

October 2025 Calendar of Daily Programs, Special Events and Community Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yom Kippur Begins at Sunset	2	3	4
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	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 1:00 Bible Study (3FCR) 1:00 Scrabble (CC) 2:00 Resident Advisory Council (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)	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: Egg Harbor (FL) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 3:00 Putting Tournament (PG)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie: <i>Sister Act</i> (TR) 7:00 Movie: <i>Sister Act</i> (TR) 7:00 Poker (A&C)
5	6	7	8	9	10	11
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12-2 Sunday Brunch (DR) 2:00 Movie: <i>Dirty Dancing</i> (TR) 7:00 Movie: <i>Dirty Dancing</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1-2 Resident Survey Assistance (CC) 1:30 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 (A&C) 1:00 Netflix Series: <i>Wild Animal Babies: New Arrivals</i> (TR) 2 Outing to Walgreens for Senior Discount Day (FL) *must be My Walgreens Member* 7:00 Lecture by Joyce Haworth: The Salem Witch Trials & The Power of Fear (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 Bible Study (3FCR) 1:00 Duplicate Bridge (C&G) 1:00 Scrabble (CC) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR) 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) 2:00-4:00 Vaccine Consent Form Assistance with Delia (WC) 3:00 Floor Reps Committee (A&C) 4:30 Signature Dinner (DR) 7:00 Movie: Newsies (TR)	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 (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) 2:00 Movie: <i>Topsy-Turvy</i> (TR) 7:00 Movie: <i>Topsy-Turvy</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) 1:00 Left, Right, Center Game (A&C) 2:00 Outing: The Savoyaires Present: The Mikado (FL) 2 Movie: <i>Teacher's Pet</i> (TR) 7 Movie: <i>Teacher's Pet</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1-2 Resident Survey Assistance (CC) 1:30 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 (A&C) 1:00 Netflix Series: <i>Wild Animal Babies: Home Alone</i> (TR) 2:00 Chestnut Chat Meeting (A&C) 7:00 Lecture by Bill Pack: Tricks & Treats - A Cultural History of Halloween (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 Bible Study (3FCR) 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 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 Wii Bowling (TR) 2:00-4:00 Vaccine Consent Form Assistance with Delia (WC) 3:00 Fitness Center Orientation (FC)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 10:50 Lunch Bunch: SGD Korean BBQ (FL) Please note earlier departure time* 1:30 Sit & Stretch (GR) 3:00 Nature Documentary: Surviving Paradise: A Family Tale (TR)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie: <i>A Shot in the Dark</i> (TR) 7:00 Movie: <i>A Shot in the Dark</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>Are You There God? It's Me, Margaret.</i> (TR) 7:00 Movie: <i>Are You There God? It's Me, Margaret</i> (TR)	Audiologist Appts w/ Dr. Wise (3FCR) 9:15 Sit & Stretch (GR) 10 Christian Service & Communion (URC) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1-2 Resident Survey Assistance (CC) 1:30 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 (A&C) 1:00 Netflix Series: <i>Wild Animal Babies: On the Move</i> (TR) 2:00 Sing a-long with Al & Linda (GR) 7 Historical Portrayal by Debra Miller: The Intricate Riddle of Life: Mary Shelley (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 Bible Study (3FCR) 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 Documentary: <i>Reading Rainbow: Butterfly in the Sky</i> (TR) 5:00 Birthday Dinner (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) 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) 12:30 to Opera in Focus: A Halloween Spooktacular (FL) 1:00 Canasta (C&G) 2:00 Movie Matinee: <i>Strangers on a Train</i> (TR) 7:00 Movie: <i>Strangers on a Train</i> (TR) 7:00 Poker (A&C)
26	27	28	29	30	31 Halloween	
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1:00 Left, Right, Center Game (A&C) 2 Movie: <i>Our Souls at Night</i> (TR) 7 Movie: <i>Our Souls at Night</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 12:00 Founder's Luncheon (PDR) 1:00 Meditation with Delia (TR) 1-3 Technology Help with Jamie 1:00 Pinochle (C&G) 1:30 Sit & Stretch (GR) 3 One Day University Lecture (TR) 7:00 Bingo (A&C)	9-1 COVID-19 & Flu Vaccine Clinic (GR) 9:00 Salon Services (BS) 9:15 Chair Yoga (A&C) 10-11:30 Card Shop (CS) 10:30 Environmental Group (3FCR) 1:00 Netflix Series: <i>Wild Animal Babies: Big Families</i> (TR) 7:00 Musical Entertainment: The Alba Trio "Not So Scary" Halloween Program (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 11:30 New Resident Luncheon (PDR) 1:00 Bible Study (3FCR) 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 Wii Bowling (TR) 2:30 Fiction Book Club (3FCR) 3:30 Torah Study (A&C)	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 Gathering (PDR) 3:00 Halloween Party (GR) 7:00 Movie: <i>Dial M for Murder</i> (TR)	

October 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 9:15am 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

Danny Meyer is back at Chestnut Square to lead this fitness class! Join us as we focus on balance, coordination, joint mobility, strength, and flexibility. Please note new day & time!

