

JANUARY 2020

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Chris with Mrs. Ziemann



Mrs. Graff dances with Santa



Christmas trio!



A visit from St. Nick

Out & About

*****Please reserve your seat on any outings to Activity Staff as space is limited!*****

Let's Go To Walgreen's
Tuesday, January 7, 10:30am,
Assisted Living



Lunch to Chessie's
Friday, January 10,
12:30pm, Assisted Living

Join the group for casual dining at Chessie's Restaurant, inside an authentic train dining car. Their menu includes steaks, seafood, pasta, sandwiches, burgers and more!



Lunch Bunch to the Winslow
Friday, January 10, 11:45am,
Memory Enhancement
Friday, January 24, 11:45am,
Memory Enhancement

Lunch Bunch to the Winslow
Friday, January 24, 12:30pm, Assisted Living
The Winslow provides the perfect backdrop for an entertaining lunch with friends and a delicious selection of entrees. Cost is on your own and may be charged to your room.

Welcome Kossof Salon

Teddie Kossof entered the beauty industry in the late '60's and in 1975 opened the doors to his namesake salon and spa in Northfield. Forty-four years later his son, Alan now co-owns the salon and began a new division that specializes in operating salons in retirement communities. Today, the family business has grown to six locations in the northwest suburbs of Chicago.

In 2020, Kossof Salon is coming to The Garlands!

"We are excited about the opportunity to partner with The Garlands," says Alan. "The Garlands is such a great setting and enjoys such a wonderful reputation. We're really impressed!"

Getting to know Garlands members and their needs is a primary goal for Alan and director of operations/Garlands salon manager, Kim Marroquin, both of whom look forward to continuing the relationships with the existing Garlands salon stylists and technicians.



Be sure to stop by for a visit and let them know what is most important to you with regard to convenient, on-site salon, barber and spa services.

In the meantime, Garlands members, their families and Garlands team members can continue booking hair, nail and massage services in the comfort of The Garlands community by calling members services or *49. Services and pricing will remain the same throughout the transition. You can also visit the Kossof website at seniorbeautylifestyle.com to purchase gift cards online.

Please join us in welcoming the Kossof team as of January 1 and plan to kick the new year off right with Kossof salon and spa services for a brand new you!

Teddie and Alan Kossof
of Kossof Salon



Bulletin Board

Game of the Week in the Sky Box Lounge

The football playoffs are here, and even with the beloved Bears out of contention, it's going to be thrilling! With uncertain results each week, the Activities Department will keep you informed on the Daily Sheet as to who and when the games will be televised and what will be served in the Sky Box. Stay tuned!



A New Decade Social

Friday, January 3, 3:00pm, 2nd Floor Lounge

It's another decade and a new year. Let's toast the two and each other!

Activi-Tea Social

Friday, January 10, 3:00pm, 2nd Floor Lounge

Join your friends and neighbors for a "spot" of tea!



Winter Blues Pie Tasting Social

Friday, January 17, 3:00pm, 2nd Floor Lounge

A taste of pumpkin, a pinch of apple...there is always room for a piece of pie! Add some coffee or tea, a few friends and it's the perfect way to start the weekend.

Cheers to a Chili Day Social!

Friday, January 24, 3:00pm

This is the perfect time of year to have a little taste of hearty chili and share secret family recipes.

Dining Delights for January

Wednesday, January 1, New Year's Lunch

Wednesday, January 8, Omelet Station, Breakfast

Wednesday, January 15, Carving Station, Lunch

Wednesday, January 22, Yogurt Bar, Breakfast

Wednesday, January 29, Build A Burger, Lunch

Resident Council Meetings

Monday, January 13, 2:00pm,

2nd Floor Lounge, Assisted Living

Wednesday, January 15, 11:00am,

Culinary Committee, 3L

Tuesday, January 28, 11:00am,

Skilled Nursing

Please join fellow Members in these opinion-centered meetings as we strive to be the best we can be! Additionally, we are in need of a President in Skilled Nursing, please consider this position.

Special Interest Small Groups

If you are interested in forming a special interest group such as travel, music or art club, please contact Terri at *30 to get the ball rolling!

Wi-Fi Access at Prairieview

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

Eyeglass and Battery Recycling

All types of batteries can be recycled and eyeglasses can be donated to the Lion's Club! Please contact Terri at *30 for a pick-up.

January Special Events

Heather Presents "Welcome Winter"

**Wednesday, January 8, 3:00pm,
3rd Floor Dining Room**

A heart-warming show for our coldest season of the new year! Winter lasts from December right through to March, that's plenty of time to celebrate all the joys of the season-snow, sledding, skating, snow balls and fur coats and wonderful wintery music.



Prairieview Birthday Celebration

**Tuesday, January 14, 3:00pm,
Memory Enhancement**

The Happy New Year rings in the birthdays of 5 fabulous Members! Join us for cake and coffee, a game and song.

