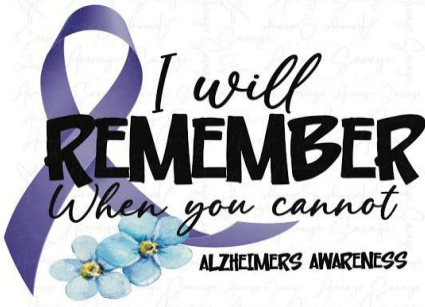


Independent Living Calendar

"Purple for a Purpose; Memories Matter"

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <i>I will REMEMBER When you cannot</i> ALZHEIMER'S AWARENESS	 HELLO September	<u>Alzheimer Pins on Sale</u> 9:30 Mass (Chapel) 9:30 Water Exercise (Pool) 10:15 Exercise w/ Jen (226) 12:00 Mah Jong (226) 12:45 Phase 10 Card Games (Study) 1:30 Q&A Dining Point System (MPR) 2:45 Money Bingo (226) 6:30 Poker (226)	9:30 Mass (Chapel) 10:15 Aerobics w/Jen (226) 10:30 Shopping Walmart/Von Maur 11:00 Walker Tune-up (Study) 12:30 Bridge (Study) 1:00 Flying Needles (226) 1:00 Bags & Brew (CCY) 2:30 Parkinson Support Grp (226) 3:30 Outing Dinner @ Schnitzel Platz 6:15 Rummikub (226)	9:30 Water Aerobics w/ Jen (Pool) 10:15 Exercise w/ Jen (226) 11-1 End of Summer Cookout (Pool Lot) 12:45 5 Crowns Card Game (Study) 1:30 Entertainment Music by Edizon (MPR) 6:30 Poker (226)	<u>Wear Blue: Prostate Awareness</u> 9:30 Mass (Chapel) 10:30 Shopping Jewel/Library 10:30 Skip-Bo (Study) 11:00 Chair Yoga w/ Vicki (226) 12:00 Ladies Poker (226) 1:00 Cards w/Corrine (AC) 1:30 Shopping Dollar Tree/Old Second Bank 2:00 Minds Matter (226) 6:30 Pinochle (Study)	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (AC) 1:00 Skip -Bo (226) 1:30 Entertainment John Truncali Vocal & Comedy (MPR) 4:00 Video Exercise (1901) 6:30 Board Games (226)
9:30 Mass (Chapel/ (1901) 11:00 Video Exercise (1901) 1:30 Mexican Train Dominos (226) 2:30 5 Crowns Card Game (226) 4:00 Video Exercise (1901)	<u>Labor Day/No Mail</u> 10:30 Video Exercise (1901) 11:00-1:00 Labor Day Seating (DR) 1:00 Skip-Bo (226) 1:00 Pinochle (226) 1:30 Jenga (Study) 6:15 Rummikub (226)	9:30 Mass (Chapel) 9:30 Water Exercise (Pool) 10:15 Exercise w/ Jen (226) 12:00 Mah Jong (226) 12:45 Phase 10 Card Games (Study) 1:00 Block Party 4th Floor (Elevator A) 2:30 Money Bingo (226) 3:45 Outing Dinner Fiamma Napoletana (by Savoury) 6:30 Poker (226)	9:30 Mass (Chapel) 10:15 Aerobics w/Jen (226) 11:00 Outing Bowling & Lunch @ Midwest Bowling 12:30 Bridge (Study) 1:00 Flying Needles (226) 2:30 Caregivers Grp (226) 6:15 Rummikub (226) 6:15 Blank Slate (Study)	9:30 Water Aerobics w/ Jen (Pool) 10:15 Exercise w/ Jen (226) 10:45 New Resident Donut Social (Pub) 12:45 5 Crowns Card Game (Study) 1:30 Presentation Fall Prevention w/ Symbria (MPR) 1:30 Bible Study (226) 3:00 Minds Matter (226) 6:30 Poker (226)	<u>Wear Red/White/Blue Patriot Day</u> 8:45 Remember 9/11 @ Flagpole 9:30 Mass (Chapel) 10:30 Shopping Jewel 10:30 Red, White & Scones (Bistro) 10:30 Skip-Bo (Study) 11:00 Chair Yoga w/ Vicki (226) 12:00 Ladies Poker (226) 1:30 Entertainment Patriotic Sing w/Mike (MPR) 1:30 Shopping Aldi/CVS 6:30 Pinochle Study)	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (AC) 1:00 Skip -Bo (226) 1:30 Entertainment Dante Salamante Piano & Vocals (MPR) 4:00 Video Exercise (1901) 6:30 Board Games (226)
<u>Grandparent's Day</u> 9:30 Mass (Chapel/ (1901) 11:00 Video Exercise (1901) 12:00 Bears vs Panthers Season Opener Watch Party (CH) 1:30 Mexican Train Dominos (226) 2:30 5 Crowns Card Game (226) 3:25 Packers vs. Vikings Season Opener Watch Party (CH)	9:30 Shopping Target 10:15 Stretch w/Jen (226) 11:00 Finding God (226) 1:00 Skip-Bo (226) 1:00 Pinochle (226) 2:00 Low Vision (AC) 2:30 Shopping Jewel 6:15 Rummikub (226)	9:30 Mass (Chapel) 9:30 Water Exercise (Pool) 10:15 Exercise w/ Jen (226) 11:00 Create & Make (226) 12:00 Mah Jong (226) 12:45 Phase 10 Card Games (Study) 