



CORDIA

Senior Residence in Westmont

September 20, 2026 – September 26, 2026



Thank you for helping us celebrate 24 wonderful years at Cordia! We're grateful for the residents, families, and staff who make this community so special. It was a wonderful week filled with memories, laughter, music, and celebration. Thank you for being part of the Cordia community and helping us make 24 years worth celebrating!



Cordia Senior Residence Daily Program Schedule



Sunday, September 20, 2026

Transportation to Church

Lobby

Holy Trinity Catholic Church	Leave at 8:45AM	(Pick up 10:00AM)
Redeemer Lutheran Church	Leave at 10:30AM	(Pick up 12:00PM)
St. Mary of Gostyn	Leave at 11:30AM	(Pick up 1:00PM)

If you plan to go, please sign up at the Concierge Desk each week by Friday afternoon. Unfortunately, we cannot guarantee transportation will be available for anyone who signs up after that time.

9:00AM Televised Catholic Service

Channel 192

Mass at Mercy Home, now airing in high definition. Join us for a beautiful and uplifting service as we come together to celebrate our faith. Don't miss this opportunity to connect with the Mercy Home community and experience the joy of worship in stunning HD quality. Watch Mass at Mercy Home on Channel 192 and be inspired by the power of prayer and fellowship.

10:00AM Coffee with Andy

Cafe

Join Andy for a relaxed morning coffee and conversation. Bring your questions, share your thoughts, or simply enjoy a cup of coffee and some good company.

11:00AM Scrabble with Rae

2nd Fl. West Side

Scrabble enthusiasts join resident host Rae for a friendly game of Scrabble. Whether you're a seasoned wordsmith or simply enjoy a good challenge, players of all skill levels are welcome. Build your vocabulary, enjoy lively conversation, and see who can create the highest-scoring words in this fun and social gathering.



Sunday Yoga with Michelle 1:00PM

In the Fitness Room



Yoga is a wonderful way to improve flexibility, build strength, and promote relaxation. Whether you're a beginner or an experienced practitioner, these classes offer a peaceful and supportive environment to enhance your overall well-being. Come breathe, stretch, and rejuvenate with us—your mind and body will thank you!

Sunday, September 20, 2026- Cont'd

Bears vs. Vikings 12:00PM

Cheer on the Bears with Andy! In the Pub or Great Room to watch the Bears take on the Vikings! Cheer on your team and enjoy the game with fellow residents.

1:00PM Outing: Aldi, Trader Joe's, Goodwill **Lobby**

If you would like to go to the above location, please sign up at the Concierge Desk.

1:30PM Left Right Center with Pat H. Joan, & Joyce **Café**

Ready to test your luck? Join resident hosts Pat, Joan and Joyce for a lively game of Left, Center, Right. This fast-paced dice game is easy to learn, making it perfect for both new and returning players. Come enjoy an afternoon of laughter, friendly competition, and great company.

Snacks with Sam



2:00PM In the Café

Enjoy a delicious **brownie cookie** while spending time with Sam. A sweet, chocolatey treat and good company make the perfect combination!

3:00PM Rummikub with Andy **Café**

Join Andy for a friendly game of Rummikub! Build sets and runs, plan your moves, and enjoy some good conversation along the way. Whether you're a seasoned player or new to the game, come join us!

6:00PM Evening Movie: The Swan * DVD or Vudu **Great Room**

Warren's Movie Request- A romantic fable about a shy princess (Grace Kelly) whose head tells her to wed a worldly Crown Prince (Guinness), but whose heart is drawn to a dashing commoner (Jourdan). Makes even the most jaded moviegoer want to believe in fairy tales.



Cordia Senior Residence Daily Program Schedule



Monday, September 21, 2026

9:15AM Wordle & Connections with Katie

Café

Start your morning with Wordle and Connections! Put your vocabulary and problem-solving skills to the test as we work together to uncover the day's words and connections.

10:00AM Outing: Jewel

Lobby

If you would like to go to the above location, please sign up at the Concierge Desk.

♥ 10:30AM Strength Training with Mike

Fitness Room

Mike's Martial Arts fitness class combines strength, balance, endurance, and mental focus. It includes both seated and standing options for a cardio and strength workout, with added benefits for mental alertness. Please arrive on time—doors close 10 minutes after class starts.

