



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Sit and Be Fit, FC* 10:30 Converse w/ Ashley, B 11:00 Horticulture Society, G* 2:15 Cubs vs. Reds, GR *	2 10:00 Yoga & You, YS 11:00 Greek Culture, AA+ 1:00 AP: Impressionism, 2L 2:00 Book Club, L* 3:00 Brain Games, 2L	3 9:00 Coffee, News, & Views, B* 10:00 Resident-Led Exercise, FC* 10:30 Aspired Chefs, AA	4 10:00 Resident-Led Exercise, FC* 10:30 Culinary Cues w/ Suzana, B 2:00 Spiritual Study with Karyl,	5 SALON DAY: 9am to 1pm 10:00 Resident-Led Exercise, FC* 11:00 Greece: Phil's Travels, 2L	6 10:00 Yoga & You, YS 11:00 – 5:00 Personal Training, FC 1:00 Needlework, 2L* 2:00 Bingo w/ Bonnie, AA* 3:00 Good Vibrations Drum-	7 9:00 Coffee, News, & Views, B* 10:00 Aerobics on 63rd, YS* 10:30 Converse w/David, B 11:00 Horticulture Society, G*
8 10:00 Sit and Be Fit, FC* 10:30 Converse w/ Kathleen, B 11:00 Horticulture Society, G* 2:30 Creativity in Art Studio,	9 COLUMBUS DAY 9:30 BUS: Mariano's 10:00 Yoga & You, YS 11:00 Speaking Greek, AA + 1:00 AP: Monet, AS 2:00 Book Club, L* 7:00 Wii Bowling League, AA*	10 9:00 Coffee, News, & Views, B* 10:00 Chair Chi Exercise, FC 1:00 LLL: Black Holes, AA 3:00 Women's Club, B* 6:00 Family Game Night, AA*	11 10:00 Light Weights Training, YS* 11:00 Town Hall w/ ED Robin, B 2:00 Spiritual Study with Karyl, L	12 SALON DAY: 9am to 1pm 10:00 AB & Core Attack, FC 11:00 The Acropolis, AA+ 1:00 Bridge Club, 2L* 3:00 Thirsty Thursday Spirits, BR	13 9:00 to Noon: Medicare Update, AA 10:00 Yoga & You, YS 1:00 Needlework, 2L* 2:00 Ice Cream Social, B 3:00 My Life's Story, AA*	14 9:00 Coffee, News, & Views, B* 10:00 Aerobics on 63rd, YS* 10:30 Converse w/ Suzana, B 11:00 Horticulture Society, G*
15 10:00 Sit and Be Fit, FC* 10:30 Converse w/ Shirley, B 11:00 Horticulture Society, G* 2:30 Creativity in Art Studio, AS*	16 9:30 BUS: Walgreens 10:00 Yoga & You, YS 11:00 Homer, The Epic Poet, AA + 1:00 AP: Painting a la Monet, AA 2:00 Book Club, L*	17 9:00 Coffee, News, & Views, B* 10:00 Chair Chi Exercise, FC 10:30 Aspired Chefs: Baklava, AA 1:00 LLL: Galaxies, AA	18 HAPPY BIRTHDAY, MARILYN! 10:00 Conductorcise, YS 11:00 Walgreens Wellness Chat,B 12:00 Oktoberfest Meal, Dining Room 2:00 Spiritual Study with Karyl,	19 SALON DAY: 9am to 1pm 10:00 AB & Core Attack, FC 11:00 Greek Song & Dance, AA+ 1:00 Bridge Club, 2L* 3:00 Thirsty Thursday Spirits	20 10:00 Yoga & You, YS 12:30 BUS: Bengston's Farm 1:00 Needlework, 2L* 2:00 Bingo with Bonnie, AA* 7:00 Karaoke Club, AA*	21 9:00 Coffee, News, & Views, B* 10:00 Aerobics on 63rd, YS* 10:30 Converse w/ Robin, B 11:00 Horticulture Society, G*
22 10:00 Sit and Be Fit, FC* 10:30 Converse w/ Maureen, B 11:00 Horticulture Society, G* 2:30 Creativity in Art Studio,	23 9:30 BUS: Jewel 10:00 Yoga & You, YS 11:00 Greek Cuisine, AA+ 1:00 AP: Renoir & Degas, AS 2:00 Book Club, L* 3:00 Brain Games, 2L	24 9:00 Coffee, News, & Views, B* 10:00 Chair Chi Exercise, FC 1:00 LLL: NASA Exploration, AA 2:00 <u>Club 407</u> Social Hour, B*	25 10:00 Light Weights Training, YS* 12:30 BUS: Morton Arboretum 2:00 Spiritual Study with Karyl, L	26 SALON DAY: 9am to 1pm 10:00 AB & Core Attack, FC 11:00 The Socratic Method, AA+ 1:00 Bridge Club, 2L* 3:00 Thirsty Thursday Spir-	27 10:00 Yoga & You, YS 12:30 BUS: Scenic Drive 1:00 Needlework, 2L* 3:00 Aspired Poet's Society, L* 7:00 Karaoke Club, AA*	28 9:00 Coffee, News, & Views, B* 10:00 Aerobics on 63rd, YS* 10:30 Coffee Clutch w/ Vicki, B 11:00 Horticulture Society,
29 10:00 Sit and Be Fit, FC* 10:30 Converse w/ Ashley, B 11:00 Horticulture Society, G* 1:00 Bears vs. Saints, GR* 2:30 Creativity in Art Studio,	30 9:30 BUS: Target 10:00 Yoga & You, YS 11:00 The First Olympics, AA + 1:00 AP: Aspired Impressionists, AS	31 HAPPY HALLOWEEN HAPPY BIRTHDAY, LYNN! 9:00 Coffee, News, & Views, B* 10:00 Chair Chi Exercise, FC 12:00 Halloween Costume Parade	Programming Key: AA: Activity Area AS: Art Studio B: Bistro BR: Bar FC: Fitness Center G: Garden GR: Game Room L: Library P: Patio 2L: 2nd Level Living Room 3L: 3rd Level T/C: Theater/Chapel YS: Yoga Studio * Resident-Led Programs + World Tour Program BUS TRIPS: Please sign up at the Concierge Desk to reserve seating.	 OF WESTMONT INDEPENDENT, ASSISTED LIVING AND MEMORY CARE <i>Live Well. Age Well. Be Well.</i> 407 W. 63rd Street Westmont, IL 60559	<div><h1>OCTOBER 2017</h1><div>Community Life Wellness Pro-</div><p>Join us for our World Tour program as we “travel” to Greece!</p><p>Art Path: The Impressionism Movement</p></div>	