



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Nov. 26, 2014

## Still Making the Best Better

*The Kansas 4-H Foundation*

- Can you still recite the 4-H pledge?
- Do you have a favorite memory of Rock Springs 4-H Center?
- Are you still in touch with great friends made through 4-H?
- Did you ever live in Clovia?
- Do you have an appreciation for 4-H?

Whether you have ties to 4-H or not, come to the Community Room at 7 p.m. on Friday, Dec. 5, to enjoy a fun evening focusing on the Kansas 4-H program and the work of the Kansas 4-H



Foundation. You will enjoy hearing the innovative steps that are being taken to keep Kansas 4-H, the largest youth development organization, in the state. Updates on the Rock Springs 4-H Center and Clovia Scholarship House will be shared, along with reflections from young alumni on the importance of 4-H in their lives. Enjoy delicious Rock Springs cinnamon rolls while you listen to how 4-H continues to positively impact the lives of Kansas youth.

## The Trust Company Holiday Classic

*Holiday Music Sing-a-long*

The Trust Company is proud to present the 2014 Holiday Classic on Friday, Dec. 5 with refreshments being served at 3:30 p.m. and a sing-a-long performance at 4 p.m. in the Community Room. Lori Coleman will be playing the piano and Annemarie Bucholtz will lead the



sing-a-long. Requests for holiday songs during the performance are welcome. Come enjoy this holiday party and sing songs to get in the Christmas spirit. Reservations are required by contacting Chris Lohman at (785) 537-7200 or by email, [chrisl@thetrustco.com](mailto:chrisl@thetrustco.com).



*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 Tailgating Parties**

Mark your calendars for the next Kansas State University football games against the University of Kansas and Baylor University. Tailgate parties will be hosted in the Game Room and Kansas Room & Pub at 3 p.m. Saturday, Nov. 29, and at a time to be determined on Saturday, Dec. 6. Watch the games and cheer on K-State! Refreshments will be served.

### **Vespers Services**

The Vespers service, led by the Reverend Michael Schmidt, will begin at 7 p.m. Sunday, Nov. 30, in the Community Room. All are welcome.

### **Brownbag Lunch Lecture Series**

Bring a lunch and listen to a televised class presentation on "Handling the Holiday Blues" by Chaplin Angie Cluck, at noon Wednesday, Dec. 3, in the KSU Classroom. No registration necessary.

### **Twin Cities Slide Show Presentation**

A slideshow of the Meadowlark Hills Travelers trip to the Twin Cities will be played at 7 p.m. on Friday, Nov. 28, in the Community Room. Come see all the adventures the travelers experienced on their trip! Darcy Reinbold-Olson, Resident Services Leader, will be hosting the event.

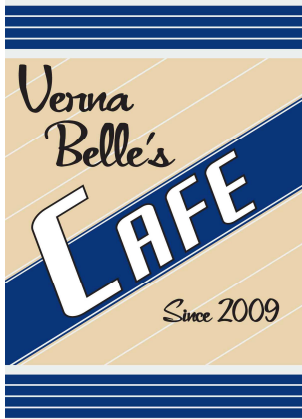
### **KSU Football Games**

Transportation will depart at 1:50 p.m. Saturday, Nov. 29, from the Village Entrance for the K-State game against the University of Kansas. The game will start at 3 p.m.

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

### **KSU Men's Basketball Watch Parties**

Watch the KSU Men's Basketball Game against Bradley University at 7 p.m. on Tuesday, Dec. 9, in the Game Room. Refreshments will be served.



# Lunch Specials

## Nov. 30 – Dec. 6

<b>Sunday, Nov. 30 – Ham and Potato Casserole with Green Beans</b>	<b>\$5.50</b>
<b>Monday, Dec. 1 – BBQ Chicken Bacon Pizza</b>	<b>\$3.75/\$5.50</b>
<b>Tuesday, Dec. 2 – Loaded Baked Potato Soup with Side Salad</b>	<b>\$3.75/\$5.50</b>
<b>Wednesday, Dec. 3 – Sloppy Joes with Soup or Chips</b>	<b>\$5.50</b>
<b>Thursday, Dec. 4 – Smothered Chicken with Potatoes and Gravy &amp; Green Beans</b>	<b>\$5.50</b>
<b>Friday, Dec. 5 – Cuban with Soup or Chips</b>	<b>\$3.75/\$5.50</b>
<b>Saturday, Dec. 6 – Egg Salad Sandwich with Soup or Chips</b>	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### Card Making with Michelle

Join Michelle Lehmer at 2 p.m. Wednesday, Dec. 3, in the Living Room to create greeting cards for all occasions!

