Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	1	2	3		5	6
	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11 Health Goals Discussion Group (PDR) 1:00 Pinochle (C&G) 1-4 Optional Weigh-Ins (WC) 1-3 Technology Help with Jamie 2:00 Sit & Stretch (GR) 3 One Day University Lecture (GR)	9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 11:00 Scattergories Brain Game (A&C) 1:00 Treblemakers (GR) 1:00 Duplicate Bridge (C&G) 2:00 Bible Study: Deep Dive (A&C) 7:00 Chicago Showcase Performance:	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 1:00 Scrabble (CC) 2:00 Resident Advisory Council (GR) 7:00 Poker (A&C)	9:00 Salon Services (BS) 9:15 Learn & Love the Bible (A&C) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Balance & Posture w/ Bridget (GR) 1:00 Food Committee (A&C) 2:00 Facilities Committee (A&C) 3:00 Putting Tournament (GR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 11:15 Lunch Bunch: Fire Thyme (FL) 1:00 Wii Bowling (GR) 1:30 Paint & Sip with Val (A&C) 2:00 Sit & Stretch (GR)	10 Great Courses: World War A Military & Social History (GR 1:00 Canasta (C&G) 2 Movie Matinee: My All American (GR) 7 Movie: My All American (G 7:00 Poker (A&C)
,	7:00 Bingo (A&C)	Opera Baritone Franco Pomponi (GR)	10	11	3:00 TED Talk & Discussion (GR) 12	13
 L0:00 Virtual Balance & Posture Class (GR) L1:00 Roman Catholic Communion Service (URC) L1:30 Say the Rosary (URC) L2-2 Sunday Brunch (DR) L Left, Right, Center Game (A&C) Movie: Shirley (GR) Z:00 Movie: Shirley (GR) 	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 What in the World Discussion Group (A&C) 1:00 Pinochle (C&G) 1-3 Technology Help with Jamie 2:00 Sit & Stretch (GR) 3 One Day University Lecture (GR) 7:00 Bingo (A&C)	9 9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 10:15 Christian Service with Communion (URC) 11:00 Scattergories Brain Game (A&C) 1:00 Treblemakers (GR) 1-5 Audiologist Appts. with Dr. Wise (3FCR) 2:00 Bible Study: Deep Dive (A&C) 7:00 Musical Entertainment: Ada Trio (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 1:00 Duplicate Bridge (C&G) 1:00 Scrabble (CC) 2:00 Sit & Stretch (GR) 7:00 Poker (A&C)	11 9:00 Salon Services (BS) 9:15 Learn & Love the Bible (A&C) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Balance & Posture w/ Bridget (GR) 1:00 Programs Committee (A&C) 2:00 Transportation Committee (A&C) 3:00 Floor Reps Committee (A&C) 4:30 Signature Dinner (DR) 7:00 Movie: The Holdovers (GR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 11:00 Outing: Titanic Exhibition (FL) 1:00 Wii Bowling (GR) 2:00 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:00 TED Talk & Discussion (GR)	10 Great Courses: World War I A Military & Social History (GR 1:00 Canasta (C&G) 2:00 Movie Matinee: Yogi Berra: It Ain't Over (GR) 7:00 Movie: Yogi Berra: It Ain't Over (GR) 7:00 Poker (A&C)
4	15	16	17	18	19	20
L0:00 Virtual Balance & Posture Class (GR) L1:00 Roman Catholic Communion Service (URC) L1:30 Say the Rosary (URC) L Left, Right, Center Game (A&C) 2 Outing: Northshore Concert Band: Making Waves (FL) 2 Movie: Irish Wish (GR) 7: Movie: Irish Wish (GR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 What in the World Discussion Group (A&C) 1:00 Pinochle (C&G) 1-3 Technology Help with Jamie 2:00 Sit & Stretch (GR) 3 One Day University Lecture (GR) 7:00 Bingo (A&C)	9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 11:00 Scattergories Brain Game (A&C) 1:00 Treblemakers (GR) 2:00 Bible Study: Deep Dive (A&C) 3:00 PBS Series: Chicago Stories (GR) <i>The Rise and Fall of the Mail Order Giants</i> 7:00 Musical Performance: Tom Stanfield (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 10:45 Roman Catholic