11:15AM Mix and Match memory Challenge with Kelly

2nd Floor

Challenge your mind and enjoy an afternoon of classic card games designed to keep your memory sharp. Join us for friendly competition, conversation, and a fun way to exercise the brain together.

12:00PM ♥ Midday Patio Walk & Stretch with Kelly

Patio

Take a midday stroll on the patio, enjoy some fresh air, and finish with light stretching and use of the outdoor exercise equipment with Kelly.

1:00PM Outing: Downers Park Plaza

Lobby

If you would like to go to the above location, please sign up at the Concierge Desk. TJ Maxx, Home Goods, Old Navy, Dollar Tree

Monday, September 21, 2026- Cont'd

1:15PM Philosophy with Katie

Great Room

Would you rather travel back in time or visit the future?

Come join us for Philosophy Club! Share your thoughts, hear different perspectives, and enjoy lively, meaningful conversations about life's big questions. Everyone is welcome—bring your curiosity and an open mind!

2:00PM Scarecrow Final Touches with Katie & Kelly

Craft Room

Our scarecrow is almost ready for his big debut! Join us for the finishing touches as we add the final details and make sure he's looking his very best before he's sent off to represent Cordia in the scarecrow contest. Come lend a hand, share your ideas, and help us put the final touches on our creation!

Live Entertainment: Verne Allison



3:00PM In the Lobby

Enjoy the soulful sounds of Verne Allison as he brings the music of Motown, classic standards, pop, oldies, and blues to life. His exciting vocals and smooth style will have you reminiscing and enjoying timeless favorites from the 1940s to today.



♥ Yoga with Michelle

3:00PM In the Fitness Room

Join Michelle for a gentle seated yoga class designed for seniors to improve flexibility, balance, strength, and relaxation in a supportive environment.

4:00PM Tech Help with Kelly

Computer Room

Need a hand with your smartphone, tablet, or other device? Stop by for one-on-one assistance with everyday technology questions. **Sign up in the Computer Room**

6:00PM Crosswords & Brain Busters with Kelly

Café

Wind down your evening with Kelly for a fun round of crossword puzzles and brain busters. Challenge your mind, test your knowledge, and enjoy some lively conversation with friends.



Cordia Senior Residence Daily Program Schedule



Tuesday, September 22, 2026

9 AM -3 PM Transportation to Doctor's Appointments **Lobby**

(Westmont, Downers Grove, Hinsdale, Western Springs, La Grange, Oak Brook, and Darien Locations) This is a complimentary service. Please sign up at the Concierge Desk. **All doctor's visits must be written into the book 48 hours before the actual appointment so that proper travel accommodations can be made to meet your needs.**

9:15AM Wordle & Connections with Katie **Café**

Start your morning with Wordle and Connections! Put your vocabulary and problem-solving skills to the test as we work together to uncover the day's words and connections.

♥ 9:30AM Balance, Nutrition, and the 3 C's with Katy **Fitness Room**

This fitness class is predominantly standing and designed to improve balance, strength, and endurance.

♥ 10:00AM Intermediate Fitness with Katy& Andy **Fitness Room**

This class is designed for individuals who benefit from extra support and a slower pace, with a focus on proper form and technique. Andy will be there for assistance.

10:45AM Choir with Kecia **Fitness Room**

Let's get singing! Join us as we prepare for our fall choir show, **"Songs from the Silver Screen,"** featuring memorable songs from some of our favorite movies. Whether you're a longtime choir member or new to the group, **all voices are welcome!** Come ready to sing, have fun, and help us make this a show to remember. Please arrive on time and ready to sing!

Tuesday, September 22, 2026 – Cont.'

11:30AM Bird watching Club with Kelly: Terns Great Room

Join us for Bird Watching Club as we learn about terns! Discover how to identify these graceful birds, explore their unique behaviors, and learn interesting facts about where they live, what they eat, and how they thrive near water.

12:30PM Live Classical Music by Vicki Lobby

Vikki will be playing the grand piano! Come listen and enjoy the music!

1:00PM Golf Cart Ride with Kelly Lobby

Following our bird watching discussion, we'll take a scenic ride through Ty Warner Park in search of local birds. Bring your binoculars and help us see how many different species we can spot along the way!

