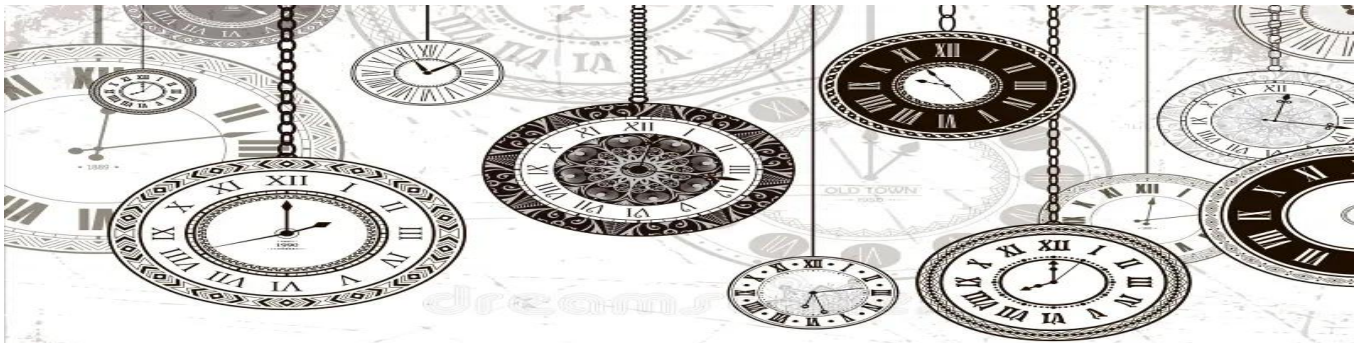




C O R D I A

Senior Residence in Westmont

November 1, 2026 – November 7, 2026

Fall Back

NOVEMBER 1, 2026

Set clocks back one hour



DID YOU KNOW?

Daylight Saving Time has a little history behind it!

In 1916, Germany became the first country to officially adopt Daylight Saving Time during World War I to help conserve fuel. The United States followed in 1918!



Cordia Senior Residence Daily Program Schedule



Sunday, November 1, 2026



Please Note: Daylight Saving Time ends today.
Remember to set your clocks back one hour!

Church Transportation Notice

We apologize for the inconvenience, but there will be **no transportation to church today.**

We are sorry for any inconvenience this may cause. **Church transportation will resume next week.** Thank you for your understanding.

9:00AM Televised Catholic Service *Channel 192

Great Room

Take time for prayer and reflection with Mass at Mercy Home. This meaningful service offers an opportunity to celebrate your faith, find spiritual comfort, and reflect on the power of prayer.

10:00AM Coffee with Andy

Café

Join Andy for a cup of coffee and a casual morning conversation. Stop by, say hello, and enjoy 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.

Sunday, November 1, 2026- Cont'd

1:00PM Rummikub with Andy

Great Room

Enjoy a lively game of Rummikub with Andy! Put your number skills and strategy to the test as you create runs, sets, and clever combinations. Whether you're a seasoned player or learning the game, it's a wonderful opportunity to enjoy some friendly competition and a little fun!

2:00PM Snacks with Sam

Café

Take a break and enjoy a relaxed afternoon with Sam! Spend some time catching up, sharing conversation, and enjoying a little something special. It's a wonderful opportunity to unwind, socialize, and savor a delightful afternoon.

3:00PM Afternoon Movie: Against the Ice *Netflix

Great Room

Experience the remarkable true story of survival and determination in *Against the Ice* (2022), starring Nikolaj Coster-Waldau and Joe Cole. Set in 1909, this historical adventure follows two Danish explorers who embark on a dangerous expedition across the frozen wilderness of Greenland in search of a missing map that could help settle a territorial claim. Facing extreme cold, isolation, dwindling supplies, and the harsh realities of the Arctic, the men must rely on their courage, resourcefulness, and determination to survive. Based on a true story, this gripping film offers a fascinating look at early polar exploration, and the extraordinary lengths people will go to in the face of nature's most unforgiving conditions. (Run Time 1Hr. 43 Min.)

6:00PM Myth Busters: Western Myths *Disney

Great Room

Travel back to the days of the Old West as Adam Savage and Jamie Hyneman put classic Western movie scenes to the test! Can a skilled gunfighter really shoot the hat right off someone's head without hurting them? Can horses and dynamite be used to break someone out of prison? Meanwhile, Kari, Tory, and Grant investigate whether a side-impact airbag could turn an ordinary lock pick into a dangerous projectile. Through dramatic experiments, explosive demonstrations, and plenty of Western-style action, the team separates Hollywood legend from scientific fact. (Run Time 44Min.)

