

Lexington Square
of
Lombard
Senior Residence

Meet Our Staff:

Renee Cervený
Senior Vice President

Carlos Bernal
Executive Director

Haylee Belvedere
*Director of Assisted &
Memory Care*

Rachelle Blough
*Director of Community
Relations and Education*

Barb Highley
Business Office Coordinator

Debra Charles
Residency Counselor

Juan Castaneda
Residency Counselor

Jessica De Giulio
Culinary Director, HHS

Dita Menka
Dining Room Director

Ed Gibson
Maintenance

Holly McIntyre
Life Enrichment Director

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LEXINGTON LINE

October 2023

From the Executive Director

Hello everyone!

With the arrival of autumn, the days are getting shorter and the leaves are starting to change. We enjoyed a lovely summer and a mild September, but witnessing the vibrant colors on campus during fall is truly remarkable.

October brings a range of exciting events to anticipate, including the pumpkin decorating contest for both staff and residents. If you wish to participate, please sign up at the activity board before October 16th. We will vote for the best pumpkin during the week of the 23rd.

Mark your calendars for our Halloween Party on October 28th! It will be filled with games and fun for everyone. Feel free to invite your families to join in from 1:30-2:30.

We are currently coordinating with Lombard Pharmacy to organize a COVID-19 Booster Clinic. Tentatively, the clinic is planned for the first week of November, once the pharmacy obtains an adequate supply of doses.

When perusing our calendar, I notice numerous engaging activities that you can partake in. The Life Enrichment Department has a diverse range of offerings. Come and explore something new. We are elated by the high level of daily engagement shown by our residents. There is always something to learn from one another.

Carlos Bernal
Executive Director

October Specials

RESIDENT COUNCIL

**Tuesday, October 17th
10:30 AM
HPR**

SPECIAL BINGO

**\$1.00 Covers Games 1-10
Regular Bingo
*No Four Corners**

**\$.50 Cents Each Card
Coverall**

Game 11 Coverall

**October 17th at 12:30PM
CTYD**

Trivia Night

**Thursday, October 26th 6:00
HPR**

**Teams are made up of four.
Come with a team or form
one once you get there!**

**Sign up at the
activity board.**

A Real Deal... FREE admission to student plays...WOW...

**Glenbard School district
87 offers seniors FREE
admissions to many stu-
dent events.**

**To qualify for FREE ad-
mission you must have a
Glenbard Gold Card, it is
free!**

**To get the Glenbard Gold
Card you can sign up at
the activity board. You
must provide your name
and apartment number.**

**Life Enrichment will do
all the "leg work"**

**Lexington bus will pro-
vide transportation to
and from events!**

Movie Nights

October 4th *Bewitched* - 2005 · Romance/Comedy 1h 42m

Movie star Jack Wyatt has hit a rough patch in his career. Looking to make a comeback, he signs on to play the role of Darrin in a movie version of the popular 1960s sitcom "Bewitched." Jack insists that an unknown is hired to play Darrin's better half, the beguiling witch-housewife Samantha, so the studio finds an up-and-comer named Isabel Bigelow. Once shooting begins, though, Jack learns that Isabel was cast too well -- since she actually is a witch.

October 11th *Vertigo*-

PG 1958 · Mystery/Thriller · 2h 9m

An ex-police officer who suffers from an intense fear of heights is hired to prevent an old friend's wife from committing suicide, but all is not as it seems. Hitchcock's haunting, compelling masterpiece is uniquely revelatory about the director's own predilections and hang-ups and is widely considered to be one of his masterworks. .

October 18th *Practical Magic*

PG-13 1998 · Romance/Fantasy · 1h 44m

Sally (Sandra Bullock) and Gillian Owens (Nicole Kidman), born into a magical family, have mostly avoided witchcraft themselves. But when Gillian's vicious boyfriend, Jimmy Angelov (Goran Visnjic), dies unexpectedly, the Owens sisters give themselves a crash course in hard magic. With policeman Gary Hallet (Aidan Quinn) growing suspicious, the girls struggle to resurrect Angelo -- and unwittingly inject his corpse with an evil spirit that threatens to end their family line.

