

# LEGEND AT CAPITAL RIDGE

## COMMUNITY EVENTS

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### Innovative Methods To Protect Your Memory & Mental Sharpness JUN. 13, 2023 5:00 PM

The brain is involved in everything you do and, like other important parts of the body, it needs to be cared for too! Join Legend at Capital Ridge to learn exercises that will help your memory and focus stay sharp or even give it a boost! People of all ages will benefit from incorporating just a few simple brain exercises into their daily life, which we'll explore together! RSVP to claim your spot. Meet the Expert: Jennifer Divine, Registered Nurse, Elara Caring.



### Paint Pouring Party JUL. 25, 2023 5:30 PM

Paint pouring is an easy technique that combines acrylic paint, a piece of canvas, and your creativity! Join us at Legend at Capital Ridge for a free event where you'll learn to pour, how colors work together, and different pouring methods. Leave with your own abstract, beautiful creation. Beginners welcome!



### Beauty and the Board: Create a Classic Charcuterie AUG. 10, 2023 2:00 PM

A beautiful charcuterie board is the perfect centerpiece to any party, gathering, or meal. The secret to a successful charcuterie? It's not as hard as it looks! Join the Chef at Legend at Capital Ridge to learn how to create a stunning charcuterie board with a few seasonal ingredients and pantry staples. Leave with your creation and a new party trick to add to your hosting talents. RSVP to save a seat at this demonstration, as well as your ingredients for your own board.



### Affording Long-Term Care For Your Loved One SEP. 07, 2023 10:00 AM | SEP. 07, 2023 2:00 PM

Senior living and home care services can be expensive. But there are ways for your loved one to get the support they need without going into debt or reaching into your savings account. Join us at Legend as we talk about all things loved ones worry about when it comes to

paying for care. We'll cover costs of care today, ways to offset those expenses, and how you can become a part of the process. RSVP to save your seat. Guest Experts from Corefirst Bank & Trust: Roger Aeschliman, SVP & Trust Officer and Ryan Hellmer, SVP & Trust & Investment Officer.



### VA Aid & Attendance Benefits SEP. 15, 2023 2:00 PM

Are you aware of the Aid & Attendance benefit, which can significantly offset the costs of senior living or home care for veterans? Do you know enough about this hidden benefit for yourself or your loved one? We've invited a local VA expert to talk more about eligibility, application, and what the benefits actually entail. All are welcome to attend, so invite your spouse and family members as well. RSVP and we will save your seat. Guest Speaker: Scott Sexton, Scott Sexton Law, Accredited attorney for the Department of Veterans Affairs.



### Casino Night NOV. 15, 2023 6:00 PM

Feeling lucky? Test it out at Legend at Capital Ridge's Casino Night, a favorite event of guests and residents. We'll have all of your favorite casino games, from poker to roulette, along with refreshments and new friends. A beginner at casino games? That's okay! We can teach you how to play. Everyone is welcome. RSVP to save your seat at the tables.



### Afternoon Matinee MAR. 07, 2024

Get ready for an unforgettable afternoon filled with cinematic wonders! Join us at Legend at Capital Ridge for a special movie and finger foods. Come for the film and relish the company of friends and loved ones. Feature Presentation: Walk The Line Starring: Joaquin Phoenix, Reese Witherspoon, & Ginnifer Goodwin



### VA Aid & Attendance Benefits MAR. 20, 2024 11:00 AM | MAR. 20, 2024 2:00 PM

Most Veterans and their partners are unaware of this benefit, which can significantly offset the costs of senior living or home care. We've invited a local VA expert to talk more about eligibility, application, and what the benefits actually entail. All are welcome to attend, so

invite your spouse and family members! GUEST SPEAKER: Scott Sexton, Scott Sexton Law, Accredited attorney for the Department of Veterans Affairs



### Perk Up Your Flower Beds APR. 18, 2024 2:00 PM

The key to a beautiful garden from spring to fall? Planning it out. We're daydreaming about what our gardens can be this year. Won't you join us? We'll be talking about what to plant, when to plant, and how to prepare your garden beds for blooms all summer long. Hors d'oeuvres served. GUEST SPEAKER: Joy Keel, Site Manager for The Plant Shop for Kansas Neurological Institute



### A New Recipe for Healthy Aging MAY. 22, 2024 2:00 PM

We're always excited to get new recipes for dinner and dessert. How about for living well? Join Eric Meyer from Gentiva Hospice for a tasty, fascinating presentation of easy-to-follow steps to a fulfilling lifestyle! It's definitely what's cooking in senior living. Some ingredients are optional, but there's no substitute for meeting new friends and discovering the best in senior health care from Legend at Capital Ridge.



### Father's Day Barbecue JUN. 14, 2024 11:00 AM

We're firing up the grill to celebrate dads and granddads. Join us to honor the role he has had in your life with his backyard favorites. Share jokes and memories, and make new ones, while enjoying a BBQ cookout, summertime refreshments, and delicious sweets. RSVP to save your spot at the picnic table.



### Identifying Dementia and Knowing When to Seek Help JUL. 24, 2024 2:00 PM

Join us for an educational session on dementia and Alzheimer's. Learn about the signs and symptoms and early recognition. The Legend at Capital Ridge team is here to explain the disease from the basics and beyond. RSVP to save your seat for this important conversation.



## Start The Conversation: Advance Care Planning Explained

AUG. 22, 2024 2:00 - 3:30 PM

You've been planning your whole life: planning for college, weddings, births, jobs, and retirement. But even the biggest planners often miss out on planning for the healthcare they want to receive in the future. Join us as we welcome Jennifer Divine with Elara Hospice to discuss how to plan for advanced care and advocate for your preferences now. The right planning can take stress off yourself and your family members. RSVP to save your seat at this important conversation.



## Winter Safety Tips for Seniors JAN. 16, 2025 1:30 - 2:30 PM

Meet the winter chill and unpredictable weather with confidence this year! Join us as we welcome Dusty Nichols from Shawnee County Emergency Management, who will teach us tips for staying safe and warm this season. We'll cover topics like winterizing, walking safely on ice, and staying warm at home if the power goes out. Come learn with us at this important discussion.



## Don't Be A Target: Avoiding Senior Scams JAN. 21, 2025 2:00 - 3:00 PM

Fraudsters and scammers tend to target older adults, and authorities report that seniors lose billions of dollars annually to targeted scams. Instead of feeling fearful or worried, learn the skills you need to avoid being a victim. Join us as we learn from the experts in our area. We'll cover topics ranging from how to spot a scam to what to do if you're feeling unsure about an email or social media request.



## Chocolate To Go FEB. 13, 2025 2:00 - 3:30 PM

Indulge in all things chocolate at Capital Ridge! Meet the team, take a tour, and then take home a delicious treat as our gift to you!



## SEVERE WEATHER AWARENESS FOR SENIORS MAR. 13, 2025 1:30 - 2:30 PM

Join us at Legend at Capital Ridge to learn helpful tips on preparing for severe weather in Kansas. Hear from Dusty Nichols from Shawnee County Emergency Management on what to be aware of and what to



do if disaster strikes. Come learn with us at this important discussion.



### **Dementia Decoded** MAR. 20, 2025 2:00 - 3:00 PM

Memory loss and confusion are often recognized as early signs of dementia, but the journey can begin with subtle symptoms that can appear years beforehand. Join us in our discussion of Alzheimer's disease and other forms of dementia. Together, we'll uncover the various types and early indicators of cognitive changes. Learn about seeking support and navigating life after a diagnosis, empowering yourself and loved ones with knowledge and understanding.