Chestnut Square Putting Tournament

*Friday, October 3rd at 3:00pm on the Putting Green *Weather Permitting**

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



Fitness Center Orientation

Thursday, October 16th at 3:00pm in the Fitness Center

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

Flu & COVID-19 Vaccine Clinic

Tuesday, October 28th from 9:00am to 1:00pm in the Great Room

It's that time of year again! Jewel-Osco will be providing the COVID and Flu vaccinations here at Chestnut on Tuesday, October 28 from 9 am to 1 pm for those who sign up at the concierge. Please have the consent form completed in advance and bring a copy of your insurance cards. Don't forget to wear vaccine-appropriate clothes (short sleeves) to expedite the process!



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 brain 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 Joyce Haworth:

The Salem Witch Trials & The Power of Fear

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

In 1692, a group of teenage girls began having bizarre and disturbing fits and claimed that witches in the community were persecuting them. By the end of the year, twenty women and men had been executed for witchcraft.

Though witchcraft trials had happened before in New England, these spiraled out of control; legal safeguards went out the window and fear gained the upper hand. Our images of Salem are often sensational and historically inaccurate. This lecture lays out the true story of one of the strangest and most painful episodes in American history.



Lecture by Bill Pack: Tricks & Treats -

A Cultural History of Halloween

Tuesday, October 14th at 7:00pm in the Great Room

Despite what some histories say, Halloween, as we know it, is a surprisingly modern holiday. You'll hear about the true origins of the spookiest night of the year, some of the wildest ways people have celebrated the night, and the legends that surround it. In this engaging and immersive program, you'll gain a deeper understanding of the fascinating historical and cultural significance of Halloween.



Hearing Clinic

Monday, October 20th by appointment only

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, \$50-100
- 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
- Comprehensive cleaning is \$40
- Minor reprogramming adjustment is \$75
- Major reprogramming with real-ear verification is \$150
- 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 224-580-9021 to schedule an appointment.



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 worked in private practice in the Southwest prior to moving to Evanston with his wife, a resident physician at Evanston Hospital. He is a Fellow of the American Academy of Audiology. His passion is to help people live healthier lives through better hearing.

Historical Portrayal by Debra Miller:
The Intricate Riddle of Life: Mary Shelley
Tuesday, October 21st at 7:00 pm in the Great Room

It is June 16, 1848, and you have traveled to London and are seated in the parlor of 24 Chester Square, where you await the lady of the house: fifty-year-old Mary Godwin Shelley.



Mary Shelley was the daughter of social revolutionaries William Godwin and Mary Wollstonecraft, wife of romantic poet Percy Shelley, and mother of Frankenstein and his monster. But beneath the sweeping romantic tale of love unbound by societal convention and a life of travel, is the truth of the life of Mary Shelley: abandoned, disowned, and betrayed, wounded by the deaths of husband and children, she was besieged by creditors and so-called friends.

CHESTNUT SQUARE

TRIVIA
NIGHT

Thursday, October 23
7:00 PM
Great Room

Musical Entertainment by The Alba Trio

A Not-So-Scary Halloween Program

Tuesday, October 28th at 7pm in the Great Room

Sophistication seems to best describe The Alba Trio—composed of flute, violin, and cello. Each an accomplished performer, these musicians share their love of music through classical, pop, and jazz-inspired selections.

For this performance, The Alba Trio dresses in costumes and performs the music related to the dress. Past performances have included “Carmen”, “The Phantom of the Opera”, and “Tarantella” which is a spider’s dance! Included are “The Funeral March for a Marionette”, otherwise known as the theme from Alfred Hitchcock, Chopin’s “Funeral March”, and “Night on Bald Mountain”.



HALLOWEEN PARTY

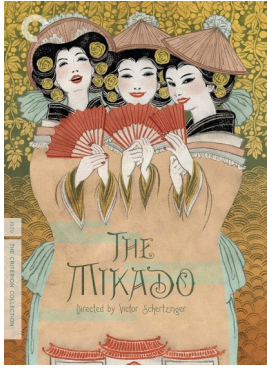
FRIDAY, OCTOBER 31 AT 3:00PM IN THE GREAT ROOM



Join us for our annual Halloween Party! Those that dress up will be a part of the costume contest, so make sure to put on your finest costume to win any of these categories: spookiest, funniest, best duo/couple, most creative.

