

JUNE 2021

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Mr. and Mrs. White meet Jessica.



Mrs. Boge completes a spring craft.



Birthday wishes for Mrs. Gott.



Mrs. Enockson winning the Kentucky Derby!

THE GARLANDS®
Inspira

FEEL Better. AGE Better. LIVE Better.

Bulletin Board

Volunteer Violinist for Dinner; Bingo Caller After!

*Friday, June 11 & June 25, 6:00 pm Violin-Dining
Room, 6:30 Bingo 2L*

Please welcome and show your enthusiasm for a bright star! High School student Jessica will ply her strings during dessert; will then escort Members to play a few rounds of Bingo before you retire for the day.

Resident Council Meetings

*Monday, June 14, 2:00 pm 2L, AL Resident
Council*

*Wednesday, June 16, 11:00 am, 3rd Floor
Lounge, Culinary Committee*

*Tuesday, June 22, 11:00 am, Skilled Nursing
Living Room*

Step up and take a role, bring your thoughts, concerns and praises to the Resident Council meeting. Invite your friends to join in this important part of our community. Please voice your opinion if you hold a different view. Also, we are still looking for an interested Member to serve as President of the Skilled Nursing Council, please consider this important role.

Bingo for Fun

*Mondays, Tuesdays and Fridays at 2:00 pm, 2nd
Floor Lounge*

Please note the change in days as we begin to host entertainers on Wednesday at 3pm.

Bridge Club

Tuesdays at 2:00 pm, Sky Box

This is a Member driven group gathering to play Bridge. If this is something you are interested in joining, please contact Terri at *30.

Dakim

Please read the commentary below about staving off mild cognitive impairment, and contact the Activity Department at *30 if you have any questions about this remarkable brain fitness series or if you would like a personal tutorial on its use.

According to an article in the Northwest Herald, staying "in the game" may safeguard the aging brain. A study published in JAMA by senior author Dr. Yonas Geda, a neurosurgeon at the Mayo Clinic in Scottsdale, AZ, concluded that even simple activities such as playing cards, surfing the web and socializing can stave off mental decline. The study looked at 5 types of activities that are thought to help keep the mind sharp: playing games, making crafts, computer use (i.e. the Dakim!), socializing and reading. The idea was to see if these activities could help prevent mild cognitive impairment. Two thousand seniors participated in the study and were tested every 15 months over the course of 4 years. Analysis found a protective effect of each, except reading. Participants who engaged in any of these other activities **at least** once weekly were 20 to 30 percent less likely to develop memory problems. Armed with this information, pick up the calendar, join in your favorite activities and socialize! If you have an interest in something that is not covered on the calendar, please contact Terri at *30 and we will do our best to accommodate.

*"It's beautiful the Summer month of June
When all of God's own wildflowers are in bloom
And sun shines brightly most part of the day
And butterflies o'er lush green meadows play.*

*Light hearted skylark songster of the wing
High o'er the quiet and lonely moorland sing
Above her nest cloaked by the tangled heath
Her charming song so exquisitely sweet.*

- Francis Duggan, June

Breaking News!

It is with a gladdened heart that, after more than a year, it is announced that we are now able to have our wonderful entertainers back to Prairieview to fill our souls with music! We are not yet certain if they will be able to perform inside the building or out on the patio, but they are coming! Our favorites this month include Roxanne, Liz, Randy, Terry and Jim. June is a month full of momentous occasions with sun-filled days ahead to enjoy nature and share friendships. Look for the Daily sheet for reminders and details of all the events planned for this month.

Happy summer, happy Father's Day!

Nutrition Corner

National Smoothie Day Social

Monday, June 21, 3:00 pm, 2L

A smoothie is a drink made from pureed raw fruit and/or vegetables, using a blender. A smoothie often has a liquid base such as fruit juice, dairy products, such as milk, yogurt or ice cream. What a delightful treat to share and learn more about the nutritional benefits we can derive from one!



