

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day
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	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 12:45 Ravinia Steans Music Institute Performance (FL) 1:00 Duplicate Bridge (C&G) 1:00 Fitness Class with Danny (GR) 2:00 Sit & Stretch (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 (PG) 4:45 Dinner Out: Ovvio Italian (FL)	9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 1:00 Mahjong (C&G) 2:00 Patriotic Sing-along with Al & Linda (GR)	10:00 Great Courses: <i>The American Revolution</i> (TR) 11 Say the Rosary in Honor of America's 250th Birthday (URC) 1:00 Canasta (C&G) 2 Music Entertainment: North Shore Senior Stompers (GR) 7:00 Movie: <i>The Sandlot</i> (TR) 9:20 Fireworks Display from Gallery Park (Front Parking Lot)
5	6	7	8	9	10	11
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>Cinderella Man</i> (TR) 7:00 Movie: <i>Cinderella Man</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) 2:00 Sit & Stretch (GR) 3 One Day University Lecture (TR) 4:00 Watch & Jewelry Repair (C&G) 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 (3FCR) 1-4 Optometrist Appts. w/ Dr. Patel (PDR) 1 PBS Series: <i>The American Revolution</i> (TR) 2:00 Senior Discount Day at Walgreens (FL) <i>*Must be a My Walgreens Member*</i> 3:00 Poetry Appreciation (3FCR) 7:00 Musical Entertainment by Wayne Messmer (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 Fitness Class with Danny (GR) 2:00 Popsicles on the Patio (DR Patio) 2:00 Sit & Stretch (GR) 3:00 Grief Group (A&C) 7:00 Poker (A&C)	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: Springsteen: Deliver Me From Nowhere (TR)	9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 11:15 Lunch Bunch: Hackney's on Harms (FL) 1:00 Mahjong (C&G) 1:00 Wii Bowling (TR) 2:00 Sit & Stretch (GR) 3:00 TED Talk & Discussion (GR) 7:00 Movie: Springsteen: Deliver Me From Nowhere (TR)	10:00 Great Courses: <i>The American Revolution</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>Amadeus</i> (TR) 7:00 Movie: <i>Amadeus</i> (TR) 7:00 Poker (A&C)
12	13	14	15	16	17	18
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12-2 Sunday Brunch (DR) 2 Movie: <i>Rookie of the Year</i> (TR) 7 Movie: <i>Rookie of the Year</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) 2:00 Sit & Stretch (GR) 3 One Day University Lecture (TR) 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 (3FCR) 12:00 Floor Mixer BBQ: 2nd Floor (Dining Room Patio) 1 PBS Series: <i>The American Revolution</i> (TR) 3:00 Poetry Appreciation (3FCR) 7:00 Lecture by David Telisman: ChatGPT Unlocked: From Basics to Pro Tips (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) 12:00 Transportation to Marriott (FL) 1:00 Duplicate Bridge (C&G) 1:00 Fitness Class with Danny (A&C) 3 Steering Committee Meeting (A&C) 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 Get Out the Vote Postcards (3FCR) 2:00 Wii Bowling (TR) 3:30 Torah Study (A&C) 7:00 Gazebo Night: The Rockin' Eldorados (Gazebo/Balcony) 	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 1:00 Mahjong (C&G) 2:00 Sit & Stretch (GR) 3:00 Documentary: <i>Wings Over Glenview</i> (TR) 7:00 Shabbat Service (URC)	10:00 Great Courses: <i>The American Revolution</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>My Best Friend's Wedding</i> (TR) 7:00 Movie: <i>My Best Friend's Wedding</i> (TR) 7:00 Poker (A&C)
19	20	21	22	23	24	25
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 Sheep Detectives</i> (TR) 7:00 Movie: <i>The Sheep Detectives</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) 2:00 Sit & Stretch (GR) 3 One Day University Lecture (TR) 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 (3FCR) 1 PBS Series: <i>The American Revolution</i> (TR) 2:00 Fitness Center Orientation (FC) 3:00 Poetry Appreciation (3FCR) 7 Lecture by Ellie Presents: Cup Check Please: A Scholarly Talk on a "Jocular" Subject (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 Fitness Class with Danny (GR) 2:00 Sit & Stretch (GR) 3:00 Grief Group (A&C) 7:00 Poker (A&C)	Audiologist Appts w/ Dr. Wise (3FCR) 9:15 Musical: The Little Mermaid (FL) 10:15 Jeopardy (GR) 11:15 Exercise Video (GR) 1:00 Current Events with Gary Midkiff Please sign up with Jamie (A&C) 2: <u>45</u> Fiction Book Club (3FCR) 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) 1:00 Mahjong (C&G) 1:00 Wii Bowling (TR) 2:00 Sit & Stretch (GR) 3:30-5:00 Sock Hop Social 1950's Happy Hour (CC)	10:00 Great Courses: <i>The American Revolution</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>Operation Petticoat</i> (TR) 7:00 Movie: <i>Operation Petticoat</i> (TR) 7:00 Poker (A&C)
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 Movie: <i>Great Balls of Fire!</i> (TR) 7 Movie: <i>Great Balls of Fire!</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) 2:00 Sit & Stretch (GR) 3 One Day University Lecture (TR) 7:00 Bingo (A&C)	9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 11:00 Chestnut Environmental Forum (A&C) 1:00 Hartigan's Ice Cream Shoppe & Merrick Rose Garden (FL) 1 PBS Series: <i>The American Revolution</i> (TR) 3:00 Poetry Appreciation (3FCR) 7:00 Musical Entertainment by Rick Pickren (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10 Christian Service with Mayra (URC) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 1:00 Duplicate Bridge (C&G) 1:00 Fitness Class with Danny (GR) 2:00 Sit & Stretch (GR) 6:30 Sounds Good Choir Concert (FL)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 11:15 Exercise Video (GR) 1:00 Health Talk: Polypharmacy: What Seniors Need to Know (A&C) 5:00 Birthday Dinner II (CC) 7:00 Men's Club (A&C)	9:15 Sit & Stretch (GR) 10:00 Watercolor Open Art (A&C) 10:30 Sit & Stretch (GR) 11:15 Lunch Bunch: The Glen Club (FL) 1:00 Mahjong (C&G) 1:00 Wii Bowling (TR) 2:00 Sit & Stretch (GR) 3:00 Faith Film (TR)	