Festive snacks & drinks will be served

October Outings



The Savoyaires Present: *The Mikado* *Sunday, October 12th / 2:00pm Departure / Evanston*

Named for London's famed Savoy Theatre, the Savoyaires were founded in 1964 by conductor Frank Miller. The group's charter was to bring the Gilbert and Sullivan operettas to audiences on Chicago's North Shore, a mission that was pursued with intense dedication. This performance will be Gilbert and Sullivan's *The Mikado*.

Please sign up by October 6 / Cost: \$25

Opera in Focus: *A Halloween Spooktacular* *Saturday, October 25th / Departing at 12:30pm / Rolling Meadows*

William B. Fosser's Puppet Production Opera in Focus presents fully staged scenes from well-known operas in performances that run about one hour in length. A demonstration of the operation of the puppets and a tour of the backstage area follows each performance.

Repertoire

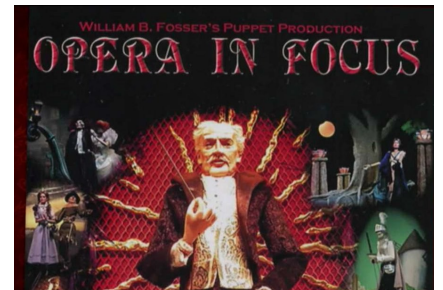
LITTLE SHOP OF HORRORS

"Grow For Me", "Somewhere That's Green"
"Feed Me" (Git It), "Dentist!", "Now (It's Just the Gas)"
"Suddenly Seymour", "Suppertime"

THE PHANTOM OF THE OPERA

"Music Of The Night", "All I Ask Of You"
"Masquerade", "Point Of No Return"

Cost: \$12 / Sign up by October 20



Lunch Bunch

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

Egg Harbor

Friday, October 3rd, 11:15am Departure / Glenview

Casual daytime dining chain serving American comfort food in family-friendly surroundings.



SGD Korean BBQ

Friday, October 17th, 10:50am Departure / Glenview

Also known as So Gong Dong, SGD, serves flavorful and healthy Korean cuisine. Please note earlier departure time.

Spiritual Life Programs

October Shabbat Service

Friday, October 24 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, October 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.

October Torah Study

Thursday, October 30 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.

From the Chaplain's Desk



CHESTNUT
S Q U A R E

at The Glen

A SENIOR LIVING COMMUNITY

Happy Fall!

What a lovely time of year marked by warm hues, cozy smells, and a refreshing snap in the air. It is a season full of change. As I look out my office window at the large tree in view, I can already imagine how, in just a few short weeks, its lush green leaves will begin to turn orange and yellow. Soon after, they will shift to brown and eventually begin to fall.

I found myself wondering why it is so important for trees to lose their leaves every autumn. What I learned is just how crucial this step is to the tree's survival. Trees shed their leaves in the fall to save water and energy during the cold months, when sunlight and water are harder to come by. This also protects them from snow damage, prevents pests and diseases, and allows them to rest until spring. Without this seasonal shedding, a tree would not truly thrive.

There is something deeply symbolic about that. Fall reminds us that change is not only natural but also necessary. Even when things feel bare or uncertain, God is at work in our roots, preparing us for growth and renewal. This month your invitation is to consider: ***What might you need to shed as you enter this new season?***

This Month:

Join us for our first gathering on
Wednesday, October 1st at 1 PM, as we
come together to explore what Spiritual
Care will look like this Fall.

Would you like prayer or someone to talk
to? The Chaplain's Office is open on
Monday, Wednesday and Friday for pastoral
care, grief support, and a safe space to
share a friendly chat!

**Walk-Ins are always welcome, or you
may schedule an appointment with
Mayra by calling 847-904-5115.**

*May all your worry &
anxiousness be
transfigured...
May you be given
wisdom for the eyes of
your soul to see this as a
time of gracious
harvesting...*

-John O'Donohue, *To Bless the Space
Between Us*



Resident Survey

During October, Chestnut Square will be distributing Resident Satisfaction Surveys. The anonymous surveys will be completed online but you will receive a paper handout with a unique username and login. All the information you provide is very helpful and we appreciate your comments, ideas, and thoughts.

Please let Jamie know when you complete your survey and we will enter you in a raffle. Last day to complete the survey is *October 22*. We hope you all participate in this survey to help our community thrive!

Jamie will be in the Café on Monday, October 6, 13, and 20 from 1pm-2pm to assist residents with the survey.

If you have any questions,
please contact Maureen
or Jamie.

