Calendar of Activities

ASSISTED LIVING



					WEXFORD PLACE	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Star WEXFORD PLACE	Location Keys Beauty Salon BS Cafe C Fitness Room FR Library LIB Media Room MR Private Dining Room PDR	 ❷ Brain Power ▲ Exercise & Movement ♠ Expression ❷ Inner Strength ♠ Nourishment & Health ฬ Socialization ♠ Spirituality 	Let's stay mentally sharp this 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!	9:00 Paily Chronicles [C] 10:00 Bean Bag Baseball [FR] 11:00 Rosary and Communion [PDR] 2:00 Soft Cheese taste Testing: Camembert and Brie with a glass of wine 3:00 Robert Cohen Performs	9:00 Paily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 MAIdi 11:00 UNO Card Game 2:00 France Movie: Midnight in Paris / French Onion Dip with Chips	9:00 M Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:00 Dakim Session [LIE 2:00 BINGO [C]
0:00 Sospel Hymns [C] 1:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 Communion from Platte Woods Methodist [MR] 2:00 In Ice Cream Sundaes [C] 3:00 Pampered Hands [C]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Resident Roundtable with the Administrator [LIB] 10:00 Visit our Beauty Salon - open 1st & 3rd Monday! [BS] 2:00 Balance Class led by Legacy Therapy [FR] 3:00 Pampered Hands [C]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Rock Steady Boxing 2:00 Drumming 2 Fitness [C] 3:00 French Riviera Tour	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:00 Do You Remember the 1950's? 2:00 50's Sing A Long 3:00 Bingo [C] 6:00 On The Same Page Book Club with Claudia [LIB]	o.oo e, orginosomg. The lines force	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Dollar Tree 2:00 Armchair Traveller: France 3:00 Sam the Guitar Man Performs	9:00 M Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:00 Dakim Session [LIB] 2:00 BINGO [C]
0:00 Sospel Hymns [C] 1:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI 1:00 Menu Talk with Jessica Weibling, F&B Manager [C] 2:00 Idlice Cream Sundaes [C] 3:00 Pampered Hands [C]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:15 Program Planning Meeting [LIB] 2:00 Balance Class led by Legacy Therapy [FR] 3:00 Pizza & Trivia [C]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Rock Steady Boxing 1:00 Menu Talk with Jessica Weibling, F&B Manager 2:00 Drumming 2 Fitness [C] 3:00 Gary Kirkland Performs	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 1:00 Nursing 101 with Tanita 3:00 Bingo [C] 6:00 On The Same Page Book Club with Claudia [LIB]	9:00 Daily Chronicles [C] 10:00 Bean Bag Baseball [FR] 11:00 Puzzle Time 11:00 Rosary and Communion [PDR] 1:00 Main. 101 with Terell Corby 2:00 Resident Town Hall [C] 3:00 Sheridan's French Vanilla Custard, Comes to You!	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Walmart 2:00 Tour of the: Louvre Museum 3:00 Happy Hour with French Liqueurs Oui Oui	9:00 m Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:00 Dakim Session [LIB] 2:00 BINGO [C]
Gospel Hymns [C] 11:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 Im Ice Cream Sundaes [C] 3:00 Pampered Hands [C]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Visit our Beauty Salon - open 1st & 3rd Monday! [BS] 2:00 Balance Class led by Legacy Therapy [FR] 3:00 Pampered Hands [C]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Rock Steady Boxing 2:00 Drumming 2 Fitness [C] 3:00 Learn about the Tour De France	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 1:15 Bible Study with Chaplain Julian 3:00 Bingo [C] 6:00 On The Same Page Book Club with Claudia [LIB]	9:00 Daily Chronicles [C] 10:00 Bean Bag Baseball [FR] 11:00 Rosary and Communion [PDR] 1:30 Sip "VIN" and Painting Class 2:00 Parkinson's Support Group [MR] 3:00 Martin Thompson Performs	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 2:00 Sampling French Madeleines / Coffee 3:00 M Sam the Guitar Man Performs [C]	9:00 m Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:00 Dakim Session [LIB] 2:00 BINGO [C]
10:00 Sospel Hymns [C] 11:00 Online Worship with UM Church of the Resurrection Channel 8 KMCI 2:00 Im Ice Cream Sundaes [C] 3:00 Pampered Hands [C] 3:30 Church Service [LIB]	9:00 Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 2:00 Balance Class led by Legacy Therapy [FR] 3:00 Pampered Hands [C]	9:00 Paily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:00 Rock Steady Boxing 10:30 Health Talk" with Legacy Therapy [C] 2:00 Drumming 2 Fitness [C] 3:00 History: Normandy Landing	9:00 Paily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 1:00 August Birthday Bash /Recognition 3:00 Bingo [C] 6:00 On The Same Page Book Club with Claudia [LIB]	9:00 Paily Chronicles [C] 10:00 Bean Bag Baseball [FR] 11:00 Rosary and Communion [PDR] 2:00 Bean Bag Baseball Competition with Associates 3:00 Baseball Celebration Party	9:00 Paily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 10:30 Chicken vs Hotdog Game 2:00 A Night in Paris: with Fine Art, Vin and Music	9:00 M Daily Chronicles [C] 9:40 Sit & Be Fit Chair Exercises - Resident Led 11:00 Dakim Session [LIB] 2:00 BINGO [C]