



March 2024 Calendar of Daily Programs, Special Events and Community Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Easter					1	2
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 Movie: The Chosen (GR) 7:00 Movie: The Chosen (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	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 1:00 Wii Bowling (GR) 2:00 Sit & Stretch (GR) 3:00 TED Talk & Discussion (GR)	10 Great Courses: World War II: A Military & Social History (GR) 1:00 Canasta (C&G) 2 Movie Matinee: The Greatest Night in Pop (GR) 7:00 Movie: The Greatest Night in Pop (GR) 7:00 Poker (A&C)
3	4	5	6	7	8	9
10:00 Virtual Balance & Posture Class (GR) 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12-2 Sunday Brunch (DR) 1 Left, Right, Center Game (A&C) 2 Movie: Gifted Hands (GR) 7:00 Movie: Gifted Hands (GR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11 Chestnut Chat Meeting (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) 1:30 Outing: Northbrook Library Academy Awards Discussion with Zbigniew Banas (FL) 2:00 Bible Study: Deep Dive (A&C) 7:00 Women's History Month Lecture by Ellie Presents The Struggle for Suffrage (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 12:00 Lunch & Learn with Optometrist Dr. Patel please sign up w/ the desk (GR) 1:00 Duplicate Bridge (C&G) 1:00 Scrabble (CC) 2:00 Sit & Stretch (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) 1-3 Karaoke Practice (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: Hackney's (FL) 1:00 Wii Bowling (GR) 2 Memorial Fund Committee (A&C) 2:00 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:00 TED Talk & Discussion (GR)	10 Great Courses: World War II: A Military & Social History (GR) 1:00 Canasta (C&G) 2:00 Movie Matinee: Einstein and the Bomb (GR) 7:00 Movie: Einstein and the Bomb (GR) 7:00 Poker (A&C)
10 Daylight Savings Time Begins	11	12	13	14	15	16
10:00 Virtual Balance & Posture Class (GR) 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1 Left, Right, Center Game (A&C) 2 Movie: Charley Varrick (GR) 7: Movie: Charley Varrick (GR) *Set your clocks forward* 	9:15 Sit & Stretch (GR) 10:00 Outing to the Chicago Botanic Garden Orchid Show (FL) 10:30 Sit & Stretch (GR) 11 Chestnut Chat Meeting (A&C) 1:00 Pinochle (C&G) 1:00 Low Vision Group (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 w/ Communion (URC) 1:00 Skokie Library Low Vision Group (FL) 2:00 Bible Study: Deep Dive (A&C) 1-5 Audiologist Appts. with Dr. Wise (3FCR) 2:00 Elliott Rosenberg's 100th Birthday Party (GR) 7:00 Sheila Healy Academy of Irish Dance Performance (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) 6:00 Virtual Glenview Library Lecture The Impact of the War in Ukraine (FL) 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) 10:30 S.W. Watch & Jewelry Repair (C&G) 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 Boys in the Boat (GR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 11:15 Transportation to Village Hall for Early Voting (FL) 1:00 Wii Bowling (GR) 2:00 Sit & Stretch (GR) 3:30–5:00 Friday with Friends: St. Patrick's Day Happy Hour (CC) 7:00 Shabbat Service (URC)	10 Great Courses: World War II: A Military & Social History (GR) 1:00 Canasta (C&G) 2:00 Movie Matinee: It Could Happen to You (GR) 7:00 Movie: It Could Happen to You (GR) 7:00 Poker (A&C)
17 St. Patrick's Day	18	19	20	21	22	23
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) 2:00 Movie Matinee: Waking Ned Devine (GR) 2:00 Outing: Glenview Concert Band at Winnetka Covenant Church (FL) 7:00 Waking Ned Devine (GR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11 Chestnut Chat Meeting (A&C) 1:00 Pinochle (C&G) 1:00 Flower Arranging (A&C) Please sign up 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 Coffee with a Cop (A&C) 2:00 Bible Study: Deep Dive (A&C) 3:00 Ageless Grace with Bridget (A&C) 7:00 Lecture by Krista August: Vanished: Monumental Art at the World's Columbian Exposition (GR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 10:45 Roman Catholic Mass (URC) 11:00 Coffee Talk (A&C) 1:00 Duplicate Bridge (C&G) 2:00 Sit & Stretch (GR) 3:00 Steering Committee (A&C) 5:00 Birthday Dinner I (CC) 7:00 Poker (A&C) 7:00 Virtual Library Lecture: Behind the Costume with Ruth E. Carter (GR)	9:15 Learn & Love the Bible (A&C) 10-11:30 Card Shop (CS) 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) 12 Outing to Metropolis Centre The Music of Julie Andrews (FL) 2:30 Nonfiction Book Club (A&C) 5:00 Birthday Dinner II (CC) 7:00 Karaoke 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) 11:15 Lunch Bunch: Qulinarnia (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 II: A Military & Social History (GR) 1:00 Canasta (C&G) 2:00 Movie Matinee: Parenthood (GR) 7:00 Movie: Parenthood (GR) 7:00 Poker (A&C)
24 Palm Sunday	25	26	27	28	29 Good Friday	30
10:00 Virtual Balance & Posture Class (GR) 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1 Left, Right, Center Game (A&C) 2:00 Movie: The Hill (GR) 7:00 Movie: The Hill (GR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11 Chestnut Chat Meeting (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 Entertainment by Rick Pickren (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)	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) 12 Hot Dogs for MLB Opening Day (FA) 1:30 Name That Tune (A&C) 2:30 Fiction Book Club (3FCR) 3:30 Torah Study (A&C) 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) 1:00 Wii Bowling (GR) 2:00 Sit & Stretch (GR) 3:00 TED Talk & Discussion (GR)	10 Great Courses: World War II: A Military & Social History (GR) 1:00 Canasta (C&G) 2 Movie Matinee: Annie (GR) 2:30 Outing: Glenview Library All About Eclipses (FL) 7:00 Movie: Annie (GR) 7:00 Poker (A&C) March 31 is in the top left corner