October 25 *The Ghost and Mr. Chicken* -

G1966 · Comedy/Comedy drama · 1h 30m

Looking to score a break as a newspaper reporter and impress beautiful Alma Parker (Joan Staley), milquetoast typesetter Luther Heggs (Don Knotts) pitches a story about his small town's haunted house. When his editor (Dick Sargent) insists Luther spend a night alone in the spooky mansion, where a grisly murder-suicide had taken place decades earlier, the timid reporter learns that the house contains a supernatural resident who doesn't like visitors.

Artist Corner

Open Art Studio

Come to the Art Studio,
Wednesday's at 3:00
to enjoy art with
friends. A
project will be
provided but feel
free to use your
own creativity to
make something
wonderful!
We often gain
inspiration from
those around us!



History of Halloween Through Art

Wednesday,
October 25 at 3:00 in
the Courtyard, we
will learn about
Halloween Art
throughout History.

Monthly Craft: Haunted Chocolate House

Come to the MPR
Thursday, October 19 at 6:00!
Please sign up at the activity
board so we know how much
supplies are needed.



Happy October Birthdays!!

Nancy Witt **07**
563

Karen Mueller **08**
445

June Newton **12**
110

Alexander Kuzur **15**
105

Ann Belanger **14**
543

Bill Glennon **20**
449

Jane Van Wyngaarden **20**
442

Doug Kepplinger **27**
146

Arelene Kunik **28**
463

September & October Birthday's will be celebrated on October 19th in the
Savoy Dining Room at 12:00.

You may also reserve for guests with a charge of \$25.00 to your account

HEALTH & FITNESS

WELLNESS PRESENTATION WITH TREY

- Free Balance Screening
- Reduce Your Risk For Falling

Wednesday, October 25 10:45AM HPR

DIRECT MOBILE VISION

Sign up to see a professional

Friday, October 6th

3:00-4:00 Art Room

Please Sign up by the Activity
Board

AGELESS GRACE

Recharge Your Muscles For a
Seated, Workout.

WEDNESDAYS

MPR

1:00 PM

Dermatology

Sign up at the activity board
for a dermatology screening

THURSDAY October 12

9:00a.m.

CTYD

SWIM EXERCISE

This is a guided
workout with an
instructor!

**MONDAYS &
THURSDAYS**


10:00 AM Pool

Podiatrist



Dr. Powers is here the
2nd and 4th Wednesday
of each month please see
the front desk for an
appointment.


HEALTH & FITNESS

Why is good blood flow or *circulation* so important for your overall health?


- Blood delivers oxygen and nutrients to all your organs and tissues.
- It removes carbon dioxide and other waste products from those same places.
- Blood also contains infection-fighting cells called white blood cells. White blood cells are crucial in protecting the body from infection. Your white blood cells circulate throughout your body and respond to infections and foreign materials. 


Here are some things you can do to support healthy blood flow:

Reach and keep a weight that's healthy for you. 
Eat a heart-healthy diet of fruits, veggies, whole grains, beans & lean meats. 

Exercise for about 150 minutes per week (that's 30 minutes, five days a week). See Jill Tuesday and Thursday from 9:00-11:30 6th Floor Fitness Room 

Limit alcohol intake. 

Manage stress with healthy coping techniques such as talk therapy or meditation. 

Quit smoking ...DO NOT USE any tobacco products. 

**Jill is here
Tuesday's and
Thursday's from
9:00-11:30
6th FL
Wellness**



HALLOWEEN

JOIN US FOR OUR HALLOWEEN PARTY

CANDY



GAMES



COME DRESSED IN COSTUME

**SATURDAY, OCTOBER 28TH 1:30 IN THE HYDE
PARK ROOM**

FAMILIES ARE WELCOME TO COME

FOR QUESTIONS OR TO RSVP CONTACT HOLLY MCINTYRE AT 630-317-0243

What are we Doing?



