

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	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 Religious Programs in Green Bus Outings in Blue		9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 11:15 Sit & Stretch 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) 1:00 Mahjong (C&G) 1:00 Wii Bowling (TR) 2:00 Sit & Stretch (GR) 3 Documentary: <i>The Ghost Army</i> (TR)	10:00 Great Courses: <i>Medical Myths, Lies, & Half-Truths</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>The Other Side of the Mountain</i> (TR) 6:30 Poker (A&C) 7:00 Movie: <i>The Other Side of the Mountain</i> (TR)
4	5	6	7	8	9	10
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12:00 Bears Game (C&G) 12-2 Sunday Brunch (DR) 2:00 Movie: <i>The Great Outdoors</i> (TR) 7:00 Movie: <i>The Great Outdoors</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 2:00 Sit & Stretch (GR) 3:00 Netflix Series: <i>A Man on the Inside</i> Episode 2 (TR) 4:00 Watch & Jewelry Repair (C&G) 7:00 Bingo (A&C)	9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 11:00 Information Session: Northfield Township Food Pantry (GR) 1:00 PBS Docuseries: Ken Burns: <i>The Roosevelts: An Intimate History</i> (TR) 1-4 Optometrist Appts. w/ Dr. Patel (PDR) 2:00 Senior Discount Day at Walgreens (FL) 7:00 Musical Entertainment: Vocalist John Adair (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) 1:15 Balance Class with Karen (GR) 2:30 Sit & Stretch (GR) 6:30 Poker (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 11:15 Exercise Video (GR) 2:00 Baseball Lecture by Ron Gieseke: Baseball Bench Coach (GR) 4:30 Signature Dinner (DR) 7:00 Movie: <i>Wicked: For Good</i> (TR)	9:00 Salon Services (BS) 9:15 Sit & Stretch (GR) 10:00 Watercolor Class (A&C) 10:30 Sit & Stretch (GR) 1:00 Mahjong (C&G) 1:00 Wii Bowling (TR) 2:00 Sit & Stretch (GR) 3:00 Putting Tournament (PG)	10:00 Great Courses: <i>Medical Myths, Lies, & Half-Truths</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>The Long, Long Trailer</i> (TR) 6:30 Poker (A&C) 7:00 Movie: <i>The Long, Long Trailer</i> (TR)
11	12	13	14	15	16	17
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1:30 Left, Right, Center (A&C) 2:00 Outing: The Savoyaires Present Princess Ida (FL) 2:00 Movie: <i>Soul Surfer</i> (TR) 3:25 Bears Game (C&G) 7:00 Movie: <i>Soul Surfer</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 2:00 Sit & Stretch (GR) 3:00 Netflix Series: <i>A Man on the Inside</i> Episode 3 (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) 1:00 PBS Docuseries: Ken Burns: <i>The Roosevelts: An Intimate History</i> (TR) 3:00 Poetry Appreciation (3FCR) 7:00 Lecture by Tim Wilsey: <i>Mysterious Hollywood Deaths</i> (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) 1:15 Balance Class with Karen (GR) 2:30 Sit & Stretch (GR) 3:00 Grief Group (A&C) 6:30 Poker (A&C)	Audiologist Appts. w/ Dr. Wise (3FCR) 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 Class (A&C) 10:30 Sit & Stretch (GR) 1:00 Mahjong (C&G) 1:00 Wii Bowling (TR) 2:00 Sit & Stretch (GR) 3:00 TED Talk & Discussion (TR) 7:00 Shabbat Service (URC)	10:00 Great Courses: <i>Medical Myths, Lies, & Half-Truths</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>Uncle Buck</i> (TR) 6:30 Poker (A&C) 7:00 Movie: <i>Uncle Buck</i> (TR)
