

# PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

# POST

October 2025



Focusing on the art!



Working on the puzzle!



Members working hard in art class.



Bingo!

THE GARLANDS®  
**Inspira**  
FEEL Better. AGE Better. LIVE Better.

**BEST**  
NURSING HOMES

& WORLD REPORT  
**U.S. News**

SHORT-TERM  
REHABILITATION  
2019-2025



## October Special Events



### **Heather Braoudakis Presents Let It Be** *Wednesday, October 1 at 3:00pm*

A show about The Beatles and their undeniable influence on music, history, culture, and each of us. Your favorites from "Love Me Do," to "She Loves You," and more!

### **Kristin Ashley** *Wednesday, October 8 at 2:00pm*



### **AUTUMN LEAVES: Artists Inspired by Fall's Colorful Palette**

Fall brings a colorful natural palette, and artists have long been inspired by the colors of the season. As the days grow shorter and twilight falls earlier, it is also a time of mystery with Halloween just around the corner. Join us as we explore fall-inspired paintings throughout the ages, including Georgia O'Keeffe, Egon Schiele, Gustave Klimt, Wassily Kandinsky, Vincent Van Gogh, Claude Monet and more.

### **Alba Trio Presents Halloween Special!** *Wednesday, October 15 at 3:00pm*



The Alba Trio dresses in costumes and performs the music related to the dress. Past performances have included:

"Carmen" (complete with the rose in Carlyn's teeth), "The Phantom of the Opera," and "Tarantella" which is a spider's dance! They come complete with the spiders! Included are "The Funeral March for a Marionette" otherwise known as the theme from Alfred Hitchcock, Chopin's Funeral March, and Night on Bald Mountain.



### **Courtney and Chris** *Friday, October 17 at 3:00pm*

Courtney and Chris are a musical duo from the northwest suburbs of Chicago featuring Courtney Sullivan on vocals and rhythm guitar and Chris Kalkbrenner playing lead guitar. They perform pop hits from the 60s and all your favorites to sing and tap your shoes for the afternoon!

### **Wildbird Shack Presents: Feather Fright** *Tuesday, October 21 at 2:00pm*

There are some birds that harbor a deep dark side. We'll take a peek at the Dracula Parrot, Cassowary, Great Potoo, and the Hooded Pitohui just to name a few.



### **Jim Kendros Music Appreciation** *Wednesday, October 22 2:00pm*

### **Mozart in October: Clarinet Treasures**

Did Mozart play the clarinet? No, but he revealed the tonal possibilities of this newer instrument which captivated his imagination! Join Jim Kendros as we celebrate the colors of autumn with magnificent clarinet treasures by Mozart! Be transported by the autumnal wonders of the Clarinet Quintet, a masterwork of chamber music elegance. And be deeply moved by his last orchestral work, the Clarinet Concerto. Jim will share the poignant background of this luminous gem for clarinet and orchestra. And as a special treat, Jim will play a Mozart selection for us on the piano. Join Jim Kendros as we celebrate the colors of Mozart's clarinet treasures in the colorful month of October!

# October Special Events



## Rebecca Rivera

Wednesday, October 29 at 3:00pm

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!

## Game of the Month

Sunday, October 19 at 12:00pm in the Skybox

### Chicago Bears vs New Orleans Saints

Let's have lunch and watch the Chicago Bears face off against the New Orleans Saints. We'll have Hotdogs and Italian Beefs available with chips and fries. Come and enjoy each other's company!

# 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

# 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.

## Chicago Botanic Gardens

Thursday, October 16th

We will leave the building at 1:30pm sharp and aim to return by 5:30pm, just in time to share stories about our botanical adventures for dinner. During the visit, we'll explore a couple of gardens. Then go on the Grand Tram Tour.

## Shopping Trips

**Walmart:** Monday, October 4 at 9:45am

**Target:** Friday, October 22 at 10:00am

## Scenic Route

**Assisted Living:** Tuesday, October 14 at 2:00pm

**Memory Enhancement:** Monday, October 20 at 2:00pm

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, Wednesday, Friday at 10:00am and Saturday at 2:30pm

## Assisted Living:

Monday, Wednesday, Friday at 11:30am and Saturday at 2:00pm

## 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 Megan from Kaleidoscope!**

**Assisted Living:** *Monday, October 20 at 1:45pm in the Art Studio*

**Memory Enhancement:** *Monday, October 6 and 27 at 1:45pm in the Art Studio*

Join us for a relaxing and enjoyable art session designed just for you! We'll use simple techniques, no experience needed. All materials are provided, and the focus is on fun, creativity, and laughter. Come unwind, socialize, and take home a little masterpiece of your own! No pressure, no mistakes, just happy creating!