Mass (URC) 11:00 Coffee Talk (A&C) 1:00 Duplicate Bridge (C&G) 1:00 Scrabble (CC) 2:00 Sit & Stretch (GR) 3:00 Steering Committee (A&C) 7:00 Poker (A&C)	9-12 Optometrist Appts. w/ Dr. Patel (3FCR) 9:15 Learn & Love the Bible (A&C) 10-11:30 Card Shop (CS) 10:00 Lecture by Gary Midkiff (GR) Topic: Greatest American Speeches 10:30 S.W. Watch & Jewelry Repair (C&G) 11:15 Balance & Posture w/ Bridget (GR) 12:00 Men's Club "Bring Your Own Lunch" Gathering (PDR) 2:30 Nonfiction Book Club (A&C) 5:00 Birthday Dinner I (CC)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 11:15 Lunch Bunch: Plateia (FL) 2:00 Sit & Stretch (GR) 3:00 Documentary: 30 Years of National Geographic Specials (GR) 7:00 Shabbat Service (URC)	10 Great Courses: World War I A Military & Social History (GR 1:00 Canasta (C&G) 2:00 Movie Matinee: Kiss the Ground (GR) 7 Movie: Kiss the Ground (GR 7:00 Poker (A&C)
21	22 Passover Begins at Sunset/Earth Day	23	24	25	26	27
10 Virtual Balance Class (GR) 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1 Left, Right, Center Game (A&C) 2 Outing to Oil Lamp Theater: Rooted (FL) 2:00 & 7:00 Documentary: Breaking Boundaries: The Science of Our Planet (GR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 10:00—11:00 Swap Drop Off (A&C) 11 Health Goals Discussion Group (PDR) 11:30—2:30 Shop the Swap! (A&C) 1:00 Pinochle (C&G) 2:00 Sit & Stretch (GR) 3 One Day University Lecture: Does Extinction Matter? (GR) 7:00 Bingo (A&C)	9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 11:00 Scattergories Brain Game (A&C) 1:00 Treblemakers (GR) 2:00 Bible Study: Deep Dive (A&C) 3:00 Ageless Grace with Bridget (A&C) 7:00 Historical Portrayal by Martina Mathisen: <i>Meet Marie Antoinette</i> (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 1:00 Duplicate Bridge (C&G) 1:00 Scrabble (CC) 2:00 Sit & Stretch (GR) 4:45 Private Passover Dinner (A&C) *RSVP required* 7:00 Poker (C&G)	9:15 Learn & Love the Bible (A&C) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 10:30 S.W. Watch & Jewelry Repair (C&G) 11:15 Balance & Posture w/ Bridget (GR) 12:30 Lunch & Learn: The Changing Landscape of Love & Marriage (GR) 2:30 Fiction Book Club (3FCR) 5:00 Birthday Dinner II (CC) 7:00 Trivia Night (GR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 11 Fitness Center Orientation (FC) 1:00 Wii Bowling (GR) 2:00 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:30 Friday w/ Friends Happy Hour (CC)	<i>Marketing Open House</i> 1:00 Canasta (C&G) 7:00 Poker (A&C)
28	29	30	and a start of the			
0:00 Virtual Balance & Posture class (GR) 1:00 Roman Catholic communion Service (URC) 1:30 Say the Rosary (URC) Left, Right, Center Game (A&C) :00 Movie: <i>Tyson's Run</i> (GR) :00 Movie: <i>Tyson's Run</i> (GR)	 9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 What in the World (A&C) 1:00 Pinochle (C&G) 1:00 Chestnut Square Yarnies (A&C) 2-3 Technology Help with Jamie 2:00 Sit & Stretch (GR) 3 One Day University Lecture (GR) 7:00 Bingo (A&C) 	9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 10:15 Christian Service (URC) 10:30 Environmental Study Group (A&C) 1:00 Treblemakers (GR) 2:00 Bible Study: Deep Dive (A&C) 7:00 Musical Performance by Frederick Moyer (GR)		Common Area Abbreviations A&C = Arts & Crafts Room BC = Business Center BR = Billiards Room BS = Beauty Salon FL = Front Lobby URC = Upper Room Chapel	CC = Country Café C&G = Card & Game Room CS = 3rd Floor Card Shop Gar = Garden, off 1300 wing DR = Dining Room FA = Fireplace Area 3FCR = 3rd Floor Conf. Room Gaz = Gazebo	PDR = Private Dining Room PG = Putting Green 3FIFA = 3rd Floor Fireplace Area GR = Great Room PIH = Partners in Healthcare Offices WC-Wellness Center