Painting with **Mrs. Lindquist.**

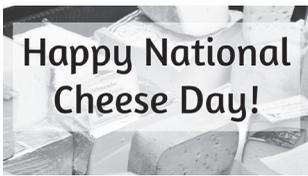


Our first Sky Box lunch.

"Juices of fruits and vegetables are pure gifts from Mother Nature and the most natural way to heal your body and make yourself whole again."

- Farnoosh Brock

June Special Events



Happy National Cheese Day!

National Cheese Day!

Friday, June 4, 3:00 pm, 2L

Cheese is produced from the pressed curds of milk.

The milk can come from

cows, buffalo, goats, or sheep. Temperature and aging affect the flavor and texture of the cheese, as well as spices and other seasonings added during the process can make your mouth water! Join us in a little Taste and trivia social!

Father's Day Root Beer Float Social

Sunday, June 20, 2:00 pm, 2nd Floor Lounge

With the year and a half long physical restrictions placed upon the country fading, this Father's Day should be double the fun! All Members are invited to share a Root Beer Float and recall their fondest memories of parenthood.

Scheduled Entertainers



Reveille with Roxanne

Wednesday, June 2, 3:00 pm, 3rd Floor Dining Room

The word reveille is usually associated with a wake-up call: the sounding of a bugle to awaken military personnel. Today we will wake up our passion for bringing back live music as we welcome Roxanne!



Summertime with Liz!

Wednesday, June 9, 3:00 pm, 3rd Floor Dining Room

Liz's solo shows utilize a professional sound system and musical backing tracks that provide the full sound of a live band and the ability to perform virtually any style of music for an easy, breezy early summer afternoon!



A Little Bit Country...Randy Walker

Wednesday, June 16, 3:00 pm, 3rd Floor Dining Room

Randy is a guitarist/vocalist that has been playing and performing since 1970. His repertoire covers over 1000 songs and spans the 50's through 70's. A little bit country, a little bit rock 'n roll-more than enough to get you dancing!



Jim Kendros: Music Appreciation

Wednesday, June 23, 2:00 pm, 3rd Floor Dining Room

The Romantic Music of Schumann and Brahms

Jim Kendros returns to offer us wonderful romantic music for June! Schumann was born in June, and Brahms was born in May. What a great combination for celebrating warmer weather and beautiful music! Jim will offer us glimpses into the lives of both composers as we explore some of their finest works. Enjoy passionate, wondrous movements from Schumann's symphonies and be charmed by his famous *Trauermerci* for the cello and piano. We'll then be awed by symphonic gems by Brahms as we revel in two of his beloved musical treasures, both very different and showing the immense genius of this composer! Join Jim for a wonderful summer afternoon of beautiful romantic music!



Terry Wohl-One Man Band!

Wednesday, June 30, 3:00 pm, 3rd Floor Dining Room

Since 2005, Terry has shared his keyboard and vocals with gusto! Enjoy the selection of songs from the 40's and 50's...feel free to sing along!

Health & Fitness

Functional Fitness

Monday, Wednesday, Friday, 11:30 am, 3L

This class is filled with exercises that will help you accomplish all the activities you might do throughout the day!

Stretch and Flex

Tuesday and Thursday, 11:30 am, 3L

Enjoy the benefits of improved range of motion and flexibility with exercises that are gentle on the joints and will leave you feeling relaxed and stretched.

Men's Fitness

Tuesday and Thursday, 2:00 pm, 3L

Get together with your neighboring gentlemen for a fitness class programmed around strength, endurance, and flexibility!

Fitness BINGO!

Wednesdays, 2:00 pm, 2L

BINGO but with a twist! Play and exercise for your chance to win a delicious, nutritious summertime snack before heading off to entertainment!

Fun Walk!

Mondays and Fridays, 12:15 pm, outside, meet at the 3rd Floor elevator (weather permitting)

Summer is finally here! Let's smell the flowers and soak up in the sun with an outside walk throughout the Garlands!

