



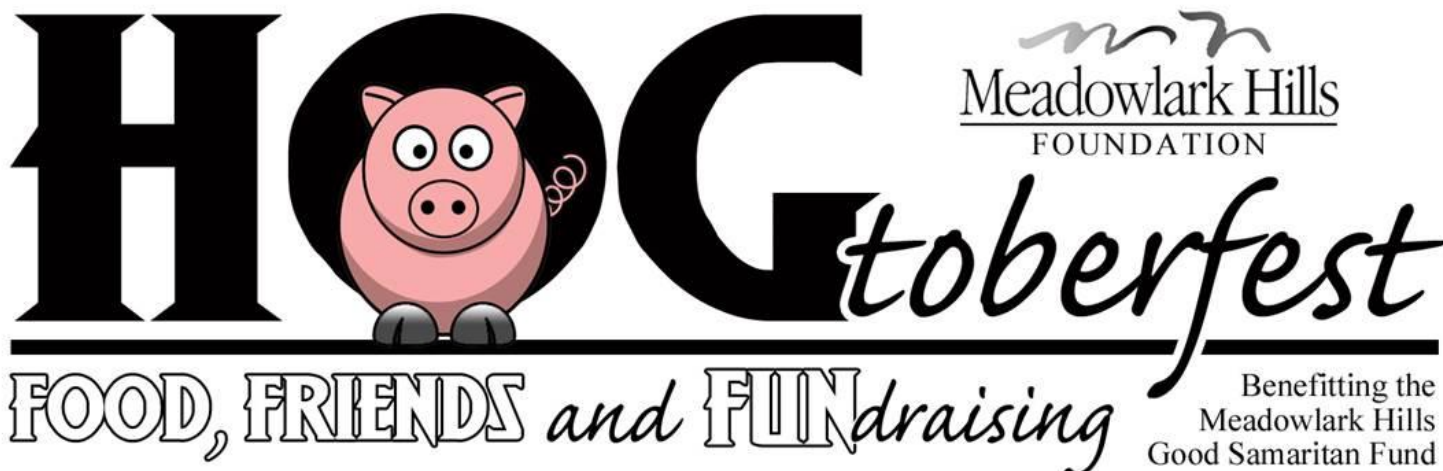
Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 25, 2014

Hog Wild in October!

Inaugural HOGtoberfest to Raise Money & Awareness for Good Samaritan Fund



by Becky Fitzgerald

Friends of Meadowlark Hills have a fun and tasty opportunity to support the Meadowlark Hills Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Oct. 16. Bud and Bobby Cox, the aforementioned Cox brothers, pledge to donate 10% of that day's proceeds to the Fund. HOGtoberfest, one of three Cox Cares fund-raisers benefitting local programs and organizations, has a format similar to Pig Out for Parkinson's, which is held in April and supports the Parkinson's Program of Manhattan at Meadowlark Hills.

"Pig Out has been going for a few years now, and it's just gotten better. With Mama and Daddy living at Meadowlark Hills, I wondered if there was another Meadowlark Hills program we could help with an event like Pig Out," said Bud Cox, son of Newton and Ellie Cox. "We're using the name Cox Cares for these outreach efforts, and I'd like to find one more group to support, so we'd have one event roughly every quarter." (In addition to the Parkinson's Program and the Good Samaritan Fund, the Flint Hills Bread

Basket benefits from a Cox Cares event in July.)

When Bud approached Sarah Duggan and me about organizing an event similar to the one supporting the Parkinson's Program, Sarah and I agreed that one benefitting the Good Samaritan Fund is a logical choice. However, we did not want this event to be confused with Pig Out for Parkinson's or to be scheduled soon after the April eat-at-Cox Bros. event. The HOGtoberfest committee, composed of Tracy Musselman, Pam Reding and me, has teamed with Bud to borrow a few popular ideas from Pig Out, such as pulled pork sliders for \$2 each, but have strived to create a new brand of hog heaven.

