

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

November 2025



Bob, our Concierge, showcasing his outfit at Oktoberfest.



Oktoberfest fun!



Norman and Nancy having fun at Oktoberfest.



Enjoying Oktoberfest!

THE GARLANDS®
Inspira

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BEST
NURSING HOMES

& WORLD REPORT
U.S. News

SHORT-TERM
REHABILITATION
2019-2025

November Special Events



Heather Braoudakis Presents: Let it Be

*Wednesday, November
5 at 3:00pm in Memory
Enhancement*

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, November 12 at
2:00pm*

Paintings to be Thankful For: Timeless Creations

Join Kristin for a Thanksgiving celebration of art and savor the beauty of a variety of inspiring works from artists across the years. Delight in Renaissance masterpieces, Van Gogh's swirling skies, Monet's luminous gardens, and revel in the richness of the Romantic-era artists, including Rossetti and Burne-Jones.



Maureen Christine Tribute to our Veterans!

*Thursday, November 13 at
3:00pm*

Join Maureen Christine, the vocalist who sang for the second Astronaut to walk on the Moon and WGN National Anthem singer, as she Tributes America and our Veterans with Patriotic gems. Maureen celebrates the men and women who served, with uplifting and entertaining songs. Patriotic favorites include America The Beautiful, You're A Grand Old Flag, American Patrol, Proud To Be An American, and a special Armed Forces Medley. Enjoy this toe-tapping, sing-a-long, sensational show.

Wildbird Shack Presents:

Columbus & Hocking Hills: Where the City Meets the Wilderness

Tuesday, November 18 at 2:00pm

Columbus, Ohio and Hocking Hills offer the perfect city and nature exploration- Enjoy a blend of city life and nature by pairing an adventure to Columbus with hiking at Hocking Hills State Park. In Columbus, visit the historical German Village dazzling nature displays and Chihuly art at the Franklin Park Conservatory and Botanical Gardens, and more. We will then explore the rocky landscape full of formations and waterfalls at Hocking Hills State Park.

Jane Allyson

Wednesday, November 19 at 3:00pm

With 20 years of stage magic, Jane brings high-energy performances, captivating stories, and interactive fun to every show. From 30s jazz to 80s pop, her powerhouse vocals and vast selection will have you singing, dancing, and laughing along. Trained at Second City, Jane knows how to turn every performance into a party. Don't miss her electrifying blend of music, trivia, and pure joy!



John Boda Presents Rita Hayworth: Lovely Rita

*Tuesday, November 25 at
3:00pm*

She was the top pin-up girl during WWII and one of the most glamorous film stars of the golden age of films. John Boda looks at her life, career, films and performs several of her songs that she introduced in films such as, "My Gal Sal", "Long Ago and Far Away", "I'm Old fashioned", "Dearly Beloved", "Put the Blame on Mame" and more. During the songs performed, clips are shown of her dancing with Gene Kelly, Fred Astaire and solo. Her birthday was October 17, 1918.

November Special Events



Jim Kendros Music Appreciation

*Wednesday, November 26
2:00pm*

Great Piano Concerto Finales to Be Thankful For

It is the season of giving thanks for all the great things in our lives! And Jim Kendros returns to offer the perfect musical program to enhance the special feelings of the year!

Enjoy the amazing finales of some of the greatest piano concertos ever composed! Jim will highlight Tchaikovsky's immortal Piano Concerto in B-flat minor and will reveal the remarkable story about how this masterpiece was created. The robust and joyful finale of the Brahms Piano Concerto #2 will be contrasted with Schumann's highly emotional Piano Concerto in A minor. Join Jim for an hour of beautiful music for piano and orchestra in the season of giving thanks!

Game of the Month

Sunday, November 16 at 12:00pm in the Skybox

Chicago Bears vs Minnesota Vikings

Let's have lunch and watch the Chicago Bears face off against the Minnesota Vikings. We'll have burgers and pulled pork sandwiches available with chips and fries. Come and enjoy each other's company!

Veteran Service

Thursday, November 13 at 10:00am

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.

Family Night at Prairieview

Assisted Living: Friday, November 14 at 7:00pm, Skybox Lounge

Memory Enhancement: Friday, November 14 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!

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.*

Shopping Trips

Walmart: *Friday, November 7 at 9:45am*

Target: *Friday, November 21 at 9:45am*

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

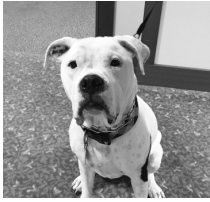
Bulletin Board

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, November 3 at 1:45pm in the Art Studio*

Memory Enhancement: *Monday, November 10 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!

Will's Corner

Sticking with familiar hobbies is comfortable and rewarding, but there is a special kind of magic in trying something new. At any age, but especially in our later years, stepping outside our routine to explore a fresh activity is one of the most beneficial things we can do for our overall well-being.

Engaging in new pursuits provides a powerful boost to cognitive health. When you learn a new skill, whether it's painting, a new card game, or even a simple technology class, you are essentially giving your brain a workout. This mental stimulation helps forge new neural pathways, improving memory, focus, and cognitive flexibility. It keeps the mind sharp, engaged, and resilient.

Beyond the mental benefits, new activities are a tremendous source of emotional and social enrichment. They reignite a sense of curiosity and purpose, boosting confidence and self-esteem as you master new challenges. This process is a natural antidote to feelings of boredom or stagnation. Socially, joining a new group or class immediately connects you with people who share a common interest. It opens the door to new friendships and conversations, strengthening your

sense of community and belonging while reducing feelings of isolation.

Trying something new doesn't have to be daunting. It's about the experience of discovery itself, the joy of learning, the pride of accomplishment, and the connection it fosters with the world and those around you. So, consider coming for that new activity; it might just become your next favorite pastime.

Active Games

Playing active games is vital for holistic well-being. Physically, it helps maintain mobility, strength, and balance, which are crucial for independence. Just as importantly, these games are a powerful tool for socialization. They naturally reduce isolation by fostering laughter, friendly competition, and shared experiences, strengthening the community and combating loneliness for a happier, more engaged life.

Tabletop Ball Roll *New Game!

Monday, November 10 at 2:00pm, Skybox Lounge

Tabletop Bowling

Thursday, November 20 at 2:00pm, Skybox Lounge

Boche Ball *New Game!

Monday, November 24 at 2:00pm, Skybox Lounge

Bulletin Board

Drumming Circle with Lucas

Skilled Nursing

Monday, November 3 at 10:00am

Memory Enhancement

Wednesday, November 5 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, November 6, 2:00pm, 2L*

Skilled Nursing Resident Council: *Wednesday, November 12, 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.

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!

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.

Movies at Prairieview on Sunday!

Skybox Lounge at 2:00pm

November 2

I Like Me

November 9

Plane, Trains and Automobiles

November 23

Mr. Mom

November 30

Once Upon A Crime

Discovery Series on Saturday

Skybox Lounge at 2:00pm

November 1

Grizzly Man

November 08

Federer: Twelve Final Days

November 15

Game 7: Cubs vs. Indians 2016

November 22

Down To Earth

November 29

The Mafia's Greatest Hits: Donny Brasco

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.

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
NOVEMBER!

Nancy D.	11/7
Marylou N.	11/9
Norm C.	11/11
Renee M.	11/15
Vivian O.	11/18
Nancy T.	11/19

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

Lutheran Service, St. Matthew
www.stmatthewbarrington.org

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

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