

Calendar of Events

Independent Living

July 2024
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>AL Front Arts & Crafts Room Brain Gym Dining Room Fitness Room Living Room Lobby Meet in the Lobby to Ride the Bus Pool Private Dining Room Stratford Room</p> <p>AL Front ACR BG DR FR LR L L-Bus P PDR SR</p>	<p>8:30 🏃 Group Exercise Class [FR] 1</p> <p>10:00 🗺 Program Planning Committee [LR]</p> <p>11:15 🍕 Pizza and Trivia [SR]</p> <p>1:00 🎮 Hand and Foot Card Game [LR]</p> <p>1:30 🎮 Wii Sports Bowling [SR]</p> <p>2:30 🧠 Knowledge Unlimited- Inquiring Minds Want to Know [SR]</p> <p>6:00 🎴 Sequence Card Game [LR]</p>	<p>10:30 🏃 Legacy Water Exercise [P] 2</p> <p>10:30 🗺 Nifty Niners meet [LR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>5:00 🏠 Indoor Independence Day Family Event [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 3</p> <p>9:00 🌟 Prayer in the chapel resident led</p> <p>9:30 🛒 Shopping Price Chopper, bus sign up [L-Bus]</p> <p>10:00 🏃 Introduction to the Shape Master [FR]</p> <p>11:00 🍷 Lunch Bunch - Mi Ranchito - Sign Up [L-Bus]</p> <p>1:30 🗺 Parkville Library Outing, Sign Up [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>6:00 🎴 Games Group [LR]</p>	<p>Independence Day 4</p> <p>9:30 🩺 Blood Pressure Check [LR]</p> <p>10:00 🌟 Catholic Rosary followed by Communion</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🎴 Free Bingo - w/prizes [SR]</p> <p>3:00 🗺 Watercolor Experience [ACR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 5</p> <p>10:00 🥁 Drum Fit - Sign Up [SR]</p> <p>11:00 🎵 Music in the Park-The Blue & Gray Brass Brigade- sign up [L]</p> <p>1:00 🎴 Sequence Card Game [LR]</p> <p>1:30 🛒 Shopping Walmart bus - sign up [L-Bus]</p> <p>2:30 🎮 Happy Hour- Live Music- Ray Keller [SR]</p> <p>3:30 🤲 Hand/Neck Massage with Jodi</p> <p>6:30 🎴 Quarters Bingo [SR]</p>	<p>9:30 🌟 Bible Study (Resident Led) [PDR] 6</p> <p>1:00 🎴 Hand and Foot Card Game [LR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>6:00 🎴 Games Group [LR]</p>
<p>8:45 🌟 Bus service to Gloria Dei Lutheran Church Sign Up [L] 7</p> <p>9:30 🌟 Bus service to St Therese Catholic Church Sign Up [L]</p> <p>10:00 🌟 Church Service [SR]</p> <p>11:00 🍷 Brunch</p> <p>5:30 🌟 Hymn Sing with Linda [LR]</p> <p>6:30 🎮 Sunday Night Movie- Call of the Wild [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 8</p> <p>10:00 🗺 Food Committee [DR]</p> <p>11:15 🍕 Pizza and Trivia [SR]</p> <p>1:00 🎮 Hand and Foot Card Game [LR]</p> <p>1:30 🎮 Wii Sports Bowling [SR]</p> <p>2:30 🗺 Garage Sale Planning Meeting</p> <p>6:00 🎴 Sequence Card Game [LR]</p>	<p>10:00 🍩 Donuts and Neighbors Meet and Greet [SR] 9</p> <p>10:30 🏃 Legacy Water Exercise [P]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>3:00 👁 Low Vision Support Group [LR] [LR]</p> <p>6:30 🎮 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 10</p> <p>9:00 🌟 Prayer in the chapel resident led</p> <p>9:30 🛒 Shopping HY VEE, bus sign up [L-Bus]</p> <p>10:00 🧘 Senso Training [FR]</p> <p>11:00 🍷 Lunch Bunch - Nick & Jakes - Sign Up [L-Bus]</p> <p>2:00 🏃 Chair Yoga with Amy [FR]</p> <p>2:00 🗺 Senior Resource Fair [SR]</p> <p>6:00 🎴 Games Group [LR]</p>	<p>9:30 🩺 Blood Pressure Check [LR] 11</p> <p>10:00 🌟 Catholic Rosary followed by Communion</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🎴 Free Bingo - w/prizes [SR]</p> <p>3:30 🗺 Arm Chair Travel to Canada [SR]</p> <p>6:00 🏃 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:00 🍷 Men's Complimentary Breakfast [DR] 12</p> <p>8:30 🏃 Group Exercise Class [FR]</p> <p>10:00 🥁 DrumFit [SR]</p> <p>11:00 🎵 Music in the Park - KC Swing Band (Variety) -Sign up [L]</p> <p>1:00 🎴 Sequence Card Game [LR]</p> <p>1:30 🛒 Shopping Aldi - bus sign up [L-Bus]</p> <p>2:30 🎮 Happy Hour- Live Music- James Rojas [SR]</p> <p>6:30 🎴 Quarters Bingo [SR]</p>	<p>9:30 🌟 Bible Study (Resident Led) [PDR] 13</p> <p>1:00 🎴 Hand and Foot Card Game [LR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>6:00 🎴 Games Group [LR]</p>
<p>8:45 🌟 Bus service to Gloria Dei Lutheran Church Sign Up [L] 14</p> <p>9:30 🌟 Bus service to St Therese Catholic Church Sign Up [L]</p> <p>10:00 🌟 Church Service - John & Rachel [SR]</p> <p>11:00 🍷 Brunch</p> <p>6:30 🎮 Sunday Night Movie- The Proposal [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 15</p> <p>11:15 🍕 Pizza and Trivia [SR]</p> <p>1:00 🎮 Hand and Foot Card Game [LR]</p> <p>1:30 🎮 Wii Sports Bowling [SR]</p> <p>2:30 🧠 Knowledge Unlimited- Inquiring Minds Want to Know [SR]</p> <p>6:00 🎴 Sequence Card Game [LR]</p>	<p>10:30 🏃 Legacy Water Exercise [P] 16</p> <p>1:00 🗺 Town Hall Meeting [SR]</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>2:00 🍦 Ice Cream in the Soda Shop</p> <p>4:00 🍷 Canada Themed Dinner [DR]</p> <p>6:30 🎮 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 17</p> <p>9:00 🌟 Prayer in the chapel resident led</p> <p>9:30 🛒 Shopping Price Chopper, bus sign up [L-Bus]</p> <p>10:00 🧠 Intro to Dakim Brain Health [BG]</p> <p>11:00 🍷 Lunch Bunch - Corner Cafe - Sign up [L-Bus]</p> <p>1:30 🗺 Parkville Library Outing, Sign Up [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>6:00 🎴 Games Group [LR]</p>	<p>9:30 🩺 Blood Pressure Check [LR] 18</p> <p>10:00 🌟 Catholic Mass followed by Communion</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🎴 Free Bingo - w/prizes [SR]</p> <p>3:00 🗺 Watercolor Experience [ACR]</p> <p>6:00 🏃 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 19</p> <p>10:00 🥁 Drums Fit - Sign Up [SR]</p> <p>11:30 🍷 New Resident Lunch [DR]</p> <p>1:00 🎴 Sequence Card Game [LR]</p> <p>1:30 🛒 Shopping Walmart - bus sign up [L-Bus]</p> <p>2:30 🎮 Happy Hour- Live Music- Joseph Toma [SR]</p> <p>6:30 🎴 Quarters Bingo [SR]</p>	<p>9:30 🌟 Bible Study (Resident Led) [PDR] 20</p> <p>1:00 🎴 Hand and Foot Card Game [LR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>6:00 🎴 Games Group [LR]</p>