Along with offering those pulled pork sliders from the restaurant's opening to closing, a hog roast buffet is planned beginning at 6 p.m. In addition, anyone who makes a Cox Bros. BBQ purchase that day has the opportunity to win a door prize: a tailgate package for 10! The package includes pulled pork and pulled chicken, potato salad and smokehouse beans, as well as buns, sauce, pickles and disposable dinnerware.

See Hog Wild in October, page 6



Thank you for your continued support of the MLH Foundation and its mission.

*The Meadowlark Hills Messenger is proudly sponsored by **The Trust Company**.*

UPCOMING EVENTS

KSU Football Games

Transportation will depart at 9:50 a.m. Saturday, Sept. 27, from the Assisted Living entrance for the K-State game against University of Texas at El Paso. The game will start at 11 a.m.

Transportation will depart at 4:50 p.m. Saturday, Oct. 4, from the Assisted Living entrance for the K-State game against Texas Tech University. The game will start at 6 p.m.

Sign up in the Blue Book at the Hospitality Desk for transportation to these games. The cost for transportation is \$3 per person.

Vespers Services

The Vespers service, led by Pastor Michael Ide with Peace Lutheran Church, will begin at 7 p.m. Sunday, Sept. 28, in the Community Room.

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on Facing Aging with Humor by Amy Mears at noon, Wednesday, Oct. 1, in the KSU Classroom. No registration necessary.

KSU Football Tailgating Parties

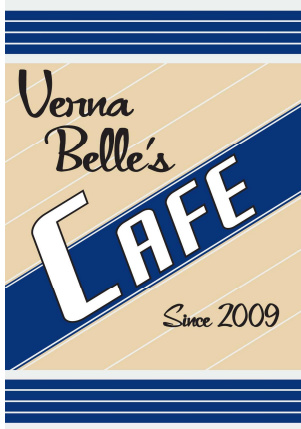
Mark your calendars for the next Kansas State University football games. Tailgate parties will be hosted in the Game Room and Kansas Room Pub at 11 a.m. Saturday, Sept. 27, and at 6 p.m. Saturday, Oct. 4. We encourage you to hang around, watch the game and cheer on Kansas State University! Refreshments will be served.

Al Bowyer Musical Performance

Join us at 7 p.m. on Friday, Oct. 3, in the Community Room for some lively bluegrass and gospel music. Al Bowyer will be playing both the guitar and the mandolin and putting on a great show. You won't want to miss it!

R&R Band Performance

Come enjoy a jazz performance by the R&R band at 7 p.m. Friday, Sept. 26, in the Community Room. The band is made up of three KSU students, Robert Rodriguez on drums, Nolan Groff on bass, David Struss on trombone and Daniel Dissmore on trumpet.



Lunch Specials

Sept. 28 – Oct. 4

Sunday, Sept. 28 – Pasta Bake with Garlic Bread	\$5.50
Monday, Sept. 29 – Tuna Melt with Soup or Chips	\$3.75/\$5.50
Tuesday, Sept. 30 – Goulash with Green Beans	\$5.50
Wednesday, Oct. 1 – Quesadillas	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Thursday, Oct. 2 – Steak Sandwich with Soup or Chips	\$3.75/\$5.50
Friday, Oct. 3 – Hotdogs with Baked Beans and Potato Chips	\$5.50
Saturday, Oct. 4 – Grilled Cheese with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Transportation Pick-Up Location Change

Due to the concrete work, Meadowlark Hills transportation is unable to use the Village Entrance. Until further notice, all scheduled pick-ups from the Village Entrance will now be from the Assisted Living (Miller) Entrance.

Skydiving Event—Case Bonebrake Jumping

submitted by Heath Rath

Last year, the K-State Gerontology club decided to help a few older adults check an item off of their “Bucket List.” That item was skydiving! As a result, we hosted a hugely successful intergenerational skydive event that Ruth Wells participated in! We had such a great time that we have decided to do it again. The club will be having their second intergenerational skydive on Friday, Sept. 26. This date coincides with the K-State Skydive Club’s 50th Anniversary Celebration. The jump will take place at the Abilene Airfield.

