

Calendar of Events		Assisted Living					October 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 Patio PT Private Dining Room PDR		Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality	Our Senior Star "All Aboard" Adventures 2026 takes us to Bora Bora, French Polynesia. We will enjoy Coconut & Lime as our Superfoods of the month.	9:30 Cafe Ole Serene Soundscapes [C] 1 10:00 Rock Steady Boxing for Parkinson's [FR] 10:30 Fall Morning Bingo [C] 11:00 Rosary and Communion [PDR] 1:00 Reading of the Daily Chronicle [C] 2:00 Octoberfest with Betty Jo [DR]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 2 10:00 Aldi 1:00 Reading of the Daily Chronicle [C] 2:00 Laughter Yoga [C] 2:30 Come Smile With Us -National Smile Day [C] 3:00 Happy Hour with Katie! [C]	9:00 Daily Chronicles [C] 3 9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 11:00 Sudoku Puzzles - Pick up in the Arts & Crafts Room [ACR] 2:00 Bingo [C]
9:00 Daily Chronicles - Pick up in the cafe [C] 4 10:00 Gospel Hymns [C] 11:00 Sundays with Joyce Meyer [C] 2:00 Communion from Platte Woods Methodist [MR] 2:00 Ice Cream Sundaes (2-3) [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 5 10:30 Music Good For the Soul [C] 1:00 Reading of the Daily Chronicle [C] 2:00 Balance Class led by Legacy Therapy [FR] 3:00 Mix and Mingle Monday - Happy Hour on the Patio (weather permitting) [PT] 6:00 Game Night -Resident Led [LIB]	9:30 Sit & Be Fit Chair Exercises - Resident Led [FR] 6 10:00 Bean Bag Baseball [FR] 1:00 Reading of the Daily Chronicle [C] 2:00 Tropical Flower Craft [C] 3:00 Seasoned Choral Group [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 7 11:00 Smile & Sway - Chair Seated Yoga [FR] 1:00 Reading of the Daily Chronicle [C] 1:45 Pumpkin Power - Craft [ACR] 3:00 GRAND Bingo [C] 6:00 Claudia Brings Story Time [LIB]	10:00 Rock Steady Boxing for Parkinson's [FR] 8 10:30 A Word About Pumpkins [C] 11:00 Pass the Pumpkin [C] 11:00 Rosary and Communion [PDR] 1:00 Reading of the Daily Chronicle [C] 2:00 Bora Bora Presentation with Smoothies [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 9 10:00 Adventures with Us! - outing (pre-sign up at the front desk) 1:00 Reading of the Daily Chronicle [C] 1:15 Dollar Tree 3:00 Fire Safety [C]	9:00 Daily Chronicles [C] 10 9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 11:30 "Ghostly" Scavenger Hunt - Pick up list in the Cafe [C] 2:00 Bingo [C]		
9:00 Daily Chronicles - Pick up in the cafe [C] 11 10:00 Gospel Hymns [C] 11:00 Sundays with Joel Osteen [C] 2:00 Ice Cream Floats (2-3pm) [C]	Indigenous People's Day 12 9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 10:30 Sherry Zak Morris - Chair Yoga [C] 11:30 Program Planning Meeting [LIB] 1:00 Reading of the Daily Chronicle [C] 2:00 Balance Class led by Legacy Therapy [FR] 3:00 Breast Cancer Awareness [C] 6:00 Game Night - Resident Led [LIB]	9:30 Sit & Be Fit Chair Exercises - Resident Led [FR] 13 10:00 Bean Bag Baseball [FR] 10:30 Pinecone Bird Fun [C] 11:00 Pampered Hands [ACR] 1:00 Reading of the Daily Chronicle [C] 1:15 Menu Talk with Food & Beverage [LIB] 3:00 Seasoned Choral Group [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 14 10:00 Relaxation Techniques [C] 10:30 Calming Music Session [C] 1:00 Reading of the Daily Chronicle [C] 2:00 Raptors of Missouri [C] 3:30 Island Bingo [C] 6:00 Claudia Brings Story Time [LIB]	10:00 Rock Steady Boxing for Parkinson's [FR] 15 10:00 Show & Tell [C] 10:30 Positive Affirmations [C] 11:00 Feel Your Way [C] 11:00 Rosary and Communion [PDR] 1:00 Reading of the Daily Chronicle [C] 2:00 Resident Town Hall [C] 2:30 Meet Dawn Miller - New Assistant Executive Director	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 16 10:00 Walmart 11:00 Come Meet the Mini Horses 1:00 Reading of the Daily Chronicle [C] 1:15 Wexford Campus Alzheimer's Walk 2:00 Country Bumpkin' party 3:00 Sam Performs	9:00 Daily Chronicles [C] 17 9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 2:00 Music Bingo with Jean [C] 3:00 Ghostly Word Search - Pick up in the Arts & Crafts Room [ACR]		