CHESTNUT SQUARE AT THE GLEN | 2601 Chestnut Avenue | Glenview, Illinois 60026 | Concierge: (847) 904-5100 | Jamie Wolfe: (847) 904-5106 | www.chestnutsquare.info

April Fitness & Wellness

Sit & Stretch

Mondays, Wednesdays, Fridays at 9:15am, 10:30am, & 2:00pm This virtual exercise class stars Chestnut Square's Jim Castellano. He takes you through the steps to a great stretch!

<u>Chair Yoga Class</u>

Tuesdays at 9:15 am, Great Room

Hosted by a live instructor, yoga focuses on simple meditation and the adoption of specific bodily postures, and is widely practiced for health and relaxation.

Balance & Posture with Bridget

Thursdays in April at 11:15 am in the Great Room

Director of Health & Wellness Bridget Mitchell will be leading this 30-minute exercise program on Thursdays at 11:15am in the Great Room. This high energy class includes both sitting and standing exercises. Come ready to sing to music and exercise at the same time! If you have any song recommendations, let Bridget know ahead of time.

<u> Team Fit & Fabulous</u>

Monday, April 1 & April 22nd at 11:00 am in the Private Dining Room Maybe it feels like you've tried everything to make or keep your health goals. Whether it be to lose weight, get in shape, or just eat better, having a support group can help keep people focused. Research suggests that people have a higher likelihood of reaching their goals when they team up to tackle behaviors. Join Team Fit & Fabulous for the next 60 days as we go on a journey to achieve our own goals together. Start your journey with our discussion group on April 1st in the Private Dining Room at 11 am. If you want to weigh yourself to start, drop in to the Wellness Center anytime Monday, April 1st between 1-4pm. *Weigh in is not required*. We will meet again together on April 22nd at 11 am in the Private Dining Room to support each other, provide ideas, tips, and encouragement.

<u>Chestnut Square Putting Tournament</u>

Thursday, April 4 at 3:00 pm in the Great Room Join us in some friendly competition with your Chestnut neighbors! Golf balls & putters will be provided and all are welcome to play!

Ageless Grace Program with Bridget

Tuesday, April 23 at 3pm in the Arts & Crafts Center Ageless Grace is a brain and body fitness program that uses neuroplasticity exercises to activate brain function. Join Bridget for this short 20-minute program.



Fitness Center Orientation

Friday, April 26 at 11:00 am in the Fitness Center Bridget will be giving an orientation on how to use the fitness center equipment properly & safely.