Beat the Blues Music with Babette

**Wednesday, January 15, 3:00pm,
3rd Floor Dining Room**

Who is "In the Mood" for an icy afternoon of magical melodies? Join the lively performance and forget the wind chill!



Music Appreciation with Jim: The Melodious Mozart!

**Thursday, January 16, 2:30pm,
3rd Floor Dining Room**

January is Mozart's Birthday Month! Jim Kendros always likes to start the New Year off with the "Genius from Salzburg." Jim will offer us highly melodious selections from the pen of Mozart! These are some of the finest examples of Mozart's melodic beauty. From serenades to symphonies, chamber music to concertos, you'll delight in these melodious marvels! Join Jim for a wonderful Mozart Birthday Celebration!



Andy Bossov Entertainment

**Wednesday, January 22, 3:00pm,
Memory Enhancement**

Andy Bossov brings the joy of music wherever he goes and captivates audiences of all ages and backgrounds with his unique blend of humor and story-telling. Gifted in pop, classical and improvisation, is sure to entertain!



A Little Bit Country with Randy Walker

**Wednesday, January 29,
3:00pm,**

3rd Floor Dining Room
Randy supplies a great mix of Americana songs, ones you are sure to know and are encouraged to sing along with!



Welcome Jason Babor

Please join us in welcoming Jason Babor to the position of Food and Beverage Manager at

The Garlands. Jason most recently served as Food and Beverage Manager at Marriott Suites O'Hare in Rosemont and, prior to that, worked at Eagle Brook Country Club in Geneva, The Cheesecake Factory in Lincolnshire, Chicago Bread Company in Downers Grove and London Bridge Resort, Lake Havasu City, AZ. He lives in Schaumburg with his wife and three daughters.



"I'm excited to be at The Garlands and look forward to working with our chefs to take the dining program to new heights," says Babor.

Health & Fitness

Look for the New Virtual Reality Bike Exercises Body, Mind and Competitive Spirit for Prairieview Members!

We know that exercising is beneficial. However, thinking and engaging the brain during exercise boosts results substantially. That's exactly what Prairieview's newest piece of "exergaming" equipment delivers.

The interactive nature of the new CyberCycle forces riders to think while exercising, offering a dual benefit for both physical and cognitive health. A study in the American Journal of Preventive Medicine found that virtual reality-enhanced exercise like CyberCycling offers greater cognitive benefit than traditional exercise. Riders use their minds in a variety of ways while seated in a comfortable seat and the virtual locales range from a redwood forest to an undersea course laden with sharks and shipwrecks!

With over 200 CyberCycle teams worldwide, Prairieview can compete in nationwide challenges with other senior communities all in a healthy



spirit of competition. Since each rider logs in with a unique password, they can track their own progress, the progress of their team and the more than 1,300 riders throughout the world on their computer or smartphone. They can also compete with a ghost rider that represents their best previous ride on a particular course.

All members are encouraged to get oriented to this fun, fast and easy workout. Your brain will thank you. Call Ryan at 3587 to sign up for your orientation with the CyberCycle today!

Joyful Movement with Dr. Sandra
Mondays at 11:30am, 3rd Floor Lounge

Strength and Stretch with Ryan
Tuesdays and Thursdays at 11:30am,
3rd Floor Lounge

Balance & Fitness
Wednesdays at 11:30am, 3rd Floor Lounge

Resistance Training with Ryan
Fridays at 11:30am, 3rd Floor Lounge

*"Whose woods these are I think I know. His house is in the village though;
He will not see me stopping here to watch his woods fill up with snow."
- Robert Frost, Stopping by Woods on a Snowy Evening Service*

*"The night is darkening round me, the wild winds coldly blow;
But a tyrant spell has bound me and I cannot, cannot go.
The giant trees are bending their bare boughs weighed with snow.
And the storm is fast descending, and yet I cannot go.
Clouds beyond clouds above me, wastes beyond wastes below;
But nothing dear can move me; I will not, cannot go."
- Emily Bronte, Spellbound*

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.



Thank You!

Thank you to all the families, school children and volunteers that have made this season bright! Your spirit of giving will be remembered with warmth.

Spiritual Corner

Catholic Communion Service

Sundays:

10:30am Memory Enhancement

10:45am Third Floor Dining Room

11:00am Skilled Nursing

Wednesdays:

10:15 am 3rd Floor Dining Room

Faith For Life

Tuesday, January 21, 2:15pm, Memory Enhancement

Welcome New Members

Mr. John Faassen

Mrs. Barbara Abate

Mrs. Mary Betz

Mr. Bruce Rossing

Mrs. Anita Rossing

Mrs. Marly Anderson

Birthdays

1/6 Jeanne Gaffney

1/6 Marie Kaminski

1/13 Martha Tobias

1/15 Sallie Mitchell

1/27 Carol Lynn



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— of Barrington —

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