1:30 Presentation Chicago Bakeries w/ Cheryl Brown (MPR) 2:45 Money Bingo (226) 6:15 70's Trivia (Pub) 6:30 Poker (226)	<u>Birthday Lunch /Dinner</u> 9:30 Mass (Chapel/) 10:15 Aerobics w/Jen (226) 10:30 Outing Walking with the Giants @ MAC Theater 12:30 Bridge (Study) 1:00 Flying Needles (226) 1:30 EAF Meeting w/ Res Council (MPR) 2:30 Grief Support Grp (226) 6:15 Rummikub (226) 6:30 Entertainment River Pirates (MPR)	9:00 Outing Breakfast @ Briana 9:30 Water Aerobics w/ Jen (Pool) 10:15 Exercise w/ Jen (226) 12:45 5 Crowns Card Game (Study) 1-3:00 Carnival for the Cure (Chapel Pk Lot) 6:30 Poker (226)	<u>Wear Black – Nat'l POW/MIA</u> 9:30 Mass (Chapel) 10:30 Shopping Meijer 10:30 Skip-Bo (Study) 10:30 Decorate Luminary Bags (AC) 11:00 Chair Yoga w/ Vicki (226) 1:30 Shopping Kohls 12:00 Ladies Poker (226) 2:00 Minds Matter (226) 6:30 Pinochle (Study)	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (AC) 11:00 Create & Make (226) 1:00 Skip -Bo (226) 1:30 Entertainment Jazzzy & Blues w/Amy (MPR) 4:00 Video Exercise (1901) 6:30 Board Games (226)
9:30 Mass (Chapel/ (1901) 11:00 Video Exercise (1901) 1:30 Mexican Train Dominos (226) 2:30 5 Crowns Card Game (226) 4:00 Video Exercise (1901)	10:15 Stretch w/Jen (226) 10:30 Shopping Target 11:00 Deacon Discussions (226) 1:00 Skip-Bo (226) 1:00 Pinochle (BR) 1:30 Decorate Luminary Bags (AC) 1:30 Shopping Trader Joes 6:15 Rummikub (226) 6:15 Blank Slate Game (Study)	<u>Autumn Begins</u> 9:00 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel) 10:30 Town Hall Meeting (CH) 12:00 Mah Jong (226) 12:45 Phase 10 Card Games (Study) 1:30 Walk the Pond (Pub) 2:15 Money Bingo (226) 6:30 Poker (226)	8:45 Outing Lake Geneva Lunch Boat Cruise 9:30 Mass (Chapel) 10:15 Aerobics w/Jen (226) 11:00 Hand Massages (226) 12:30 Bridge (Study) 1:00 Flying Needles (226) 6:15 Rummikub (226)	9:30 Water Aerobics w/ Jen (Pool) 10:15 Exercise w/ Jen (226) 10:45 Wellness Presentation w/Lisa (226) 12:45 5 Crowns Card Game (Study) 2:00 Non-Denominational Serv (Cpl) 6:15 Light the Night Luminaries w/ Jake Muzzy (CCY) 6:30 Poker (226)	<u>Wear Purple: Alzheimer's Walk</u> 9:30 Mass (Chapel) 10:30 Shopping Jewel 10:30 Community Walk to Remember (Outside 825) 10:30 Skip-Bo (Study) 11:00 Chair Yoga w/ Vicki (226) 12:00 Ladies Poker (226) 1:30 Shopping Tom's Farmers Market 2:00 Minds Matter (226) 6:30 Pinochle (Study)	<u>Alzheimer's Walk</u> 9:00 Chair Yoga (1901) 10:30 Coffee & Chat (AC) 1:00 Skip -Bo (226) 1:30 Entertainment Jimmy "John" Lennon (MPR) 4:00 Video Exercise (1901) 6:30 Board Games (226)
9:30 Mass (Chapel/ (1901) 11:00 Video Exercise (1901) 1:30 Mexican Train Dominos (BR) 2:30 5 Crowns Card Game (226) 4:00 Video Exercise (1901) 5:00 Sunday Evening Gathering (226)	10:15 Stretch w/Jen (226) 10:30 Shopping Aldi/CVS 11:00 Finding God (226) 12:45 Shopping Jewel 12:45 Outing Luxury Nails 1:00 Skip-Bo (226) 1:00 Pinochle (BR) 1:30 History Room Open House 6:15 Rummikub (226)	9:30 Mass (Chapel) 9:30 Water Exercise (Pool) 10:15 Exercise w/ Jen (226) 11:00 Hand Massages (226) 12:00 Mah Jong (226) 12:45 Phase 10 Card Games (Study) 1:30 Harmonizer Rehearsal (MPR) 1:30 Walk the Pond (Pub) 2:15 Money Bingo (226) 6:30 Poker (226)	9:30 Mass (Chapel) 9:30 Outing Royal Oaks & Lunch Orchard Tour 10:15 Aerobics w/Jen (226) 12:30 Bridge (Study) 1:00 Flying Needles (226) 6:15 Rummikub (226)	SEPTEMBER IS WORLD ALZHEIMER'S MONTH	memories MATTER AT HEARTHWOOD • 2026 •	IN THIS COMMUNITY NOBODY FIGHTS ALONE Alzheimer's Disease AWARENESS