### Meadowlark Hills Honey

The bottles of Meadowlark Hills honey that were available in Verna Belle's Café are now sold out!

### Thanksgiving Day Meal

The Prairie Star Restaurant is hosting a Thanksgiving Day meal with two seating times available: 11 a.m. and 1 p.m. on Thursday, Nov. 27. Seating will be available in the restaurant, Manhattan Room, Kansas Room & Pub and Game Room. The meal options are:

- Choice of butternut squash soup, ambrosia salad or garden salad
- Choice of ham or turkey
- Stuffing
- Green bean casserole or mixed seasonal vegetables
- Cranberry sauce
- Choice of pumpkin pie, pecan pie or apple cake

The cost is \$12 for adults and \$6 for children. Reserve your seat now by signing up in the Blue Book located at the Hospitality Desk.

### Boxed Dinners on Thanksgiving

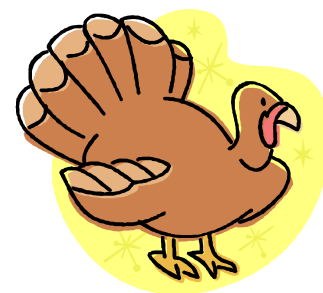
Prairie Star Restaurant will be closed in the evening on Thanksgiving, but boxed dinners will be available. The boxed dinners will include:

- Choice of a turkey or ham sandwich
- Choice of cheese or no cheese on the sandwich
- Chips
- Apple
- Choice of cherry or apple pie

The cost for the boxed dinner is \$6, and they can be picked up between 4 and 5 p.m. in Prairie Star Restaurant on Thursday, Nov. 27. Sign up in the Blue Book if you would like a boxed dinner.

### Thanksgiving closings

The following are service areas and their holiday schedules for Thanksgiving.



- **Environmental Services:** On-call for emergencies on Thanksgiving
- **Finance Services:** Closed at noon on Wednesday and closed on Thanksgiving
- **Information Technology (IT):** Closed at noon on Wednesday and closed on Thanksgiving
- **Exercise Classes:**
  - Beginner Tai Chi canceled on Wednesday, Nov. 26
  - All exercise classes canceled on Thanksgiving
  - Caul Fitness Center remains open
  - Classes will be held as scheduled on Friday, Nov. 28
- **Pizazz Salon:** Closed on Thanksgiving and Friday, Nov. 28.
- **Physician Office:** Closed on Thanksgiving and Friday Nov. 28
- **Hospitality Desk/Resident Services:** Closed on Thanksgiving.

### Food and Beverage

- **Verna Belle's:** Open 8 to 10:30 a.m. for breakfast on Thanksgiving, closed for lunch
- **Prairie Star:** Close at 4 p.m. on Thanksgiving and boxed dinners available upon sign up (advance sign up required)
- **Kansas Room Pub & Lounge:** Closed on Thanksgiving

### Clinics and Classes

- **Blood Pressure Clinic:** Canceled on Thanksgiving
- **Dr. Tran Foot Clinic:** Canceled on Wednesday, Nov. 26
- **Brown Bag Lecture Series:** Canceled on Wednesday, Nov. 26

## UPCOMING EVENTS & ANNOUNCEMENTS CONT.

### Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. on Wednesday, Nov. 26, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### 2nd Annual Holiday Music Spectacular

The 2nd Annual Holiday Music Spectacular presented by KSU's music fraternity, Phi Mu Alpha Sinfonia, will be at 7 p.m. on Monday, Dec. 8, at the Peace Memorial Auditorium (1101 Poyntz Avenue). The seventy-five minute instrumental, vocal and the KSU Tap Dance Ensemble will feature Christmas and holiday music. This event is free but donations are accepted and appreciated to help with future restoration plans for the auditorium.

### Festival of Trees Outing



You're invited to lunch at Houlihan's Restaurant and the Festival of Trees display viewing on Wednesday, Dec. 3. Come

enjoy lunch and take a look at the Christmas trees submitted in this year's festival.

The Meadowlark Hills tree submission to the Festival of Trees will be displayed at this event. The committee members who planned and decorated the Meadowlark Hills tree are Pam Reding, Kinzie Jo Zimmerman, Becky Fitzgerald and Kristin Bribiesca. The theme of this year's Christmas tree is "Merry Mailbox Memories!" The committee is hopeful of winning an award again this year. Be sure to vote for your favorite tree in the "People's Choice Award" category!