2:00PM Scarecrow Send off with Katie & Kelly Lobby

Before our scarecrow heads out to scare the streets of Westmont, stop by and take a photo with him! Capture one last picture with our creation before we send him off on his Halloween adventure.

3:30PM Knitting for a Cause with Kelly Great Room

Join us as we set a goal to knit and crochet as many scarves as possible by Thanksgiving to donate to those in need. Whether you're an experienced crafter or just enjoy the company, everyone is welcome. Bring your project, share ideas, and help us make a difference one scarf at a time!

4:00PM Craft: Greeting Cards with Kelly Great Room

Join Kelly for a creative evening of making beautiful handmade greeting cards! You'll design and paint your own cards using watercolors, creating one-of-a-kind cards to share with family and friends.

6:00PM Crosswords & Brain Busters with Kelly Café

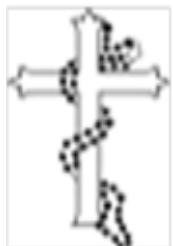
Wind down your evening with some fun and challenging word games with Kelly! We'll test our vocabulary, problem-solving, and thinking skills with **Wordle, Connections, Crossword, Strands, and Spelling Bee**. Bring your best guesses, work together, and enjoy a relaxed evening of brain-teasing fun!



Cordia Senior Residence Daily Program Schedule



Wednesday, September 23, 2026



Rosary & Communion

10:00AM In the Great Room

We warmly encourage residents to attend Rosary and Communion led by Maureen from Notre Dame Church. This is a wonderful opportunity for prayer, reflection, and fellowship within our community.

10:00AM Outing: Target

Lobby

If you would like to go to the above location, please sign up at the Concierge Desk

♥ 10:30AM Advanced Fitness Class with Katy **Fitness Room**

This fitness class is predominantly standing and designed to improve balance, strength, and endurance.

♥ 11:00AM Intermediate Fitness Class with Katy&Kelly **Fitness Class**

This class is designed for individuals who benefit from extra support and a slower pace, with a focus on proper form and technique. Kelly will be there for assistance.

11:30AM Wii Bowling Pizza Party with Katie! **Private Dining Room**

Come celebrate our summer Wii Bowling season with a pizza party! Join your fellow bowlers for good food, laughs, and a fun celebration of a great season.

12:30PM Outing: Library

Lobby

If you would like to go to the above location, please sign up at the Concierge Desk.

Wednesday, September 23, 2026 – Cont'd

1:15PM Observations in Literature with Katie

Great Room

Join us for a discussion of Oscar Wilde's beloved short story *The Happy Prince*, a touching tale of friendship, compassion, sacrifice, and the true meaning of generosity. * **Short Story Is at the Concierge Desk***

Historian: Joyce Haworth 2:30PM In the Great Room

Six Drinks that Changed the World

Did you know that every time you reach for a beer or sip a cup of tea, you are adding on to an amazing history? Did you know that wine helped to lay the foundations of Western thought, that coffee spurred the Age of Enlightenment? Join Joyce Haworth as she tells the story of six remarkable beverages that, in small ways and in great ways, affected some of the key moments in human history.

3:00PM Bunco with Andy

Café

Join Andy for a fun and social game of Bunco! No experience is needed—just bring your luck, enjoy some friendly competition!

3:30PM Tech Help with Kelly

Computer Room

Need a hand with your smartphone, tablet, or other device? Stop by for one-on-one assistance with everyday technology questions. **Sign up in the Computer Room**

4:00PM Brain Games with Kelly

Café

Stop by the café for coffee and brain games with Kelly, featuring favorites like Wordle, Scattergories, and NYT



Evening Yoga with Michelle

6:00PM In the Fitness Room

Join Michelle for an evening yoga session designed to help you unwind, stretch, and reset at the end of the day. This gentle class focuses on breathing, balance, and mindful movement in a calm and relaxing atmosphere. Whether you are new to yoga or experienced, all are welcome to move at their own pace and enjoy a peaceful way to close out the evening.

Health & Wellness Lecture Series with Rebecca Moran

6:30PM In the GR

Join Rebecca Moran for an engaging discussion on brain health, memory, and simple ways to support cognitive wellness in everyday life.