TRIVIA

Are you up for the challenge?

EVERY MONDAY

11:00 AM MPR

Left Right Center

EVERY WEDNESDAY

10:00 AM CTYD

BOOK CLUB

Book Club Discussion will
be held on
October 14th at 2:00
in the 5th FI Library.
Book discussion will be:
**The Thursday Murder
Club**



BINGO

Calling All Bingo Lovers

Mondays 12:30 PM

Thursdays 12:30 PM

Saturdays 12:30 PM

MORE GAMES, MORE FUN

Mondays at 2:00 PM

- Wii Bowling in CTYD

Mondays at 6:00

- Nickel Poker 4FL

Tuesday at 1:30 4th FL

- Finagle 4thFL

Tuesdays at 6:00 PM

- Mexican Dominos 4FL
- Pinochle 4thFL

Wednesdays at 2:00 PM

- Horse Racing In CTYD

Wednesdays at 6:00

- Nickel Poker 4th FL

Thursdays at 6:00 PM

- Pinochle 4th FL

Fridays at 6:00 PM

- Nickel Poker 4th FL

Sundays– Worship & Rest

Where are we Going?

Date	Time	Place
2	10:30	Dollar Tree
3	10:00	Walgreens
4	10:30	Jewel
11	10:30	Walmart
16	10:30	Target/Yorktown
18	10:30	Jewel
20	10:30	Dollar Tree
23	10:30	Aldi
25	10:30	Kohls
27	10:30	Walmart

Please, sign up for shopping trips at the front desk

Trips

Lexington Square

THURSDAY

October 5th @ 12:30
Elmhusrt History Museum

TUESDAY

October 10th @ 10:00
Movie Bus

MONDAY

October 16th @ 1:00
Helen Plum Senior Social

TUESDAY

October 24th @ 10:00
Hollywood Casino

THURSDAY

October 26th @ 12:30
Lunch @ Alfies

TUESDAY

October 31st @ 11:00
Solve the puzzle to Escape the Room

**Please sign up for these trips at the
activity board in the courtyard**

**Contact Holly McIntyre at 630-317-0243
with any questions**

Religious News

WORSHIP SERVICE

*Worship Service Will Take Place Every
FRIDAY at 11:00AM in the HYDE PARK ROOM*

Anne Sherren, Coordinator

October 6	October 13	October 20	October 27
TBD	Rev. Edward A. Terry, Jr. Mt Paran Presbyterian Church Randallstown, MD	Rev. George Smith St. Mark's Episcopal Church Glen Ellyn, IL	Rev. John Huizinga Lombard Christian Reformed Church Lombard, IL

Catholic Services

PRAY THE ROSARY

Meets Everyday
3:00 PM HYDE PARK ROOM.
(Except on the 2nd Wednesday when
it will be in MPR) Thursday's it will be
held following Catholic Service

CATHOLIC SERVICE

Date: Thursdays

Time: 10:30am

Place: HPR

Prayer Service

Meets Every
**Tuesday at 2:00 in
the MPR**

Bible Study

Meets Thursday's
at 1:45 in the HPR

HAPPY HOUR



Friday,
October 6

Performer
Liz Goss

Time
2-3pm in CTYD

**Liz is an
amazing performer
who engages the
audience with her
songs and dance**

Friday,
October 13th

Performer
Steve Accardo

Time
2-3pm in CTYD

**Steve is a
wonderful Guitar
player and
singer!**



Friday,
October 20th

Performer
John Boda

Time
2:00-3:00 in CTYD

**John plays guitar
and has great
wealth of
knowledge about
music**

Friday,
October 27th

Performer
Bob Kalal

Time
2:00-3:00 in CTYD

**Bob is back to
entertain us with
his voice and
keyboard skills!**