Walking can:

- Strengthen your muscles
- Help keep your weight steady
- Lower your risk of heart disease, stroke, colon cancer and diabetes
- Strengthen your bones, and prevent osteoporosis and osteoarthritis

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

- Hippocrates

Outings



Thursdays at 2:00 pm

Hop on the board the bus and enjoy our beautiful surroundings; a stop for ice cream may be in the cards to savor as we explore! Due to any current COVID-19 protocols, there may be a limit on number of attendees. We will proceed on a rotational basis, and please be aware that the bus has a 2 wheelchair maximum.

It is unknown at this time if we will be able to step out for lunch or shopping.

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.

June Birthdays

6/3 Bob Jeschke

6/6 Bonnie Smith

6/10 Elaine Reitmeister

6/16 Bucky Ellis

6/18 Barb Kenney

6/20 Alma Boge

6/21 Janet Lareau



Spiritual Expressions

Perhaps St. Anne's ministers will be back this month, but if not, Cindi will continue hosting prayer and Communion service on Wednesdays, we will keep you posted. Be assured that there are resources to assist with your spiritual life! Should you wish assistance with any religious denomination, please contact the Activity Department at *30.

Sundays:

7:45 am, 10:30 am, **St. Nectarios** Streaming Service, www.stnectariosgoc.org

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

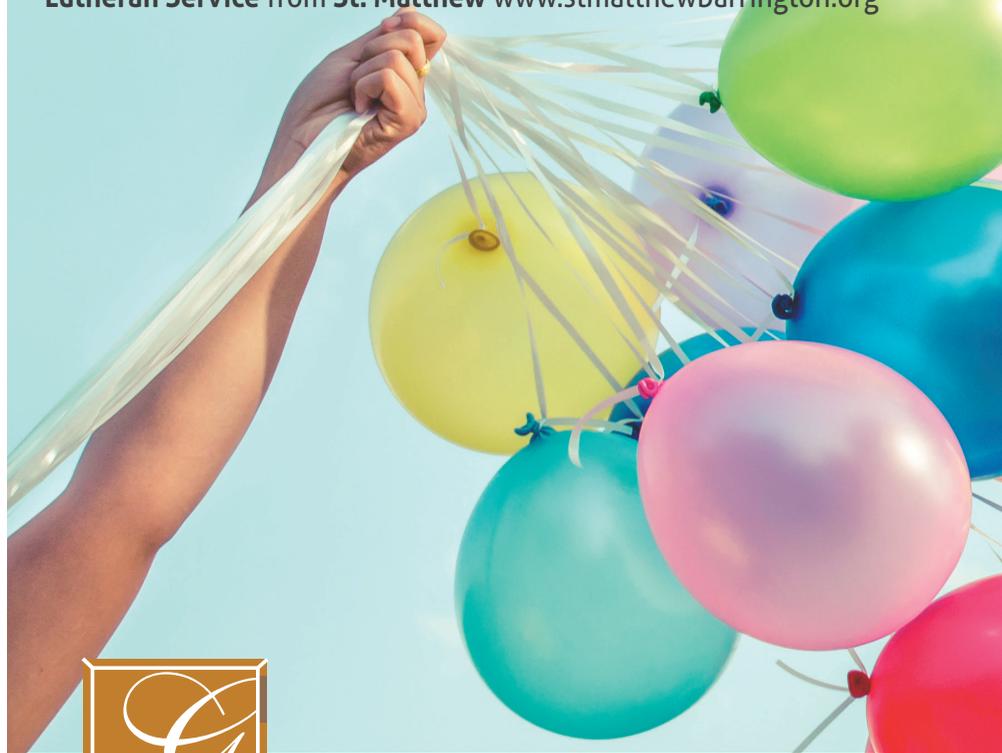
11:00 am, **Presbyterian Church** streaming service www.tvpchurch.org

Tune in:

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

Communion and prayers will be provided by **Cindi** in conjunction with **St. Anne's** on Wednesday mornings at 10:00 am in 3L.

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



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