Meadowlark Hills resident Case Bonebrake will be taking the dive. Case will be skydiving at 9 a.m. on Friday, Oct. 26. An airplane aerobatics show will occur after the skydiving. Sign up in the Blue Book at the Hospitality Desk to attend the jump and support Case! Transportation will depart at 7:45 a.m. from the Miller Entrance, and the cost is \$10 per person.

Cats: Behind the Scenes

The special event, *Cats: Behind the Scenes*, will be from noon to 5 p.m. on Sunday, Sept. 28 at the Manhattan Arts Center. It will begin with lunch accompanied by a presentation by Michael Donnelly on *Old Possum’s Book of Practical Cats* by T.S. Eliot, a 1939 book of whimsical poems that became the basis for the musical, *Cats*. Pre-registration for this event has closed. If you are registered for this event, transportation will be provided at no charge and will depart from the Assisted Living entrance at 11:30 a.m.

The War for America, 1775—1783

This Osher course examines the military and social aspects of the American Revolution. Robert Smith, Ph.D., will be the presenter of this course. The first class of this course will be from 2 to 4 p.m. Wednesday, Oct. 1, in the Community Room. Prior registration is required to attend this course.

Phone Service Outage, Sept. 30

The Meadowlark Hills business phones will be powered down and unable to receive calls due to required equipment replacement between 11 a.m. and 1 p.m. Tuesday, Sept. 30.

The phone service outage will not affect the phones in your home. It will affect all Meadowlark Hills business phones. This includes the phones in the Meadowlark Hills Physician’s Office, the Hospitality Desk, Prairie Star Restaurant and Bramlage guest rooms. If you make a call to a Meadowlark Hills business phone during the service downtime, you will hear continuous ringing and the call will not be answered.

If you need to contact the Hospitality Desk during the time of the phone service outage, please call the fax line at (785) 587-4699.

If you need to place a meal order to Prairie Star Restaurant during the phone service outage, please call (785) 313-3620.

Staff apologizes for any inconvenience and thanks you, in advance, for your patience. If you have questions regarding the phone service outage, please contact Will Gold, Information Services Leader, at (785) 323-3834 or by e-mail at william.gold@meadowlark.org.

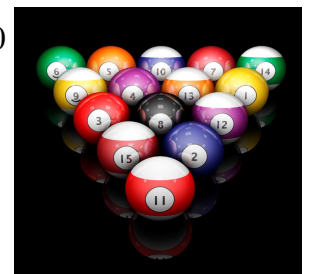
Billiard Tournament

Register today!

Registration for the semi-annual Rasmussen 8-Ball billiards tournament starts today and runs until Monday, Oct. 6. A sign-up sheet can be found in the Billiards Room. Tournament play will begin Tuesday, Oct. 7. Look for the bracket to be displayed Tuesday morning at 10 a.m.

Tournament is open to players with all different skill levels; you don’t have to be a “shark!” Participants will contact their opponent to schedule a time to play. Post-it notes will be placed in the Billiards Room to reserve the table for tournament play. The only time slot not allowed to be scheduled is during the Ladies Pool Time, from 1:30 to 2:30 p.m. every Monday.

Please contact Resident Services Leader, Darcy Reinbold-Olson, if you have any questions. Stay tuned for the 2014 Fall Champion!



UPCOMING EVENTS & ANNOUNCEMENTS CONT.

Buttonwood Art Space Reception

Meadowlark Hills opted to be a sponsor for an artist reception and opening gala planned for Friday, Oct. 3, at Buttonwood Art Space. All sponsors, and consequently, Meadowlark Hills residents, staff and Passport members, are invited to a special VIP opening reception from 4 to 6 p.m. that day. In addition to having a first look at the Visions of the Flint Hills exhibit, attendees also will enjoy a variety of hors d'oeuvres and libations, hear live music and meet the artists.