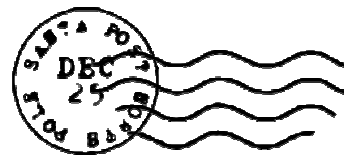
Sign-up in the Blue Book to go on this outing. Transportation will depart from the Village Entrance to Houlihan's Restaurant at 11 a.m. Wednesday, Dec. 3. The cost for transportation is \$3 and lunch will be pay on your own.

### 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, Nov. 28, in the Living Room. All are welcome to attend.

### Christmas Carousel

Christmas Carousel, a holiday party for independent living residents and passport members, will be between 4 to 7 p.m. Wednesday, Dec. 17. This year's theme is Postcard Christmas USA and you will travel across America to five different cities and states—each in a different room in the Community Room. Reservations are required (and limited) for this event. You can make your reservation in the Blue Book located at the Hospitality Desk or by calling (785) 323-3847. Once the reservations close, each attendee will receive a personalized reminder card, which will indicate which state (room) you are to begin your cross-country journey in at 4 p.m. the day of the party.



Prairie Star Restaurant will be a destination during the Christmas Carousel and as a result, will be closed at 2 p.m. Wednesday, Dec. 17. Verna Belle's Café will be open until 6:30 p.m. on the day of Christmas Carousel and will feature a dinner special, including a meatloaf sandwich, green beans and mashed potatoes with gravy for \$7.

Please contact Darcy Reinbold-Olson, Resident Services Leader, with questions regarding Christmas Carousel.

## ASK ANNIE

**Q: How long should we keep items of importance, i.e. Income tax returns, bank statements, credit card receipts, and what should we shred? Also, how do we decommission a computer before getting rid of it?**

*submitted by Annie Peace*

What a great question for this time of year as tax season approaches! Each of us probably has a stack of documents we are gathering in preparation of filing our taxes, and some of us may even have years' worth of previous filed tax returns lurking in our filing cabinets. So, how long should we maintain these documents?

The rule of thumb on income tax returns has been to maintain them for seven years and then shred them because they contain your social security number. **If you owed taxes**, it is recommended that you keep tax returns indefinitely with proof that you filed and paid.

The following items should be kept indefinitely: IRS forms that were filed when you made nondeductible contributions to a traditional IRA or Roth conversion, any retirement and brokerage account annual statements and receipts for capital home improvements (until you sell the home). All of these items should also be kept for tax purposes. Brokerage statements proving cost basis of an investment you still own should also be kept indefinitely, unless you bought it in 2011 or later, because the brokerage now tracks that for you.

Keep receipts for large purchases for insurance purposes in the case you have a loss and have to prove replacement cost/value of the items.

Scanning and storing some paper documents electronically may be a preferred option for some of us to organize our files. The following is a list of items recommended to maintain in paper form **only**, as it should not be stored electronically.

- Birth certificates
- Death certificates
- Citizenship papers
- Custody agreements
- Deeds and titles
- Divorce certificate
- Loan/mortgage paperwork
- Major debt repayment records

- Marriage licenses
- Military records
- Passports
- Powers of attorney
- Stock certificates
- Wills and living wills
- Anything with an original signature
- Anything with a raised seal

Items that are recommended to be shredded are any documents that have your social security number or a financial account number on. It is recommended that we maintain ATM receipts and bank deposit slips for a few days, until the funds appear in your account. After a month you can go ahead and trash receipts for things you bought, unless you need it for warranty.

Keep credit card statements if you need to maintain them for a tax related expense.

Maintain paycheck stubs until you have them reconciled with your W-2, 1099, tax-reporting statements and/or proof of charitable contributions. The IRS has three years to audit you unless there's a chance you had underreported your income or they suspect fraud.

For decommissioning a computer and the documents stored in it, it's not as easy as just erasing everything, or even pulling the hard drive and smashing it with a hammer in the driveway. It is recommended to remove the hard drive and either have a company professionally shred it or take it to someone with a drill and have them drill four to ten holes into the hard drive to ensure it is completely unreadable.

In summary, for those of us that like to hold on to documents, it is best for us to focus on maintaining documents for our taxes and insurance purposes. If the documents are not needed for these purposes we may want to give stronger consideration to letting them go.

Thank you for another great question, keep them coming!



## Joke of the Week

A turkey farmer was always experimenting with breeding to perfect a better turkey. His family was fond of the leg portion for dinner and there were never enough legs for everyone.

After many frustrating attempts, the farmer was relating the results of his efforts to his friends at the general store get together.

"Well I finally did it! I bred a turkey that has 6 legs!"

They all asked the farmer how it tasted.

"I don't know" said the farmer. "I never could catch the darn thing!"

