

Calendar of Events		Assisted Living				September 2026 Senior Star at Wexford Place	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Rock Steady Boxing is a supportive non-contact exercise program helping those with Parkinson's build strength, balance, coordination, and confidence.	Location Keys Arts & Crafts Room ACR Cafe C Dining Room DR Fitness Room FR Library LIB Media Room MR Private Dining Room PDR	9:30 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 1 10:00 🏆 Bean Bag Baseball [FR] 11:00 🦿 Group Word Search [C] 11:00 🍏 Pampered Hands [ACR] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🧑‍🦱 Meet Heather Our New Beautician (Open House 2-4) [MR] 2:00 🦿 Zanzibar Guide to Paradise [C] 3:00 🎵 Seasoned Choral Group [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 2 10:30 🏆 Monkey in the Middle - (Balloon Badminton) [FR] 11:00 📖 Letter to Our Pen Pal [C] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🍏 Smoothies for the Win! [C] 3:00 📖 Beverage Bingo [C] 6:30 🎵 Claudia Brings Story time [LIB]	10:00 🦿 Rock Steady Boxing for Parkinson's [FR] 3 10:30 🦿 Fact or Fiction [C] 11:00 🦿 Brain Games [C] 11:00 🌞 Rosary and Communion [PDR] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🦿 Destination Trivia [C] 3:00 📖 Happy Hour with Bob Cohen-Tanzania Appetizer [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 4 10:00 📖 Aldi 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🦿 For the Birds [C] 3:00 🏆 Ribbon Dancing - Chair Exercise [C]	9:00 📖 Daily Chronicles [C] 5 9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 11:30 📖 Sing-a-long [C] 2:00 📖 Bingo	
10:00 📖 Gospel Hymns [C] 6 11:00 🌞 Sundays with Joyce Meyer [C] 2:00 🌞 Communion from Platte Woods Methodist [MR] 2:00 📖 Ice Cream Sundaes (2-3pm) [C]	Labor Day 7 9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 10:30 🦿 Zanzibar Word Search Puzzles-Pick up in the Cafe [C] 3:00 🎵 Visit the Art Room for Craft Fun with Friends [ACR] 6:00 🦿 Friends in the Puzzle Room [C]	9:30 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 8 10:00 🏆 Bean Bag Baseball [FR] 10:30 🎵 Laughter Yoga [C] 1:00 📖 Reading of the Daily Chronicle [C] 1:15 🎵 Menu Talk with Food & Beverage [LIB] 3:00 📖 Gary Kirkland Performs [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 9 10:30 🦿 Food 4 Every Letter [C] 11:00 🦿 Name that Girl [C] 1:00 📖 Reading of the Daily Chronicle [C] 3:00 📖 Fringo Bingo - NEW (Introduce a friend to Bingo for a prize) [C] 6:30 📖 Go Wild with Exotics R Us! [LIB]	10:00 🦿 Rock Steady Boxing for Parkinson's [FR] 10 10:30 🦿 Higher or Lower [C] 11:00 🍏 Aw Sugar Sugar [C] 11:00 🌞 Rosary and Communion [PDR] 1:00 📖 Reading of the Daily Chronicle [C] 1:45 🎵 Zanzibar Craft [C] 3:00 📖 Super Bingo [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 11 10:00 📖 Fun With Us-Outing (pre-sign up at front desk) 1:00 📖 Reading of the Daily Chronicle [C] 1:15 📖 Dollar Tree 2:30 📖 Friday Movie Matinee - Dragonfly [C]	9:00 📖 Daily Chronicles [C] 12 9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 11:30 📖 Detective Search [C] 2:00 📖 Bingo 5:00 🎵 Craft Room Delight-Bring a Friend for Fun! [ACR]	
9:00 🌞 Pick Up Your Bible Quiz-Cafe [C] 13 10:00 📖 Gospel Hymns [C] 11:00 🌞 Sundays with Joel Olsteen [C] 2:00 📖 Ice Cream Floats (2-3pm) [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 14 11:30 🎵 Program Planning Meeting [LIB] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🏆 Balance Class led by Legacy Therapy [FR] 2:30 🦿 Through the Decades with the Chiefs [DR] 6:00 📖 Game Night - Resident Led [LIB] 7:15 📖 Chiefs Home Opener [C]	9:30 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 15 10:00 🏆 Bean Bag Baseball [FR] 10:30 🏆 Smile and Sway Fitness Class (Chair Exercise) [FR] 11:00 🍏 Pampered Hands [ACR] 1:00 📖 Reading of the Daily Chronicle [C] 1:30 🦿 Swahili Language Class [C] 2:30 📖 Rockin' 'n Rollin' in the 50's with Sam [DR]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 