



Wildbird Shack presents: Summer in Winter

Tuesday, February 25
at 2:00 pm

Explore the wonders of nature in summer while igniting your senses during a special multimedia presentation that uplifts and engages during winter.



Jim Kendros Music Appreciation: Those Romantic Romantics!

Wednesday, February 26
at 2:00 pm

It is the most romantic time of year, and Jim Kendros brings us very romantic music from the Romantic era to celebrate February! Experience the immortal expressions of Chopin, the anguished longings of Tchaikovsky, the remarkable richness of Brahms and the robust passions of Mendellsohn. Jim will delve into the lives and times of each composer with fascinating glimpses into their world. Learn the meaning of "Romantic Era" as you enjoy the timeless beauty of this music. All this and more awaits you as Jim celebrates those romantic Romantics!

Bus Outings

Join us for a simple bus ride, Lunch Bunch outings or a quick trip to Walgreens!

Please call the concierge at *37 by 10:00 am on the day of the scheduled excursion to reserve your place on the bus. Be aware that there are two wheelchair spots available. **We need three or more members to be able to go on all outings.** Cost is on your own.

Lunch at the Winslow

Wednesday, February 5 at 12:00 pm

Dinner at the Grill

Monday, February 17 at 5:00 pm

Lunch Bunch to Agio Italian Bistro

Thursday, February 20 at 12:00 pm

Shopping Trips

Walmart: Friday, February 7 at 9:45 am

Target: Friday, February 21 at 10:00 am

For each outing, please meet in the lobby ten minutes before departure. *The cost is on your own.*

Fitness with Adrian



Chair Exercise

Memory Enhancement:

Monday-Friday,
9:30 am

Assisted Living: Monday-
Friday, 11:30 am

Bulletin Board

Pet Therapy *Every Friday*

Adrian brings one of his furry pup friends in for some pet therapy!



Desi



Talon



Rocco

Art Class with Kim

*February 6 and 27 in the Art Studio
Assisted Living at 2:15 pm*

Memory Enhancement at 3:30 pm

Kim Bird is an amazing art teacher and loves working with everyone no matter what skill level they are. Come and enjoy a painting session with Kim!

**Members staying at Skilled Nursing can attend.
Please let staff know if interested.*

News Currents

Wednesday at 10:00 am

News Currents is a weekly group activity that brings today's headlines right to your fingertips! Every week, we come together to discuss the most intriguing current events, share opinions, and dive into topics that matter. Whether it's the latest in world news, heartwarming human-interest stories, or quirky discoveries, News Currents makes learning about the world around us a lively, social experience.

Monday Tea and Coffee Chats

Monday at 10:00 am

Tea and Coffee Chats is a casual, informal social gathering where individuals come together to enjoy a cup of tea or coffee while engaging in friendly conversation. These chats are typically laid-back and designed to foster connection, allowing people to relax and discuss a variety of topics, ranging from personal experiences to current events or even lighthearted banter.



Drumming Circle with Lucas

*Memory Enhancement:
Wednesday, February 5
at 10:30 am*

*Skilled Nursing: Monday,
February 3 at 10:00 am*

Drum Circles provide several health and medical benefits and are always fun and entertaining. However, they can become tedious when facilitating the same program, and participants may lose interest. So, we bring music appreciation, tailored music suited to our audience, and versatile activities. Each month focuses on a different musical style, artist, or country.

Several different therapeutic exercises and musical activities are performed, providing health benefits, participation, and fun! While we repeat some exercises to develop routine, we also introduce new activities to keep it interesting. This method develops continuity for working with our clients regularly. You'll use different parts of your body and brain to build muscle, alertness, memory, thinking, and physical coordination.

The musical themes provide insight and education for every participant, regardless of whether you have played an instrument or not! Your mind stays active, learning key highlights of the musical or artistic style. Enjoy jamming along to the music using rhythm and release some stress.

Room Reservations

For anyone interested in reserving a room at **Prairieview**, please reach out to **William Van Giesen** for availability and booking details. William will be happy to assist you with your reservation and provide all the information you need to make your experience smooth and enjoyable. **Email William at wvangiesen@thegarlands.com**.

Bulletin Board

Reading Out Loud with Barb!

Tuesdays and Thursdays at 2:00 pm in the Argyle Living Room

Get ready for a fun-filled reading adventure with Barb, our amazing volunteer at Prairieview! She'll be bringing a book to life as she reads out loud and sparks lively discussions. It's all happening in the cozy Argyle Living Room, and you're invited to join the fun! Come for the story, stay for the conversation, and let's make it a day to remember! Don't miss out—bring your curiosity and your love for books!

