


♥ February 2026 Calendar of Daily Programs, Special Events and Community Outings ♥

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12-2 Sunday Brunch (DR) 2:00 Movie: <i>Cheaper by the Dozen 2</i> (TR) 7:00 Movie: <i>Cheaper by the Dozen 2</i> (TR)	9:15 Sit & Stretch (GR) 10:00 Bible Study (3FCR) 10:30 Sit & Stretch (GR) 11 Brain Games Packet Pickup (A&C) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 3:00 Documentary: <i>The Martha Mitchell Effect</i> (TR) 4 Watch & Jewelry Repair (C&G) 7:00 Bingo (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 11:00 Scattergories Brain Game (A&C) 1:00 Chair Yoga (GR) 2:00 Netflix Series: <i>Our Planet II: Episode 1 World on the Move</i> (TR) 2 Outing to Walgreens for Senior Discount Day (FL) *must be My Walgreens Member* 7:00 Lecture by William Pack: Brain Hack, The Science of Influence (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 Chestnut Chat Meeting (A&C) 3:00 Resident Advisory Council Meeting (GR) <i>*All residents are encouraged to attend*</i> 7:00 Poker (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Exercise Video (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: Szechwan North (FL) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 3:00 TED Talk & Discussion (TR) 7:00 Shabbat Service (URC)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie: <i>Remember the Titans</i> (TR) 7:00 Movie: <i>Remember the Titans</i> (TR) 7:00 Poker (A&C)
8 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1:00 Left, Right, Center Game (A&C) 5:30 Super Bowl LX Viewing Party (GR)	9:15 Sit & Stretch (GR) 9:30 Outing to St. Norbert's (FL) Breakfast & Musical Entertainment 10:00 Bible Study (3FCR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 3 One Day University Lecture (TR) 7:00 Bingo (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 11:00 Scattergories Brain Game (A&C) 1:00 Chair Yoga (GR) 1-4 Optometrist Appts. with Dr. Patel (PDR) 2:00 Netflix Series: <i>Our Planet II: Episode 2 Following the Sun</i> (TR) 7:00 Valentine's Musical Performance by former driver, Tom McCabe (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) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR) 4:45 Dinner Outing: Kouklas Greek Eatery (FL) 7:00 Poker (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Exercise Video (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: Song Sung Blue (TR)	9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 11:00 Fitness Center Orientation (FC) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:30-5:00 Valentine's Day Happy Hour (CC)	14 Valentine's Day ♥
15 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1:00 Left, Right, Center Game (A&C) 2:00 Movie: <i>The American President</i> (TR) 7:00 Movie: <i>The American President</i> (TR)	9:15 Sit & Stretch (GR) 10:00 Bible Study (3FCR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 3 One Day University Lecture (TR) 7:00 Bingo (A&C)	17 Fat Tuesday/Lunar New Year 9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:00 Outing to North Shore Senior Center: Great Lakes Navy Band Performance (FL) 11:00 Scattergories Brain Game (A&C) 1:00 Chair Yoga (GR) 2:00 Netflix Series: <i>Our Planet II: Episode 3 The Next Generation</i> (TR) 7:00 Lecture by Film Historian Annette Bochenek: Chicago in the Classics (GR)	18 Ash Wednesday 9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 10:45 Catholic Mass with Ashes (URC) 11:00 Coffee Talk (A&C) 1:00 Duplicate Bridge (C&G) 1:30-2 Ashes with Pat Sullivan (URC) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR) 3:00 Steering Committee (A&C) 7:00 Poker (A&C)	19 9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Exercise Video (GR) 2:00 Health Talk by United Vein & Vascular Centers (GR) 5:00 Birthday Dinner I (CC) 7:00 Trivia Night (GR)	20 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: Johnny's Kitchen & Tap (FL) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 3:00 TED Talk & Discussion (TR)	21 10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie: <i>Miracle: The Boys of '80</i> (TR) 7:00 Movie: <i>Miracle: The Boys of '80</i> (TR) 7:00 Poker (A&C)
22 11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1 Left, Right, Center Game (A&C) 2:00 Movie: <i>Dr. No</i> (TR) 7:00 Movie: <i>Dr. No</i> (TR)	9:15 Sit & Stretch (GR) 10:00 Bible Study (3FCR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 12 2024-2026 Resident Mixer (GR) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 3 One Day University Lecture (TR) 7:00 Bingo (A&C)	24 9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 11:00 Environmental Group (A&C) 1:00 Chair Yoga (GR) 2:00 Netflix Series: <i>Our Planet II: Episode 4 Freedom to Roam</i> (TR) 7:00 Lecture by Cheryl Brown: Chicago's Sweet Bakeries Remembered (GR)	25 9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10 Christian Service w/ Mayra (URC) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 12 Electronics Recycling Collection (A&C) 1:00 Duplicate Bridge (C&G) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR)	26 9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Exercise Video (GR) 1:00 Current Events Discussion with Professor Gary Midkiff (A&C) 2:30 Fiction Book Club (3FCR) 3:30 Torah Study (A&C) 5:00 Birthday Dinner II (CC)	27 9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 12:00 Men's Club (PDR) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:00 TED Talk & Discussion (TR)	28 10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie Matinee: <i>From Russia with Love</i> (TR) 7:00 Movie: <i>From Russia with Love</i> (TR) 7:00 Poker (A&C)
	Reminder: Out of respect for the entertainers and for the residents in the audience, please come early to all lectures & music programs. It is very distracting when people enter after the Great Room doors are closed and the program has started.			Common Area Abbreviations A&C = Arts & Crafts Room BC = Business Center BS = Beauty Salon CC = Country Café C&G = Card & Game Room CS = 3rd Floor Card Shop DR = Dining Room	FA = Fireplace Area FL = Front Lobby Gar = Garden, off 1300 wing Gaz = Gazebo GR = Great Room PDR = Private Dining Room PIH = Partners in Healthcare PG = Putting Green	TR = Theater Room URC = Upper Room Chapel WC = Wellness Center 3FCR = 3rd Floor Conf. Room 3FIFA = 3rd Floor Fireplace Area Religious Programs in Green Bus Outings in Blue

