

Calendar of Events

Assisted Living

April 2024
Senior Star at Wexford Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Senior Star Superfood of the Month: Matcha Green Tea Enjoy a variety of Japanese based snacks throughout the month of April along with endless health benefits!	9:00 🧘 Daily Chronicles [C] 1 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 2:00 🧘 Balance Class [FR] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 2 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 10:30 🧘 Resident Ambassador Roundtable [LIB] 2:00 🧘 Japan Featured Theme: Painting Japanese Cherry Blossoms [C] 3:30 🧘 Japan Featured Theme Drink: Matcha Tea Social [C]	9:00 🧘 Daily Chronicles [C] 3 9:45 🧘 Muscles in Motion [FR] 2:00 🧘 Japan Themed Event: Armchair Travelogue to Japan Part 1 3:00 🧘 Bingo [C] 6:00 🧘 On The Same Page [LIB]	9:00 🧘 Daily Chronicles [C] 4 10:00 🧘 Bean Bag Baseball [FR] 11:00 🧘 Rosary and Communion [PDR] 2:00 🧘 Drumming to Fitness [C] 3:00 🧘 Robert Cohen Entertainment	9:00 🧘 Daily Chronicles [C] 5 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 10:00 🧘 Aldi 2:00 🧘 Time for Tenzi with Paula [C] 3:15 🧘 Happy Hour [C]	9:00 🧘 Daily Chronicles [C] 6 9:00 🧘 Sit and Be Fit - Chair Exercise [FR] 11:00 🧘 Dakim Session [LIB] 2:00 🧘 BINGO [C]			
	9:00 🧘 Daily Chronicles [C] 7 10:00 🧘 Gospel Hymns [C] 11:00 🧘 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🧘 Communion from Platte Woods Methodist [MR] 2:00 🧘 Ice Cream Sundaes [C] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 8 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 11:15 🧘 Program Planning Meeting [LIB] 2:00 🧘 Balance Class [FR] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 9 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 11:15 🧘 Japanese Self Sip and Color 1:00 🧘 Menu Talk 3:00 🧘 Gary Kirkland Performs	9:00 🧘 Daily Chronicles [C] 10 9:00 🧘 Muscles in Motion [FR] 3:00 🧘 Bingo [C] 6:00 🧘 On The Same Page [LIB]	9:00 🧘 Daily Chronicles [C] 11 10:00 🧘 Bean Bag Baseball [FR] 11:00 🧘 Rosary and Communion [PDR] 2:30 🧘 Japan Themed Dessert: The Mochi 3:00 🧘 The Japanese Art of Kintsugi: The Beauty of Broken Things	9:00 🧘 Daily Chronicles [FR] 12 9:00 🧘 Sit and Be Fit - Chair Exercise [FR] 10:00 🧘 Dollar Tree 2:00 🧘 Play Pigs with Paula 3:15 🧘 Japan Themed: Uchi or Japanese Happy Hour [C]	9:00 🧘 Daily Chronicles [C] 13 9:45 🧘 Sit and Be Fit - Chair Exercise 11:00 🧘 Dakim Session [LIB] 2:00 🧘 BINGO [C]		
9:00 🧘 Daily Chronicles [C] 14 10:00 🧘 Gospel Hymns [C] 11:00 🧘 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🧘 Ice Cream Sundaes [C] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 15 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 2:00 🧘 Balance Class [FR] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 16 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 11:15 🧘 Japanese Themed: Sip and Color 3:15 🧘 Japanese Theme: Cherry Blossom Paper Art	9:00 🧘 Daily Chronicles [C] 17 9:45 🧘 Muscles in Motion [FR] 3:00 🧘 Bingo [C] 6:00 🧘 On The Same Page [LIB]	9:00 🧘 Daily Chronicles [C] 18 10:00 🧘 Bean Bag Baseball [FR] 11:00 🧘 Rosary and Communion [PDR] 2:00 🧘 Resident Town Hall [C] 3:15 🧘 Japan Themed: Ultimate Guide to Japanese Noodles	9:00 🧘 Daily Chronicles [C] 19 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 10:00 🧘 Walmart 2:00 🧘 Time for Tenzi with Paula 3:15 🧘 Japan Themed Event: Learning to use Chopsticks	9:00 🧘 Daily Chronicles [C] 20 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 11:00 🧘 Dakim Session [LIB] 1:30 🧘 Laughter Yoga [C] 2:00 🧘 BINGO [C]			
9:00 🧘 Daily Chronicles [C] 21 10:00 🧘 Gospel Hymns [C] 11:00 🧘 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🧘 Ice Cream Sundaes [C] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 22 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 2:00 🧘 Balance Class [FR] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 23 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 11:15 🧘 Japanese Theme: Sip and Color 2:30 🧘 Japan Theme: The Art of the Japanese Fan 3:00 🧘 Japan Themed: Travelogue to Japan Part 2	9:00 🧘 Daily Chronicles [C] 24 9:45 🧘 Muscles in Motion [FR] 9:45 🧘 Muscles in Motion [FR] 2:15 🧘 Japan Theme: Try SUSHI - A Tasting for the "NON Fish" Lover 3:00 🧘 Bingo [C] 6:00 🧘 On The Same Page [LIB]	9:00 🧘 Daily Chronicles [C] 25 10:00 🧘 Bean Bag Baseball [FR] 11:00 🧘 Rosary and Communion [PDR] 2:00 🧘 Parkinson's Support Group [MR] 3:00 🧘 Martin Thompson Performs 5:00 🧘 Candlelight "Japanese" Themed Dinner	9:00 🧘 Daily Chronicles [C] 26 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 2:00 🧘 Playing Pigs with Paula 3:00 🧘 Sam the Guitar Man Performs	9:00 🧘 Daily Chronicles [C] 27 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 11:00 🧘 Dakim Session [LIB] 2:00 🧘 BINGO [C]			
9:00 🧘 Daily Chronicles [C] 28 10:00 🧘 Gospel Hymns [C] 11:00 🧘 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 🧘 Ice Cream Sundaes [C] 3:00 🧘 Manicure Pampered Nails [C] 3:30 🧘 Church Service [LIB]	9:00 🧘 Daily Chronicles [FR] 29 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 2:00 🧘 Balance Class [FR] 3:00 🧘 Manicure Pampered Nails [C]	9:00 🧘 Daily Chronicles [C] 30 9:45 🧘 Sit and Be Fit - Chair Exercise [FR] 10:30 🧘 Health Talk with Mark [C] 11:15 🧘 Japanese Self Sip and Color 2:15 🧘 Japan Themed: Making "Dessert" Sushi [C] 3:15 🧘 Cherry Blossom Art Viewing and Green Tea Lavendar Matcha Social	Location Keys Cafe C Fitness Room FR Library LIB Media Room MR Private Dining Room PDR			🧘 Brain Power 🧘 Exercise & Movement 🧘 Expression 🧘 Inner Strength 🧘 Nourishment & Health 🧘 Socialization 🧘 Spirituality		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!	Shapemaster 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!