Therapy Coloring, Weekends at 4:00 pm

Therapy coloring isn't just about filling in designs; it's like creating a colorful sanctuary for your mind! Imagine this: you grab a set of vibrant markers or soothing pastels, pick a page with intricate patterns or serene landscapes, and start adding hues like an artist on a mission. As you glide your colors across the page, it's not just about staying inside the lines (though that can be oddly satisfying!). It's about diving into a world where your worries melt away, replaced by a Zen-like focus on blending shades and creating something uniquely beautiful. It's like a mini vacation for your brain, where every stroke is a step towards relaxation and creativity. Plus, you get a masterpiece at the end – your own personal artwork, infused with calm and color!

Resident Council

Monday, February 10, 3:00pm, 2L

Wednesday, February 12, 10:00am, Skilled Nursing Lounge

How are we doing? What is working well, what changes or observations need to be addressed? Members can make a difference in the quality of the care, dining experiences, activities and other aspects of living at Prairieview at The Garlands. All Members are welcome to join the conversation! We do not have a president for Skilled Nursing at this time. Please contact the Activity Department with any questions regarding this opportunity.

Crafty Corner with Janette

February 11 at 2:00 pm

Get ready for a rockin' good time with Janette, our fabulous volunteer! She's back with another round of rock painting fun! It's time to get creative and turn ordinary rocks into colorful works of art. Whether you want to paint a cute design, an inspiring message, or something totally wild, the possibilities are endless! Join us for a fun and relaxing session where every rock is a canvas waiting for your imagination. Let's paint, laugh, and spread some joy, one rock at a time!

Movies at Prairieview!

Skybox Lounge at 2:00 pm

February 1 Aloha

February 2 Groundhog Day

February 8 The Royal Treatment

February 15 Maid in Manhattan

February 19 The Greatest Showman

February 22 The Age of Adaline

Discovery Series on Sundays

Skybox Lounge at 2:00 pm

February 9 Music by John Williams

February 16 Before the Flood

February 23 The Flood

Virtual Resident Council & Family Support Council

The State Long-Term Care Ombudsman would like to invite you to attend our virtual gathering of residents and families in Illinois. This group works to educate and connect residents and their loved ones with information to solve problems in long-term care. There is time to question, answer and resource sharing at each meeting. *Meetings are held on the 2nd and 4th Tuesday of each month. For more information or to be added to the bi-weekly invite list, contact Lee.Moriarty@Illinois.gov.*

THE GARLANDS® *Inspira*

At The Garlands, we believe that the secret to happiness and joyful longevity is a healthy balance of physical and mental fitness, a sense of community and a positive attitude. Our members feel better, age better and live better with this inspiring approach we call *Inspira!*

FEEL Better. AGE Better. LIVE Better.

Wi-Fi Access at Prairieview

When accessing our Wi-Fi anywhere on campus, select "Garlands Wi-Fi" and use the password *feelyoung*.



Happy Birthday
to everyone born in
FEBRUARY!

Thoe B.	2/2
Ruth W.	2/2
Camella M.	2/5
Sue K.	2/5
Micky F.	2/20
Susan T.	2/21
Damien G.	2/26
Susan R.	2/26

Spiritual Expressions

Catholic Communion Service

Tuesdays: 10:00 am in the 3rd Floor Lounge; 10:30 am SN

Tune in: EWTN on Channel 119 with daily programming for news, prayers, and messages from around the world.

Morning Devotion

Thursdays at 10:30 am

Devotion with Chaplain Rhonda

Monday, February 3 at 4:00 pm AL

Thursday, February 6 at 10:00 am ME

Sundays:

9:30 am, **Catholic Mass** with Cardinal Cupich from Holy Name Cathedral on Channel 7

9:30 am, **Joel Osteen** Lakewood Church Service on Lifetime - Channel 29

11:00 am, **Presbyterian Church** streaming service, www.tvpchurch.org

Lutheran Service from **St. Matthew** www.stmatthewbarrington.org

Prairieview Staff Guide

Members and families can now more easily identify a staff member in every department based on their uniforms.

Nurse: Black

CNA: Blue

Activities Assistants:

Purple

Dining: Grey

House Keeping/Floor

technicians: Blueish Grey

Member Services: Blue

Collared Shirts

6000 Garlands Lane, Barrington, IL 60010



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