Transportation will depart from the Assisted Living entrance at 1:30 p.m. Registration is full to attend this event, but there is a wait-list in the Blue Book if seats open up. There is no cost for this event; the reception and transportation are complementary. If you have questions, please contact Darcy Reinbold-Olson.

Civil War Battles in Kansas, Missouri and Arkansas

This Osher course looks at the battles fought west of the Mississippi, beginning in the period prior to the Civil War, with an emphasis on engagements involving Kansas Units. Tray Green who has conducted extensive research into the Civil War, will be the presenter of this course. The last session of this course will be from 3 to 5 p.m. on Monday, Sept. 29 at the Manhattan Arts Center. Transportation will depart from the Assisted Living entrance at 2:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

Jeans Day Beneficiary

For the month of October, the Jeans Day will benefit HOGtoberfest and the Good Samaritan Fund. On Wednesday, Oct. 8, and Thursday, Oct. 16, employees are welcome to wear jeans to work with a minimum donation of \$1. If you wish to donate to the cause, please see Christina Strange or Jayme Minton in the Human Resources office, across from Verna Belle's Café. This is a great opportunity to wear a HOGtoberfest t-shirt and be fashionably philanthropic.

Service of Remembrance

You are invited to attend the Service of Remembrance to celebrate the lives of those we've lost in the last month. The service will begin at 3 p.m. Friday, Sept. 26, in the Living Room. All are welcome to attend.

Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack. An employee is chosen each month, and they are awarded a special parking spot, a Meadowlark Hills gift certificate and a free car wash. Stop by Verna Belle's Cafe or the Human Resource office to fill out a nomination form with information about an outstanding employee.

DRINK SPECIAL



**Sept. 29 — Oct. 4
Morgue-a-Rita**

2 oz Lime Juice
3 oz. Tequila
1 1/2 oz. Cherry Syrup
Club Soda
Triple Sec

\$3.75



ASK ANNIE

Q: Why is the aerator in the pond turned off?

submitted by Annie Peace

The aerator is turned off at this time for a couple reasons. The aerator is keeping the pond stirred up and muddy. The aerator may be helpful and turned back on if there is concern about the oxygen level in the pond, especially during some hot days when the oxygen level may drop. However, the pond is below the recommended depth currently for running the aerator, and the aerator may increase evaporation. At this time the recommendation from the marine biologist that has been consulted is that the aerator may do

more harm than good as it was stirring the up bottom and keeping the solids suspended due to the water level in the pond. He suggests that we not turn it on until the pond is near full. He also let us know that the algae growth in the pond is not harmful to the fish, it is just not very appealing. Thank you for another great question, and please keep them coming.



FROM THE INDEPENDENT LIVING RESIDENT COUNCIL

Time for Residents' Gifts to Staff

Submitted by Bob Kruh, Chair, Resident Council's Holiday Gift Committee

With the year winding down, the Meadowlark Hills Independent Living Resident Council will soon be sending out its reminder for the annual gifts we make to our wonderful staff.

Wisely, Meadowlark Hills has a no-tipping policy and, instead, the residents join in providing a check to each staff member

expressing our appreciation for the many things they do – whether for special attention at meals, skilled help with individual care, speedy correction of a maintenance problem, transportation, recreation, housekeeping and so much more.

Look for the Council's letter next week, and when you write your check for the gift fund, remember that it's our thank-you to the staff for a whole year!

Joke of the Week

A policeman was taking a vandalism report at an elementary school when he was interrupted by a six year old girl. She looked up and down at his uniform and asked, "Are you a policeman?"

"Yes, I am," he said.

"My mother told me that if I ever needed help I should ask a policeman. Is that right?" the girl asked.

"Yes it is," said the policeman.

The girl extended her foot to the policeman and said, "OK, then, would you tie my shoe?"

Hog Wild in October, from page 1

The prize is obviously great for anyone who'll be attending an upcoming K-State football game, but also would be a yummy addition to any party or gathering, whether it's inside or outdoors. That's right, just eat lunch or dinner at Cox Bros. or call ahead and carry out food to your home or office, and you could win a delicious barbecue feast!

