

June 2018

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

OST



Lunch Bunch



A Party for Ms. Palumbo



Mrs. Gott Celebrates 100!



Mr. Howes...For the Birds!

*"I wonder what it would be like to live in a world where it was always June."
~L. M. Montgomery~*

THE GARLANDS[®]
Inspira

Cultivate Possibility. Ignite Opportunity. Inspire Amazing.

June Special Events

Liz Goss Presents "A Broadway Show"

Wednesday, June 6, 3:00pm,

3rd Floor Dining Room

Sharing her powerful voice with us, Liz brings a substantial repertoire of Broadway musical favorites.

Chris Colletti Entertains

Wednesday, June 13, 3:00pm,

Memory Enhancement

Sit back and listen to Chris croon Rat Pack standards or, better yet, join in a romping sing a long!

Father's Day Root Beer Float Social

Sunday, June 17th, 3:00pm, 2nd Floor Lounge

Join us in celebrating the very special men in our lives! We will be hosting a Root Beer Float Social along with photo opportunities! Please RSVP at Terri Forti to tforti@thegarlands.com by Thursday, June 14th.

"The Hills are Alive" with Heather Broudakis

Wednesday, June 20, 3:00pm,

3rd Floor Dining Room

The name of this show gives it away! Heather brings joy to our souls as the beloved "sound of music" fills the air this afternoon. Join us for a special viewing of this classic movie tonight!

Music Appreciation with Jim Kendros: The Romantic Piano Returns!

Thursday, June 21, 2:30pm, 2nd Floor Lounge

Join Jim Kendros as we welcome the warmth of summer with beautiful and romantic piano music! Enjoy the passionate sounds of Beethoven, the mystique of Chopin, and the richness of Brahms.

Summer Ice Cream Social

Thursday, June 21, 3:30pm, 2nd Floor Lounge

Stick around this afternoon as Jim wraps up his presentation for a delicious ice cream bar treat.



Hawaiian Luau Day

Wednesday, June 27, 12:30pm in ME, 12:45 in SN, 1:00pm Assisted Living patio (weather permitting)

This is going to be a fun-filled day of Polynesian games, fascinating facts, and the annual Heart of Hawaii dancers performing during lunch. A special meal will be prepared, with decorations added to set the theme. Join us for a wrap up of the day with the movie "Blue Hawaii" starring Elvis Presley, filmed in Waikiki.



Mr. Ehlert wins the Kentucky Derby!

*"Kind hearts are the gardens; kind thoughts are the roots; kind words are the flowers; kind deeds are the fruits."
-English Proverb-*

Health & Fitness

Fitness Classes

Join our Fitness Coordinator Nick Tuesday through Friday at 11:30am for stretching, strengthening, balance and fun! He is shaking up the Friday routine with a new "Stand Up and Groove" class.

- *Monday Balance Class with Dr. Sandra*
- *Tuesday Strength and Stretch with Nick*
- *Wednesday Better Balance with Nick*
- *Thursday Strength and Stretch with Nick*
- *Friday Stand Up and Groove with Nick*

Campus Crawl

Mondays at 2:00 pm

A little walking with friends after lunch is just what the doctor orders! The beautiful Garlands campus, fresh air and sunshine are an added bonus.

Outdoor Walking Club with Alex

Wednesdays at 2:00pm, meet us in the lobby

Grab a jacket if you think you will need it as we'll enjoy the sun on our face and watch Mother Nature change from spring to summer. A breath of fresh air after the long winter will feel as good as the exercise you'll get!

All New Zumba with Alex!

Thursdays at 2:00pm, 2nd Floor Lounge

Alex will be combining music and movement in this fun cardiovascular workout. We'll take it slow and build our endurance as we go! Laughter included.

Fitness Center

The Fitness Center will be open Monday through Friday. Please see Fitness Coordinator Nick to set up your one to one exercise program or call his extension #3587.

Health Tip for June-Get Outside!

There is nothing quite like the great outdoors, and we have a beautiful campus to explore. Whether we are walking or socializing, just being outside has great health benefits.

- Simply being outdoors increases your vitamin D intake. Sunlight is a natural source of vitamin D which helps to prevent cancer, obesity and inflammation, while strengthening your immune system.
- Natural sunlight helps regulate the body's internal clock, which can increase your quality of sleep.
- As little as five minutes outside every day can boost your mental health.

Are you ready to get outdoors? Join the Walker's Club, participate in the socials on the patio or plan on attending the outings. However, bring water and sunscreen!

*"In winter I get up at night and dress by yellow candle-light.
In summer quite the other way, I have to go to bed by day.
I have to go to bed and see the birds still hopping on the tree,
Or hear the grown-up people's feet still going past me in the street.
And does it not seem hard to you, when all the sky is clear and blue,
And I should like so much to play, to have to go to bed by day?"
-Robert Louis Stevenson, Bed in Summer-*

Bulletin Board

June History and Trivia

Did you know...

The birthstone for June is the lustrous pearl or moonstone and its flower the fragrant rose or honeysuckle.

The month of June was probably named after Juno, the wife of Jupiter and queen of the gods. It was held sacred to her, and was thought by the Romans to be the luckiest month for marriage, since Juno was the Goddess of Marriage. Wherever the goddess went, she was attended by her messenger Iris (the Rainbow), who journeyed so quickly through the air that she was seldom seen, but after she passed there was often left in the sky the radiant trail of her highly-colored robe.