February Fitness & Wellness



Sit & Stretch

Mondays, Wednesdays, Fridays at 9:15am, 10:30am, & 1:30pm
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 1:00pm in the 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.

Fitness Class with Danny

Wednesdays at 2:30pm in the Great Room

Join us as we focus on balance, coordination, joint mobility, strength, and flexibility.

Chestnut Square Putting Tournament

Thursday, February 5th at 3:00pm in the Great Room

Join us for some friendly competition with your Chestnut neighbors.
Golf balls & putters will be provided and all are welcome to play.



Optometrist Appointments with Dr. Patel

Tuesday, February 10th from 1pm-4pm in the Private Dining Room

Dr. Patel from Enroute Eye Care will be here on Tuesday,
February 10th. Call to schedule your appointment: 630-998-0948.



Fitness Center Orientation

Friday, February 13th at 11:00am in the Fitness Center

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



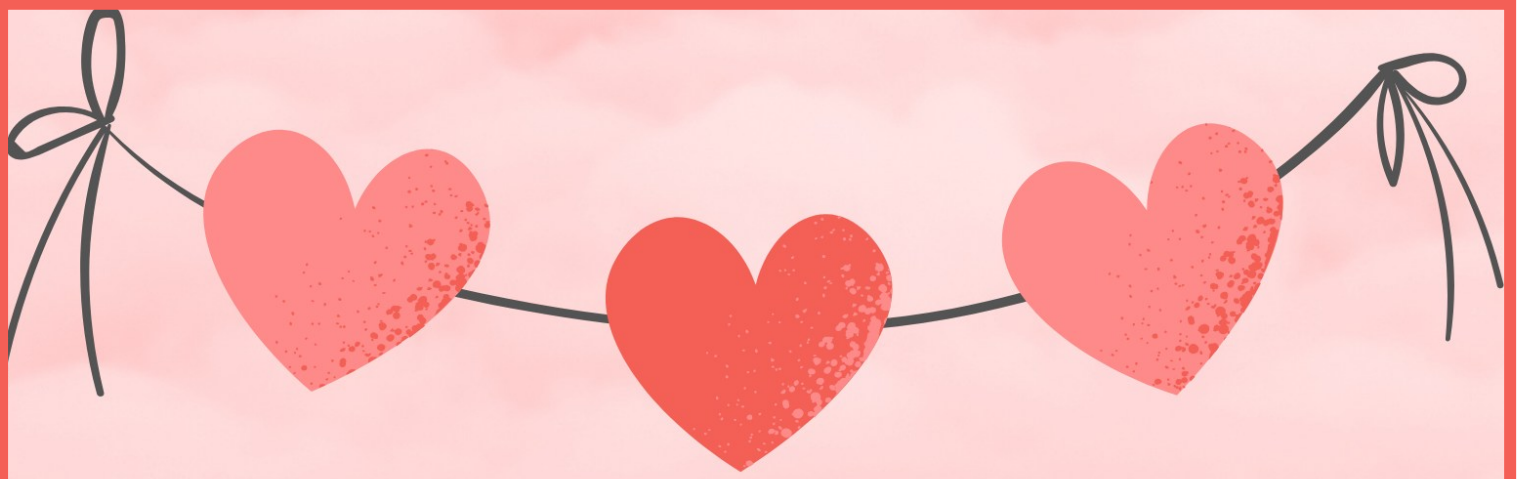
Health Talk by United Vein & Vascular Centers