<p>8:45 🌟 Bus service to Gloria Dei Lutheran Church Sign Up [L] 21</p> <p>9:30 🌟 Bus service to St Therese Catholic Church Sign Up [L]</p> <p>10:00 🌟 Church Service - John & Rachel [SR]</p> <p>11:00 🍷 Brunch</p> <p>5:30 🌟 Hymn Sing with Linda [LR]</p> <p>6:30 🎮 Sunday Night Movie- True Heart [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 22</p> <p>9:30 🍷 Canada Taste Test [LR]</p> <p>11:15 🍕 Pizza and Trivia [SR]</p> <p>1:00 🎮 Hand and Foot Card Game [LR]</p> <p>1:30 🎮 Wii Sports Bowling [SR]</p> <p>2:00 🗺 Men's Group w/ Mark [PDR]</p> <p>2:30 🥇 Olympic Team Floor Meetings [SR]</p> <p>6:00 🎴 Sequence Card Game [LR]</p>	<p>10:30 🏃 Legacy Water Exercise [P] 23</p> <p>11:00 🗺 Lunch & Learn Parkinson's Educational Seminar [SR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>2:30 🗺 Dream Catcher craft [ACR]</p> <p>6:30 🎮 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 24</p> <p>9:00 🌟 Prayer in the chapel resident led</p> <p>9:30 🛒 Shopping HY VEE, bus sign up [L-Bus]</p> <p>10:00 🧘 Senso Training [FR]</p> <p>11:00 🍷 Lunch Bunch - Culver's -Sign Up [L-Bus]</p> <p>2:00 🏃 Chair Yoga with Amy [FR]</p> <p>6:00 🎴 Games Group [LR]</p>	<p>9:30 🩺 Blood Pressure Check [LR] 25</p> <p>10:00 🌟 Catholic Rosary followed by Communion</p> <p>11:30 🍷 BirthDay Lunch in Dining room [DR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🎴 Free Bingo - w/prizes [SR]</p> <p>2:00 🗺 Parkinson's Support Group [AL Front]</p> <p>6:00 🏃 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 26</p> <p>10:00 🥁 Drum Fit - Sign Up [SR]</p> <p>1:00 🎴 Sequence Card Game [LR]</p> <p>1:30 🗺 Opening Ceremony for Wexford Olympics [SR]</p> <p>1:30 🛒 Shopping Kohl's - bus sign up [L-Bus]</p> <p>2:30 🎮 Happy Hour- Live Music-Bob Cohen</p> <p>6:30 🎴 Quarters Bingo [SR]</p>	<p>9:30 🌟 Bible Study (Resident Led) [PDR] 27</p> <p>1:00 🎴 Hand and Foot Card Game [LR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>6:00 🎴 Games Group [LR]</p>
<p>8:45 🌟 Bus service to Gloria Dei Lutheran Church Sign Up [L] 28</p> <p>9:30 🌟 Bus service to St Therese Catholic Church Sign Up [L]</p> <p>10:00 🌟 Church Service [SR]</p> <p>11:00 🍷 Brunch</p> <p>6:30 🎮 Sunday Night Movie- Overboard [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 29</p> <p>10:00 🗺 Resident Advisory Committee [SR]</p> <p>11:15 🍕 Pizza and Trivia [SR]</p> <p>1:00 🎮 Hand and Foot Card Game [LR]</p> <p>1:30 🎮 Wii Sports Bowling [SR]</p> <p>2:30 🧠 Knowledge Unlimited- Inquiring Minds Want to Know [SR]</p> <p>6:00 🎴 Sequence Card Game [LR]</p>	<p>10:30 🏃 Legacy Water Exercise [P] 30</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:00 🗺 New Resident Orientation [SR]</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>2:30 🗺 Olympic Event - Chair Volleyball [SR]</p> <p>6:30 🎮 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 31</p> <p>9:00 🌟 Prayer in the chapel resident led</p> <p>9:30 🛒 Shopping Price Chopper, bus sign up [L-Bus]</p> <p>10:30 🎮 Hollywood Casino - Sign up [L-Bus]</p> <p>1:30 🗺 Parkville Library Outing, Sign Up [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>6:00 🎴 Games Group [LR]</p>	<p>🧠 Brain Power</p> <p>🏃 Exercise & Movement</p> <p>🗺 Expression</p> <p>🗺 Inner Strength</p> <p>🍷 Nourishment & Health</p> <p>🎮 Socialization</p> <p>🌟 Spirituality</p>	<p>ShapeMaster machines are located on the third floor in the gym. The gym is open at all times for you to use at your convenience or join us for a Group Session!</p>	<p>The Senso "Think & Move" Training Platform is on the third floor gym! Connect with Evelyn to get your personal training plan set up in Senso today!</p>