Cordia Senior Residence Daily Program Schedule



Thursday, September 24, 2026

9 AM -3 PM Transportation to Doctor's Appointments **Lobby**

(Westmont, Downers Grove, Hinsdale, Western Springs, La Grange, Oak Brook, and Darien Locations) This is a complimentary service. Please sign up at the Concierge Desk. **All doctor's visits must be written into the book 48 hours before the actual appointment so that proper travel accommodations can be made to meet your needs.**

9:00AM Televised Lutheran Church Service *Youtube **Great Room**

A Full-Lutheran service will be seen today. (**Go to YouTube.**) Type in "Lutheran Church Service." Choose the most recent service.

10:30AM Advanced Fitness Class with Katy **Fitness Room**

This fitness class is predominantly standing and designed to improve balance, strength, and endurance.

♥ 11:00AM Intermediate Fitness Class with Katy&Kelly **Fitness Class**

This class is designed for individuals who benefit from extra support and a slower pace, with a focus on proper form and technique. Kelly will be there for assistance.

♥ 11:30AM Creative Canvas with Katie **2nd Floor Lounge**

Join Katie for a one-on-one crafting session designed to encourage creativity in a relaxed and personalized setting. Whether you're trying something new or enjoying a favorite craft, this individual activity offers the opportunity to create at your own pace while spending quality time together.

Thursday, September 24, 2026 – Cont'd

12:45 Bingo with Kelly

Fitness Room

It's time to mark those cards and shout 'Bingo!' Join in for a fun and exciting afternoon - we can't wait to see you there!* **Please note: Seating is limited, so please arrive early. Late arrivals may not be accommodated, and seating cannot be guaranteed once the game has begun.**

1:00PM Art History with Katie: Edward Hopper

Great Room

Explore the life and artwork of Edward Hopper, one of America's most celebrated painters. Discover the stories and influences behind his iconic paintings.



September Birthday Night

Join us as we celebrate our September birthdays! Enjoy birthday cake in the Café at **2:15 p.m.**, followed by music by **Rob McDougle at 2:30 p.m.** in the lobby Then, continue the celebration with a special Birthday Dinner!

3:00PM String Art with Kelly (Last Chance)

Craft Room

Get creative with this week's craft! Join us as we create colorful string art designs using simple materials. Enjoy a relaxing afternoon of creativity, conversation, and fun while making a unique piece to take home.

4:00PM Brain Games with Kelly

Café

Wind down your evening with some fun and challenging word games with Kelly! We'll test our vocabulary, problem-solving, and thinking skills with **Wordle, Connections, Crossword, Strands, and Spelling Bee**. Bring your best guesses, work together, and enjoy a relaxed evening of brain-teasing fun!

6:00PM Evening on the Patio with Kelly

Lobby

Take advantage of the warm evening and join Kelly on the patio for music, conversation, and a chance to unwind together. Enjoy the fresh air, relax with friends, and make the most of the evening. If there's a little chill in the air, Kelly will have the fire pit going to keep everyone cozy!



Cordia Senior Residence Daily Program Schedule



Friday, September 25, 2026

9:15AM Brain Games with Katie

Café

Stop by the café for coffee and brain games with Katie, featuring NYT puzzles, Wordle, Scattergories, and more!

10:00AM Televised Catholic Mass

Great Room

This service will be televised from Notre Dame Catholic Church in Clarendon Hills. (Smart TV go to: www.notredameparish.org)

10:00AM Outing: Walmart

Lobby

If you would like to go to the above location, please sign up at the Concierge Desk.

♥ 10:30AM Music & Movement with Ann

Fitness Room

Various fitness aspects are woven into this class. Cardio, muscular strength, endurance and power, flexibility, balance, reaction speed, and multitasking. Participants are equally welcome to dance with smaller or bigger movements, or to simply rest, enjoy the music and dance through their imagination.

11:00AM Bible Study with Peter

Private Dining Room

Join us for Bible Study led by Pastor Peter from Downers Grove Baptist Church. This non-denominational gathering is open to everyone, and all are welcome to attend.