Hearing Clinic April 9th, 1-5P

Third-Floor Conference Room

Comprehensive Hearing Evaluation

(billed to insurance, bring your cards!):

- Pure tone audiometry
- Tympanometry (middle ear test)
- Acoustic reflexes (auditory nerve test)
- Otoacoustic emissions (inner ear test)
- Speech-in-noise testing

Earwax Removal

- Not billable to insurance, <u>\$50</u>
- We can examine your ears and let you know if this is necessary, or can recommend how to manage it at home

Hearing Aid Maintenance & Troubleshooting (for devices not purchased with Wise Hearing Care)

- · Not billable to insurance
- Basic cleaning is <u>\$25</u>
- Minor reprogramming adjustment is <u>\$50</u>
- Major reprogramming with real-ear verification is \$100
- Note that devices purchased at Costco, Beltone, Miracle Ear, or other such stores are 'locked' and can only be programmed there

Additional Services

- Cochlear implant troubleshooting
- Sell hearing aid supplies (batteries, domes, cleaning supplies)
- Dispense hearing aids (work with all major device manufacturers)

Call 224-350-2550 to schedule an appointment.

Wise Hearing Care, PLLC | 731 Chicago Ave, Evanston, IL | 224-350-2550

Dr. Jeff Wise Owner & Audiologist

BA magna cum laude Indiana University

AuD Doctor of Audiology Vanderbilt University School of Medicine Dr. Wise graduated from the #1 ranked doctoral program in audiology. He was a staff audiologist for several years at the renown Expert Hearing Care in Las Cruces, NM prior to moving to Evanston with his wife, a resident physician at Evanston Hospital. He is a Fellow of the American Academy of Audiology.

Kentucky Derby

See Don Klein if you want a post number, Unit #3103. Thank you!

20 horses are expected to run The cost to play is \$2 per post or \$5 per post.

All bets can be placed before May 4th with Don Klein #3103.

<u>POOL 1</u>

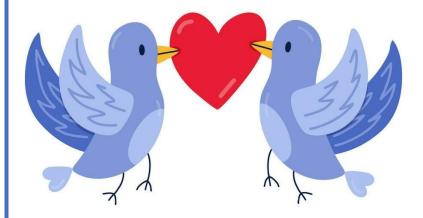
 Payout for \$2 post is as follows: Winner Receives \$20
 2nd Place Receives \$10
 3rd Place Receives \$5
 Last Place Receives \$5 POOL 2

 Payout for \$5 post is as follows: Winner Receives \$50
 2nd Place Receives \$25
 3rd Place Receives \$15
 Last Place Receives \$10

Lunch & Learn with Dr. Silverman Topic: The Changing Landscape of Love & Marriage

Thursday, April 25 at 12:30pm in the Great Room

Dr. Raymond Silverman, MD, is an established provider in Highland Park, Illinois, and his medical specialization is Psychiatry and Neurology.



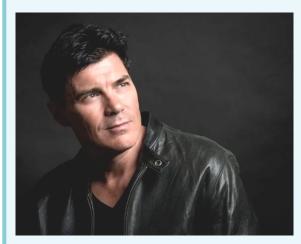
Come hear Dr. Silverman, as he explores *the changing landscape of dating and marriage over the last 60 years*. A light lunch will be provided <u>until the food runs</u> <u>out</u>! Make sure you're on time for this interesting topic. Doors will open at 12:15.

CHICAGO SHOWCASE SERIES

Tuesday, April 2 at 7:00pm in the Great Room

PRESENTING A UNIQUE MUSIC EXPERIENCE FEATURING CHICAGOLAND'S MOST TALENTED PERFORMERS!

OPERA BARITONE ~ FRANCO POMPONI PIANIST ~ SAORI CHIBA



Franco Pomponi is critically acclaimed for the rich, expressive beauty and powerful virility of his voice, with a cultivated musical style, and unmatched dramatic intensity which has brought him to many of the world's most prestigious opera houses and concert halls.



Musical Performance: Ada Trio

Tuesday, April 9th at 7:00pm in the Great Room

The performers Addison Teng, Amy Hess, and Paul Hauer met while

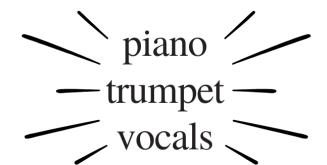
studying music at Oberlin Conservatory. Life and opportunities have brought them to the Midwest, with Addison and Amy living in Chicago and Paul in Milwaukee. Their achievements and accomplishments include their current positions in the Lyric Opera of Chicago, Grant Park Music Festival, DePaul University, the Music Institute of Chicago, The Fulton Music Society, and the Milwaukee Symphony Orchestra.