Meadowlark Hills residents, employees, Passport members and Board members are all encouraged to eat 'em up at Cox Bros. that day, and the HOGtoberfest committee has worked with Eagle Communications, which owns several local radio stations, to create a radio marketing campaign to promote the event to the local and area community. I'll be joining Bud on Q 103.5, also known as Q Country, the morning of Oct. 1 to discuss HOGtoberfest and share information about the Good Samaritan Fund and the person-centered care offered at Meadowlark Hills. (Watch the Messenger for news about the exact time of that broadcast.) In addition, Q 103.5 will be broadcasting live from Cox Bros. from 11 a.m. to 1 p.m. and from 5 to 7 p.m. to tempt hungry listeners on their lunch break or as they're ending their day and thinking about dinner.

In order to create additional opportunities to raise money and awareness for the Good Samaritan Fund, a Hog & Kisses Contest will begin Oct. 1. Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a baby hog shortly after 6 p.m. on Oct. 16 in the parking lot at Cox Bros. The kissing candidates are our own Lonnie Baker, Meadowlark Hills CEO; Bud Cox, co-owner of Cox Bros. BBQ and Coco Bolos restaurants; my hubby, Tim Fitzgerald, Powercat Illustrated and GoPowercat.com editor and publisher; Jackie Hartman, Chief of Staff and Director of Community Relations at Kansas State University, as well as daughter of resident Pat Hartman, and three Q Country DJs. Each candidate will have a jar in which to collect donations, and votes/donations can be placed by visiting www.meadowlark.org and clicking the Donate Now button. Lonnie's jar will be located at the Hospitality Desk, and all of the candidates are encouraged to take their jars along to meetings or events away from their offices, etc., wherever a potential voter might be.

A third avenue to generate donations is a donation drawing for a grill. Chances to win the grill will go on sale beginning Oct. 1, and will be available at the Hospitality Desk for \$1 each or six for \$5. The grill

will be on display in the Game Room prior to the event, and at Cox Bros. on Oct. 16. Tickets also will be available at Cox Bros. during HOGtoberfest.

Darcy Reinbold-Olson, Resident Services Leader, is working to arrange transportation to Cox Bros. on Oct. 16 for those who want or need a ride. Watch future Messengers and the Blue Book for departure times and registration sheets.

Residents and employees who'd like to help promote the event are encouraged to purchase a HOGtoberfest t-shirt. Small, medium large, and extra large sizes are \$10 each; larger sizes are a few extra dollars. Youth sizes medium, large and extra large are also available for \$10. T-shirt orders can be placed by contacting Pam Reding in the Community Relations office. The last day to order a t-shirt is Monday, Sept. 29.

HOGtoberfest wouldn't be possible without the help of a few local businesses. In fact, one could say we're "hog wild" for our sponsors. In addition to Cox Bros. BBQ, the Meadowlark Hills Foundation would like to thank Q 103.5, McCullough Development and Cool Enterprises. We greatly appreciate their willingness to ensure the success of this event.

Please circle Oct. 16 on your calendars and consider joining me in supporting HOGtoberfest in one of the ways described. It's sure to be a day of FOOD, FRIENDS and FUNdraising!



October Birthdays

Residents

Health Care

10/3 Merle Schmidt
10/4 Glen Chamberlain
10/4 Enid Stutzman
10/4 Norma Williams
10/6 Deidra Edwards
10/6 John Ulrich
10/14 Frederick Oehme
10/17 David Bowers
10/21 Ewilda "Mom" Foundation
10/24 Les Fraizer

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Assisted Living

10/3 Bob Meisner
10/27 Joann Kinsman

Independent Living

10/3 Betty Love
10/3 Jacquie Brewer
10/5 Jean Ponte
10/11 Mary Lou Gibbs
10/15 Ed Lindly
10/17 Robert Benedict
10/17 Ted Hodges
10/19 Bill Stamey
10/21 Ernie Welti
10/23 Max Bayer
10/23 Don Rasmussen
10/24 Polly Ferrell
10/30 Pat Vogt