11:15AM Book Club with Kelly: The Stolen Queen

Library

Join us for a discussion of Fiona Davis's captivating historical novel, *The Stolen Queen*. Set between ancient Egypt and modern-day New York, the story blends art, mystery, and history as a priceless Egyptian artifact disappears. We'll explore the novel's intriguing characters, secrets, and the fascinating world of archaeology and art.

Friday, September 25, 2026 – Cont.'

12:00PM Golf Cart Ride with Katie

Lobby

Join us for a relaxing golf cart ride through Ty Warner Park and enjoy the beauty of the summer season. Take in the fresh air, scenic views, and a leisurely outing with friends.

1:00PM Communion with Jan W.

Great Room

Jan will be here to offer Communion to any resident who would like to receive it. All are welcome to participate in this quiet time of faith and reflection.

1:30PM Wii Jeopardy with Kelly

Great Room

Put your knowledge to the test with a game of **Jeopardy on the Wii!** Choose your categories, answer challenging questions, and compete with fellow residents in this interactive twist on the classic game show. Come ready to play, think fast, and have some fun!

2:30PM Meet & Greet with Katie & Kelly

Pub

Join us for a relaxed afternoon of conversation, connection, and community. Enjoy a selection of delicious appetizers and a glass of wine while mingling with fellow residents and getting to know new faces. It's a wonderful opportunity to catch up with friends, meet someone new, and enjoy an afternoon together.

Family Night: Candy Bar Bingo with Kelly

5:00Pm in the Fitness Room

Join us for a fun-filled evening of Bingo with family and friends! Families, please bring a candy bar to add to our prize pile. Residents who do not have family attending are welcome to join in **if seating is available**. Let's enjoy an evening of laughter, friendly competition, and great prizes!





Cordia Senior Residence Daily Program Schedule



Saturday, September 26, 2026

9:30AM Wordle with Jan

Café

Start your day with a little wordplay! Join Jan for Wordle and see how quickly you can crack the puzzle. Share guesses, compare strategies, and enjoy a fun challenge with friends.

11:00AM Crossword Club with Rae & Chuck

Café

Join the Crossword Club in the Café for a cup of coffee and a fun mental challenge! Gather with fellow residents Rae and Chuck to solve **today's New York Times crossword**, share ideas, and enjoy friendly conversation.

Please note that there is a time change for this week's Yoga



Meditation Yoga with Michelle 10:00 on the Patio



Start your Saturday morning with Michelle's outdoor yoga and meditation class. This gentle, all-levels session is designed to help you stretch, breathe, and ease into the day with calm and clarity. Enjoy the fresh air as you move through simple yoga poses followed by guided meditation to promote relaxation and balance.

All are encouraged to participate and begin the morning with a peaceful, refreshing start to the weekend.

Saturday, September 26, 2026

12:00PM Matinee: High Society *DVD

Great Room

An all-star musical romp finds Grace Kelly about to remarry when wealthy ex-husband Bing Crosby pops back into her life and tries to win her back. Frank Sinatra and Celeste Holm snoop around as reporters in this Cole Porter-penned musical remake of "The Philadelphia Story". Featuring jazz great Louis Armstrong in a duet with Crosby.

1:00PM Wii Jeopardy with Jan

Great Room

Put your knowledge to the test with Jan! Join us for a game of Wii Jeopardy and see how many categories and clues you can conquer. A fun way to challenge yourself, show off your trivia skills, and enjoy some friendly competition.

Ukulele Lessons with Vincent

2:00PM In the Fitness Room



Interested in learning how to play the Ukulele? Join Vincent for beginner Ukulele lessons where he'll teach you the basics and help you learn to play "**Jingle Bells**" for our December concert. No experience necessary!

Stick around after the lesson and Vincent will play a few songs for everyone to enjoy. If you'd rather just listen in, you're welcome to join us!

3:00PM Spoons with Deisy

Café

Get ready for a fast-paced and exciting game of Spoons with Deisy! Keep your eyes on your cards, stay alert, and be ready to grab a spoon when the opportunity arises. This classic card game is all about quick thinking, quick hands, and a little bit of luck. Join us for some friendly competition, plenty of laughs, and a fun afternoon with fellow residents. Come play and see who will be the last one standing!