18	19	20	21	22	23	24
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12:00 Bears Game (C&G) 1:30 Left, Right, Center Game (A&C) 2:00 Movie: <i>The Secret of My Success</i> (TR) 7:00 Movie: <i>The Secret of My Success</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 2:00 Sit & Stretch (GR) 3:00 Netflix Series: <i>A Man on the Inside</i> Episode 4 (TR) 7:00 Bingo (A&C)	9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 10:30 Roman Catholic Mass (URC) 11:00 Scattergories Brain Game (3FCR) 1:00 PBS Docuseries: Ken Burns: <i>The Roosevelts: An Intimate History</i> (TR) 2:00 Wine and Cheese Tasting (C&G) <i>*Limited spots, sign up with Nelly*</i> 7:00 Health Talk by Orthopedic Surgeon Dr. Hayden Baker (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 12:00-4:00 Community Swap & Hats, Coats and Gloves Drive (A&C) 1:00 Duplicate Bridge (C&G) 1:15 Balance Class with Karen (GR) 3:00 Resident Advisory Council Meeting (GR) 6:30 Poker (A&C)	8:00-12:00 Vaccine Clinic (GR) 9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 1:00-2:15 Lecture by Gary Midkiff: 76 Moments in U.S. History Part 3 (GR) 2:45 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 Class (A&C) 10:30 Sit & Stretch (GR) 11:30 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 (TR)	10:00 Great Courses: <i>Medical Myths, Lies, & Half-Truths</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2:00 Movie: <i>Top Gun: Maverick</i> (TR) 6:30 Poker (A&C) 7:00 Movie: <i>Top Gun: Maverick</i> (TR)
25	26	27	28	29	30	31 Halloween
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1:00 CSO Outing: Sleeping Beauty & Dvořák Cello Concerto (FL) 1:30 Left, Right, Center Game (A&C) 2:00 Movie: <i>Babe</i> (TR) 7:00 Movie: <i>Babe</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Outing to The Grove (FL) 1:00 Meditation with Delia (TR) 2:00 Sit & Stretch (GR) 3:00 Netflix Series: <i>A Man on the Inside</i> Episode 5 (TR) 7:00 Bingo (A&C)	9:00 Salon Services (BS) 9:15 Chair Yoga (GR) 10-11:30 Card Shop (CS) 11:00 Chestnut Environmental Forum (A&C) 1:00 PBS Docuseries: Ken Burns: <i>The Roosevelts: An Intimate History</i> (TR) 2:00 Fitness Center Orientation (FC) 3:00 Poetry Appreciation (3FCR) 7:00 Musical Entertainment: The Alba Trio "Not So Scary" Halloween Program (GR)	9:15 Sit & Stretch (GR) 10-12 Blood Pressure Checks (PIH) 10:00 Christian Service (URC) 10:30 Sit & Stretch (GR) 11:00 Coffee Talk (A&C) 11:30 New Resident Luncheon (PDR) 1:00 Duplicate Bridge (C&G) 1:15 Balance Class with Karen (GR) 2:30 Sit & Stretch (GR) 3:00 Grief Group (A&C)	9:00 Salon Services (BS) 10-11:30 Card Shop (CS) 10:15 Jeopardy (GR) 11:15 Exercise Video (GR) 1:00 Information Session: Kids Above All & the Holiday Toy Drive (GR) 2:00 Wii Bowling (TR) 3:30 Torah Study (A&C) 5:00 Birthday Dinner II (CC) 7:00 Men's Club (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 Transportation to Village Hall for Early Voting (FL) 1:00 Halloween Party (GR) 	10:00 Great Courses: <i>Medical Myths, Lies, & Half-Truths</i> (TR) 11:15 Scrabble (CC) 1:00 Canasta (C&G) 2 Movie: <i>Rear Window</i> (TR) 6:30 Poker (A&C) 7 Movie: <i>Rear Window</i> (TR)

