

# Calendar of Events

# Independent Living

March 2024  
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>March cont'd</b> <span style="float: right; font-size: 2em;">31</span></p> <p><b>Easter</b></p> <p>9:00 ☀ Bus service to Platte Wood Methodist Church [L]</p> <p>9:30 ☀ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀ Church Service - John &amp; Rachel [SR]</p> <p>11:00 ☀ Easter Sunday Lavish Brunch Buffet! 11:00am and 12:30pm seating times [DR]</p> <p>6:30 🎬 Sunday Night Movie- Bruce Almighty [SR]</p>	<p><b>Location Keys</b></p> <p>AL Front Arts &amp; 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>🧠 Brain Power 🏃 Exercise &amp; Movement 🎨 Expression 💪 Inner Strength 🍏 Nourishment &amp; Health 👥 Socialization ☀ Spirituality</p>	<p><b>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!</b></p>	<p><b>Our Superfood in the month of March is Beets!</b></p> <p><b>Let's be un-beet-able when it comes to our health!</b></p>	<p>8:30 🏃 Group Exercise Class <span style="float: right; font-size: 2em;">1</span></p> <p>1:00 🧘 Meditation/ Yoga Class With Hannah [FR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🚗 Shopping Outing bus sign up- ALDI [L-Bus]</p> <p>2:30 🎸 Happy Hour- Live Music- Sam the Guitar Man</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀ Bible Study (Resident Led) [PDR] <span style="float: right; font-size: 2em;">2</span></p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🏏 Corn Hole and Ring Toss [FR]</p> <p>6:00 🎲 Games Group [LR]</p> <p>7:00 ☀ Memorial Tribute [SR]</p>	
<p>9:00 ☀ Bus service to Platte Wood Methodist Church [L] <span style="float: right; font-size: 2em;">3</span></p> <p>9:30 ☀ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀ Church Service [SR]</p> <p>5:30 ☀ Hymn Sing with Linda [LR]</p> <p>6:30 🎬 Sunday Night Movie- O Brother, Where Art Thou? [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">4</span></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>9:30 🏃 Legacy Water Exercise [P] <span style="float: right; font-size: 2em;">5</span></p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:00 🎹 Mary Pat Piano Performance! [LR]</p> <p>1:00 🗂 New Resident Orientation [SR]</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">6</span></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 🗂 Introduction to the Shape Master [FR]</p> <p>10:30 🗂 Health Talk with Kale from Interim [LR]</p> <p>11:00 🗂 Lunch Bunch - Cracker Barrel [L-Bus]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>3:00 🎨 Rock Painting with Hannah [ACR]</p> <p>6:00 🎲 Bridge Club Resident lead [PDR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🗂 Blood Pressure Check by Interim [LR] <span style="float: right; font-size: 2em;">7</span></p> <p>10:00 ☀ Catholic Rosary followed by Communion</p> <p>1:00 🗂 Ask a Nurse in Interim Office (1:00-2:30pm)</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🏃 Legacy Water Exercise [P]</p> <p>2:00 🎲 Free Bingo - w/prizes [SR]</p> <p>3:30 🗂 Ireland Armchair Travel! Bring your passport! [SR]</p> <p>6:00 🏏 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:00 🍳 Men's Complimentary Breakfast [DR] <span style="float: right; font-size: 2em;">8</span></p> <p>8:30 🏃 Group Exercise Class</p> <p>10:00 🎲 Pass the Pigs Game [LR]</p> <p>1:00 🧘 Meditation/ Yoga Class With Hannah [FR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🚗 Shopping Outing bus sign up- Walmart [L-Bus]</p> <p>2:30 🎸 Happy Hour- Live Music- Gary Kirkland</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀ Bible Study (Resident Led) [PDR] <span style="float: right; font-size: 2em;">9</span></p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🏏 Corn Hole and Ring Toss [FR]</p> <p>6:00 🎲 Games Group [LR]</p>
<p><b>Daylight Saving Time Begins</b> <span style="float: right; font-size: 2em;">10</span></p> <p>9:00 ☀ Bus service to Platte Wood Methodist Church [L]</p> <p>9:30 ☀ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀ Church Service - John &amp; Rachel [SR]</p> <p>6:30 🎬 Sunday Night Movie- I Love Lucy [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">11</span></p> <p>10:00 🗂 Food 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>2:30 🗂 Men's Group w/ Mark [PDR]</p> <p>6:00 🎲 Sequence Card Game [LR]</p>	<p>9:30 🏃 Legacy Water Exercise [P] <span style="float: right; font-size: 2em;">12</span></p> <p>10:30 🎲 Donuts and Neighbors Meet and Greet [SR]</p> <p>11:30 🗂 Moments of Joy with Alzheimer's and Dementia Patients with Crossroads Hospice [SR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>2:30 🗂 Shamrock Wishes Craft (Ireland Activity) [ACR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">13</span></p> <p>9:00 ☀ Prayer in the chapel resident led</p> <p>9:30 🚗 Shopping HY VEE bus sign up [L-Bus]</p> <p>11:00 🗂 Lunch Bunch - Corner Cafe [L-Bus]</p> <p>1:30 🗂 Parkville Library Outing [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>2:30 🎲 Chess &amp; Learning Strategies with Logan!</p> <p>4:00 🗂 Information on Hospice and Advanced Care by Ascend [SR]</p> <p>6:00 🎲 Bridge Club Resident lead [PDR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🗂 Blood Pressure Check by Interim [LR] <span style="float: right; font-size: 2em;">14</span></p> <p>10:00 ☀ Catholic Rosary followed by Communion</p> <p>1:00 🗂 Ask a Nurse in Interim Office (1:00-2:30pm)</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🏃 Legacy Water Exercise [P]</p> <p>2:00 🎲 Free Bingo - w/prizes [SR]</p> <p>3:00 🗂 Hand/Shoulder Massages by Jodi- Sign Up beforehand!