July 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

Tuesdays in July at 9:15am in the Great Room

Instructor, Julia, will be leading this class.

Fitness Class with Danny

*Wednesdays at **1:00pm** in the Great Room*

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

Chestnut Square Putting Tournament

Thursday, July 2nd at 3:00pm on the Putting Green

Join us for some friendly competition with your Chestnut neighbors.

Golf balls & putters will be provided and all are welcome to play. We will play in the Great Room if the weather does not cooperate.



Optometrist Appointments with Dr. Patel

Tuesday, July 7th from 1pm-4pm in the Private Dining Room

Call to schedule your appointment: 630-998-0948.

Fitness Center Orientation

Tuesday, July 21st at 2:00pm in the Fitness Center

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



Audiologist Appointments with Dr. Wise

Thursday, July 23rd in the 3rd Floor Conference Room

Call to schedule your appointment: 224-580-9021.

Polypharmacy: What Seniors Need to Know

Thursday, July 30th at 1:00pm in the Great Room

Polypharmacy means taking multiple medications at the same time, typically five or more. While many people need several medications to manage health conditions, taking many medicines can increase the risk of problems.

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.



PBS Series: *The American Revolution*

The American Revolution, a 6-part (*we will break it up into 12 parts*) film from Ken Burns, explores how thirteen colonies rose against the British Empire, won independence, and launched a new form of government that reshaped the world. Highlighting pivotal moments from Lexington and Concord to Valley Forge and Yorktown, this landmark history special illuminates America's struggle for freedom and a turning point in shaping democracy.

Great Courses & Discussion: *The American Revolution*

Why did 13 colonies believe they could defeat the most powerful nation on the planet? And how did they manage such a feat? Get the real story on the battle for American independence with these 24 lectures masterfully delivered by Professor Allen Guelzo of Gettysburg College.



TED Talks & Discussion

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.





Kids Above All Back-to-School Backpack Drive

Chestnut Square is working with the *Kids Above All* organization to collect school supplies for their annual Back-to-School Backpack Drive.

The Back to School Drive (All Ages)

We will be collecting general school supplies such as: pencils, pens, notebooks, backpacks, crayons, markers, etc. for students of all ages.

All items must be new in their original packaging.

Donations for the Back-to-School Drive can be brought to Jamie's office or to the front desk until August 14.