October Fitness & Wellness



Sit & Stretch

*Mondays, Wednesdays, Fridays at 9:15am, 10:30am, & **2:00/2:30pm***

This virtual exercise class takes you through the steps to a great stretch.

On Wednesdays, the afternoon class will be at 2:30pm

Chair Yoga

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

Instructor, Julia, will be leading this class.

Balance Class with Karen from the YMCA

Wednesdays in October at 1:15pm in the Great Room

Join Karen from the YMCA for a one-hour class designed to improve balance, strength, posture, mobility, and flexibility. The class includes a gentle warm-up, bodyweight strength exercises, balance movements, posture work, mobility and flexibility exercises, breathing techniques, and fun brain challenges.

Optometrist Appointments with Dr. Patel

Tuesday, October 6th from 1pm-4pm in the Private Dining Room.

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



Chestnut Square Putting Tournament

Friday, October 9th at 3:00pm on the Putting Green

Join us for some friendly competition with your Chestnut neighbors.

We will play in the Great Room if the weather does not cooperate.



Audiologist Appointments with Dr. Wise

Thursday, October 15th in the 3rd Floor Conference Room

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



Jewel-Osco Vaccine Clinic

Thursday, October 22nd from 8:00am to 12:00pm in the Great Room

It's that time of year again! Jewel-Osco will be providing vaccinations here at Chestnut Square. Please sign up at the concierge and have the consent form completed in advance and bring a copy of your insurance cards. *Don't forget to wear short sleeves to expedite the process!*



Fitness Center Orientation

Tuesday, October 27th at 2:00pm in the Fitness Center

Staff will be giving an orientation on how to use the fitness center equipment.

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 Roosevelts: An Intimate History*



Director Ken Burns' series explores the lives and lasting impact of Theodore, Franklin, and Eleanor Roosevelt, following the influential family from 1858 to 1962 and highlighting their roles in shaping American history.

Great Courses & Discussion: *Medical Myths, Lies, and Half-Truths*

Discover the truth behind common health myths and misconceptions. This Great Courses series explores what science really says about nutrition, hydration, vaccines, alternative medicine, and more. Learn how to recognize reliable medical information and make better-informed health decisions.



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.



Northfield Township Food Pantry Information Session



TUESDAY, OCTOBER 6TH AT
11:00AM IN THE GREAT ROOM

On Tuesday, October 6th at 11:00am in the Great Room Julie from the Food Pantry will be here for a brief presentation about the Food Pantry and the services they provide.

We are continuing to collect **non-perishable food** & **personal hygiene items** to donate to the Northfield Township Food Pantry. There is a donation bin in the Mail Room. Monetary donations accepted as well. Checks can be made out to Northfield Township Food Pantry and mailed directly to their office at 2550 Waukegan Road, Suite 200, Glenview, IL 60025.



Musical Entertainment by Vocalist John Adair

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

Born and raised on the northwest side of Chicago, John Adair holds a B.A. in Drama, Voice, and Speech from Northern Illinois University, along with continuing studies at Northwestern University in Broadway, Classical, and Performance. John's show features contemporary music, Broadway favorites, and performances in multiple languages.



Baseball Lecture by Ron Gieseke: Baseball Bench Coach

Thursday, October 8th at 2:00pm in the Great Room

Our guest speaker, Ron Gieseke, is the author for the past eight years of a blog, Baseball Bench Coach (www.baseballbenchcoach.com), which provides baseball insight every Monday morning during the baseball season.



A book of the same name was published in 2025. He is a frequent speaker on baseball topics. Ron has also served as a tour guide at Wrigley Field for the past nine seasons. He is the son-in-law of one of our dear residents, Arlene Wolf!

Lecture by Tim Wilsey: *Mysterious Hollywood Deaths*

Tuesday, October 13th at 7:00pm in the Great Room

Hollywood has always been filled with glamour, fame, and mystery. Explore some of the most intriguing and unexplained deaths from Hollywood's Golden Age, featuring famous stars, surprising circumstances, and the stories and theories that continue to capture our curiosity.



Wine *and* Cheese — TASTING —



October 20 at 2pm
in the Card & Game Room



Limited Spaces
please sign up with Nelly
at the Front Desk.



Endeavor Health
Orthopaedic & Spine Institute



**TEAM
REHABILITATION**
PHYSICAL THERAPY

Common Shoulder Injuries Later in Life

October 20th, 7 PM

Stay active. Stay informed. Stay pain-free.

Join us for an engaging and practical discussion on common shoulder conditions that can impact daily life as we age.

- What's causing common issues like:
 - Frozen shoulder
 - Rotator cuff injuries
 - Biceps tendinitis/tears
- Osteoarthritis, bursitis & impingement
- Signs and symptoms to watch for
- When to seek care
- Treatment options to help you stay active



Join us for a FREE Educational Seminar at Chestnut Square - Glenview
Refreshments and Snacks provided!

2601 Chestnut Ave
Glenview, IL 60060

Hayden Baker, MD Orthopaedic Sports Medicine Surgeon - Endeavor Health Orthopaedic & Spine Institute
Kasha Weinshenk, DPT Clinic Director - Park Ridge Team Rehabilitation Physical Therapy

WWW.TEAM-REHAB.COM

Community Swap & Hats, Coats and Gloves Drive



Wednesday, October 21
from 12pm-4pm
in the Arts & Crafts Center



Drop off *small* household items that you no longer want. *Gently used, clean* clothing will be accepted.