## LETTER TO THE MESSENGER

### **We Did It Again!**

On November 19, 17 boxes and 24 huge sacks of clothing were donated by Meadowlark Hills residents and staff. Resident, Cam Beatty, delivered some of the boxed and bagged items to the Encore Shop on Poyntz, and they were gratefully accepted. Another 12 boxes and bags were delivered by Donna and Loren Alexander to the Fit Room. The Fit Room provides coats, shoes and warm sweat shirts to school students who need them.

Darcy Reinbold-Olson and Marla Bugbee along with Meadowlark Hills Ambassadors Sue Hunt, Mary Ann McCoy, JoAnn Edwards, Kay Shanks and Ramona Woodhouse, received the clothing and packed the items into the sacks and boxes. There was a lot of laughing, reminiscing and a great deal of work that went into the project. Thank you to all that participated by donating to this yearly project, those who volunteered their time and to the transportation staff who saved and delivered the perfect size boxes.

### **Thank You from the Chaplain**

*submitted by Chaplain Patty Brown-Barnett*

Thank you to everyone who came out for my service of installation on Sunday, Nov. 16. It was a wonderful celebration with the choir singing, residents providing refreshments and leading parts of the service, and staff members involved in a variety of ways as well. It feels good to be made official in my relationship to Meadowlark Hills as Chaplain, and I look forward to serving you and growing more fully into my role in the months and years ahead!

**DRINK SPECIAL**



**Dec. 1 to 6**

**Peppermint Hot Chocolate**

Peppermint Schnapps  
Hot Chocolate

**\$3.75**

# December BIRTHDAYS

## Residents

### Health Care

12/2	Lavenia Glymph
12/6	Toby Potter
12/7	Nadine Walker
12/10	Vonnie Imler
12/11	Mary Smith
12/13	Harold Hall
<b>12/16</b>	<b>Betty Roudybush</b>
12/17	Ina Dwyer
12/20	Peggy Graff
<b>12/26</b>	<b>Fred Atchison</b>

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

## Employees

12/1	Liz Birk
12/1	Doug Fiser
12/2	Kalina Stone
12/4	Ebonie Christian
12/5	Stephanie Williams
12/5	Emily Boatman
12/5	Signe Showalter
12/8	Logan Harrold
12/9	Ed Payne
12/10	Whitney Krause
12/10	Abigail Sprague
12/10	Kendra Porter
12/11	Tracy Musselman
12/11	Fernando Restrepo
12/11	Xanare Flegel
12/12	Jordan Shelton
12/13	Rebecca Roeder
12/13	Asha Neupane
12/14	Katharine Wright
12/16	Monica Blanco

### Assisted Living

12/2	<b>Ann Weston</b>
12/12	Patricia Hagan
12/15	Janice Lee
12/16	Marjorie Schlegel
12/26	Jody Maddox

### Independent Living

12/1	Donna Alexander
12/2	Ann Arthur
12/4	Dean Spencer
12/7	Pauline Lindgren
12/13	Barbara Engelhardt
<b>12/13</b>	<b>Wayne Engelhardt</b>
<b>12/14</b>	<b>Mary Dean Apel</b>
12/14	Sue Hunt
12/16	Arliss Honstead
12/21	Verna Turnquist
12/24	Ed Call
12/26	Janice Parsons
12/27	Bea Rasmussen
12/28	Orlan Buller
12/28	Robert Robinson
12/29	Alice Edmunds
12/30	Linda Hood
12/31	Don Emley
12/18	Zane Derusseau
12/18	Macy Hawkins
12/19	Jennie Brown
12/19	Kristian Stevens
12/20	Nicole Noetzel
12/22	Emalynn Hartman
12/25	Brenda Emory
12/26	Lauren O'Toole
12/26	Sarah Shelton
12/28	Ryan Montgomery
12/28	Laura Bush
12/31	Ellen Weiss
12/31	Molly Meagher

# PRAIRIE STAR

## RESTAURANT

### Nov. 30– Dec. 6

Includes beverage, starter and dessert.

