


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2	3	4	5	6
	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11 Brain Games Packet Pickup (A&C) 1:00 Pinochle (C&G) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (GR) 3 One Day University Lecture (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 Scattergories Brain Game (A&C) 12:00 2nd Floor Mixer Pizza Party (GR) 1:00 Netflix Series: <i>Life on Our Planet: Inheriting the Earth</i> (TR) 2 Outing to Walgreens for Senior Discount Day (FL) *must be My Walgreens Member* 7:00 Lecture by Cheryl Brown: Riverview Remembered (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 Scrabble (CC) 1:30 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 Programs Committee (A&C) 2:00 Transportation Committee (A&C) 3:00 Floor Reps Committee (A&C) <i>*Please Note Committee Meeting Changes for this Month*</i>	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: Leonidas Chocolate Cafe (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>Radio</i> (TR) 7:00 Movie: <i>Radio</i> (TR) 7:00 Poker (A&C)
7	8	9	10	11	12	13
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 12-2 Sunday Brunch (DR) 2:00 Movie: <i>The Penguin Lesson</i> (TR) 7:00 Movie: <i>The Penguin Lesson</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 10:00 Botanic Gardens Outing (FR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (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>Life on Our Planet: Age of Ice and Fire</i> (TR) 7:00 Chicago Showcase: Saori Chiba, Pianist; Amanda Cabán, Mezzo-Soprano; and Ryan Kirk, Tenor (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 Scrabble (CC) 1:30 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) 3:30 Torah Study (A&C) 4:30 Signature Dinner (DR) 7:00 Movie: The Color Purple (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 Documentary: Facing Nolan (TR)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Documentary: <i>Jaws @ 50</i> (TR) 7:00 Documentary: <i>Jaws @ 50</i> (TR) 7:00 Poker (A&C)
14	15	16	17	18	19	20
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1:00 Left, Right, Center Game (A&C) 2 Movie: <i>Groundhog Day</i> (TR) 7 Movie: <i>Groundhog Day</i> (TR)	Audiologist Appts w/ Dr. Wise (3FCR) 9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (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>Life in Color: Seeing in Color</i> (TR) 7:00 Musical Entertainment: Wayne Messmer (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) 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) 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) 11:15 Lunch Bunch: Pinstripes (FL) 1:30 Sit & Stretch (GR) 3:00 Documentary: Rather (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>Ferris Bueller's Day Off</i> (TR) 7:00 Movie: <i>Ferris Bueller's Day Off</i> (TR) 7:00 Poker (A&C)
21	22 Rosh Hashanah Begins	23	24	25	26	27
10:00 Walk to End Alzheimer's at Gallery Park (FL) 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>High Society</i> (TR) 7:00 Movie: <i>High Society</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1:30 Sit & Stretch (GR) 2:00 First Day of Autumn: Donuts and Hot Cider (FA) 2:30 Fitness Class with Danny (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>Life in Color: Hiding in Color</i> (TR) 2:00 Fall Craft (A&C) <i>Please sign up with Jamie</i> 7:00 Musical Entertainment by Tim Wilsey (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 Fitness Center Orientation (FC) 1:00 Duplicate Bridge (C&G) 1:00 Scrabble (CC) 1:30 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 Health Talk by Residential Home Health: Pain Management (GR) 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 Class (A&C) 10:30 Sit & Stretch (GR) 12:00 Men's Club Gathering (PDR) 1:00 Wii Bowling (TR) 1:30 Sit & Stretch (GR) 2:00 Poetry Class (3FCR) 3:30 Friday with Friends Oktoberfest Happy Hour (CC)	10:00 Great Courses: <i>Ancient Empires Before Alexander</i> (TR) 1:00 Canasta (C&G) 2:00 Movie Matinee: <i>Apollo 13</i> (TR) 7:00 Movie: <i>Apollo 13</i> (TR) 7:00 Poker (A&C)
28	29	30				
11:00 Roman Catholic Communion Service (URC) 11:30 Say the Rosary (URC) 1 Left, Right, Center Game (A&C) 2:00 Movie: <i>The Milagro Beanfield War</i> (TR) 7:00 Documentary: <i>The Milagro Beanfield War</i> (TR)	9:15 Sit & Stretch (GR) 10:30 Sit & Stretch (GR) 11:00 Brain Games (A&C) 1:00 Meditation with Delia (TR) 1:00 Pinochle (C&G) 1:30 Sit & Stretch (GR) 2:30 Fitness Class with Danny (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) 10:30 Environmental Group (A&C) 1:00 Netflix Series: <i>Life in Color: Chasing Color</i> (TR) 2 Unity Hospice & Palliative Care Talk (GR) 7:00 Lecture by Amy Gail Hansen: Duncan Hines: More Than Cake Mix (GR)		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