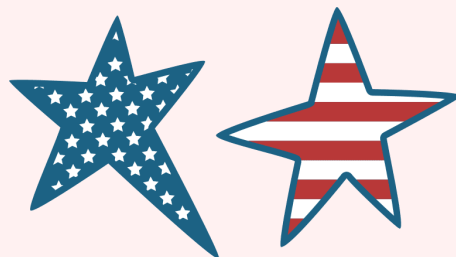
If you have any questions, please see Jamie. Thank you!



Patriotic / Summer Sing-along with Al & Linda

Friday, July 3rd at 2:00 pm in the Great Room

Join residents Al & Linda for a Patriotic & Summer Sing-along! Thank you Al & Linda for organizing this fun event.



4th of July Musical Entertainment

North Shore Senior Stompers

Saturday, July 4th at 2 pm in the Great Room



The group started in 1986 at the North Shore Senior Center. Today, the Stompers play Jazz and Dixieland standards for the listening, dancing, and sing-along pleasure of their audiences. Join us and celebrate America's birthday with this special concert performance.

4th of July Fireworks



***Saturday, July 4th at 9:20 pm
in the Great Room & Front Parking Lot***

Enjoy the 4th of July fireworks from Gallery Park from our front parking lot area or even the Great Room!

Musical Entertainment by Wayne Messmer

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

Wayne Messmer is a Chicago vocalist, broadcaster, speaker, and entertainer best known as the longtime singer of “The Star-Spangled Banner” for Chicago sports teams, including the Chicago Cubs, Blackhawks, Bears, White Sox, and Wolves. Known as “Chicago’s voice of the national anthem,” he has performed the anthem more than 5,000 times.



POPSICLES ON THE PATIO



**WEDNESDAY, JULY 8TH AT 2:00PM ON
DINING ROOM PATIO**

Jamie will be handing out popsicles on the Dining Room Patio on July 8th. Come grab one to cool off!

LECTURE BY
DAVID TELISMAN

CHATGPT UNLOCKED:

FROM BASICS TO PRO TIPS



TUESDAY, JULY 14TH
AT 7:00 PM



IN THE
GREAT ROOM

ChatGPT has become a household name and an inescapable topic of conversation.

While so many people have heard about ChatGPT, there's a sizable population who've only dabbled in it and want to learn more, and those who haven't but are curious to become first time users.

If you fall into these categories, then this presentation is for you!



"ChatGPT Unlocked: From Basics to Pro Tips" is interactive and answers the questions:



What is **ChatGPT**?



How does it work?



What can it do?



What's new with it?



What are its limitations and pitfalls?



Whether you are new to AI or looking to deepen your understanding, you'll walk away with **more knowledge** and **greater insights!!**



Chestnut Square Gazebo Night presents:



The Rockin' Eldorados

Thursday, July 16th at 7:00 pm Gazebo Area & 3rd Floor Balcony

Since 2018, The Rockin' Eldorados have been a dignified presence on Chicagoland's bar, dinner club, and festival stages. Their music pays tribute to the energy and enthusiasm of authentic, vintage American '50s – '60s rock and roll, and celebrates some of the less-heralded



pioneers of the genre. Their performances promise an abundance of heart and soul – they strive to deliver cool, vintage rock and roll, combining elements of soul, blues, funk, and jazz. *Champagne and chocolate-covered strawberries will be served.*

Lecture by Ellie Presents: *Cup Check Please: A Scholarly Talk on a “Jocular” Subject*

Tuesday, July 21st at 7:00 pm in the Great Room

While it was first designed for bicycle jockeys—what we today call bike messengers—the “jock” strap has changed and evolved over time to be not only supportive but also protective, concealing, and healthful. Its popularity has waxed and waned but most men alive today who played sports can recall when “Cup Check!” was loudly shouted by a coach and showing up to play without one would get you benched.

Ellie will explore and illustrate these changes and some of the more unusual versions that seem nearly insane to modern sentiments. **THERE IS POSITIVELY NO MODELING OF JOCK STRAPS BY ANYONE DURING THIS PRESENTATION.** *So, please do not write and volunteer.*





Musical Entertainment by Rick Pickren

Tuesday, July 28th at 7:00 pm in the Great Room

Rick Pickren is a Chicago-area musician, singer, songwriter, and storyteller who specializes in American folk, cowboy, railroad, Irish, and popular music. Combining live music with historical insights and humor, he has entertained audiences throughout the Midwest for decades with engaging concerts and educational programs.