16 10:15 🏆 Silver Sneakers (Chair Seated Exercise) [FR] 11:00 📖 Feel Your Way [C] 1:00 📖 Reading of the Daily Chronicle [C] 1:30 🌞 Bible Study [PDR] 2:00 🦿 Finish the Lyric [C] 2:30 📖 That's the Bees Knees (Bingo Please) 6:30 🎵 Claudia Brings Storytime [LIB]	9:00 🎵 Guess the Student Photo [C] 17 10:00 🦿 Rock Steady Boxing for Parkinson's [FR] 10:00 🏆 Volleyball Competition Against Mem. Care [C] 11:00 🍏 Chew Crew [MR] 11:00 🌞 Rosary and Communion [PDR] 1:00 📖 Reading of the Daily Chronicle [C] 6:00 📖 2026 Jazz Under the Stars 6-8 at Legacy of Green Hills	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 18 10:00 📖 Walmart 1:00 📖 Reading of the Daily Chronicle [C] 1:30 🎵 Laugh with Me [C] 2:30 📖 Karaoke Through the Years [C]	9:00 📖 Daily Chronicles [C] 19 9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 11:30 📖 Sing-a-long [C] 2:00 📖 Bingo	
10:00 📖 Gospel Hymns [C] 20 11:00 🌞 Sundays with Joyce Meyer [C] 2:00 📖 Ice Cream Sundaes (2-3pm) [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 21 10:30 🦿 Number Challenge [C] 11:00 🦿 Two Truths and a Lie [C] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🏆 Balance Class led by Legacy Therapy [FR] 3:00 🏆 Stronger Senior Core Fitness [FR]	9:30 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 22 10:30 📖 Wexford Bells to Perform [LIB] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🦿 Spice Trade Legacy in Zanzibar [C] 3:00 🎵 Seasoned Choral Group [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 23 10:30 🦿 Would You Rather..... [C] 11:00 🏆 Smile and Sway Fitness Class (Chair Exercise) [FR] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 📖 Shockingly Good Eats With Shock! [C] 3:30 📖 Bingo [C] 6:30 🎵 Claudia Brings Storytime [LIB]	10:00 🦿 Rock Steady Boxing for Parkinson's [FR] 24 10:30 🦿 Pass The Envelope [C] 11:00 🌞 Rosary and Communion [PDR] 11:00 📖 You Tube Fun [C] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🍏 Parkinson's Support Group [MR] 3:00 📖 Topsy Time with Martin [C] 5:00 🍏 Candlelight Dinner	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 25 10:00 📖 Room Visits with Gina (one on one) [C] 11:00 📖 Roll With Us-Outing (pre-sign up at front desk) 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🏆 Tai Chi with Me (Chair Seated Exercise) [FR] 3:00 📖 Happy Hour [C]	9:00 📖 Daily Chronicles [C] 26 9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 11:30 📖 Detective Search [C] 2:00 📖 Bingo 5:00 🎵 Friends of the Art Table [ACR]	
10:00 📖 Gospel Hymns [C] 27 11:00 🌞 Sundays with Joel Olsteen [C] 2:00 📖 Ice Cream Floats (2-3pm) [C] 3:30 🌞 Spiritual Principle Word Search - Pick up in the cafe [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 28 10:30 🦿 Things That Start With..... [C] 11:00 🏆 Smile and Sway Fitness Class (Chair Exercise) [FR] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🏆 Balance Class led by Legacy Therapy [FR] 3:00 🦿 Once Upon a Time..... [C] 6:00 📖 Game Night-Resident Led [LIB]	9:30 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 29 10:00 🏆 Bean Bag Baseball [FR] 10:30 🍏 "Health Talk" with Legacy Therapy [C] 11:00 🍏 Pampered Hands [ACR] 1:00 📖 Reading of the Daily Chronicle [C] 2:00 🍏 Recipe Exchange [C] 3:00 🎵 Seasoned Choral Group [C]	9:45 🦿 Sit & Be Fit Chair Exercises - Resident Led [FR] 30 10:30 🦿 Word Association [C] 11:00 🦿 Finish The Phrase..... [C] 1:00 📖 Reading of the Daily Chronicle [C] 3:00 📖 Bingo [C] 6:30 🎵 Claudia Brings Story time [LIB]	🦿 Brain Power 🏆 Exercise & Movement 🎵 Expression 📖 Inner Strength 🍏 Nourishment & Health 📖 Socialization 🌞 Spirituality Our Senior Star "All Aboard" Adventures 2026 takes us to Tanzania. We will enjoy Plantains & Spinach as our Superfoods of the month. Shapemaster machines help us increase range of motion & reduce injury by 40%, extending life expectancy, and lowering the chances of a heart attack or stroke. Don't forget to hydrate!			