September 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

Mondays 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, September 5th at 3:00pm on the Putting Green *Weather Permitting**

Join us in some friendly competition with your Chestnut neighbors.

Golf balls & putters will be provided and all are welcome to play.



Fitness Center Orientation

Wednesday, September 24th at 1:00pm in the Fitness Center

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

Health Talk by Residential Home Health: Pain Management

Thursday, September 25th at 1:00pm in the Great Room

This presentation will be led by Eric Japczyk Schuler, RN, BSN, CHPN Hospice Clinical Supervisor at Residential Home Health and Hospice. The program will be an overview of Pain Management through the lens of hospice care. Eric is a certified hospice and palliative care nurse who enjoys advocating for patients and educating others on the benefits of hospice.



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.

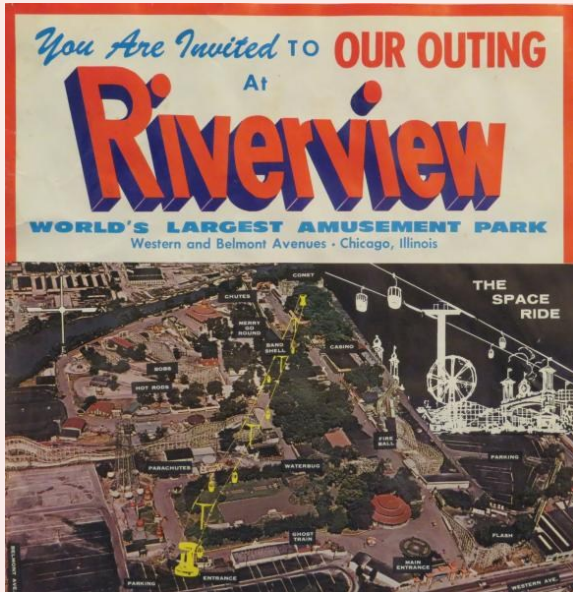


Lecture by Cheryl Brown: Riverview Remembered

Tuesday, September 2nd at 7:00pm in the Great Room

The world's largest amusement park was right here in the city of

Chicago. Join us for a fun presentation with lots of pictures and stories about this amazing park that opened in 1904. Relive the past with historian Cheryl Brown as she explains the rides and attractions: Aladdin's Castle Fun House, the Bobs, Shoot the Chutes, Flying Turns, Pair-O-Chutes, Freak Show, and more. Discover why it suddenly closed in 1967.



CHICAGO SHOWCASE

**TUESDAY, SEPTEMBER 9 AT
7:00PM IN THE GREAT ROOM**

**MEZZO-SOPRANO ~ AMANDA CABÁN
TENOR ~ RYAN KIRK
PIANIST ~ SAORI CHIBA**

Hearing Clinic

Monday, September 15th 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.

Musical Entertainment: Wayne Messmer

Tuesday, September 16th

7:00 pm in the Great Room

Whether he's singing at home plate at the World Series, standing on the 50-yard line, on a concert stage, at a jazz club, or in a recording studio, Wayne Messmer brings his distinctly recognizable voice to each situation with the versatility to deliver a powerful performance.



He may sing a stirring National Anthem on one occasion and then display a smooth, expressive side that brings the listener along on an emotional journey of words and music.