6:00PM Evening Movie: High Noon *DVD

GR

Former marshal Will Kane (Gary Cooper) is preparing to leave the small town of Hadleyville, New Mexico, with his new bride, Amy (Grace Kelly), when he learns that local criminal Frank Miller has been set free and is coming to seek revenge on the marshal who turned him in. When he starts recruiting deputies to fight Miller, Kane is discouraged to find that the people of Hadleyville turn cowardly when the time comes for a showdown, and he must face Miller and his cronies alone.



Cordia Senior Residence Daily Program Schedule



Save the Dates: September Outings and Events

Below is a list of upcoming outings and events. Your Cordia weekly will describe each event as it comes closer. Please sign up at the desk for all outings.

Wednesday, September 23rd 6:30PM **Health Series: Brain Health & Fitness**

Thursday, September 24th **September Birthday Celebration**

Friday, September 25th 2:30PM **Meet & Greet**

Friday, September 25th **5:00PM Family Candy Bar Bingo**

Tuesday, September 29th 1:00-3:00 **Wheelchair Clinic/1:30 Community Meeting**

Wednesday, September 30th 11:30AM Restaurant **Outing: Uncle Julio's** (Sign up at the Concierge Desk)

♥ **Look for the Heart!** ♥ Want to stay active and improve your health? Keep an eye out for the **heart symbol** on the activity calendar! Programs marked with a heart are fitness-focused activities designed to help improve strength, balance, flexibility, and overall wellness.

Dining Room Host Line
630-895-5555

Phone lines are open during the hours of:

Breakfast: 7:15am – 9:45am

Lunch: 11:15am – 12:45pm

Dinner: 3:15pm – 5:45pm

Feel free to call ahead if you know what you would like to order or meal has started, please do not hesitate to call to place your order or Pick Up order.



****Dining Room Reservations****



Please note that if you are hosting guests in the dining room and require a table for three or more, it is essential to call ahead and make a reservation to ensure timely seating. Additionally, please be advised that outside food is not permitted in our dining room or Pub. Thank you for your understanding! To make a reservation, please call our Director of Dining, John Siran (630) 887-7906 or jsiran@cordia.biz Thank you!



🎃 Save the Date! Family Halloween Party 🎃

Mark your calendars for **October 18th** and get ready for a spooktacular afternoon!

Trick-or-Treating begins promptly at 1:15 p.m. Any children planning to attend, please be sure to arrive on time so they don't miss the fun!

Entertainment begins at 2:00 p.m.

We're looking forward to a festive afternoon filled with Halloween fun, family, and plenty of treats!

September 28th

Savers Donation Pick-Up Once a month, we take a group trip to Savers. If you have items you would like to donate, please place them in a box or bag and notify the front desk by **Sunday September 27th**

Staff will pick up donations from your apartment on **Monday September 28th morning**.

At this time, we are only able to accept **clothing, Books and small household items**. Please note that items must be boxed or bagged in advance, as staff are unable to pack items for you.

Channel 1901

Tune into Channel 1901 to stay connected with everything happening in the community! From upcoming events and daily activities to important announcements and Emergency updates, Channel 1901 is your go-to source for what's going on around the community. Be sure to check in often so you don't miss out!



Cordia Senior Residence Daily Program Schedule



TRANSPORTATION OUTINGS CALENDAR



— *September 20 – September 25* —

SUNDAY SEPTEMBER 20



8:45 AM

Trinity Catholic
Church



10:30 AM

Redeemer
Lutheran Church
Leave 10:30 AM



12:00 PM

St. Mary's Gustin
Church



1:30 PM

Aldi, Goodwill,
Trader Joe's

MONDAY SEPTEMBER 21



10:00 AM

Jewel



1:00 PM

Downers Grove
Park Plaza

TUESDAY SEPTEMBER 22



DOCTOR'S DAY

9:00 AM – 3:00 PM

Under 9 Miles

WEDNESDAY SEPTEMBER 23



10:00 AM

Target



12:30 PM

Library

THURSDAY SEPTEMBER 24



DOCTOR'S DAY

9:00 AM – 3:00 PM

Under 9 Miles

FRIDAY SEPTEMBER 25



10:00 AM

Walmart
Outing



PLEASE SIGN UP FOR ALL OUTINGS
AT THE CONCIERGE DESK
24 HOURS IN ADVANCE.

Thank you!