9:00 Daily Chronicles - Pick up in the cafe [C] 18 10:00 Gospel Hymns [C] 11:00 Sundays with Joyce Meyer [C] 2:00 Ice Cream Sundaes (2-3) [C] 3:00 Glory Bound Singers [LIB]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 19 11:00 Ribbon Dancing - Chair Exercise [C] 1:00 Reading of the Daily Chronicle [C] 2:00 Balance Class led by Legacy Therapy [FR] 2:45 Joan Blondell - A Classic Ghost Comedy [C] 6:00 Game Night - Resident Led [LIB]	9:30 Sit & Be Fit Chair Exercises - Resident Led [FR] 20 10:00 Bean Bag Baseball [FR] 11:00 Breathing Exercise - Chair Seated [C] 1:00 Reading of the Daily Chronicle [C] 2:00 55th Anniversary Willy Wonka & the Chocolate Factory Celebration [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 21 10:30 Kitchen Band Plays [C] 11:00 Currently...In the News [C] 1:00 Reading of the Daily Chronicle [C] 1:30 Bible Study with Julian 1:45 Mummy Craft [C] 3:00 Little Debbie Bingo -Guest Callers [C] 6:00 Claudia Brings Story Time [LIB]	10:00 Morning Walk & Talk 22 10:00 Rock Steady Boxing for Parkinson's [FR] 11:00 Chew Crew 11:00 Rosary and Communion [PDR] 1:00 Reading of the Daily Chronicle [C] 2:00 Parkinson's Support Group [MR] 2:30 Holly with Ascend Hospice Presentation [C] 3:30 Bora Bora Coconuts [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 23 10:30 Morning Bingo [C] 1:00 Reading of the Daily Chronicle [C] 1:30 Love to Old Timer's -Chair Dance Yoga [C] 3:00 Happy Hour with Sam [C]	9:00 Daily Chronicles [C] 24 9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 2:00 Halloween Spooktacular (2-4pm) [C] 6:00 Hayride Word Search - Pick up in the Arts & Crafts Room [ACR]		
9:00 Daily Chronicles - Pick up in the cafe [C] 25 10:00 Gospel Hymns [C] 11:00 Sundays with Joel Osteen [C] 2:00 Ice Cream Floats (2-3pm) [C] 3:30 Church Service with John Klammer [MR]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 26 10:30 Silver Sneakers - Chair Exercises [C] 1:00 Reading of the Daily Chronicle [C] 2:00 Balance Class led by Legacy Therapy [FR] 2:30 Top Haunted Places in Missouri [C] 3:15 Theatre Group Performs [LIB] 6:00 Game Night - Resident Led [LIB]	9:30 Sit & Be Fit Chair Exercises - Resident Led [FR] 27 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 Bora Bora Polynesian Dancer 3:00 Seasoned Choral Group [C]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 28 1:00 Reading of the Daily Chronicle [C] 2:00 Spooky Eats with Shock! [C] 3:00 Boo Bingo [C] 6:00 Claudia Brings Story Time [LIB]	10:00 Rock Steady Boxing for Parkinson's [FR] 29 10:30 Tropical Bracelet Making [C] 11:00 Rosary and Communion [PDR] 1:00 Reading of the Daily Chronicle [C] 2:00 Ghostly Craft [C] 5:00 Candle Lit Dinner [DR]	9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 30 11:00 Out and About! - outing (pre-sign up at the front desk) 1:00 Reading of the Daily Chronicle [C] 1:30 Tai Chi with Me (Chair Seated Exercise) [FR] 2:30 Monster Bash with Memory Care [C]	Halloween 31 9:00 Daily Chronicles [C] 9:45 Sit & Be Fit Chair Exercises - Resident Led [FR] 10:00 Witches Brew Word Search - Pick up in the Arts & Crafts Room [ACR] 2:00 Bingo [C]		