### **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).**

### **The Daily Chronicle: Read Aloud & Discuss**

This is a relaxed, welcoming space where we bring the Daily Chronicle to life together. Every day, we'll read aloud from the popular Daily Chronicle. No prep needed just grab a seat, listen in, and chime in if you'd like. Drop by anytime we'd love to have you!

### **Walking/Outside Club**

Get ready to soak up the sunshine and embrace the good vibes because amazing weather is just around the corner! Whether it's spontaneous adventures or just relaxing with friends under the sun, these are the days we've been waiting for. Let's go outside and get some fresh air!

## Will's Corner

Will's Corner is a new addition to the Prairieview Post. I will be focusing on the importance of activities and promoting new programs that might be happening at other places.

For many, the golden years are envisioned as a time of rest and relaxation, a well-deserved break after decades of work and raising a family. While rest is important, an emerging body of research confirms that an active lifestyle is the true cornerstone of healthy and happy aging. Moving beyond simple hobbies, engaging in regular, purposeful activities is not a luxury; it is a vital component of senior health for the mind, body, and soul.

Ultimately, an active life in our senior years is about more than filling time. It is about investing in our quality of life, preserving our health, nurturing our connections, and continuing to grow. It's about living life to its fullest, at every age.

### **Social Gang**

Life in our community is full of comfortable routines and peaceful moments. But nestled between those quiet times is a vibrant opportunity waiting for you: our community socials.

You might be thinking, "I'm fine staying in," or "I'll just see everyone at dinner." But attending a social event is more than just a change of scenery. It's about investing in your well-being. Below are some of the scheduled social events we have planned.

### **Wine and Cheese Social**

Friday, October 10 at 3:30pm  
in the Skybox Lounge

### **Ice Cream Social**

Friday, October 24 at 2:00pm  
in the Skybox Lounge



## Bulletin Board

### Drumming Circle with Lucas

*Skilled Nursing*

*Monday, October 6 at 10:00am*

*Memory Enhancement*

*Wednesday, October 1 at 10:30am*

### News Currents

*Wednesday at 10:00am*

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.

### Resident Council

**Assisted Living Resident Council:** *Thursday, October 9, 2:00pm, 2L*

**Skilled Nursing Resident Council:** *Wednesday, October 8, 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.

### Movies at Prairieview on Sunday!

*Skybox Lounge at 2:00pm*

*October 5 Thursday Murder Club*

*October 12 High Anxiety*

*October 26 Death Becomes Her*

*October 30 Young Frankenstein*

### Family Night at Prairieview

*Friday, October 10 at 7:00pm, Skybox Lounge*

*Friday, October 10 at 7:00pm, Memory Enhancement Dining Room*

Get ready for a blast at our monthly Family Night, where members and families can connect, laugh, and make awesome memories

together! Each month, we'll host a special evening packed with fun activities, games, and good vibes. Mark, your calendars, you won't want to miss it!

### 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.*

### Independent Pinochle Club

*Tuesdays at 2:00pm in the Argyle Living Room*

Calling all trick-taking enthusiasts! Our Independent Pinochle Club is a lively gathering for players of all levels—from seasoned pros to curious beginners. Whether you're here to sharpen your strategy, enjoy friendly competition, or just socialize over a classic card game, every hand promises excitement, and laughs.

### Memorial Service

*Thursday, October 23 at 2:00pm*

We gather to celebrate the lives and honor the memories of our fellow Prairieview members who have passed away over the last seven months. We welcome you to share your cherished memories and stories during this time of remembrance.

### Discovery Series on Saturday

*Skybox Lounge at 2:00pm*

*October 4 The Last Rhinos: A New Hope*

*October 11 America's Hidden Coast: Mississippi*

*October 15 National Parks Exploration: Yellowstone*

*October 25 Slovakia: Treasures in the Heart of Europe*

# 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  
**OCTOBER!**

Edward H.	10/6
Marcia F.	10/14
Esther L.	10/17
Joanne F.	10/21
Mary A.	10/22
Gerry G.	10/30
Jonathan H.	10/31

## Spiritual Expressions

### Catholic Communion Service

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

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

**Morning Devotion** *Thursdays at 10:30am*

### Sundays:

9:30am, **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)



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