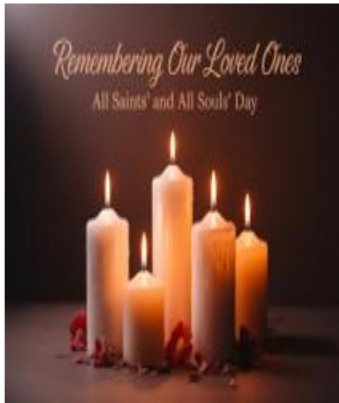


Cordia Senior Residence Daily Program Schedule



Monday, November 2, 2026

Remembrance Ceremony with Maureen & Katie



10:00AM In the Great Room

On All Souls' Day, we pause to remember and honor the residents we have lost over the past year. During our special remembrance ceremony, we reflect on their lives, the memories we shared, and the lasting impact they made on our community. They will always be remembered.

10:30AM Outing: Jewel & Walgreens

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 Katie **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.

Monday, November 2, 2026- Cont'd

1:00PM Outing: Kohl's

Lobby

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

1:15PM Thanksgiving Through the Decades with Katie

Great Room

NEW SERIES: Part 1: The First Thanksgiving – Separating History from Legend

Explore the 1621 harvest celebration between the Pilgrims and the Wampanoag people. Discover what was actually served, who attended, and how this three-day gathering became the foundation of America's most recognizable holiday.

2:30PM Textured Turkey with Katie

Craft room

Explore the art of texture and dimension as we create a distinctive Thanksgiving turkey using spackle to achieve a beautifully sculpted, textured finish. With Katie assisting, this two-part project will unfold throughout November, allowing time to build, shape, and complete each unique creation. The finished turkeys will showcase individual creativity and seasonal charm, making them a wonderful addition to your Thanksgiving décor.

Please note: Seating is limited.



Yoga with Michelle S.

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 Brain Games with Katie

Café

Wind down your evening with some fun and challenging word games with Katie! 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



Tuesday, November 3, 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.**

♥ 9:30AM 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 **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.

11:30AM Wings of Autumn Series with Katie: Meet the Bufflehead **GR**

Join us this week for our *Wings of Autumn* series as we discover one of North America's most fascinating little diving ducks: the Bufflehead! We'll learn how to identify this striking bird, explore its remarkable diving abilities, and discover its seasonal migration through Illinois. We'll also look at where Buffleheads live, what they eat, and how they survive as the weather turns colder. Keep your eyes open as we discuss where we might spot these lively visitors in our local lakes and ponds this November. Grab your binoculars and join us as we celebrate the beauty and wonder of autumn bird migration!

Tuesday, November 3, 2026 – Cont'd

1:00PM Choir Rehearsal with Kecia

Fitness Room

CHOIR ANNOUNCEMENT

All choir members, please arrive **on time in the Fitness Room** for choir rehearsal. Please remember to wear your **choir sweater and black pants**.



4:00PM Brain Games with Katie

Café

Wind down your evening with some fun and challenging word games with Katie! 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!

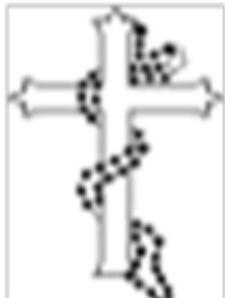


Cordia Senior Residence

Daily Program Schedule



Wednesday, November 4, 2026



Rosary & Communion

10:00AM In the Great Room

We warmly welcome 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: Walmart

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 **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.

11:15AM Wii Bowling 6/12 **Great Room**

Step up to the virtual lanes and enjoy a fun game of Wii Bowling! Whether you're aiming for a strike or just looking for some friendly competition, come play a few frames and see how you score.

1:00AM Outing: Marshalls **Lobby**

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

Wednesday, November 4, 2026 – Cont'd

Matinee: Calamity Jane *Fandango

1:30 In the Great Room



Settle in for a classic Hollywood musical featuring Doris Day in *Calamity Jane*! Enjoy the adventures, romance, and memorable songs of this lively Western favorite while relaxing with a fresh bowl of popcorn. A special movie selection requested by resident Pat H.!

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!

4:00PM Brain Games with Jan

Café

Wind down your afternoon with some fun and challenging word games with Jan! 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!



Evening Yoga with Michelle S.

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.



Cordia Senior Residence Daily Program Schedule



Thursday, November 5, 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 **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.