Thursday, February 19th at 2:00pm in the Great Room

United Vein & Vascular Centers (UVVC) will be on-site Thursday,
February 19th from 2-3 pm to discuss the signs and symptoms
of vein disease and available treatment options.

Light snacks will be provided.





VALENTINE'S DAY PHOTO DISPLAY

During the month of February, we will be displaying pictures of residents on their wedding day. If you would like for us to display your wedding photo (or any photo of you & your loved one), please bring it to Jamie and she will make a copy of it and put it on display.

XOXO

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.

Brain Games

Every Monday at 11:00am, join Jamie to challenge your mind with different brain games! Each week we will be doing something different to exercise different areas of our brain.



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:

Ancient Empires Before Alexander

Discover the dozen empires that flourished in the 2,000 years before the conquests of Alexander the Great; follow them as they rise to glory, create administrative and military structures, clash with one another, and eventually collapse.



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.



Lecture by William Pack:

Brain Hack, The Science of Influence

Tuesday, February 3rd at 7:00pm in the Great Room

Are you ready for a truly mind-blowing experience? William Pack returns with an all-new program designed to mess with your mind and reveal the inner workings of your brain. Using memorable stories and relatable examples, you'll learn the subtle tactics that advertisers, marketers, sales people, and con artists use to get you to do what they want, without you noticing.



SUPER BOWL VIEWING PARTY

**SUNDAY, FEBRUARY 8
5:30PM - GREAT ROOM**



**Come watch the Super Bowl at Chestnut Square.
Drinks & Snacks will be provided**



**Good luck to those
who bought football
squares with Don!**

Valentine's Day Musical Performance

BY TOM MCCABE

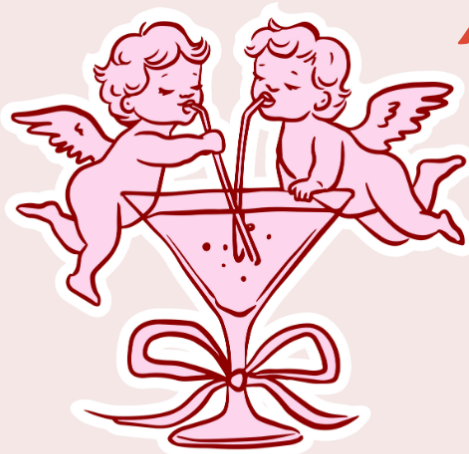
Love is in the air, and we've got the perfect Valentine's Day plans for you! Join us for an unforgettable evening of classic and modern love songs performed by our former driver, Tom McCabe. From Frank Sinatra to Adele, this performance is bound to steal your heart. Don't miss out on this special celebration of love!

TUESDAY, FEBRUARY 10
7:00PM / GREAT ROOM



VALENTINE'S DAY

Happy Hour

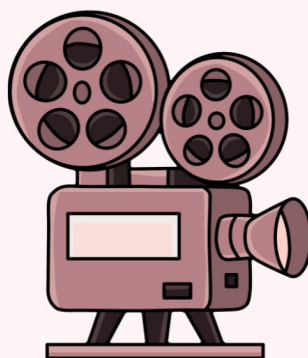


FRIDAY, FEBRUARY 13
3:30PM-5:00PM ♥
IN THE CAFÉ

Lecture by Film Historian Annette Bochenek: *Chicago in the Classics*

Tuesday, February 17th at 7:00pm in the Great Room

The Windy City has long been the backdrop to classic films, either as a setting depicted in a film or actually being portrayed through on-location productions. Join film historian Dr. Annette Bochenek for a discussion about classic films set in Chicago, the locations portrayed, and the influence of these depictions today. This program will include a multimedia presentation consisting of photos, video clips, and captivating stories.