Only drop off items on this day, not prior.

Then come by and take anything you want!

All items are *free* and all leftover items will be donated.



We will also be having a separate area for residents to donate gently used or new coats, hats, and gloves. These items will *not* be available for residents to take and we will donate them to an organization who will distribute them to those in need.

Lecture by Gary Midkiff:

76 Moments in U.S. History Part 3

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

To help celebrate the 250th birthday of our country this year, Gary Midkiff has assembled a six-part program that describes the 76 most important moments in our history from 1776 to 2026. These moments will include Supreme Court decisions, inventions, pharmaceutical advances, wars, presidential decisions, and a few moments from the world of sport.



Musical Entertainment by The Alba Trio

A Not-So-Scary Halloween Program

Tuesday, October 27th at 7:00pm 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”.



Information Session:

Kids Above All & the Holiday Toy Drive

Thursday, October 29th at 1:00pm in the Great Room

Join us for an Information Session with Deaconess Catherine Inserra to learn more about Kids Above All, the children and families they support, and how you can make a difference this holiday season by participating in their Holiday Toy Drive.

KIDS ABOVE
ALL

**HOLIDAY
GIFT DRIVE**

NOVEMBER 17 - DECEMBER 16

Chestnut Square has proudly partnered with Kids Above All for many years, and we look forward to continuing this meaningful tradition.

HALLOWEEN PARTY

FRIDAY, OCTOBER 30 AT 1:00PM IN THE GREAT ROOM



Join us for our annual Halloween Party! We encourage residents to dress up and those interested will be a part of the costume contest! Festive snacks & drinks will be served
Great Room doors will open right at 1:00pm

October Outings



Senior Discount Day at Walgreens



Tuesday, October 6th / Departing at 2:00pm

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



The Savoyaires Present: *Princess Ida*

Sunday, October 11th / 2:00pm Departure / Evanston

Princess Ida and Prince Hilarion were betrothed when they both were babies, but now that they're grown up, she has other ideas. A fairy-tale battle of the sexes, Gilbert & Sullivan's underrated Princess Ida combines Gilbert's sparkling wit with one of Sullivan's most thrilling scores. Performed by a 32-person cast & a 30-piece orchestra.

Please sign up by September 28 / Cost: \$25



CSO Sleeping Beauty & Dvořák Cello Concerto

Sunday, October 25th, Departure at 1:00 pm / Chicago



Jamie has the list of residents who signed up for this outing. Please be in the lobby at 12:45pm, and if interested, order dinner at Chestnut Square for 6:30pm pick up ahead of time.

If you haven't already signed up for this and are interested in going, please see Jamie and she can check if there are still tickets available.

The Grove Interpretive Center Tour

Monday, October 26th, Departure at 1:00 pm / Glenview

Join us for a visit to The Grove, Glenview's beautiful National Historic Landmark! We'll have a tour of the indoor Interpretive Center and learn about Glenview's history. It's a wonderful opportunity to enjoy a little local history and nature right in our own backyard! This tour is ADA Accessible.



Please sign up by October 25 / Cost: \$7

Lunch Bunch



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

Culver's

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

Enjoy a delicious meal featuring their famous ButterBurgers, crispy fries, fresh salads, and tasty frozen custard.

Hackney's on Harms

*Friday, October 23rd, **11:30am** Departure / Glenview*

Come check out the newly renovated Hackney's on Harms! Enjoy a Glenview favorite, featuring a refreshed interior while keeping the classic charm and delicious favorites that have made Hackney's a local tradition.



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
restaurant/theater

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. ****



Save the Date for These Upcoming Outings:

Tuesday, November 10 — Great Lakes Navy Band at NSSC (10am)

Sunday, November 22 — Musical Concert at OLPH (2:00pm)

Sunday, December 13— Metropolis presents *The Christmas Schooner* (2pm)

Spiritual Life Programs

October Shabbat Service

Friday, October 16 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

Tuesday, October 20 at 10:30 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 29 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.

Christian Service

Wednesday, October 28 at 10:00am in the Chapel

Bob B. & David W. will be leading this service. Communion will be available.

Non-Religious Grief Group

Wednesday, October 14 & 28 at 3:00 pm in the Arts & Crafts Center

Join us for a non-religious Grief Group, offering support, connection, and resources for anyone coping with loss or navigating the grieving process.