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, November 5, 2026 – Cont'd

12:45PM Bingo with Judy T.

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 The Art of Autumn Series with Katie: – John Constable

Great Room

Discover the life and work of John Constable, one of Britain's most celebrated landscape painters. Through his paintings of the English countryside, changing skies, winding rivers, and woodland scenes, Constable captured the natural beauty of the world around him. Explore his childhood influences, his dedication to painting outdoors, and the personal connections that inspired his landscapes. Learn why his paintings were revolutionary and how he transformed ordinary countryside views into celebrated works of art.



Deck The Halls with Katie!

4th Floor 2:30PM

Believe it or not, it's that time of year again! The holiday season is just around the corner, and it's time to bring some festive cheer to the 4th floor. All 4th-floor residents are invited to help decorate our Christmas tree and make it sparkle for the season. Let's enjoy some holiday spirit together as we prepare for the most wonderful time of the year!

4:00PM Brain Games with Katie

Café

Wind down your evening with some fun and challenging word games with Katie! 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



Friday, November 6, 2026

9:15AM Morning Walk with Katie **Lobby**

Start your Friday with a refreshing morning walk! Weather permitting, we'll head outdoors to enjoy some fresh air and a little movement. If the weather doesn't cooperate, we'll take our steps indoors along Cordia's halls. It's a wonderful way to get moving, boost your energy, and begin the day on a positive note!

10:00AM Resident Survey with Katie **Great Room**

Residents who have not yet completed the survey are invited to meet with Katie for assistance. Those who participate will be entered into a raffle as a thank-you for sharing their feedback.

10:00AM Outing: Dollar Tree **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 and enjoy the music.

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 Katie: Theo of Golden **Library**

Our next Book Club selection is *Theo of Golden*, the bestselling novel by Allen Levi. During our meeting, copies of the book will be distributed, and we'll take a closer look at the fascinating life of its author, whose journey to becoming a novelist was anything but ordinary. We'll explore the inspiration behind the book and the remarkable path that brought this first novel to readers around the world. This introductory session will set the stage for our upcoming reading and discussion of a story that celebrates generosity, human connection, and the extraordinary impact one person can have on the lives of others.

Friday, November 6, 2026 – Cont'd

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 fall 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 Behind the Silver Screen with Katie — The Magic of Movie-Making

GR

NEW SERIES- Step back into Hollywood's golden age as we explore the magic behind the movies with our featured classic, ***Singin' in the Rain*** (1952). Discover how films were made before modern technology, how Hollywood transitioned from silent pictures to talking movies, and the creative tricks filmmakers used to bring stories to life. We'll uncover fascinating behind-the-scenes stories, explore the film's memorable musical numbers, and celebrate the ingenuity that helped shape the movies we know and love today. Join us for a nostalgic look at the magic of classic cinema!

1:30 Outing: Open for Requests

Lobby

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

Team Trivia with Katie, Jan, & Andy

2:45PM In the Great Room

Put your Thanksgiving knowledge to the test with a lively round of holiday trivia! Katie, Jan, and Andy will lead a fun-filled afternoon of questions covering Thanksgiving traditions, history, food, and fascinating holiday facts. Share a few laughs, recall familiar traditions, and see how much you know about this beloved American holiday!

4:00PM Brain Games with Katie

Café

Wind down your evening with some fun and challenging word games with Katie! 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



Saturday, November 7, 2026

10:00AM Coffee with Norma

Café

Start your morning with a warm cup of coffee and engaging conversation with Norma. Enjoy a leisurely opportunity to connect with fellow residents, exchange stories, and share in the simple pleasure of good company.

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.

12:00PM Creative Canvas

Craft room

It's time to add color to your creations! Everyone who participated in our textured turkey project is invited to return to the Craft Room to paint and bring their one-of-a-kind Thanksgiving turkeys to life. This final step will add color, personality, and the finishing touches to each unique piece, just in time for Thanksgiving.

1:00PM Documentary: What a Glorious Feeling * YouTube

Great Room

As part of our *Behind the Silver Screen: The Magic of Movie-Making* series, we'll explore the artistry and creativity behind Hollywood's beloved musical *Singin' in the Rain*. Through the 22-minute documentary *What a Glorious Feeling*, discover the behind-the-scenes stories, filmmaking techniques, and creative efforts that helped bring this timeless classic to life.