March 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!



Chair Yoga Class

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 March 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.

Chestnut Square Putting Tournament

Thursday, March 7 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, March 19 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, March 22 at 11:00 am in the Fitness Center

Bridget will be giving an orientation on how to use the fitness center equipment properly & safely.

It is expected that you have checked with your doctor before participating in any of the exercise classes at Chestnut Square





**"SEEING BETTER
STARTS TODAY"
COME MEET US!!**



**WEDNESDAY
MARCH 6TH**



**TIME
12:00 PM**



**Chestnut Square
Great Room**

**Lunch & Learn with
DR. BIREN PATEL**

BOARD CERTIFIED OPTOMETRIST

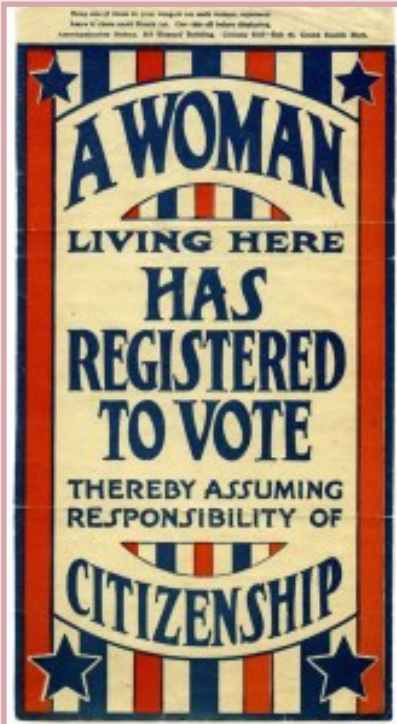
**30 spots available, please sign
up with the concierge**



Lecture by Ellie Presents:

Women's History Hindsight: The Struggle for Suffrage *Tuesday, March 5th at 7:00pm in the Great Room*

On August 26, 2020, it was 100 years since the 19th Amendment was passed granting American women the right to vote in all elections. It didn't happen overnight, folks! Countless people labored for decades to bring enfranchisement to both genders. This program takes you back to 1920 with a woman who will illustrate for you how the women struggled for the right to vote. Join Ellie as we celebrate and reflect on the path to women's suffrage and the road that lies ahead.