CALENDAR / DESCRIPTIONS KEY



Registration Required



Walking Required

RED

Outing or Shopping Trip

GREEN

Presentation/Entertainment

BOLD

Special Program

BLUE

Movie or DVD Series

Room Abbreviation Key

(CPL)- Chapel

(DR)- Main Dining Room

(HR)- History Room

(FC)- Fitness Center

(MPR)- Multipurpose Room

(CH)- Clare Hall

(AC)- Arts & Crafts Room

(BR)- Bartlett Room

(1901)- In House TV

(CMS)- Commons

(CCY)- Courtyard



Registration Reminders.....

If you are registering for a program, outing or special event, please check the “register by” date.

If you are not signed-up by this “register by” date, we cannot guarantee you a spot or ticket.

We are not able to issue refunds after the “register by” date listed. Please make sure if you are not able to attend that you cancel prior to the date listed or your account will be charged.

If we do not have the “minimum number” registered for a program, event, or outing, it will be canceled on the “register by” date.

Regularly Scheduled Programs, Services, Groups & Meetings

Stretch & Exercise Class w/ Jen - Are you afraid of falling or feel off balance? Then this class is for you! We will be working on fall prevention techniques and exercises to help strengthen your muscles to keep up upright. All levels welcome!

Aerobics w/ Jen- Offered every **Wednesday in the 226 at 10:15am**. These classes offer something for everyone!! Cardiovascular exercise, strength training, flexibility, balance and fun all in one class! All levels welcome!

Water Aerobics – Located in the swimming pool every **Tuesday & Thursday at 9:30am**. No swimming experience needed. All exercise done in shallow water. Great for those with arthritis or balance issues.

Exercise on CTV – Exercise classes are offered on our own in-house CTV!! Tune into channel 1901 and exercise in the comfort of your own home. Check the calendar for days and times that video classes will be offered.

Create & Make  - **Registration required!** Craft classes will be held in the A&C. Please check the sign-up book for a list of the dates & projects. Please register for 1 class as they are the same project.

Poker - Offered every week in the 226. Meets on Tuesdays & Thursday’s at 6:30pm All are Welcome!!

Monthly Town Hall Meeting – **Tuesday, September 22 at 10:30 in Clare Hall**. The Hearthwood Directors meet every fourth Tuesday of the month with the residents to discuss all that is happening in their respective departments. This is a great overview of everything happening in the community. There is also an opportunity for you to ask questions.

Deacon Discussions - Join this group led by Deacon Dave as he discusses the dimensions of wellness and how each impacts our spiritual self. Meets every other Monday. All are welcome!

Non-Denominational Service – Non-Denominational services are held once a month. Please check the calendar and CTV for exact dates, times and locations.

Mass- Sunday, Tuesday, Wednesday & Friday at 9:30am in the Chapel.

Support Groups - See Calendar for Dates & Times. Parkinson’s, Caregiver’s, Grief Support, Groups are offered right here at Hearthwood. Please feel free to join any of these groups at any time!

Flying Needles- Whether you like to knit, crochet or embroidery, it’s a chance to meet people enjoying the same hobby. Everyone is Welcome! Join anytime.
Meets every Wednesday @ 1:00pm in 226.

Book Club – The book club meets the 3rd Tuesday of the month. This group meets in 226.

Money Bingo –**Tuesday & Thursday at 2:15pm & 2:00pm in the 226.** All are welcome!!!

Mind Matters – Are you looking for some great brain exercises? Then this is the perfect program for you. Check the calendar for dates and times then join us for a fun mind workout! All are welcome and you can join in anytime!

Mini Mart Hours-
Monday- 1:00pm-3:00pm
Wednesday- 10:00am- 12:00pm
Friday- 1:00pm- 3:00pm