Saturday, November 7, 2026- Cont'd

1:30PM Matinee: Singin' in the Rain

Great Room

Following our discussion on the magic of classic movie-making, we'll watch *Singin' in the Rain* (1952), starring Gene Kelly, Debbie Reynolds, and Donald O'Connor. This beloved Hollywood musical offers a humorous look at the transition from silent films to talking pictures, revealing the challenges and creativity that transformed the movie industry. Enjoy the unforgettable musical numbers, dazzling choreography, and timeless charm of this celebrated classic.

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 and Silent Night** 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: Something's Gotta Give

Great Room

Enjoy an afternoon of romantic comedy with *Something's Gotta Give* (2003), starring Jack Nicholson and Diane Keaton. This charming and witty film follows a successful, lifelong bachelor who unexpectedly finds himself falling for an accomplished playwright after a surprising turn of events brings them together. Filled with humor, unexpected romance, and entertaining moments, the film explores the possibilities of love, second chances, and discovering that life can still surprise us at any age. (Run Time 2Hr. 8Min.)



Cordia Senior Residence Daily Program Schedule



Save the Dates: November 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.

Monday, November 2nd 10:00AM All Souls Day Remembrance Ceremony *Family

Welcome

Tuesday, November 3rd 2:00PM Choir Concert *Family Welcome

Wednesday, November 10th 2:30PM Health & Wellness Lecture Series: COPD Awareness

*Family Welcome

Thursday, November 11th 6:30PM Veterans Day Ceremony *Family Welcome

Wednesday, November 18th 12:30PM Outing: Elmhurst History Museum: *The Story of Bear Down: Football in the Windy City* *Sign up at Concierge

Thursday, November 19th 2:30PM Birthday Night Celebration

Monday, November 24th 1:30PM Community Meeting

Thursday, November 26th Thanksgiving 🍂

Monday, November 30th 6:00PM Evening Concert *Family Welcome

Look Ahead: Family Christmas Party

Mark your calendars for **Sunday, December 6th, at 1:00 PM** for our Family Christmas Party! Celebrate the holiday season with festive cheer, live music, and a special visit from Mr. and Mrs. Claus. It promises to be a wonderful afternoon filled with holiday spirit with family and friends!

❤️ **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 The Dining Room Host Line is available during the following hours:

Breakfast: 7:15 AM – 9:45 AM

Lunch: 11:15 AM – 12:45 PM

Dinner: 3:15 PM – 5:45 PM

Planning ahead? If you know what you would like to order before the start of a meal, feel free to call the Dining Room Host ahead of time.

****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 Dining Manager, Eddie Rodriguez (630) 887-7927 or erodriguez@cordia.biz Thank you!



Thanksgiving Guest RSVP & Departure Reminder

As we prepare to celebrate Thanksgiving, please let us know if you plan to have guests joining you for the holiday meal. Kindly **RSVP by November 13th** with our Dining Room Manager, **Eddie Rodriguez**, at **630-887-7927** or by email at **erodriguez@cordia.biz**

If you plan to leave the building for Thanksgiving Dinner, please notify **Eddie Rodriguez** in advance so we can plan accordingly.

Medication Reminder: If you will be leaving the building and need medications prepared to take with you, please be sure to let **wellness** know ahead of time. This will help ensure your medications are ready and allow for a timely departure.

SAVE THE DATE

Veterans Day Ceremony Wednesday, November 11th at 6:30 PM

Please mark your calendars for a special Veterans Day Ceremony as we come together to honor and recognize the veterans of our Cordia community.

The evening will feature a live brass band and a meaningful tribute to the men and women who have served our country. **Family members are warmly welcome to attend** as we honor our Cordia veterans and express our gratitude for their service and sacrifice.



Cordia Senior Residence

Daily Program Schedule



CORDIA
Senior Living
Westmont

TRANSPORTATION OUTINGS CALENDAR



November 1 – November 6

**SUNDAY
NOVEMBER 1**



**NO
TRANSPORTATION**
Sorry for the
inconvenience.

**MONDAY
NOVEMBER 2**



10:30 AM
Jewel &
Walgreens



1:00 PM
Kohl's

**TUESDAY
NOVEMBER 3**



DOCTOR'S DAY
9:00 AM – 3:00 PM
Under 9 Miles

**WEDNESDAY
NOVEMBER 4**



10:00 AM
Walmart



1:00 PM
Marshalls

**THURSDAY
NOVEMBER 5**



DOCTOR'S DAY
9:00 AM – 3:00 PM
Under 9 Miles

**FRIDAY
NOVEMBER 6**



10:00 AM
Dollar Tree



1:30 PM
Open for
Request



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

Thank you!