

# PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

# POST

March 2025



**Prairieview staff dancing to *My Girl*.**



**Bonnie and Joan enjoying Valentine's entertainment.**



**Members enjoying themselves and waving to the camera.**



**Crafts with the GlamourGals.**

THE GARLANDS®  
**Inspira**

FEEL Better. AGE Better. LIVE Better.

## March Special Events



### **Irish Tenor Gavin Coyle with Carlyn and Jon**

*Saturday, March 1 at  
10:30 am*

An accomplished singer and songwriter, Gavin's musical range covers both pop and folk music as well as traditional music from his

hometown. His performances often reflect this versatility as he mixes traditional and original compositions. In addition to being a guitarist, he plays several other instruments including the bodhran (an Irish drum) and the flute. Gavin's musical influences are a varied lot: Elvis, Patsy Cline, Beethoven, U2, The Velvet Underground, and John Williams.



### **Mardi Gras with The Blue Rocket Boys**

*Tuesday, March 4 at  
3:00 pm*

Celebrate Mardi Gras with The Blue Rocket Boys!! Sing-along to

some of the best Mardi Gras hits and music from New Orleans. Hits like When the Saints Go Marching In, Jambalaya, Basin Street Blues, Iko Iko, Let the Good Times Roll and more. New Orleans jazz and Zydeco music!! Don't miss out!!! Laissez Les Bons Temps Rouler!!



### **Wildbird Shack**

**presents:**

### **Soaring with the Birds**

*Tuesday, March 11 at  
2:00 pm*

Join us for an in-depth exploration of backyard birds! In this session, we'll identify the most common species visiting your yard, delve into their unique behaviors, and uncover the fascinating differences between males and females—from plumage patterns to size variations. You'll also learn to recognize their diverse calls and songs, understanding how they communicate, defend territory, and attract mates.

Whether you're a curious beginner or an avid birdwatcher, this is your chance to deepen your knowledge of avian ecology and become a true backyard bird expert! Let's spread our wings and discover the wonders of our feathered friends!



### **Kristin Ashley**

*Wednesday, March 12 at  
2:00 pm*

### **Love Stories of the Great Artists**

Kristin will explore the love affairs that led to the creation of many of the world's most immortal paintings. We'll explore the romantically expressive works of Marc Chagall, Dante Gabriel Rossetti, Gustave Klimt, Frida Kahlo, and more. Whether blissful, yearning, longing or heartrending, each relationship is a magical story that inspires great art.

## March Special Events



**Maureen Christine**  
*Tuesday, March 18 at 3:00 pm*

Maureen is BACK, and she's blowing in like a breath of fresh spring air! Get ready to belt out all your favorite tunes because this performance is about to be a sing-along extravaganza! Maureen always brings the ultimate vibe and 110% of her dazzling energy to the stage, making sure every moment is pure joy for everyone. Don't miss it this is going to be epic!



**Jim Kendros Music Appreciation - March Birthday Composers: Bach, Haydn and Chopin**  
*Wednesday, March 26 at 2:00 pm*

Welcome the coming of Spring and celebrate the birthdays of three great composers at the same time! Jim Kendros returns with a beautiful selection of Spring classics! Enjoy the colorfully joyful melodies from Bach's Brandenburg Concertos as Jim reveals the fascinating story of how these immortal masterpieces were created. Be charmed by the courtly elegance of Haydn as Jim shares with us the fascinating life of Haydn, the "Father of the Symphony." And finally, be moved by the romantic outpourings of Chopin as Jim shares with us the significance of the Mazurka in Chopin's life. And there's more! Jim will give us a mini piano concert! Join Jim for a wonderful hour of music as we celebrate the arrival of Spring!

## 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, March 5 at 12:00 pm*

**Dinner at the Grill**  
*Monday, March 24 at 5:00 pm*

**Shopping Trips**  
**Walmart: Friday, March 7 at 9:45 am**  
**Target: Friday, March 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*

## 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

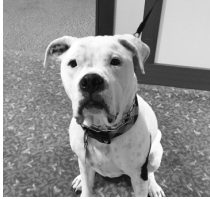
# Bulletin Board

## **Pet Therapy** *Every Friday*

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



Desi



Talon



Rocco

## **Art Class with Kim**

*Friday, March 7 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**

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

*Memory Enhancement: Wednesday, March 26 at 10:30 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](mailto: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!

## Resident Council

*Monday, March 10 3:00 pm, 2L*

*Wednesday, March 12, 10:00 am, 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

*March 25 at 2:00 pm*

Unleash your creativity and find your Zen this month with our unique project: Mindful Strokes in Watercolor. Dive into the mesmerizing world of neurographic art, where mindfulness meets organic flow. Transform simple lines and shapes into stunning, meditative masterpieces using the soft, dreamy hues of watercolor. Perfect for artists of all levels, this project is your gateway to relaxation, self-expression, and artistic discovery. Let your brush dance with intention and watch your inner calm bloom on paper!

## Movies at Prairieview!

*Skybox Lounge at 2:00 pm*

<i>March 1</i>	<i>The Age of Adaline</i>
<i>March 8</i>	<i>Barbie</i>
<i>March 15</i>	<i>Leap Year</i>
<i>March 19</i>	<i>Wicked</i>
<i>March 22</i>	<i>You Gotta Believe</i>
<i>March 29</i>	<i>Like Father</i>

## Discovery Series on Sundays

*Skybox Lounge at 2:00 pm*

<i>March 2</i>	<i>Apollo 13: Survival</i>
<i>March 9</i>	<i>Beatles '64</i>
<i>March 16</i>	<i>Free Solo</i>
<i>March 23</i>	<i>The Rescue</i>
<i>March 30</i>	<i>Jane A Film by Bret Morgen</i>

## 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](mailto:Lee.Moriarty@Illinois.gov).*

## Save the Date

### Lake Geneva Boat Tour

Look out for a flyer in March for more details. We are planning to go in April.

### Summer Party Featuring the Scramble

*Friday, June 27 at 3:00 pm at the Prairieview Patio!*

# 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  
**MARCH!**

Ruth H.	3/6
Flossie H.	3/8
Russell B.	3/10
Lillian B.	3/17
William C.	3/24
Elizabeth T.	3/26

## Spiritual Expressions

### Ash Wednesday

March 5, 10:30 am, 3rd Floor Dining Room

Due to a Deacon Bob busy schedule for Ash Wednesday, he will not be able to visit anyone in their apartment. If you would like to receive ashes and communion, please attend the service in person.

### 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

Wedsdays at 10:30 am

### Devotion with Chaplain Rhonda

Monday, March 3 at 4:00 pm AL, Thursday, March 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](http://www.tvpchurch.org)

**Lutheran Service, St. Matthew** [www.stmatthewbarrington.org](http://www.stmatthewbarrington.org)

6000 Garlands Lane, Barrington, IL 60010



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