

Calendar of Events		Independent Living		September 2026 Senior Star at Wexford Place									
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location Keys Arts & Crafts Room ACR Dining Room DR Fitness Room FR Library LIB Living Room LR Meet in the Lobby to Ride the Bus L-Bus Pool P Private Dining Room PDR		Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality		9:30 Water Exercise with Legacy [P] 1 10:00 Program Planning Meeting [LR] 10:00 Wexford Bells Group [PDR] 1:00 Ice Cream in the Soda Shop 2:00 Balance Class by Legacy [FR] 2:00 Quarter's Bingo-1 hour [DR]		8:30 Group Exercise Class [FR] 2 9:00 Prayer in the Chapel-Resident Led 9:30 Shopping HY VEE, bus sign up [L-Bus] 10:00 Intro to Senso-Think & Move Platform [FR] 11:00 Lunch Bunch-Nick & Jake's-Bus Sign Up [L-Bus] 1:00 Just Needlin' Club-1:00pm-3:00pm [ACR] 1:30 Parkville Library Outing-Bus Sign Up [L-Bus] 2:30 Visit the Children's Fountain & drive by a few Parade of Hearts in the Northland!! [L-Bus] 3:00 Chair Dance with Mandy [FR] 6:00 Games Group [LR]		9:30 Blood Pressure Check with Interim [LR] 3 10:00 Catholic Rosary & Communion in Chapel 11:30 Aging Well 6 week course-Gratitude & Mindfulness-Lunch & Learn-RSVP to Front Desk [LR] 1:00 Ice Cream in the Soda Shop 1:00 Library Committee Book Check In Meeting [LIB] 1:00 Rock Steady Boxing for Parkinson's [FR] 2:00 Free Bingo with Prizes [DR] 3:00 Paint African Violets Native to Tanzanian Arc Mountains with Acrylics [ACR]		8:30 Group Exercise Class with Deep Breathing [FR] 4 8:50 Daily Affirmations [FR] 10:00 Nifty Niners-Share Stories About Your Grandchildren! [LR] 1:00 Sequence Card Game [LR] 1:00 Shopping Outing- Aldi's-bus sign up [L-Bus] 2:00 Labor Day Happy Hour-Live Music Katie Hurcomb [DR]		9:30 Bible Study [PDR] 5 1:00 Hand and Foot Card Game [LR] 1:00 Ice Cream in the Soda Shop 2:30 The Sabbath-Review of Parsha with Roger Oakley [PDR] 6:30 Games Group & Social in Living Room [LR]	
9:30 Church Bus Shuttle Service-Bus Sign Up [L-Bus] 6 10:00 Baptist Church Service & The Lord's Supper in Chapel with Pastor George McDowell 11:00 Brunch 3:00 Resident Led Storytelling [PDR] 5:30 Hymn Sing with Linda [LR] 6:30 Sunday Night Movie-One Fine Day-Starring Michelle Pfeiffer & George Clooney [LR]		Labor Day 7 8:30 Group Exercise Class [FR] 10:00 Center Stage at Wexford Theatre Group [PDR] 1:00 Hand and Foot Card Game [LR] 6:00 Sequence Card Game [LR]		9:30 Water Exercise with Legacy [P] 8 10:00 Program Planning Meeting [LR] 10:00 Wexford Bells Group [PDR] 1:00 Ice Cream in the Soda Shop 2:00 Balance Class by Legacy [FR] 2:00 Quarters Bingo-1 hour [DR]		8:30 Group Exercise Class [FR] 9 9:00 Prayer in the Chapel-Resident Led 9:30 Shopping HY VEE, bus sign up [L-Bus] 10:00 Intro to Senso-Think & Move Platform [FR] 10:30 Hillcrest Shopping-50% off Day [L-Bus] 1:00 Just Needlin' Club-1:00pm-3:00pm [ACR] 1:30 Visit Kauffman Gardens & drive by a few Parade of Hearts in Midtown-Bus Sign Up [L-Bus] 3:00 Moving with Mandy [FR] 6:00 Games Group [LR]		9:30 Blood Pressure Check with Interim [LR] 10 10:00 Catholic Rosary & Communion in Chapel 11:30 Aging Well 6 week course-Health & Well Being-Lunch & Learn-RSVP to Front Desk [LR] 1:00 Ice Cream in the Soda Shop 1:00 Library Committee Book Check In Meeting [LIB] 1:00 Rock Steady Boxing for Parkinson's [FR] 2:00 Free Bingo with prizes sponsored by Interim Health [DR] 3:00 Watercolor Experience [ACR]		8:00 Men's Breakfast Followed by Meeting with Mark from Legacy [DR] 11 8:30 Group Exercise Class with Deep Breathing [FR] 8:50 Daily Affirmations [FR] 11:00 Concert & Lunch in Macken Park-Marimba sol de Chiapas (Mexican)-Bus Sign Up [L-Bus] 1:00 Sequence Card Game [LR] 1:00 Shopping Outing-Dollar Tree-Bus sign up [L-Bus] 2:00 Chiefs Themed Happy Hour-Live Music with Gary Kirkland [DR]		9:30 Bible Study [PDR] 12 9:30 Box, Balance & Breathe-45min high intensity exercise class for residents in stable physical health [FR] 10:30 Parkville Farmer's Market-Bus Sign Up [L-Bus] 1:00 Hand and Foot Card Game [LR] 1:00 Ice Cream in the Soda Shop 1:30 Starbucks Afternoon Coffee Outing-Bus Sign Up [L-Bus] 2:30 The Sabbath-Review of Parsha with Roger Oakley [PDR] 6:30 Games Group & Social in Living Room [LR]	