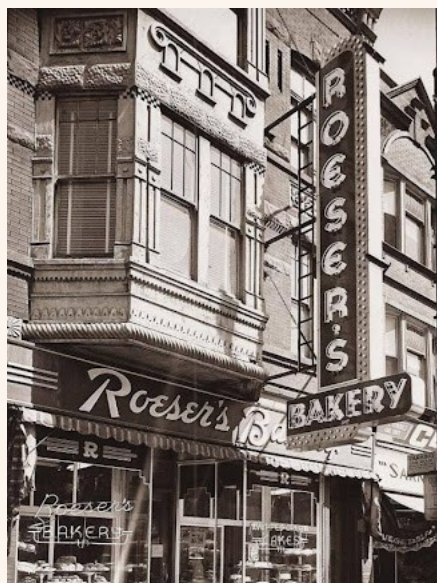


Lecture by Cheryl Brown:

Chicago's Sweet Bakeries Remembered

Tuesday, February 24th at 7:00pm in the Great Room

Join historian and Oakton College professor Cheryl Brown for her new presentation. Reminisce about these historic Chicago bakeries: Jarosch, Gladstone, Lutz, Fingerhut, Dinkels, Roesers, Reuters, Vesecky's and more. Learn about the history of some of Chicago's top baking companies: Maurice Lenell, Burny Bros, Fasano Pie, Salerno, Keebler, and more. Discover the best places to still buy mouth-watering, made-from-scratch baked goods.



February Outings

St. Norbert's Breakfast & Musical Entertainment

Monday, February 9th / Departing at 9:30am / Northbrook

The Northbrook Women's Club will be making breakfast & The Shenanigans band will provide musical entertainment.

Cost: \$5—cash / Sign up by February 6th



Dinner Out: Kouklas Greek Eatery

*Wednesday, February 11th
Departing at 4:45pm / Niles*

Kouklas is a modern Greek restaurant in Niles offering elevated cuisine, handcrafted cocktails, and warm hospitality inspired by Greek tradition.

Cost: Bring your own form of payment / Sign up by February 9th

North Shore Senior Center: Great Lakes Navy Band Performance

Tuesday, February 17th / Departing at 10:00am / Northfield

Known as "America's Band," the Great Lakes Navy Band performs patriotic military and John Philip Sousa marching musical arrangements. **Cost: Free / Sign up by February 13th**



Lunch Bunch

Szechwan North

Friday, February 6th, 11:15am Departure / Glenview

Szechwan North has been proudly serving the North Shore community since 1992. They are dedicated to offering an authentic taste of Szechwan cuisine.

Johnny's Kitchen & Tap

Friday, February 20th, 11:15am Departure / Glenview

Johnny's Kitchen & Tap is locally owned and serves up everyone's favorites!

*Please arrive in the lobby 15 minutes before the departure time.
Residents must bring their own form of payment.*



Spiritual Life Programs

February Shabbat Service

Friday, February 6 at 7:00 pm, Upper Room Chapel

Residents of all faiths are invited to attend our monthly Jewish Shabbat Service!
Our beloved Joel Gratsch will lead us in the service.

Roman Catholic Mass & Ashes

Wednesday, February 18 at 10:45 am, Upper Room Chapel

A Priest from OLPH Catholic Church in Glenview will join us to preside over the Mass.
Ashes will be available for those interested.

Additional Ashes for Ash Wednesday

Wednesday, February 18 from 1:30pm-2:00pm in the Chapel

Minister of Care from OLPH, Pat Sullivan, will be available to distribute ashes in the Chapel anytime between 1:30pm-2:00pm. All are welcome.



Roman Catholic Communion Service

Sundays, 11:00 am, Upper Room Chapel

Residents of all faiths are welcome to join the Chestnut community for this service.

Say the Rosary

Sundays, 11:30 am, Upper Room Chapel

Along with the rosary, this group also prays for the prayer requests written in the Interfaith Prayer Request Journal. You are invited to add any prayer requests you have. You may do so anonymously if you like.

February Torah Study

Thursday, February 26 at 3:30 pm, Arts & Crafts Center

Led by Rabbi Joe Ozarowski, Chestnut Square's Torah Study is open to all residents.
Rabbi Joe offers an in-depth look at all that we might miss "behind the scenes."

Interfaith Prayer Request Journal

In the Chapel there is an Interfaith Prayer Request Journal. All residents are invited to add any prayer requests you have. You may do so anonymously if you like.

Bible Study with Mayra

Mondays in February at 10:00 am, 3rd Floor Conference Room

Join our chaplain, Mayra, for a Bible Study every Monday at 10:00am.

Christian Service & Communion with Mayra

Wednesday, February 25 at 10:00 am, Upper Room Chapel

Join our chaplain, Mayra, for this Christian Service & Communion.
All are welcome to attend.