

Calendar of Events

Assisted Living

July 2024
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Senior Star Superfood of the Month: Garlic Enjoy a variety of Canadian themed snacks, along with healthy snack options that include garlic throughout the month of July!</p>	<p>9:00 🌿 Daily Chronicles [C] 1 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:00 🗣️ Resident Roundtable with the Administrator [LIB] 10:00 🌿 Visit our Beauty Salon - open 1st & 3rd Monday! [BS] 2:00 🏃 Balance Class led by Legacy Therapy [FR] 3:00 🌿 Aromatherapy Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 2 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🏃 Drumming 2 Fitness [C] 3:00 🗣️ 4th of July Facts and Trivia 5:00 🎸 Independence Day Celebration with Sam the Guitar Man</p>	<p>9:00 🌿 Daily Chronicles [C] 3 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 3:00 🗣️ Bingo [C]</p>	<p>Independence Day 4 9:00 🌿 Daily Chronicles [C] 9:45 🏃 Sit and Be Fit [FR] 2:00 🎸 Celebrating 4th of July with Family and Friends and the Wexford Team</p>	<p>9:00 🌿 Daily Chronicles [C] 5 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:00 🏃 Aldi 2:00 🎸 Lemonade in the Shade with Fresh Fruit [PT]</p>	<p>9:00 🎸 Daily Chronicles [C] 6 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 11:00 🗣️ Dakim Session [LIB] 2:00 🎸 Movie Time Resident Choice</p>
<p>10:00 🗣️ Gospel Hymns [C] 7 11:00 🌿 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🌿 Communion from Platte Woods Methodist [MR] 2:00 🎸 Ice Cream Sundaes [C] 3:00 🌿 Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 8 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🏃 Balance Class led by Legacy Therapy [FR] 3:00 🌿 Aromatherapy Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 9 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 1:00 🗣️ Menu Talk with Jessica Weibling, F&B Manager [C] 2:30 🏃 Drumming 2 Fitness [C] 3:00 🗣️ Blind/Low Vision Support Group 3-4pm</p>	<p>9:00 🌿 Daily Chronicles [C] 10 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 1:00 🗣️ Nursing 101 Parkinsons with Tanita 2:00 🌿 Senior Resource Fair: IL Building 2-4pm 3:00 🗣️ Bingo [C] 6:00 🌿 On The Same Page Book Club with Claudia [LIB]</p>	<p>9:00 🌿 Daily Chronicles [C] 11 10:00 🏃 Bean Bag Baseball [FR] 11:00 🌿 Rosary and Communion [PDR] 2:00 🗣️ Main. 101 with Terell "Effective Measures to Control Pest" 2:30 🎸 Movie Time: Call of the Wild 3:00 🗣️ Ice Cream Cruiser: Dilly Bars</p>	<p>9:00 🌿 Daily Chronicles [C] 12 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:00 🗣️ Dollar Tree 10:30 🗣️ Music in the Park-KC Swing Band 1:30 🏃 Jenga Time 3:00 🎸 Sam the Guitar Man Performs</p>	<p>9:00 🎸 Daily Chronicles [C] 13 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 11:00 🗣️ Dakim Session [LIB] 2:00 🗣️ BINGO [C]</p>
<p>10:00 🗣️ Gospel Hymns [C] 14 11:00 🌿 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🎸 Ice Cream Sundaes [C] 3:00 🌿 Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 15 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:00 🗣️ Visit our Beauty Salon - open 1st & 3rd Monday! [BS] 11:15 🗣️ Program Planning Meeting [LIB] 2:00 🏃 Balance Class led by Legacy Therapy [FR] 3:00 🗣️ Pizza & Trivia [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 16 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🏃 Drumming 2 Fitness [C] 3:00 🎸 Armchair Traveler: Going Through Canada</p>	<p>9:00 