Musical Entertainment by Tim Wilsey

Tuesday, September 23rd at 7:00pm in the Great Room

Join Tim Wilsey as he performs a wide variety of Jazz, Blues, Rock & Roll Classics...and don't forget some Country and Western. Tim has been a professional musician for over 35 years, originally hailing from Boston and moving to Chicagoland in the mid 1990s. Tim's band has performed at such venues as The Drake, Signature Room in The John Hancock, Chicago Marathon, and The Gale Street Inn, among many other Chicagoland venues. His passion for pioneers

of music is reflected in the artists whose songs he will be performing, including classics from Nat King Cole, Tony Bennett, Willie Nelson, Louis Armstrong, Elvis, Johnny Cash, and more.



FIRST DAY OF FALL

DONUTS & HOT CIDER

MONDAY, SEPTEMBER 22

2:00PM

1ST FLOOR FIREPLACE

Fall is here! Join us for donuts & hot
cider by the 1st Floor Fireplace

CHESTNUT SQUARE AT THE GLEN

OKTOBERFEST

FRIDAY WITH FRIENDS

FRIDAY, SEPTEMBER 26

3:30PM-5:00PM

IN THE CAFE



Lecture by Amy Gail Hansen...
Duncan Hines: More Than Cake Mix

Tuesday, September 30th at 7:00pm in the Great Room

Since the 1950s, the name Duncan Hines has been synonymous with boxed cake mix. But who was Duncan Hines? And how did he influence American food history? Join writer and history enthusiast Amy Gail Hansen for an in-depth look at this Chicago-based traveling salesman's fascinating life, from the coveted restaurant recommendations included in his Christmas card that became "Adventures in Good Eating" to the products still bearing his name on today's grocery shelves.



CHESTNUT SQUARE

**TRIVIA
NIGHT**

**Thursday, September 18
7:00 PM
Great Room**

September Outings

Chicago Botanic Gardens

Monday, September 8th, 10:00am Departure

The Chicago Botanic Garden has 385 acres of nature, beauty, and respite to discover. Enjoy walking around the gardens or even taking a tram tour.

Please sign up by September 5*/ Cost: \$15.

Please note this outing includes a moderate amount of walking.



Walk to End Alzheimer's at Gallery Park

Sunday, September 21st Departure at 10:00am / Glenview, IL



A group from Chestnut Square will be walking at the Walk to End Alzheimer's event on Sunday, September 21st at Gallery Park, just across the street from us! If you are interested in walking this 1.5-mile route, please sign up at the front desk. If you would like to donate, please see Jamie or Delia!

Please sign up by September 21
Cost: Free (Donations encouraged!)

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

Leonidas Chocolate Café

Friday, September 5th, 11:15am Departure / Northbrook

Leonidas serves breakfast, lunch, fresh Belgian chocolates, French pastries, espresso, crepes, waffles, and over 90 types of imported chocolates. *Please note, this café is small with only small tables inside and outside. We most likely will not sit down as a group.*

Pinstripes

Friday, September 19th, 11:15am Departure / Northbrook

Pinstripes offers made-from-scratch Italian-American menu items, handcrafted cocktails, a full bar, as well as full-service bowling and bocce areas.



Spiritual Life Programs

September Shabbat Service

Friday, September 19 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, September 17 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.

September Torah Study

Thursday, September 11 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.



CHESTNUT SQUARE WALK TO END ALZHEIMER'S SEPTEMBER 21

With YOUR help we can meet our goal of raising \$500 for the Alzheimer's Association.

A group from Chestnut Square will be walking at the *Walk to End Alzheimer's* event on Sunday, September 21st at 10:00 am at Gallery Park, across the street! If you are interested in walking this 1.5-mile route, please sign up at the front desk!

WAYS TO DONATE

PURPLE PIGGY BANKS:

Spare change or cash donations can be put in the purple piggy banks located at the front desk, café, mail room & in the Wellness Center. Larger monetary donations can be given to Jamie or Delia.



BUY AN END ALZ BRACELET:

See Jamie to buy an End Alzheimer's Bracelet! They are being sold for \$5 starting on August 13th.

QR CODE:



Scan this QR code with your phone's camera to donate directly to our page. You can see Jamie or Delia for help.

MAIL IN DONATION:

See Jamie for a form to donate via check or credit card.