July Outings

Ravinia Steans Music Institute Piano & Strings Performance & Masterclass in Bennett Gordon Hall

Wednesday, July 1st, Departure at 12:30 pm / Highland Park, IL

Founded in 1988 in honor of Lois M. Steans, the Ravinia Steans Music Institute is a renowned training program for emerging classical and jazz musicians. During the summer, fellows participate in concerts and public master classes, where faculty and guest artists provide guidance and insights that help develop their artistry while offering audiences a unique behind-the-scenes learning experience.



Please sign up by June 29 / Cost: Free



Senior Discount Day at Walgreens



Tuesday, July 7th / Departing at 2:00pm

Walgreens offers a 20% discount for seniors aged 55 on the first Tuesday of every month, known as "Seniors Day". The discount applies to regular-priced, eligible merchandise, both in-store and online (using code SENIOR20).

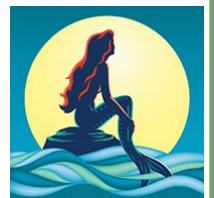


A free myWalgreens membership is required to receive this discount.

Uptown Music Theater: *The Little Mermaid*

Thursday, July 23rd / Departing at 9:15am / Deerfield

A spectacular, grand production of the favorite Disney musical, featuring soaring vocals, bold choreography, and iconic songs. An epic under-the-sea adventure about identity, bravery, and choosing a world of your own. *This discounted performance will be at Deerfield High School's Performing Arts Center. Approximately 2 hours and 30 minutes, with one 15-minute intermission.*



Cost: \$14 / Sign up by July 2nd

Hartigan's Ice Cream Shoppe & Merrick Rose Garden

Tuesday, July 28th / Departing at 1:00pm / Evanston

Join us for a delightful afternoon in Evanston! We'll begin with a visit to Hartigan's Ice Cream Shoppe, a beloved family-owned ice cream shop known for its old-fashioned charm and wide variety of flavors. After enjoying a sweet treat, we'll travel to the beautiful Merrick Rose Garden.

Cost: Bring money for ice cream / Sign up by July 24th





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 Harms

Friday, July 10th, 11:15am Departure / Niles

Join us for lunch at Hackney's on Harms, a beloved North Shore restaurant that has been serving guests since 1939.

The Glen Club

Friday, July 31st, 11:15am Departure / Glenview

Enjoy a relaxing lunch at The Glen Club, an elegant dining destination located on the beautifully landscaped grounds of a championship golf course.



Outing announcement for ticketed events:

If you cancel without finding a replacement after the sign up date, you will be charged for the ticketed amount. Thank you for understanding.

Walking Guide:

Minimal Walking



From bus to

Moderate Walking



Small museum
or attraction

Extensive Walking



Large museum
or attraction

You are welcome to drive yourself to any of the outings, but please add your name to the sign up sheet and indicate that you will be driving yourself. Please coordinate the meeting time with the group.

The sign up sheets for bus outings are located in the Transportation Binder at the front desk.

**** Please sign your own name up in the book instead of having the concierge or a friend sign you up. ****



Additional Outing (Not previously published)

Sounds Good **CHOIR CONCERT**

 *Northbrook* 

WEDNESDAY, JULY 29 | 7 PM

TEMPLE BETH-EL

3610 Dundee Rd., Northbrook, IL



Conducted by Paul Langford



Accompanied by
live, 5-piece band



Price: Free/Please
sign up by July 24

ALL BEATLES SUMMER REPERTOIRE:

- Sgt. Pepper's Lonely Hearts Club Band
- In My Life
- When I'm Sixty-Four
- Help!
- All You Need is Love
- I Saw Her Standing There
- Golden Slumbers/
Carry That Weight



Spiritual Life Programs

Say the Rosary in Honor of America's 250th Birthday

Saturday, July 4 at 11:00am in the Chapel

Join us in praying the Rosary as we commemorate America's 250th Birthday. Together, we will offer prayers of gratitude for our nation and ask for continued guidance, unity, and peace for the years ahead.

July Shabbat Service

Friday, July 17 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, July 15 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.

July Torah Study

Thursday, July 16 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 July 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, July 29 at 10:00 am, Upper Room Chapel

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