</p> <p>3:00 🗂 Watercolor Experience [ACR]</p> <p>6:00 🏏 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 🏃 Group Exercise Class <span style="float: right; font-size: 2em;">15</span></p> <p>11:30 🗂 New Resident Lunch-In [DR]</p> <p>1:00 🧘 Meditation/ Yoga Class With Hannah [FR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🚗 Shopping Outing bus sign up- Dollar Tree/ Hilcrest [L-Bus]</p> <p>2:30 🎸 Happy Hour- Live Music- Kevin Koon [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀ Bible Study (Resident Led) [PDR] <span style="float: right; font-size: 2em;">16</span></p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🏏 Corn Hole and Ring Toss [FR]</p> <p>6:00 🎲 Games Group [LR]</p>
<p><b>St. Patrick's Day</b> <span style="float: right; font-size: 2em;">17</span></p> <p>9:00 ☀ Bus service to Platte Wood Methodist Church [L]</p> <p>9:30 ☀ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀ Church Service - John &amp; Rachel [SR]</p> <p>11:00 🗂 St. Patrick's Day Lunch! Bring your passport!</p> <p>5:30 ☀ Hymn Sing with Linda [LR]</p> <p>6:30 🎬 Sunday Night Movie- Oceans 11 [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">18</span></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>3:00 🎸 St. Patrick's Day Party! [SR]</p> <p>6:00 🎲 Sequence Card Game [LR]</p>	<p>9:30 🏃 Legacy Water Exercise [P] <span style="float: right; font-size: 2em;">19</span></p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:00 🗂 Town Hall Meeting [SR]</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>2:30 🎨 Irish Cupcake Decorating! [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">20</span></p> <p>9:00 ☀ Prayer in the chapel resident led</p> <p>9:30 🚗 Shopping HY VEE bus sign up [L-Bus]</p> <p>10:30 🗂 Health Talk with Kale from Interim [LR]</p> <p>11:00 🗂 Lunch Bunch - Bo Lings [L-Bus]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>2:30 🎲 Fill the Easter Eggs! [SR]</p> <p>6:00 🎲 Bridge Club Resident lead [PDR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🗂 Blood Pressure Check by Interim [LR] <span style="float: right; font-size: 2em;">21</span></p> <p>10:00 ☀ Catholic Rosary followed by Communion</p> <p>1:00 🗂 Ask a Nurse in Interim Office (1:00-2:30pm)</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🏃 Legacy Water Exercise [P]</p> <p>2:00 🎲 Free Bingo - w/prizes [SR]</p> <p>6:00 🏏 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 🏃 Group Exercise Class <span style="float: right; font-size: 2em;">22</span></p> <p>10:00 🍳 Morning Beet Juice Drinks! [LR]</p> <p>1:00 🧘 Meditation/ Yoga Class With Hannah [FR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🚗 Shopping Outing bus sign up- Walmart [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] <span style="float: right; font-size: 2em;">23</span></p> <p>12:00 🏏 Easter Egg Hunt: 12:00pm Memory Garden ages 0-5 y/o 1:00pm IL Front Lawn Ages 6-12 y/o</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>2:00 🍦 Ice Cream in the Soda Shop (following the Easter Egg Hunt)</p> <p>6:00 🏏 Corn Hole and Ring Toss [FR]</p> <p>6:00 🎲 Games Group [LR]</p>
<p>9:00 ☀ Bus service to Platte Wood Methodist Church [L] <span style="float: right; font-size: 2em;">24</span></p> <p>9:30 ☀ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀ Church Service [SR]</p> <p>6:30 🎬 Sunday Night Movie- GI Blues [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">25</span></p> <p>10:15 🗂 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>9:30 🏃 Legacy Water Exercise [P] <span style="float: right; font-size: 2em;">26</span></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>3:00 🎲 Irish Beer Taste Testing [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] <span style="float: right; font-size: 2em;">27</span></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 🗂 Intro to Dakim Brain Health [BG]</p> <p>10:30 🎲 Casino Outing: Hollywood [L]</p> <p>1:30 🗂 Parkville Library Outing [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>2:30 🗂 Name that Beet! [SR]</p> <p>6:00 🎲 Bridge Club Resident lead [PDR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🗂 Blood Pressure Check by Interim [LR] <span style="float: right; font-size: 2em;">28</span></p> <p>10:00 ☀ Catholic Rosary followed by Communion</p> <p>11:30 🗂 Birthday Lunch in Dining room [DR]</p> <p>1:00 🗂 Ask a Nurse in Interim Office (1:00-2:30pm)</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🏃 Legacy Water Exercise [P]</p> <p>2:00 🎲 Free Bingo - w/prizes [SR]</p> <p>2:00 🗂 Parkinson's Support Group [AL Front]</p> <p>3:00 🗂 Watercolor Experience [ACR]</p> <p>6:00 🏏 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 🏃 Group Exercise Class <span style="float: right; font-size: 2em;">29</span></p> <p>1:00 🧘 Meditation/ Yoga Class With Hannah [FR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🚗 Shopping Outing bus sign up- ALDI [L-Bus]</p> <p>2:30 🎸 Happy Hour- Live Music- Carlos Garcia [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀ Bible Study (Resident Led) [PDR] <span style="float: right; font-size: 2em;">30</span></p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🏏 Corn Hole and Ring Toss [FR]</p> <p>6:00 🎲 Games Group [LR]</p>

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