Grandparents Day 13 9:30 Church Bus Shuttle Service-Bus Sign Up [L-Bus] 10:00 Church Service in Chapel with John 11:00 Brunch 3:00 Resident Led Storytelling [PDR] 6:30 Sunday Night Movie-Parenthood-Starring Steve Martin [LR]		8:30 Group Exercise Class [FR] 14 10:00 Baptist Bible Study with Pastor George McDowell in Chapel 10:00 Center Stage at Wexford Theatre Group [PDR] 10:00 Food Committee [DR] 11:15 Pizza and Zanzibar Trivia & Specialty Pizza of the Region [LR] 1:00 Hand and Foot Card Game [LR] 1:00 Wii Sports Bowling [ACR] 2:30 Drum Fit [ACR] 3:00 Line Dancing Class with Janiece [ACR] 6:00 Sequence Card Game [ACR] 7:15 KC Chiefs Season Opener vs. Broncos [LR]		9:30 Water Exercise with Legacy [P] 15 10:00 Resident Satisfaction Survey Assistance 10:00am-12:00pm [ACR] 10:00 Wexford Bells Group [PDR] 11:30 Aging Well 6 week course-Finances & Future Planning-Lunch & Learn-RSVP to Front Desk [LR] 1:00 Ice Cream in the Soda Shop 2:00 Balance Class by Legacy [FR] 2:30 Music Trivia from the 1940's, 50's, 60's & 70's [LR] 4:00 Zanzibar Themed Candlelight Dinner [DR] 5:15 Zanzibar Themed Candlelight Dinner [DR]		8:30 Group Exercise Class [FR] 16 9:00 Prayer in the Chapel-Resident Led 9:30 Shopping HY VEE, bus sign up [L-Bus] 11:00 Lunch Bunch-Luna Azteca Mexican Grill-Bus Sign Up [L-Bus] 1:00 Intro to Senso-Think & Move Platform [FR] 1:00 Just Needlin' Club-1:00pm-3:00pm [ACR] 1:30 Parkville Library Outing-Bus Sign Up [L-Bus] 2:30 Travel with us to Tanzania [LR] 3:00 Moving with Mandy [FR] 6:00 Games Group [LR]		9:30 Blood Pressure Check with Interim [LR] 17 10:00 Catholic Rosary & Communion in Chapel 1:00 Ice Cream in the Soda Shop 1:00 Library Committee Book Check In Meeting [LIB] 1:00 Rock Steady Boxing for Parkinson's [FR] 1:00 Tech Talk with Legacy Healthcare [LR] 2:00 Free Bingo with Prizes! [DR] 6:00 Jazz Under the Stars [L-Bus]		8:30 Group Exercise Class with Deep Breathing [FR] 18 8:50 Daily Affirmations [FR] 11:00 Concert & Lunch in Macken Park-The Alpen Speilers (German)-Bus Sign Up [L-Bus] 11:30 New Resident Lunch [DR] 1:00 Sequence Card Game [LR] 1:00 Shopping Outing-Price Chopper-bus sign up [L-Bus] 2:00 Happy Hour-Live Music with Dan Sturdevant [DR] 3:00 Resident Satisfaction Survey Assistance 3:00pm-4:30pm [LR]		9:30 Bible Study [PDR] 19 9:30 Box, Balance & Breathe-45min high intensity exercise class for residents in stable physical health [FR] 1:00 Hand and Foot Card Game [LR] 1:00 Ice Cream in the Soda Shop 2:30 Resident Satisfaction Survey Assistance 2:30pm-4:30pm [ACR] 2:30 The Sabbath-Review of Parsha with Roger Oakley [PDR] 6:30 Games Group & Social in Living Room [LR]	
9:30 Church Bus Shuttle Service-Bus Sign Up [L-Bus] 20 10:00 Church Service in Chapel with John 11:00 Brunch 3:00 Resident Led Storytelling [PDR] 5:30 Hymn Sing with Linda [LR] 7:20 KC Chiefs vs. Colts [LR]		World Alzheimer's Day 21 8:30 Group Exercise Class [FR] 10:00 Center Stage at Wexford Theatre Group [PDR] 11:15 Pizza and Trivia [LR] 1:00 Hand and Foot Card Game [LR] 1:00 Wii Sports Bowling [ACR] 2:30 Drum Fit [ACR] 3:00 Line Dancing Class with Janiece [ACR] 6:00 Sequence Card Game [LR]		9:30 Water Exercise with Legacy [P] 22 10:00 Wexford Bells Group to Perform