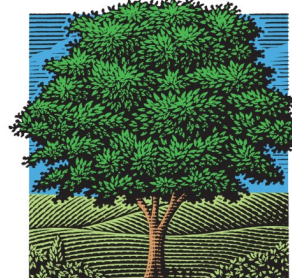


January 2026 Calendar of Daily Programs, Special Events and Community Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
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		HAPPY NEW YEAR 9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 1:30 Sit & Stretch (GR) 2:00 Documentary: Air Force Elite: Thunderbirds (TR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 11:00 Fitness Center Orientation (FC) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 3:00 TED Talk & Discussion (TR)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie: <i>Downton Abbey: The Grand Finale</i> (TR) 7:00 Movie: <i>Downton Abbey: The Grand Finale</i> (TR) 7:00 Poker (A&C)
4	5	6	7	8	9	10
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>Freaky Friday</i> (TR) 7:00 Movie: <i>Freaky Friday</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) 1-3 Technology Help with Jamie 1:30 Sit & Stretch (GR) 3 One Day University Lecture (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 PBS Series: <i>Pompeii The New Dig: The Bodies</i> (TR) 2 Outing to Walgreens for Senior Discount Day (FL) *must be My Walgreens Member* 7:00 Lecture by David DeHorn: The Panama Canal (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) 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) 4:30 Signature Dinner (DR) 7:00 Movie: Freakier Friday (TR)	9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 11:15 Lunch Bunch: Sorelle Italian Market (FL) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 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>As Good as it Gets</i> (TR) 7:00 Movie: <i>As Good as it Gets</i> (TR) 7:00 Poker (A&C)
11	12	13	14	15	16	17
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>All Saints</i> (TR) 7:00 Movie: <i>All Saints</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)	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 PBS Series: <i>Pompeii The New Dig: Escape</i> (TR) 7:00 Musical Entertainment: Chicago Showcase (GR) *Musicians will be announced*	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) 4:15 Dinner Out: Trattoria Oliverii (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)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 3:30-5:00 Friday with Friends Happy Hour (GR)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2 Movie: <i>Forrest Gump</i> (TR) 7 Movie: <i>Forrest Gump</i> (TR) 7:00 Poker (A&C)
18	19	20	21	22	23	24
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1 Left, Right, Center Game (A&C) 2:00 Movie: <i>Cheaper by the Dozen</i> (TR) 7:00 Movie: <i>Cheaper by the Dozen</i> (TR)	Audiologist Appts w/ Dr. Wise (3FCR) 9:15 Sit & Stretch (GR) 10:00 Bible Study (3FCR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:30 Sit & Stretch (GR) 2:30 Music & The Brain Sponsored by Journey Care (GR) 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 PBS Series: <i>Pompeii The New Dig: The Final Hours</i> (TR) 7:00 Music & Lecture by John Boda: Top 10 Hollywood Musicals (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) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR) 3:00 Steering Committee (A&C) 7:00 2025 Memorial Gathering (GR)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Exercise Video (GR) 1:00 Lecture by Gary Midkiff: U.S. Civil War (GR) 3:30 Torah Study (A&C) 5:00 Birthday Dinner I (CC) 7:00 Trivia Night (GR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 11:15 Lunch Bunch: Lalo's Mexican Restaurant (FL) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:00 TED Talk & Discussion (TR)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2 Movie Matinee: <i>Respect</i> (TR) 7:00 Movie: <i>Respect</i> (TR) 7:00 Poker (A&C)
25	26	27	28	29	30	31
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 Unlikely Pilgrimage of Harold Fry</i> (TR) 7:00 Movie: <i>The Unlikely Pilgrimage of Harold Fry</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 Pinochle (C&G) 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) 10 Outing to NSSC: Lecture on Trailblazers Who Shaped Chicago's History (FL) 10:30 Environmental Group (A&C) 1:00 Chair Yoga (GR) 2:00 PBS Series: <i>Pompeii The New Dig: House of Treasures</i> (TR) 7:00 Musical Entertainment: Pianist Chris White & Vocalist Petra van Nuis (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:00 Christian Service (URC) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 11:30 New Residents Luncheon (PDR) 1:00 Duplicate Bridge (C&G) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR) 7:00 Poker (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:30 New Year, New You: Simple Exercises to Beat the Winter Blues (GR) 1:00 Documentary: Breakdown: 1975 (TR) 2:30 Fiction Book Club (3FCR) 5:00 Birthday Dinner II (CC)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 12:00 Men's Club (PDR) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 3:00 Faith Film (TR)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie Matinee: <i>Mrs. Doubtfire</i> (TR) 6:30 Outing: Northwestern University Symphony Orchestra (FL) 7 Movie: <i>Mrs. Doubtfire</i> (TR) 7:00 Poker (A&C)

January 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

Tuesday 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.



Fitness Center Orientation

Friday, January 2nd at 11:00am in the Fitness Center
Jamie will be giving an orientation on how to use the fitness center equipment properly & safely.

Chestnut Square Putting Tournament

Thursday, January 8th 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.



Music & The Brain Sponsored by Journey Care

Monday, January 19th at 2:30pm in the Great Room

The presentation highlights how music can support brain health and emotional well-being. It will cover how music is processed by the entire brain, how music supports neuroplasticity, and how familiar music can unlock long-term memories.