Employees

10/1	Ashlyn Moll	10/23	Karl Zerfas
10/3	Katie Carlsen	10/25	Alisen Habiger
10/4	Mary Jo Eichman	10/26	Hannah Glasgow
10/5	Kassie Jacob	10/27	Kimberly Ensley
10/8	Monika Smith	10/27	Rebecca Manis
10/9	Lacie Daly	10/27	Kimm Burton
10/9	Amanda Moorman	10/28	Cynthia Artis
10/11	Aspen Davis	10/28	Cassandra Elliott
10/12	Jon Thompson	10/29	Kinzie Zimmerman
10/13	Megan Donovan-White		
10/14	Carie Scott		
10/15	Jill Kanost		
10/16	Fred Dukes		
10/21	Kate Cashman		
10/22	Betty Dishman		
10/22	Michelle Mignano		

PRAIRIE STAR

RESTAURANT

Sept. 28 - Oct.4
Includes beverage, starter, and dessert.

SUNDAY	Sept. 28 ~ Lunch \$12	Dinner \$11
	Roast Beef with Mushroom Gravy New Potatoes Vegetable of the Day	Chicken Enchiladas Black Beans Spanish Rice
MONDAY	Sept. 29 ~ Lunch \$10	Dinner \$11
	Fried Pork Cutlet Sandwich Sweet Potato Fries Choice of Vegetable	Beef & Broccoli Chinese Noodles
TUESDAY	Sept. 30 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter, or dessert)	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
WED.	Oct. 1 ~ Lunch \$10	Dinner \$12
	Meatball Sub Waffle Fries Choice of Vegetable	Shrimp Alfredo Fettuccini Noodles Garlic Toast Vegetable of the Day
THURSDAY	Oct. 2 ~ Lunch \$7	Dinner \$11
	Salad Bar (does not include drink, starter, or dessert)	Peach Glazed Ham Au Gratin Potatoes Vegetable of the Day
FRIDAY	Oct. 3 ~ Lunch \$10	Dinner \$13
	BBQ Brisket Sandwich Coleslaw Mac & Cheese	Cornish Game Hen Baked Sweet Potatoes Vegetable of the Day
SATURDAY	Oct. 4 ~ Lunch \$10	Dinner \$15
	Spaghetti & Meatballs Garlic Toast Choice of Vegetable	Steak Night Baked Potatoes Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Monday, September 29 - Sunday, October 5

Show Times: 1, 4 and 7 p.m., Monday . Saturday
2 and 6 p.m., Sunday

Monday, September 29 – Unfinished Song (2012)

Grumpy pensioner Arthur honors his recently deceased wife's passion for performing by joining the unconventional local choir to which she used to belong, a process that helps him build bridges with his estranged son, James.

Co-Starring: Terence Stamp, Gemma Arterton & Christopher Eccleston

Rated PG-13; 1 hr. 33 min.

Tuesday, September 30 – The Wolverine (2013)

Logan, a.k.a, The Wolverine, is sent into modern-day Japan by a billionaire for his thanks, But when Logan gets convoluted in a battle where he does not only face a deviant atrocity and lethal samurai steel, but will judge Logan's struggle against his own immortality.

Co-Starring: Hugh Jackman, Will Yun Lee & Tao Okamoto

Rated PG-13; 2 hrs. 6min.

Wednesday, October 1 – Skyfall (2012)

Bond's loyalty to M is tested when her past comes back to haunt her. Whilst MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost.

Co-Starring: Daniel Craig, Javier Bardem & Naomie Harris

Rated PG-13; 2 hrs. 23 min.

Thursday, October 2 – Terms of Endearment (1983)

Aurora and Emma are mother and daughter who march to different drummers. Beginning with Emma's marriage, Aurora shows how difficult and loving she can be.

Co-Starring: Shirley MacLaine, Debra Winger & Jack Nicholson

Rated R; 2 hrs. 12min.