Chestnut Square at the Glen *presents*... Tom Stanfield

> Tuesday, April 16th ∠ 7:00 - 8:00 p.m.

> > in the Great Room



Lecture by Gary Midkiff: Greatest American Speeches Part 2

Thursday, April 18th at 10:00am in the Great Room

A few times during our national history there have been magical connections of a special moment, an extremely important cause or event, and a speaker whose words helped citizens understand the significance of



what they were living through. Some speeches were carefully crafted for months while others were hastily written in less than a day. Some speeches embrace grief while others describe a better future - and the very best speech of all does both.

Please join Gary Midkiff as he explains the context of these speeches and – through video clips and his reading – lets you hear and reflect upon these very important words.



Historical Portrayal by Martina Mathisen: *Meet Marie Antoinette*

Tuesday, April 23rd at 7:00pm in the Great Room



The Queen of France visits Chestnut Square at The Glen to talk about her life, loves, and intrigues. History comes to life in the character of Marie Antoinette, who engages the audience with a costumed first-person narrative for an interactive presentation. Dramatist Martina Mathisen will reveal the truth behind this very much misunderstood queen, from a teen bride enveloped in pure opulence to the most hated woman in France. What actually happened? Shall she live, or shall she die? This time you will decide her fate.

Musical Performance by Frederick Moyer

Tuesday, April 30 at 7:00 pm in the Great Room

Frederick Moyer is one of the most exciting pianists before the public today. Equally at home with Bach, Beethoven and Rachmaninoff, as well

as Ellington and Gershwin, his recitals are creative, engaging and entertaining...and generally include time honored favorites as well as pieces that audiences may be hearing for the first time. Also featured is his MoyerCam, a projection system that allows the audience to see his hands as he plays.



April Outings

Northshore Concert Band: *Making Waves* Pick-Staiger Concert Hall, Evanston, IL

Sunday, April 14 – 2:00pm Departure

Northshore Concert Band is a 100-member symphonic band active in the Chicago metropolitan area. Founded in 1956, the Band is internationally known and respected for its musical excellence, leadership in community music, and commitment to music education. The Band's musical leadership is provided by

Dr. Mallory Thompson, Artistic Director, and Daniel J. Farris, Assistant Conductor.

<u> Please sign up by April 8 / Cost: \$20</u>

Duration: 1 hour and 30 minutes



Titanic: The Exhibition Old Orchard, Skokie, IL

Friday, April 12– 11:00am Departure

Titanic: The Exhibition is making its way to Westfield Old Orchard in Skokie after a sold-out run in Macau, Moscow, Riga Latvia, Perth, Sydney, and LA. It brings with it an interactive experience that allows



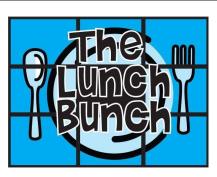
you to step inside recreations of the Titanic's interior. Immerse yourself in the stories of its passengers, see hundreds of artifacts, and discover the tale of the design, creation, launch, maiden voyage, and tragedy of the historic ship.

> <u>Please sign up by April 8</u> <u>Cost: \$28</u>

Lunch Bunch

Take a ride on The Odyssey Shuttle Bus for an afternoon out to lunch! <u>Please arrive in the lobby 15 minutes</u> <u>before the departure time. Residents must bring</u> <u>their own form of payment.</u>





Fire Thyme Friday, April 5, 11:15 am Departure Glenview, IL

Dive into our menu where every dish is a celebration of taste and health, ready to dazzle your taste buds. We've got something for everyone. Expect a mix of comfort and style in every bite. Bon appétit, with a side of flair!

