

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

October 2026



Jeff Rutter entertaining
Prairieview members!



Taste testing root beer and
learning about the history.



Showing off their beautiful work!



Dave Rice on the piano.

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



October Special Events



Carlyn The American Soundscape

Thursday, October 1 at 3:00pm

Take a musical journey through American history

with flute, piano, and soprano! Enjoy beloved songs that capture the spirit of our country, from the music of World War II and the Armed Forces to classic tunes celebrating some of America's greatest cities. You'll hear familiar favorites such as Chattanooga Choo Choo, Boogie Woogie Bugle Boy, New York, New York, I Left My Heart in San Francisco, and Chicago. Featuring Carlyn Lloyd on flute, Jon Warfel on piano, and special guest Nicole Tuma, soprano, this special performance brings American stories and memories to life through music. Come sing along, reminisce, and enjoy an afternoon filled with the sounds of America!



Maureen Christine and Michael Bazan

Wednesday, October 7 at 2:00pm

Get ready for an afternoon filled with great music, wonderful memories, and

plenty of smiles! Maureen Christine and Michael Bazan bring decades of musical experience together for a lively and entertaining performance. Enjoy familiar favorites spanning the decades, from classic standards and big-band tunes to Broadway, pop, and more. Maureen's beautiful vocals and Michael's talented musicianship make every performance something special. Along the way, they share stories and fun facts about the music and the artists who made these songs famous. You may even find yourself singing along to a favorite or two! Come join us, sit back, and let the music take you on a trip down memory lane.



Kristin Ashley

Wednesday, October 14 at 2:00pm

Enchanted: Magic, Myth & Folklore in Art

For centuries, artists have drawn inspiration from myths,

legends, fairy tales, folklore and dreams. This lecture explores enchanted forests, mythological creatures, magical transformations, ancient stories and imaginative worlds created by artists across time. From Romanticism and the Pre-Raphaelites to Symbolism and modern art, we'll see how painters have used myth and imagination to turn the familiar world into something strange, beautiful and full of possibility.



Wildbird Shack presents Elderberry Natures Superfood

Saturday, October 17 at 2:00pm

Step into the folklore and flavor of elderberries, nature's jewel-toned superfruit. Discover their healing legacy, taste their tart sweetness, and learn why these berries have been prized for centuries as a seasonal shield against colds and flu.



Jeff Rutter

Thursday, October 22 at 2:00pm

Get ready for an afternoon filled with great music, big smiles, and plenty of fun! Jeff

Rutter returns with a lively mix of favorite hits from the '40s, '50s, '60s, and '70s, featuring Oldies, Rock, Disco, Standards, and Jazz. His high-energy style and engaging personality turn every performance into a celebration. You won't just be listening, you'll be singing along, tapping your toes, and enjoying the memories that come with these timeless songs. Whether you're a fan of the classics or just ready to have a good time, Jeff has something for everyone. Come join the fun!

Special Events



Jim Kendros Music Appreciation

Wednesday, October 28 at 2:00pm

It is the most mysterious time of year! Join Jim Kendros for a truly scary and very beautiful (but haunted!) violin sonata! Giuseppe Tartini (1692-1770) was one of Italy's greatest violinists. He had "a most disturbing dream" one night which led to the creation of this amazing work! Jim will delve into the remarkable story and music of this mysterious Baroque masterpiece! And there's more-Jim will highlight additional scary masterpieces to make this a frightfully enjoyable hour of music to enhance your October. Join Jim for haunted musical delights!

Fitness with Adrian



Memory Enhancement Chair Exercise

Every day at 10:00am

Assisted Living:

Monday, Wednesday, and Friday at 11:30am

Assisted Living:

Monday-Friday at 4:00pm

Because of the high turnout for our exercise sessions, we've added another time slot. We will now hold sessions at 11:30 AM and 4:00 PM—members can choose which one to attend.

Adrian is always available for individual fitness sessions. Just let him know you are interested!

Will's Corner

Every day brings a new opportunity to connect, laugh, learn, and enjoy something meaningful. Our activities are more than just something to fill the calendar. They are a chance to meet new people, spend time with friends, and create memories together. You may discover a new hobby, revisit an old favorite, or simply enjoy a good conversation. Sometimes the best moments happen when we least expect them.

Whether you join us for a game, craft, music, exercise, or special event, there is always something to look forward to. You never know who you might meet or what new experience you might enjoy. So come on out, try something new, and make today a day worth remembering!

Dog Therapy

Meet Liesl the Dachshund! Liesl will go to all levels for anyone to enjoy. Below are the dates when Liesl will be here.

10:00am Memory Enhancement Activity Room

10:15am in Skilled Nursing in Activity Room

10:30am Assisted Living in 2L



Liesl the Dachshund.

Bulletin Board

October Highlights

Below are activities that you might be interested in.

Rendever Virtual Reality!

Time and dates TBA, Sky Box Lounge

The Rendever Virtual System has been a big hit. Since we only have 4 headsets and want to give members the best experience, we will not schedule back-to-back sessions.

Art Class with Kaleidoscope!

Monday, October 5 and 19 for Assisted Living at 1:45pm in the Art Studio

Monday, October 12 and 26 for Memory Enhancement 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!