in Memory Care & Assisted Living [L-Bus] 1:00 Ice Cream in the Soda Shop 2:00 Balance Class by Legacy [FR] 2:00 Town Hall Meeting [DR] 3:00 Explore the Wild Side on a Tanzanian Safari Throughout the First Floor [LR] 4:00 Resident Satisfaction Survey Assistance-4:00pm-5:00pm [LR]		8:30 Group Exercise Class [FR] 23 9:00 Prayer in the Chapel-Resident Led 9:30 Shopping HY VEE, bus sign up [L-Bus] 10:00 Intro to Senso-Think & Move Platform [FR] 11:00 Jo Jo's Pop Up Candy Store [LR] 1:00 Join Us as We Ride the Streetcar Together! [L-Bus] 1:00 Just Needlin' Club-1:00pm-3:00pm [ACR] 3:00 Moving with Mandy [FR] 6:00 Games Group [LR]		9:30 Blood Pressure Check with Interim [LR] 24 10:00 Catholic Rosary & Communion in Chapel 11:30 Aging Well 6 week course-Connections & Community-Lunch & Learn-RSVP to Front Desk [LR] 11:30 Birthday Lunch in Dining Room [DR] 1:00 Ice Cream in the Soda Shop 1:00 Library Committee Book Check In Meeting [LIB] 1:00 Rock Steady Boxing for Parkinson's [FR] 2:00 Free Bingo with Prizes! [DR] 2:00 Parkinson's Support Group in AL-Bus Sign Up 3:00 Jeanne Daley's Retirement Celebration [LR] 3:00 Watercolor Experience [ACR]		8:30 Group Exercise Class with Deep Breathing [FR] 25 8:50 Daily Affirmations [FR] 10:00 Word Challenge with Superfood of the Month Snack [LR] 11:00 Concert & Lunch in Macken Park-Grandview Station (Bluegrass)-Bus Sign Up [L-Bus] 1:00 Sequence Card Game [LR] 1:00 Shopping Outing to Walmart-bus sign up [L-Bus] 2:00 Zanzibar Themed Happy Hour- Live Music with Bob Cohen [DR] 3:30 Hand/Neck & Back Massage with Jodi in Soda Shop		9:30 Bible Study [PDR] 26 9:30 Box, Balance & Breathe-45min high intensity exercise class for residents in stable physical health [FR] 10:30 Parkville Farmer's Market-Bus Sign Up [L-Bus] 1:00 Hand and Foot Card Game [LR] 1:00 Ice Cream in the Soda Shop 1:00 Resident Satisfaction Survey Assistance 1:00pm-3:00pm [ACR] 2:30 The Sabbath-Review of Parsha with Roger Oakley [PDR] 6:30 Games Group & Social in Living Room [LR]	
9:30 Church Bus Shuttle Service-Bus Sign Up [L-Bus] 27 10:00 Church Service with Charlene & Linda in Chapel 11:00 Brunch 1:00 KC Chiefs vs. Dolphins [LR] 3:00 Resident Led Storytelling [PDR] 6:30 Sunday Night Movie-The Firm-Starring Tom Cruise [LR]		8:30 Group Exercise Class [FR] 28 10:00 Baptist Bible Study with Pastor George McDowell in Chapel 10:00 Center Stage at Wexford Theatre Group [PDR] 10:00 Resident Advisory Committee [LR] 11:15 Pizza and Trivia [LR] 1:00 Hand and Foot Card Game [LR] 1:00 Wii Sports Bowling [ACR] 2:30 Drum Fit [ACR] 3:00 Line Dancing Class with Janiece [ACR] 6:00 Sequence Card Game [LR]		9:30 Water Exercise with Legacy [P] 29 10:00 Wexford Bells Group 1:00 Ice Cream in the Soda Shop 1:00 New Resident Orientation [LR] 2:00 Balance Class by Legacy [FR] 2:00 Octoberfest Celebration with Betty Jo Simon! [DR]		8:30 Group Exercise Class [FR] 30 9:00 Prayer in the Chapel-Resident Led 9:30 Shopping HY VEE, bus sign up [L-Bus] 10:30 Casino Outing-Station Casino-bus sign up [L-Bus] 1:00 Intro to Senso-Think & Move Platform [FR] 1:00 Just Needlin' Club-1:00pm-3:00pm [ACR] 1:30 Fishing Outing to Platte Falls Conservation Area with Agent Aaron Post [L-Bus] 3:00 Moving with Mandy [FR] 6:00 Games Group [LR]		Our Senior Star "All Aboard" Adventures 2026 takes us to Zanzibar, Tanzania, our 9th Port of Call. We will enjoy Spinach & Plantains as our Superfoods of the Month!		Senso "Think & Move" uses interactive games to challenge both body and brain while improving balance, coordination, and reaction time.		Exciting changes are beginning this month with our long anticipated REFRESH beginning in the Stratford Room! We appreciate your patience while we are under construction.	