New Year, New You: Simple Exercises to Beat the Winter Blues

Thursday, January 29th at 10:30am in the Great Room

Join us for an engaging and interactive session with Physical Therapists, where we'll explore easy, safe, and effective exercises to stay active, energized, and uplifted during the winter months. Learn simple movement routines designed to improve balance, strength, and mood—helping you start the new year feeling your best.





SUPER BOWL FOOTBALL SQUARES



**SUPER BOWL SQUARES WILL
BE AVAILABLE STARTING
THURSDAY, JANUARY 1**

The Cost is \$1.00 Per Square

*Pay Outs will be \$25 for the Winners of the First
Three Quarters and Final Score of the Game*

*Don Klein in apartment 3103 has the sheet to
sign for the squares. Numbers will be drawn
when the sheet is completed.*

Super Bowl Sunday: February 8, 2026



Good Luck to All!

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 David DeHorn: *History of the Panama Canal, How It Was Built, and How It Operates Today*

Tuesday, January 6th at 7:00pm in the Great Room

The Panama Canal was and still is one of the world's greatest engineering marvels. It created an 8,000-mile shortcut from New York to San Francisco and improved how products are moved around the world today.

This presentation, by Carol Mooney's son-in-law, will take you through the history of the canal, and the difficulties of construction back in the late 1800's. It will show some of the early photos of the canal and lock construction, and how it was completed through 50 miles of dense jungle, mud, and disease.



CHICAGO SHOWCASE

**TUESDAY, JANUARY 13TH AT
7:00PM IN THE GREAT ROOM**

**PIANIST ~ SAORI CHIBA
SPECIAL GUEST WILL BE
ANNOUNCED CLOSER TO THE DATE**

HAPPY HOUR



FRIDAY, JANUARY 16

3:30PM - 5:00PM

IN THE CAFÉ

Music & Lecture by John Boda: *Top 10 Hollywood Musicals*

Tuesday, January 20th at 7:00pm in the Great Room

The American Film Institute has rated the top 10 Hollywood film musicals of all time and this presentation goes through that list! Each film will be highlighted with photos, a summary,

trivia, and John Boda will perform

one big song from each over the trailer seen on screen. These are the greatest Hollywood film

musicals from the Golden Age of Hollywood. Some of the films covered are "Meet Me in St. Louis", "Mary Poppins", "An American in Paris", "My Fair Lady", and more!



Lecture by Gary Midkiff: U.S. Civil War

Thursday, January 22nd at 1:00pm in the Great Room

This series will examine the war from five overlapping perspectives: battles, generals and admirals, presidents (Jefferson Davis and Abraham Lincoln), political dynamics and significant individuals.



Historian Shelby Foote said that to truly understand the character of the United States, you first have to understand the Civil War. Professor Gary Midkiff, who has studied the Civil War for 50 years, agrees. As Gary leads participants through these six sessions, he will expand their knowledge of the Civil War and explain how that knowledge allows a better understanding of many of the societal issues we face today.

Musical Entertainment: Pianist Chris White & Vocalist Petra van Nuis

Tuesday, January 27th at 7:00pm in the Great Room

Join jazz singer Petra van Nuis and pianist Chris White for a cozy duo performance featuring classics from the Great American Songbook. Enjoy Petra's expressive vocals and Chris's sensitive accompaniment for an evening of romance and swing!



January Outings

Dinner Out: Trattoria Oliverii

Wednesday, January 14th

Departing at 4:15pm / Northbrook

TRATTORIA

Oliverii

Featuring family recipes from the Abruzzo region of Italy.
Delicious cuisine in an intimate, relaxed family atmosphere.

Cost: Bring Your Own form of Payment / Sign up by January 12th

North Shore Senior Center: Lecture on Trailblazers Who Shaped Chicago's History

Tuesday, January 27th / Departing at 10:00am / Northfield

Beth Sair celebrates the trailblazers whose vision, courage, and creativity left a lasting mark on our city, from social reformer Jane Addams and activist Ida B. Wells to innovator Aaron Montgomery Ward and architect Jeanne Gang.

Cost: Free / Sign up by January 26th

Northwestern University Symphony Orchestra

Saturday, January 31st / Departing at 6:30pm / Evanston

The program opens with a selection from Giacinto Scelsi's most well-known work, exploring the surprising potential of a single note, followed by Ludwig van Beethoven's powerful and expressive overture to the Goethe tragedy Egmont.



Cost: \$8 / Sign up by January 26th

Lunch Bunch

Sorelle Italian Market

Friday, January 9th, 11:15am Departure / Glenview

Sorelle Italian in Glenview is an all-day Italian café and market serving homemade dishes, pastries, specialty coffee, panini, salads, and daily chef specials.

Lalo's Mexican Restaurant

Friday, January 23rd, 11:15am Departure / Glenview

Lalo's in Glenview is a journey into the finest of Mexican cuisine. Sizzling hot plates & margaritas will make any meal memorable.

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



Spiritual Life Programs

January Shabbat Service

Friday, January 9 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

Wednesday, January 21 at 10:45 am, Upper Room Chapel

A Priest from OLPH Catholic Church in Glenview will join us to preside over the Mass.

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.

January Torah Study

Thursday, January 22 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 January 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, January 28 at 10:00 am, Upper Room Chapel

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

2025 Memorial Gathering



Wednesday, January 21 at 7:00 pm in the Great Room

Let's celebrate the lives and our memories of those who passed in 2025.