Friday, October 3 – Marley & Me (2008)

A family learns important life lessons from their adorable, but naughty and neurotic dog.

Co-Starring: Owen Wilson, Jennifer Aniston & Eric Dane

Rated PG; 1 hr. 55 min.

Saturday, October 4 – Away From Her (2010)

A man coping with the institutionalization of his wife because of Alzheimer's disease faces an epiphany when she transfers her affections to another man, Aubrey, a wheelchair-bound mute who also is a patient at the nursing home.

Co-Starring: Julie Christie, Michael Murphy & Gordon Pinsent

Rated PG-13; 1 hr. 50 min.

Sunday, October 5 – The Railway Man (2013)

A former British Army officer, who was tormented as a prisoner of war at a Japanese labor camp during World War II, discovers that the man responsible for much of his treatment is still alive and sets out to confront him.

Co-Starring: Colin Firth, Nicole Kidman & Stellan Skarsgård

Rated R; 1 hr. 56 min.

This Week's Opportunities Sept 28 – Oct. 4

SUNDAY • SEPTEMBER 28

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR

11:30 a.m. ~ Depart to MAC (Cats: Behind the Scenes), ALE

7:00 p.m. ~ Vespers, Michael Ide, CR

MONDAY • SEPTEMBER 29

Trash Pick-Up Day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic, Miller Spa— By Appointment Only

9:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ Beginner Tai Chi, CR

1:00 p.m. ~ Blood Pressure Clinic, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

2:15 p.m. ~ Parkinson's Voice, KSU CR

2:30 p.m. ~ Depart to MAC (Civil War Battles in Kansas, Missouri, and Arkansas), ALE

3:00 p.m. ~ MLH Singers Practice, CR

7:00 p.m. ~ Woodwinds Anonymous, LR

7:00 p.m. ~ Community Bingo, CR

7:00 p.m. ~ Game Time, GR

TUESDAY • SEPTEMBER 30

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR

11 a.m. to 1 p.m. ~ Phone Service Outage

11:15 a.m. ~ Chair Yoga, CR

11:00 p.m. ~ Tai Chi, CR

2:00 p.m. ~ Life Story, LR

3:00 p.m. ~ Coffee Corner, CR

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

• ROOM ABBREVIATIONS •

ALE, Assisted Living Entrance

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop

WEDNESDAY • OCTOBER 1

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Centering Prayer, TR

9:00 a.m. ~ New Perspectives, MR

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Wal-Mart/Hy-Vee Shopping Trip, ALE

10:00 a.m. ~ Memory Support Group, CON

10:00 a.m. ~ Church Service, KSU CR

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

11:30 a.m. ~ 1st Men's Club, MR

12:00 p.m. ~ Beginner Tai Chi, CR

12:00 p.m. ~ Brownbag Series (Facing Aging with Humor), KSU CR

1 to 2 p.m. ~ Fitness Center Office Hour, FC

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ The War for America 1775-1783 (Osher Class), CR

3:00 p.m. ~ Call Hall Ice Cream, KR

7:00 p.m. ~ Game Time, GR

THURSDAY • OCTOBER 2

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, MR

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

1:00 p.m. ~ Manhattan Thursdays Bridge Club, MR

1:00 p.m. ~ Blood Pressure Clinic, GR

2:00 p.m. ~ Parkinson's Education Group, CR

3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR

5:00 p.m. ~ Meadowlark Circle Dinner, MR

7:00 p.m. ~ IL Bingo, CR

FRIDAY • OCTOBER 3

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

9:30 a.m. ~ Art Committee, LR

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

1:00 p.m. ~ Hand and Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Group, CR

1:30 p.m. ~ Brain Booster, GR

3:30 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Al Bowyer Musical Performance, CR

SATURDAY • OCTOBER 4

Breakfast at Verna Belle's—Omelets with Fruit

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

6:00 p.m. ~ K-State Tailgate (K-State vs Texas Tech), KR Pub & GR

7:00 p.m. ~ Movie, GC