WOMEN'S HISTORY MONTH

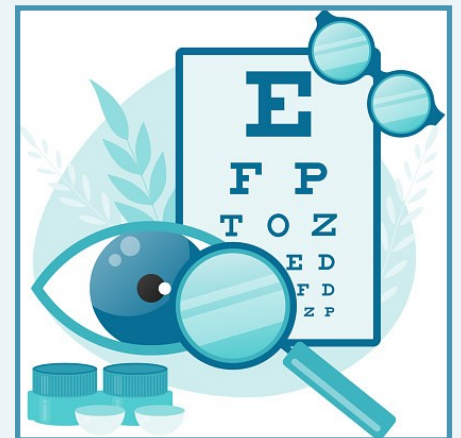


Low Vision Roundtable

Monday, March 11th at 1pm in the Arts & Crafts Center

All are welcome to attend this roundtable.

Residents will discuss their own experiences with having low vision and share what resources they use in their apartment, on their phones, iPads, and around Chestnut Square! Please bring any devices you would like to show.



HEARING CLINIC March 12

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, \$50
- 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 \$25
- Minor reprogramming adjustment is \$50
- 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.

JOIN US IN CELEBRATING THE

100th

BIRTHDAY OF

Elliott Rosenberg

MARCH 12th 2:00PM-3:30PM

Chestnut Square at The Glen
Great Room

ALL RESIDENTS ARE WELCOME TO ATTEND



Coffee with a Cop

*Tuesday, March 19th at 1:00pm in the
Arts & Crafts Center*

Join Glenview police officer, Dave Maize, for coffee and conversation. An opportunity to ask questions, voice concerns, and get to know your neighborhood officers. Be sure to come with questions or topics of interest!

SHEILA HEALY ACADEMY OF IRISH DANCE PERFORMANCE

Tuesday, March 12 at 7:00pm in the Great Room

We welcome back the Sheila Healy Academy of Irish Dance for a performance right before St. Patrick's Day!



Come to the Great Room on
Tuesday, March 12 at 7pm to see this
spectacular dance performance.



ST. PATRICK'S DAY HAPPY HOUR

Friday, March 15 from 3:30pm-5:00pm in the Café

Put on your favorite green attire and come join us for a St. Patrick's Day themed happy hour! Enjoy drinks, appetizers, and socializing with your friends!



Everyone is Irish Today!

Lecture by Krista August: Vanished:
Monumental Art at the World's Columbian Exposition
Tuesday, March 19th at 7:00pm in the Great Room

Virtually stroll the 1893 World's Columbian Exposition. View the monumental sculptures that decorated the buildings, bridges, lagoons, as well as private viewing rooms. Learn exciting history behind these mostly temporary sculptures that dazzled before they disappeared.



CHESTNUT SQUARE
**KARAOKE
NIGHT**

THURSDAY, MARCH 21
7PM IN THE
GREAT ROOM



STAFF & RESIDENTS ARE WELCOME TO PARTICIPATE

March Outings

Library Outings



Northbrook Library Lecture:

Academy Awards Discussion with Zbigniew Banas

Tuesday, March 5 – 1:30pm Departure

Join Loyola film professor Zbigniew Banas for a deep dive into this year's Academy Awards contenders.

Please sign up by March 4 / Cost: Free

Glenview Library Lecture: *All About Eclipses*

Saturday, March 30 – 2:30pm Departure

The Chicago area will see a near total eclipse on April 8, 2024. NASA Solar System Ambassador Sean Fisher-Rohde tells you all about eclipses, how to safely view them, and their importance for science. *Please sign up by March 25 / Cost: Free*



Glenview Concert Band

Winnetka Covenant Church, Winnetka, IL

Sunday, March 17 – 2:00pm Departure

The Glenview Concert Band will be performing at Winnetka Covenant Church. Resident Royce Masterson plays Tenor Saxophone in this band!

