

Calendar of Events

Assisted Living

September 2023
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Senior Star Superfood of the Month: Sweet Potatoes!</p> <p>Enjoy some Sweet Potato taste testing throughout the month at Savor the Flavor and Shaken, Stirred, and Sipped!</p>	<p>Location Keys</p> <p>AL Front Beauty Salon Cafe Dining Room Fitness Room Library Media Room Private Dining Room</p> <p>AL Front BS C DR FR LIB MR PDR</p> <p> Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>	<p>Dakim Sessions are always available in the Library. Contact Chloe if you would like to be set up on Dakim Brain Fitness.</p>	<p>Shapemaster</p> <p>By increasing range of motion using Shapemaster we are reducing injury by 40%, extending life expectancy up to 3-5 years, and lowering the chances of a heart attack or stroke. Don't forget to hydrate!</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 1</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Fitti's Coffee Shop Outing [AL Front]</p> <p>11:00 Coffee and Coloring [C]</p> <p>2:00 ART Club: Watercolor Fall Scene [C]</p> <p>3:00 Funky Town Happy Hour [C]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 2</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:30 Shapemaster Group Session [FR]</p> <p>11:00 Dakim Session [LIB]</p> <p>2:00 BINGO [C]</p> <p>6:30 Family Game Night [C]</p>	
<p>9:00 Daily Chronicles 3</p> <p>10:00 Gospel Hymns [C]</p> <p>11:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI</p> <p>2:00 Communion from Platte Woods Methodist [MR]</p> <p>2:00 Ice Cream Sundaes [C]</p> <p>3:00 Manicures [BS]</p>	<p>Labor Day 4</p> <p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Midmorning Coffee Break [C]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 5</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:30 Beauty Salon - 10:30am - 5:00pm [BS]</p> <p>10:30 Rock Steady Boxing [FR]</p> <p>2:00 Drumming 2 Fitness [C]</p> <p>3:00 Cheese and Wine Social [C]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 6</p> <p>9:45 Muscles in Motion [FR]</p> <p>10:30 Newscurrents & Up To Dates [C]</p> <p>2:30 Menu Talk with Joe [C]</p> <p>3:00 Football Bingo [C]</p> <p>6:00 On The Same Page [LIB]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 7</p> <p>10:00 Bean Bag Baseball [FR]</p> <p>11:00 Rosary and Communion [PDR]</p> <p>2:00 How to Avoid Scams with Stacey Brown Workshop [C]</p> <p>3:00 1st Chiefs Game Tailgate Party</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 8</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Aldi</p> <p>11:00 Coffee and Coloring [C]</p> <p>2:00 Riddles and Giggles</p> <p>3:00 Happy Hour with Sam the Guitar Man [C]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles 9</p> <p>9:45 Sit and Be Fit [FR]</p> <p>11:00 Dakim Session [LIB]</p> <p>2:00 BINGO [C]</p> <p>6:30 Family Game Night [C]</p>
<p>9:00 Daily Chronicles 10</p> <p>10:00 Gospel Hymns [C]</p> <p>11:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI</p> <p>1:00 Church with Rev Gloria [LIB]</p> <p>2:00 Ice Cream Sundaes [C]</p> <p>3:00 Manicures [BS]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 11</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Midmorning Coffee Break [C]</p> <p>11:15 Program Planning Meeting [LIB]</p> <p>2:00 Balance Class [FR]</p> <p>2:30 Kona Ice Truck [AL Front]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 12</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Bible Study with St. Therese's Catholic Church [LIB]</p> <p>10:30 Beauty Salon - 10:30am - 5:00pm [BS]</p> <p>10:30 Rock Steady Boxing [FR]</p> <p>1:15 Drama Club: Senior Skits Rehearsal [LIB]</p> <p>2:00 National AL Week: Fall Portraits and Reflections [LIB]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 13</p> <p>9:45 Muscles in Motion [FR]</p> <p>10:00 Brief Travel Brain Fitness: Meet Me in Milan [C]</p> <p>1:30 Game Group: Scrabble [C]</p> <p>3:00 Music Bingo with Rebecca [C]</p> <p>6:00 On The Same Page [LIB]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 14</p> <p>10:00 Bean Bag Baseball [FR]</p> <p>10:30 Balloon Volleyball [FR]</p> <p>11:00 Rosary and Communion [PDR]</p> <p>3:00 The Terrific Trio Performs [LIB]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 15</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:30 Dollar Tree & Hillcrest</p> <p>11:00 Coffee and Coloring [C]</p> <p>3:00 Happy Hour with Greg Mancuso [C]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles 16</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:30 Shapemaster Group Session [FR]</p> <p>11:00 Dakim Session [LIB]</p> <p>1:30 Laughter Yoga [C]</p> <p>2:00 BINGO [C]</p> <p>6:30 Family Game Night [C]</p>