June is "Island" Month

Mondays, 4:15pm, 2nd Floor Lounge

Let's learn something new this month about Fiji, Hawaii, Tahiti and the Florida Keys. All Members are encouraged to bring memories or souvenirs from trips to these marvelous places. Stay and socialize with light refreshment. Of course, we will wrap up the month with the Heart of Hawaii dancers!

Relay For Life

Friday, June 8, 11:00am

The Garlands is proud to participate in this annual event to raise money and awareness for the American Cancer Society. Join in the walk across the campus and finish up with lunch on the Winslow patio.

Delicious Dining In June

Days are subject to change

Thursday, June 7, Taco Bar, lunch

Thursday, June 14, Carving Station, lunch

Sunday, June 17, Honoring Father's Day Lunch

Tuesday, June 19, Breakfast Bar Scramble, breakfast

Wednesday, June 27, Hawaiian Luau and BBQ lunch on the patio, weather permitting

Patio Party Social

Mondays in June, 3:00pm, front patio

Let's hope the weather is wonderful as we gather outside to play bocce ball, croquette or maybe bags. Bring a hat for shade, and we will bring something delicious to drink.

Dakim Brain Fitness

If you have not used this remarkable program, there's no time like the present to begin! Located in the library on the 3rd floor, the Dakim has easy access for all! Whether you choose to play before or after a meal or at any time during your day, exercising the mind is as important to brain fitness as exercising the body is to physical fitness. Dakim Brain Fitness is a product developed to help seniors bring cognitive exercise into their daily routine. It combines challenging brain games with touch screen technology to create a fun and engaging twenty minutes! If you would like a demonstration of this FREE program, please contact Terri at *30.

Fresh Flower Arrangements

Fridays in Prairieview

The buds outside are opening and the colors are breathtaking! Let's pull some of those vivid hues inside to enjoy at the dining tables.

Resident Council Meetings

Monday, June 11, 2:00pm,

2nd Floor Lounge- Assisted Living

Tuesday, June 19, 11:00am

Skilled Nursing Living Room

Wednesday, June 20, 11:30am

Culinary Committee, 3L

Participation is an important component of life at the Garlands. In conjunction with the Culinary Committee, this is the opportunity to formally give credit to staff, share observations of ways we can do better and have a voice in the care you receive. Be a part, and join us this month!

Out & About

Scenic Drive

Tuesdays at 2:30 in June, Memory Enhancement
Enjoy a scenic tour of local Forest Preserves and Natural Beauty of Barrington and the surrounding areas!

Lunch Bunch to the Winslow

Friday, June 1, 15 & 29,, 12:15pm, Memory Enhancement

Let's Go To Walgreen's

Tuesday, June 5, 10:30am, Assisted Living
The first Tuesday is designated for a 20% discount for seniors, so we make our monthly trip to get the essentials.

Lunch Bunch to Red Robin

Thursday, June 14, 12:30pm, Assisted Living
A burger and fries on a sunny day sounds like a perfect afternoon! Cost is on your own.

ME Lunch Bunch to Heng Wing

Friday June 22, 12:00pm, Memory Enhancement
Who's ready for a delicious lunch with all the traditional Chinese menu options? Join us for this cultural delight. Cost is on your own.

Park Views

Monday, June 18, 11:30am, Assisted Living
Hop on the bus and spend the late morning outside in the fresh air an (hopefully) brilliant sunshine. Smell a flower or two, take a stroll or simply sit and soak it all in.

Lunch to Makray's Terrace Grille

Tuesday, June 19, 12:30pm, Assisted Living
Let's hop on the bus and take a table on the patio, enjoy a terrific lunch and watch the golfers swing away! Cost is on your own.

Rivers Casino

Monday, June 25, 11:30am, Assisted Living
For all the gamblers, here is your opportunity to play the one-armed bandits, savor a delicious lunch and head back for more gaming.

Let's Shop at Dollar Tree

Tuesday, June 26, 11:30am, Assisted Living
A Member favorite, come along for the ride and check out what they have to offer this month!

Men's Breakfast to Baker's Square

Thursday, June 28, 8:45am, Assisted Living
Let's get this special event rolling! Now that the warmer weather is here and we have the multi-talented Fred to lead the conversation, we should fill the bus up! Good food and great people make for a wonderful outing. Cost is on your own.

*"So sweet, so sweet the roses in their blowing,
So sweet the daffodils, so fair to see;
So blithe and gay the humming-bird a going
From flower to flower, a-hunting with the bee."
~Nora Perry, In June~*

Spiritual Expressions

Catholic Communion Services

Sundays:

10:30am Memory Enhancement

10:45am Third Floor Dining Room

11:00am Skilled Nursing

Wednesdays:

10:15am 3rd Floor Dining Room

The ladies of St. Ann graciously spend their Sunday and Wednesday morning sharing Communion and scripture here at The Garlands. If you prefer to be visited in the privacy of your room, please contact a staff member.

****Reminder**** The monthly Mass will resume in September**

Faith For Life

****This energetic group is taking a summer hiatus and will resume meeting with us in September.****

*“Wisteria woke me this morning,
and there was all June in the garden;
I felt them, early,
warning lest I miss any part of the day.
Straight I walked to the trellis vine.
Wisteria touched a lifted nostril:
Feelings of beauty diffused,
to entwine my spirit with June’s own aura.”
~Ann McGough, Summons~*

Spa Vargas Salon at Prairieview

Conveniently located within Prairieview!



Hair services include shampoo and set or blow dry.

Low maintenance hairstyles for men and women.

Color and permanents are offered.

Nail services include manicures and pedicures.

All services are performed in a private and relaxing environment.

Please call *49 or 847-852-3900 to book an appointment today!

