

Calendar of Events

Independent Living

April 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>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] 2</p> <p>10:00 🏪 Walmart Health & Wellness Presentation [LR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>3:00 🎨 Paper Fan Making- Japan Activity! [ACR]</p> <p>6:30 🎲 Quarters Bingo [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 HY VEE bus sign up [L-Bus]</p> <p>10:00 🏃 Introduction to the Shape Master [FR]</p> <p>11:00 🍷 Lunch Bunch - 54th Street Zona Rosa [L-Bus]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🩺 Blood Pressure Check by Interim [LR] 4</p> <p>10:00 ☀️ Catholic Rosary followed by Communion</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 5</p> <p>10:30 🎲 Nifty Niners Meeting! [LR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🏃 Shopping Outing bus sign up [L-Bus]</p> <p>2:30 🎲 Happy Hour- Live Music- Huixqui Sisters [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] 6</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🎲 Games Group [LR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] 7</p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [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- Unforgiven [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>2:00 🎲 Men's Group w/ Mark [PDR]</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] 9</p> <p>10:30 🎲 Donuts and Neighbors Meet and Greet [SR]</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🗣️ Parkinson's Presentation [SR]</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>3:30 🎲 Japan Armchair Travel [SR]</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>11:00 🍷 Lunch Bunch - Bravo! [L-Bus]</p> <p>1:30 🎲 Parkville Library Outing [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🩺 Blood Pressure Check by Interim [LR] 11</p> <p>10:00 ☀️ Catholic Rosary followed by Communion</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 🎨 Watercolor Experience [ACR]</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</p> <p>10:00 🍵 Green Tea Taste Test [LR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🏃 Shopping Outing bus sign up [L-Bus]</p> <p>2:30 🎲 Happy Hour- Live Music- Dan Sturdevant [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] 13</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>2:00 🎹 Piano & Violin Students</p> <p>6:00 🎲 Games Group [LR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] 14</p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀️ Church Service - John & Rachel [SR]</p> <p>11:00 Brunch</p> <p>6:30 🎲 Sunday Night Movie-The Bells of St. Mary's [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>9:30 🏃 Legacy Water Exercise [P] 16</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>3:00 🗣️ Keep your Keys Class [SR]</p> <p>4:00 🕯️ Candle Light 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 HY VEE bus sign up [L-Bus]</p> <p>10:30 🗣️ Health Talk with Kale [LR]</p> <p>11:00 🍷 Lunch Bunch - Tokyo Japanese Steakhouse [L-Bus]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🩺 Blood Pressure Check by Interim [LR] 18</p> <p>10:00 ☀️ Catholic Rosary followed by Communion</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 w/ Jodi</p> <p>6:00 🏃 Bean Bag Baseball (Double Header) [SR]</p>	<p>8:30 🏃 Group Exercise Class 19</p> <p>10:00 🎲 Pass the Pigs Game [LR]</p> <p>11:30 🍷 New Resident Lunch [DR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🏃 Shopping Outing bus sign up [L-Bus]</p> <p>2:30 🎲 Happy Hour- Live Music- Ray Keller [SR]</p> <p>6:30 🎲 Quarters Bingo [SR]</p>	<p>9:30 ☀️ Bible Study (Resident Led) [PDR] 20</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🎲 Games Group [LR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] 21</p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [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-Penelope [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 22</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 📖 Knowledge Unlimited- Inquiring Minds Want to Know! [SR]</p> <p>6:00 🎲 Sequence Card Game [LR]</p>	<p>9:30 🏃 Legacy Water Exercise [P] 23</p> <p>11:00 🗣️ KU LEAP Lunch & Learn</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>3:00 🍣 Sushi & Saki Taste Test(Japan Activity) [LR]</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 🗣️ Intro to Dakim Brain Health [BG]</p> <p>10:30 🎲 Casino Outing: Harrah's</p> <p>1:30 🎲 Parkville Library Outing [L]</p> <p>2:00 🏃 Moving with Mandy [FR]</p> <p>2:30 🍵 Ambassador Appreciation Tea [SR]</p> <p>6:00 🎲 Games Group [LR]</p>	<p>10:00 🩺 Blood Pressure Check by Interim [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>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 26</p> <p>10:00 🤲 1:1 Massages by Jodi [PDR]</p> <p>1:00 🎲 Sequence Card Game [LR]</p> <p>1:30 🏃 Shopping Outing 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 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🎲 Hand and Foot Card Game [LR]</p> <p>6:00 🎲 Games Group [LR]</p>
<p>9:00 ☀️ Bus service to Platte Wood Methodist Church [L] 28</p> <p>9:30 ☀️ Bus service to St Therese Catholic Church [L]</p> <p>10:00 ☀️ Church Service [SR]</p> <p>11:00 Brunch</p> <p>6:30 🎲 Sunday Night Movie-Dreamer [SR]</p>	<p>8:30 🏃 Group Exercise Class [FR] 29</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] 30</p> <p>1:00 🍦 Ice Cream in the Soda Shop</p> <p>1:30 🗣️ New Resident Orientation [SR]</p> <p>2:00 🏃 Balance Class by Legacy [FR]</p> <p>4:00 🍽️ Japanese Theme Dinner</p> <p>6:30 🎲 Quarters Bingo [SR]</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>Our Superfood in the month of April is Green Tea/ Matcha!</p> <p>Let's learn all about the health benefits of our Super Food!</p>	<p>The Dakim Brain Fitness programs are available in the computer lab on the first floor!</p>