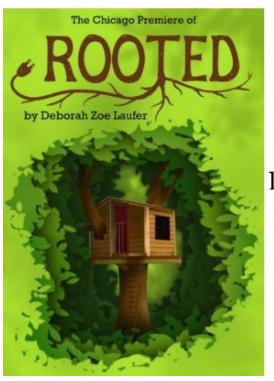
Plateia

Friday, April 19, 11:15 am Departure Mount Prospect, IL

Classic Greek fare in a spacious, modern venue with rustic-chic touches, a full bar & a patio.

Outing to the Oil Lamp Theater: Rooted

Sunday, April 21, Departure at <u>2:00pm</u> Glenview, IL



Climb up into the whimsical world of *Rooted* by Deborah Zoe Laufer for its Chicago premiere. When a treehouse dwelling plant enthusiast becomes an overnight viral internet sensation, she's challenged to expand her world beyond her leafy-green friends. A quirky, offbeat comedy, *Rooted* delves into the power of nature and the idiosyncrasies of human beings.

Run time: 90 minutes (no intermission).

<u>Please sign up by April 15 / Cost: \$48</u>

Programs to get you thinking:

Jeopardy

A spin-off of the famous Jeopardy show! Each time, we will have six categories with six questions in each category. You are sure to learn something new during this friendly competition.





Scattergories

The Scattergories game is the fast-thinking game of categories and words! Players race against the timer as they write down answers. Score points for writing down things no one else did. The more creative the answers, the more points you score.

One Day University

One Day University offers <u>virtual</u> lectures from America's most popular professors. One Day University works closely with these professors to develop the most engaging talks on a variety of topics that inform and inspire us. Topics will be announced on the weekly highlights & listed on the daily calendars.



<u>Great Courses & Discussion:</u> World War II: A Military & Social History

Fifty-five million people died in the Second World War, the greatest conflict in human history. Fifty years later, these lectures ask and answer important questions about this war. The origins and expansion of the war in Europe and the Pacific are examined. Military and political strategies and failures are analyzed. Social and economic effects of the war are assessed.

<u>TED Talks</u>

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks, called "TED talks." TED stands for Technology, Entertainment, Design — three broad subject areas that are collectively shaping our world. But a TED conference is broader still, showcasing important research and ideas from all disciplines and exploring how they connect.

Spiritual Life Programs

Many of us consider traveling during the Spring, when the weather can be iffy in Glenview. Whether you plan to journey somewhere physically or not, our spiritual life programs can be helpful and encouraging for your spiritual journey. Whether you are a regular attender, or thinking about trying something new this month, we invite you to join us!

Passover Seder Meal

Wednesday, April 24, 4:45 pm, Arts and Crafts Room Everyone, of any faith (or no faith) is invited to participate in this celebration of God's rescue of the Jews from slavery in Egypt. Sign up and choose your menu at the front desk.

Christian Service

Tuesday, April 9 and 23 at 10:15 am in the Upper Room Chapel

We will have communion at the April 9 service.

Learn and Love the Bible and Deep Dive

Tuesdays, at 2.00pm, and Thursdays at 9.15am, Arts & Crafts Center On Tuesdays, we are starting a new study TBD so now is the perfect time to "dive" in! Our Thursday morning Bible Study is learning about the early church.

April Shabbat Service

Friday, April 19, 7:00 pm, Upper Room Chapel Residents of all faiths are invited to attend our monthly Jewish Shabbat Service!

Roman Catholic Communion Service

Sundays in April, 11:00 am, Upper Room Chapel

Roman Catholic Mass

Wednesday, April 17, 10:45 am, Upper Room Chapel A Priest from OLPH Catholic Church in Glenview will join us to preside over the Mass.

Say the Rosary

Sundays in April, 11:30 am, Upper Room Chapel Along with the rosary, this group also prays through the prayer requests written in the Interfaith Prayer Request Journal. You are invited to add any prayer requests you have.

April Torah Study

There will not be a Torah Study in April. This will resume in May.