Please sign up by March 13 / Cost: Free

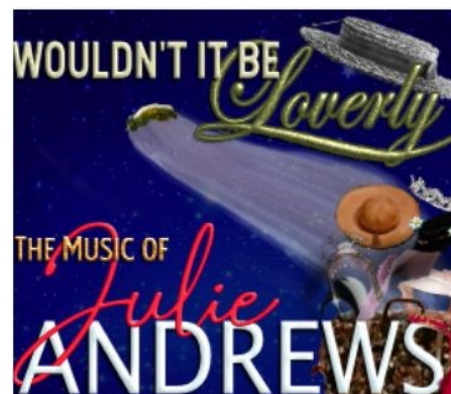
Metropolis Performing Arts Centre:

Wouldn't It Be Lovely: The Music of Julie Andrews

Thursday, March 21– 12:00pm Departure – Arlington Heights, IL

For over 70 years, Julie Andrews has been a beloved star of stage and screen, beginning on Broadway in *My Fair Lady* and *Camelot* and such classic films as *Mary Poppins* and *The Sound of Music*. She has won an Oscar, 2 Emmy Awards, 3 Grammys and 6 Golden Globes. An all-star cast brings the beautiful and poignant songs from Julie Andrews' repertoire to the stage for a lovely afternoon.

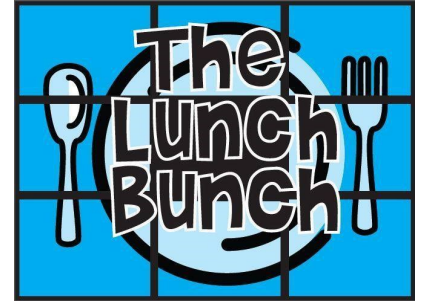
Please sign up by March 14 / Cost: \$28



Lunch Bunch

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

Please sign up with the Concierge at 847-904-5100



Hackney's on Lake

*Friday, March 8, 11:15 am Departure
Glenview, IL*

Hackney's has been run by the same family for 80 years and still cooking.
Home of the world famous Hackney Burger.

Qulinarnia

*Friday, March 22, 11:15 am Departure
Mount Prospect, IL*

As seen on the PBS show *Check Please!* Qulinarnia is a chic but traditional restaurant serving modernized Polish favorites

Outing to the Chicago Botanic Garden Orchid Show

*Monday, March 11, Departure at 10:00am
Glencoe, IL*

The Orchid Show of Wonders: A Grandiose Dose of Silliness and Fun.

Step right up to The Orchid Show of Wonders, where your favorite carnival and circus attractions come to life in new ways.

Please sign up by March 6 / Cost: \$21



CHICAGO
BOTANIC
GARDEN

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 *virtual* 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.



Great Courses & Discussion:

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.

TED Talks

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

We are finally in the days where we watch for those hope-giving signs of Spring: buds on the trees, robins hopping on the lawns, and spring flowers poking up through the dead leaves and soil. Try attending one of our spiritual life programs and see what other hope-producing and life-giving signs you can experience in your heart and soul.

Memorial Fund Committee Meeting

Friday, March 8, 2:00 pm, Arts and Crafts Room

Anyone is welcome to attend this meeting, but ideas must be submitted ahead of time. No new suggestions will be accepted at this meeting.

Christian Service

Tuesday, March 12 and 26, at 10:15 am in the Upper Room Chapel

We will have communion at the March 12 service.

We've celebrated Easter, but how do live like "Easter people"? We are people whose lives have been changed, who are a "new creation" in Christ. We should live like it. Join us for worship and exploration of these questions and more!

Learn and Love the Bible and Deep Dive

Tuesdays, at 2.00pm, and Thursdays at 9.15am, Arts & Crafts Center

On Tuesdays, we continue our deep dive into the Gospel of Mark.

Our Thursday morning Bible Study is learning about the early church.

March Shabbat Service

Friday, March 15, 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 March, 11:00 am, Upper Room Chapel

Roman Catholic Mass

Wednesday, March 20, 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 March, 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.

March Torah Study

Thursday, March 28 at 3:30 pm, Arts & Crafts Center

Led by Rabbi Joe Ozarowski, Chestnut Square's Torah Study is open to all residents!