Drumming Circle with Lucas

Skilled Nursing Drumming Circle

Friday, October 2 at 11:00am

Friday, October 23 at 11:00am

Memory Enhancement Drumming Circle

Friday, October 2 at 1:30pm

Friday, October 9 at 10:00am

News Currents

Wednesdays 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.

Crafty Corner

Thursday, October 15 at 2:00pm

Get creative and let your imagination take the lead! Join us for fun, hands-on crafts where we make, create, and enjoy a little time together. No artistic skills required, just bring your creativity!

Games & Glory

Monday, October 12 at 2:00pm

Friday, October 26 at 2:00pm

Let's get ready for some friendly competition and active fun! It's time to pick your favorite game and show us your skills.

Will you strike it big with Tabletop Bowling? Aim for a bullseye in Bag Toss? Master the gentle roll of Indoor Bocce Ball? Or put your way to victory in Mini Golf? Grab a partner or go solo—everyone's welcome. Let's laugh, play, and get moving. Your champion moment awaits!

Root Beer Float Social

Friday, October 2 at 2:00pm, Sky Box Lounge

Fizz, foam, and fun! Get ready for the ultimate Root Beer Float Social, where creamy vanilla ice cream meets bubbly, ice-cold root beer in a match made in dessert heaven. It's the perfect excuse to kick back, sweeten your afternoon, and float into smiles with friends. See you there!

Wine and Cheese Social

Friday, October 9 at 3:30pm, Sky Box Lounge

Join us for a delightful afternoon at our Wine & Cheese Social. Enjoy a glass of wine and delicious cheese in our Sky Box Lounge. It's a wonderful opportunity to relax, mingle with friends, and enjoy good company. We hope to see you there for this special gathering.

Ice Cream Social

Friday, October 16 at 2:00pm, Sky Box Lounge

Scoop, sprinkle, and smile! Join us for an Ice Cream Social that's loaded with delicious possibilities. Start with creamy vanilla ice cream, then go wild at our toppings bar, think crunchy nuts, gooey caramel, rich fudge, fluffy whipped cream, colorful sprinkles, and the cherry on top! It's a build-your-own sundae kind of party.

Bulletin Board

Taste, Talk & Discover!

Friday, October 23 at 2:00pm, Sky Box Lounge

All Things Apples

Take your taste buds on a little adventure! We'll sample different foods and drinks, discover their history and fun facts, and share our thoughts along the way. Come hungry and curious!

Game of the Month

Chicago Bears vs Green Bay Packers



*Sunday, October 11 at 3:25pm,
Sky Box Lounge*

Enjoy the game and eat some football snacks!

Chicago Bears vs Atlanta Falcons



*Sunday, October 18 at 12:00pm,
Sky Box Lounge*

Eat lunch and watch a game!

Movies at Prairieview!

Located in the Sky Box Lounge

October 3 *My Fair Lady Part 1*
October 4 *My Fair Lady Part 2*
October 10 *The Great Outdoors*
October 25 *Sleepless in Seattle*
October 31 *Young Frankenstein*

Discovery Series!

Located in the Sky Box Lounge

October 11 Famous Last Words: Gloria Steinem

Resident Council

Assisted Living Resident Council

Thursday, October 8, 2:00pm, 2L

Skilled Nursing Resident Council

*Thursday, October 8, 9:30am,
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 experience, activities and other aspects of living at Prairieview at The Garlands. All Members are welcome to join the conversation.

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 for 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.

Sky Box Lounge Room Reservations

For anyone interested in reserving the Sky Box Lounge 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. You can email him at wvangiesen@thegarlands.com.

Bus Outings*

Join us for a simple bus ride, a quick trip to the store! **Please call the concierge at *37 by 9:00am on the day of the scheduled excursion to reserve your place on the bus.** Be aware that there are 2 wheelchair spots available.

Shopping Trips

Walmart: *Thursday, October 1 at 9:45am*

Target: *Thursday, October 15 at 9:45am*

Scenic Route

Memory Enhancement: *TBA*

Assisted Living: *TBA*

**For each outing, please meet in the lobby 10 minutes before departure. The cost is on your own.*

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

Ed H.	10/6
Marcia F.	10/14
Esther L.	10/17
Joanne W.	10/19
Joanne F.	10/21
Jerry G.	10/30
Jon H.	10/31

Spiritual Expressions

Catholic Communion Service

Tuesdays, 10:00am in the 2nd Floor Lounge; 10:30am SN

Episcopal Communion Service

Wednesday, October 14 at 10:30am in the 2nd Floor Lounge

Episcopal Bible Study with St. Michaels

Wednesday, October 28 at 10:00am in the 2nd Floor Lounge

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

Sundays:

9:30am, **Catholic Mass** with Cardinal Cupich from Holy Name Cathedral on Channel 7

9:30am, **Joel Osteen** Lakewood Church Service on Lifetime Channel 29

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

Lutheran Service from St. Matthew
www.stmatthewbarrington.org

Prairieview Staff Guide

To help identify staff departments in Prairieview, we made it simpler by having uniforms. Members and families can now have an easier time helping identify a staff member in every department.

Nurse: Black

CNA: Blue

Activities Assistants: Purple

Dining: Grey

House Keeping/Floor

technicians: Blueish Grey

Member Services: Blue

Collared Shirts



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