

Calendar of Events

Assisted Living

March 2024
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 31</p> <p>Easter</p> <p>9:00 🕒 Daily Chronicles - Group Reading [ACR]</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 💅 Pretty and Pampered Nails [C]</p>	<p>Senior Star Superfood of the Month: Beet!</p> <p>Enjoy a variety of Beet based snacks throughout the month of March along with endless health benefits!</p>	<p>Location Keys</p> <p>Arts & Crafts Room ACR</p> <p>Cafe C</p> <p>Fitness Room FR</p> <p>Library LIB</p> <p>Media Room MR</p> <p>Private Dining Room PDR</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>Let's stay mentally sharp this winter 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>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 1</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>10:00 🍷 Aldi</p> <p>11:00 ☕ Coffee Color Shade and Sip [C]</p> <p>2:00 🍫 Hot Chocolate Bar w/ Ascend Hospice [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 2</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>11:00 🕒 Dakim Session [LIB]</p> <p>2:00 🕒 BINGO [C]</p>
<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 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 💅 Pretty and Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 4</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>10:00 🗣 Resident Ambassador Roundtable [LIB]</p> <p>2:00 🏃 Balance Class [FR]</p> <p>3:00 💅 Pretty Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 5</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>10:30 🗣 Shapemaster Group Session</p> <p>2:00 🇮🇪 Ireland Travels Feature "Beet Juice" Meditation Creation [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 6</p> <p>9:45 🏃 Muscles in Motion [FR]</p> <p>10:30 🗣 New News & Up To Date [C]</p> <p>2:30 🗣 Menu Talk [C]</p> <p>3:00 🍫 Bingo [C]</p> <p>6:00 🗣 On The Same Page [LIB]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 7</p> <p>10:00 🏃 Bean Bag Baseball [FR]</p> <p>11:00 🌞 Rosary and Communion [PDR]</p> <p>2:00 🗣 Shamrock Maker Taker and Eater Creations</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 8</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>10:30 🍷 Dollar Tree & Hillcrest</p> <p>11:00 ☕ Coffee Color Shade and Sip [C]</p> <p>3:00 🗣 Sam the Guitar Man Performs [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 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>Daylight Saving Time Begins 10</p> <p>9:00 🕒 Daily Chronicles - Group Reading [ACR]</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 💅 Pretty and Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 11</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>11:15 🗣 Program Planning Meeting [LIB]</p> <p>2:00 🏃 Balance Class [FR]</p> <p>3:00 💅 Pretty Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 12</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>2:30 🌞 Celebration of Life w/ Ascend Hospice</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 13</p> <p>9:45 🏃 Muscles in Motion [FR]</p> <p>3:00 🍫 Bingo [C]</p> <p>6:00 🗣 On The Same Page [LIB]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 14</p> <p>10:00 🏃 Bean Bag Baseball [FR]</p> <p>11:00 🌞 Rosary and Communion [PDR]</p> <p>2:00 🕒 Time for "TENZI" Dice Play!</p> <p>3:00 🕒 Celebrating Ireland's Irish Cream and Trivia!</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 15</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>10:00 🍷 Walmart</p> <p>11:00 ☕ Coffee Color Shade and Sip [C]</p> <p>2:00 🗣 "Today Everybody's Irish" - St. Patrick's Party w/ Greg Mancuso</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 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>St. Patrick's Day 17</p> <p>9:00 🕒 Daily Chronicles - Group Reading [ACR]</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 💅 Pretty and Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 18</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>2:00 🏃 Balance Class [FR]</p> <p>3:00 💅 Pretty Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 19</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>3:00 🍫 Easter Eggs - Volunteer Help Needed! [ACR]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 20</p> <p>9:45 🏃 Muscles in Motion [FR]</p> <p>10:30 🗣 New News & Up To Date [C]</p> <p>3:00 🍫 Bingo [C]</p> <p>6:00 🗣 On The Same Page [LIB]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 21</p> <p>10:00 🏃 Bean Bag Baseball [FR]</p> <p>11:00 🌞 Rosary and Communion [PDR]</p> <p>2:00 🗣 Resident Town Hall [C]</p> <p>3:00 🗣 Playing Pigs with Paula</p> <p>4:00 🍫 Candlelight "Irish" Dinner</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 22</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>11:00 ☕ Coffee Color Shade and Sip [C]</p> <p>3:00 🗣 Grab your "Passports" as we travel to Ireland</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 23</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>11:00 🕒 Dakim Session [LIB]</p> <p>12:00 🍫 Annual Easter Egg Hunt - Starring Peter Cottontail! Ages 0 to 5 y/o in the MC Garden</p> <p>1:00 🍫 Annual Easter Egg Hunt - Starring Peter Cottontail! Ages 6 to 12 y/o at the IL Front Lawn</p>
<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 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 💅 Pretty and Pampered Nails [C]</p> <p>3:30 🌞 Church Service [LIB]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 25</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>2:00 🏃 Balance Class [FR]</p> <p>3:00 💅 Pretty Pampered Nails [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 26</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>10:30 🗣 Health Talk with Mark [C]</p> <p>2:00 🗣 Creative Cooking: Making Irish Soda Bread! [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 27</p> <p>9:45 🏃 Muscles in Motion [FR]</p> <p>3:00 🍫 Bingo [C]</p> <p>6:00 🗣 On The Same Page [LIB]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 28</p> <p>10:00 🏃 Bean Bag Baseball [FR]</p> <p>11:00 🌞 Rosary and Communion [PDR]</p> <p>2:00 🗣 Parkinson's Support Group [MR]</p> <p>3:00 🗣 Name that Tune</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 29</p> <p>9:45 🏃 Sit and Be Fit [FR]</p> <p>11:00 ☕ Coffee Color Shade and Sip [C]</p> <p>3:00 🗣 Sam "The Guitar Man" Serenades [C]</p>	<p>9:00 🕒 Daily Chronicles - Group Reading [ACR] 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>

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