🌿 Daily Chronicles [C] 17 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 1:30 🌿 Bible Study with Julian, Ascend Chaplain 1:30 🗣️ Crafty Class: Painting Wooden Dream Catchers 3:00 🗣️ Bingo [C] 4:00 🎸 Ice Cream Cruiser : Old Fashion Ice Cream Cones 6:00 🌿 On The Same Page Book Club with Claudia [LIB]</p>	<p>9:00 🌿 Daily Chronicles [C] 18 10:00 🏃 Bean Bag Baseball [FR] 11:00 🌿 Rosary and Communion [PDR] 2:00 🗣️ Resident Town Hall [C] 3:00 🗣️ Hangman</p>	<p>9:00 🌿 Daily Chronicles [C] 19 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:00 🗣️ Walmart 2:00 🗣️ Exploring the Northern Lights 3:00 🎸 Cocktail Hour: Garlic Caser Delight in the Northern Lights [C]</p>	<p>9:00 🎸 Daily Chronicles [C] 20 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 11:00 🗣️ Dakim Session [LIB] 2:00 🗣️ BINGO [C]</p>
<p>10:00 🗣️ Gospel Hymns [C] 21 11:00 🌿 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🎸 Ice Cream Sundaes [C] 3:00 🌿 Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 22 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🏃 Balance Class led by Legacy Therapy [FR] 3:00 🌿 Aromatherapy Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 23 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🏃 Drumming 2 Fitness [C] 3:00 🎸 The Legendary History Behind Niagara Falls</p>	<p>9:00 🌿 Daily Chronicles [C] 24 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🗣️ Family Feud 3:00 🗣️ Bingo [C] 6:00 🌿 On The Same Page Book Club with Claudia [LIB]</p>	<p>9:00 🌿 Daily Chronicles [C] 25 10:00 🏃 Bean Bag Baseball [FR] 11:00 🌿 Rosary and Communion [PDR] 1:30 🗣️ Creative Kitchen: Sampling Different Maple Syrups 2:00 🌿 Parkinson's Foundation 101 2-3pm [MR] 3:00 🗣️ Trivia and Fun Facts about Canada 5:00 🗣️ Candlelight Dinner in Canada</p>	<p>8:30 🗣️ Opening Day for 2024 Summer Olympics in Paris! 26 9:00 🌿 Daily Chronicles [C] 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 1:30 🗣️ The History of the NHL on YouTube 2:00 🗣️ Let's Play some Hockey 3:00 🗣️ Sam the Guitar Man Performs</p>	<p>9:00 🎸 Daily Chronicles [C] 27 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 11:00 🗣️ Dakim Session [LIB] 2:00 🗣️ BINGO [C]</p>
<p>10:00 🗣️ Gospel Hymns [C] 28 11:00 🌿 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🎸 Ice Cream Sundaes [C] 3:00 🌿 Pampered Hands [C] 3:30 🌿 Church Service [LIB]</p>	<p>9:00 🌿 Daily Chronicles [C] 29 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:00 🗣️ Visit our Beauty Salon - open 1st & 3rd Monday! [BS] 2:00 🏃 Balance Class led by Legacy Therapy [FR] 3:00 🌿 Aromatherapy Pampered Hands [C]</p>	<p>9:00 🌿 Daily Chronicles [C] 30 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 10:30 🗣️ "Health Talk" with Legacy Therapy [C] 2:00 🏃 Drumming 2 Fitness [C] 3:00 🗣️ 50's Sing A Long</p>	<p>9:00 🌿 Daily Chronicles [C] 31 9:45 🏃 Sit & Be Fit Chair Exercises - Resident Led 2:00 🗣️ July Birthday Bash/Recognition [C] 3:00 🗣️ Bingo [C] 6:00 🌿 On The Same Page Book Club with Claudia [LIB]</p>	<p>Location Keys</p> <ul style="list-style-type: none"> Beauty Salon BS Cafe C Fitness Room FR Library LIB Media Room MR Patio PT Private Dining Room PDR 		<p>Let's stay mentally sharp this by engaging in Dakim. Dakim has been clinically proven to significantly improve cognitive performance in the two most important areas, memory and language. These abilities strengthen attention, focus, and concentration!</p>