<p>9:00 Daily Chronicles 17</p> <p>10:00 Gospel Hymns [C]</p> <p>11:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI</p> <p>1:00 Church with Rev Gloria [LIB]</p> <p>2:00 Ice Cream Sundaes [C]</p> <p>3:00 Manicures [BS]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 18</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Midmorning Coffee Break [C]</p> <p>2:00 Balance Class [FR]</p> <p>3:00 Manicures [BS]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 19</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:30 Beauty Salon - 10:30am - 5:00pm [BS]</p> <p>10:30 Rock Steady Boxing [FR]</p> <p>2:00 Drama Club: Senior Skits Rehearsal [LIB]</p> <p>3:00 Savor the Flavor: Sweet Potato Fries & Chili Mayo Dip [C]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 20</p> <p>9:45 Muscles in Motion [FR]</p> <p>10:30 Newscurrents & Up To Dates [C]</p> <p>1:30 Game Group: Dominoes [C]</p> <p>3:00 Bingo: Autumn Equinox [C]</p> <p>5:00 Candle Light Dinner: Welcome to the Circus [DR]</p> <p>6:00 Ascend 6-week Caregiver Support Group: "Hope for the Holidays" [MR]</p> <p>6:00 On The Same Page [LIB]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 21</p> <p>10:00 Bean Bag Baseball [FR]</p> <p>10:30 Zumba Gold Dance Class [FR]</p> <p>11:00 Rosary and Communion [PDR]</p> <p>2:00 Resident Town Hall [C]</p> <p>3:00 Shaken, Stirred, and Sipped: Sweet Potato Cocktail [C]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 22</p> <p>9:45 Sit and Be Fit [FR]</p> <p>11:00 Coffee and Coloring [C]</p> <p>11:00 Music & Lunch in Macken Park: German Band [AL Front]</p> <p>3:00 Happy Hour with Sam the Guitar Man [C]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles 23</p> <p>9:45 Sit and Be Fit [FR]</p> <p>11:00 Dakim Session [LIB]</p> <p>2:00 BINGO [C]</p> <p>6:30 Family Game Night [C]</p>
<p>9:00 Daily Chronicles 24</p> <p>10:00 Gospel Hymns [C]</p> <p>11:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI</p> <p>2:00 Ice Cream Sundaes [C]</p> <p>3:00 Manicures [BS]</p> <p>3:30 Church Service [LIB]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 25</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Midmorning Coffee Break [C]</p> <p>2:00 Balance Class [FR]</p> <p>3:00 Manicures [BS]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 26</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Bible Study with St. Therese's Catholic Church [LIB]</p> <p>10:30 Beauty Salon - 10:30am - 5:00pm [BS]</p> <p>10:30 Health Talk with Mark [C]</p> <p>10:30 Rock Steady Boxing [FR]</p> <p>2:00 Shaken, Stirred, and Sipped: Iced Maple Bacon Latte [C]</p> <p>3:00 Drama Club: Senior Skits Rehearsal [LIB]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 27</p> <p>9:45 Muscles in Motion [FR]</p> <p>10:00 Remember When Brain Fitness: The Tonight Show [C]</p> <p>1:30 Game Group: Pass the Pigs [C]</p> <p>3:00 Bingo: Television Match-Up [C]</p> <p>6:00 Ascend 6-week Caregiver Support Group: "Hope for the Holidays" [MR]</p> <p>6:00 On The Same Page [LIB]</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 28</p> <p>10:00 Bean Bag Baseball [FR]</p> <p>10:30 Laughter Yoga [FR]</p> <p>11:00 Rosary and Communion [PDR]</p> <p>2:00 Parkinson's Support Group [MR]</p> <p>3:00 Armchair Travel [C]</p> <p>6:00 The Holy Walkamolies</p>	<p>9:00 Daily Chronicles Group Reading in the Arts & Crafts Room 29</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:00 Walmart [AL Front]</p> <p>11:00 Coffee and Coloring [C]</p> <p>12:00 Full Moon Cycle Brain Fitness: Harvest Moon [C]</p> <p>2:00 Drumming 2 Fitness [C]</p> <p>3:00 Social Hour: Show and Tell [C]</p> <p>6:00 Evening Card Games [C]</p>	<p>9:00 Daily Chronicles 30</p> <p>9:45 Sit and Be Fit [FR]</p> <p>10:30 Shapemaster Group Session [FR]</p> <p>11:00 Dakim Session [LIB]</p> <p>2:00 BINGO [C]</p> <p>6:30 Family Game Night [C]</p>