<b>SUNDAY</b>	<b>Nov. 30 ~ Lunch \$11</b>	<b>Dinner \$11</b>
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Roasted Lemon Pork Loin Scalloped Potatoes Vegetable of the Day
<b>MONDAY</b>	<b>Dec. 1 ~ Lunch \$10</b>	<b>Dinner \$11</b>
	Tater Tot Casserole Choice of Vegetable	Chicken Cordon Bleu Supreme Sauce & Wild Rice Vegetable of the Day
<b>TUESDAY</b>	<b>Dec. 2 ~ Lunch \$6</b>	<b>Dinner \$10</b>
	Taco Bar (does not include drink, starter or dessert)	Beef Stew Vegetable of the Day
<b>WED.</b>	<b>Dec. 3 ~ Lunch \$10</b>	<b>Dinner \$11</b>
	Carolina Pulled Pork Sandwich Coleslaw French Fries	Turkey Loaf Mashed Potatoes Vegetable of the Day
<b>THURSDAY</b>	<b>Dec. 4 ~ Lunch \$7</b>	<b>Dinner \$11</b>
	Pasta Bar (does not include drink, starter or dessert)	Sautéed Pork Chops With Sweet Potato Pancakes Vegetable of the Day
<b>FRIDAY</b>	<b>Dec. 5 ~ Lunch \$9</b>	<b>Dinner \$11</b>
	Ham & Cheese Quiche Choice of Vegetable	Chicken Portobello Penne With Sharp Cheddar Cheese Sauce Garlic Toast
<b>SATURDAY</b>	<b>Dec. 6 ~ Lunch \$10</b>	<b>Dinner \$15</b>
	Fish Tacos Spanish Rice Black Beans	Steak Night Twice Baked Potato Vegetable of the Day

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



## Grosh Cinema Movies

Monday, December 1 - Sunday, December 7

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

### Monday, December 1 – Tombstone (1993)

A successful lawman's plans to retire anonymously in Tombstone, Arizona, are disrupted by the kind of outlaws he was famous for eliminating.

**Co-Starring: Kurt Russell, Val Kilmer & Sam Elliott**

**Rated R due to violence; 2 hrs. 10 min.**

### Tuesday, December 2 – Despicable Me 2 (2013)

When Gru, the world's most super-bad turned super-dad has been recruited by a team of officials to stop lethal muscle and a host of Gru's own, he has to fight back with new gadgetry, cars, and more minion madness.

**Co-Starring: Steve Carell, Kristen Wiig & Benjamin Bratt**

**Rated PG; 1hr. 38 min.**

### Wednesday, December 3 – Dumb and Dumber (1994)

The cross-country adventures of two good-hearted but incredibly stupid friends..

**Co-Starring: Jim Carrey, Jeff Daniels & Lauren Holly**

**PG-13; 1 hr. 47 min.**

### Thursday, December 4 – Trespass (2011)

As they're held for ransom, a husband and wife's predicament grows more dire amid the discovery of betrayal and deception.

**Co-Starring: Nicolas Cage, Nicole Kidman & Cam Gigandet**

**Rated R for violence and language; 1 hr. 31 min.**

### Friday, December 5 – Taken (2008)

A retired CIA agent travels across Europe and relies on his old skills to save his estranged daughter, who has been kidnapped while on a trip to Paris.

**Co-Starring: Liam Neeson, Maggie Grace & Famke Janssen**

**Rated PG-13; 1 hr. 33 min.**

### Saturday, December 6 – Earth to Echo (2014)

A naïve man is appointed to fill a vacancy in the US senate. His plans promptly collide with political corruption, but he doesn't back down.

**Co-Starring: James Stewart, Jean Arthus, & Claude Rains**

**Rated PG; 1 hr. 31 min.**

### Sunday, December 7 – Searching for Bobby Fischer (1993)

A prepubescent chess prodigy refuses to harden himself in order to become a champion like the famous but unlikable Bobby Fischer.

**Co-Starring: Joe Mantegna, Ben Kingsley & Max Pomeranc**

**Rated PG; 1 hr. 49 min.**

# This Week's Opportunities November 30 - December 6

## SUNDAY • NOVEMBER 30

*Breakfast at Verna Belle's—Omelets with Fruit*

- 10:00 a.m. ~ Church Service, CR
- 2:00 p.m. ~ Movie, GC
- 6:00 p.m. ~ Movie, GC
- 7:00 p.m. ~ Vespers (Reverend Michael Schmidt), CR

## MONDAY • DECEMBER 1

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*  
*Dental Hygiene Clinic (By Appointment Only), Miller Spa*

- 8:30 a.m. ~ IL Resident Council, KSU CR
- 9:30 a.m. ~ Town Meeting, CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:00 p.m. ~ Meadowlark Hills Singers Committee, LR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR
- 7:00 p.m. ~ Game Time, GR

## TUESDAY • DECEMBER 2

*Breakfast at Verna Belle's—Breakfast Sandwich with Fruit*

- 7:30 a.m. ~ 1st Presbyterian Men's Bible Study, MR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 1:00 p.m. ~ Tai Chi, CR
- 2:00 p.m. ~ Life Story, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • DECEMBER 3

*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. ~ 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
- 12:00 p.m. ~ 1st Men's Club, MR
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 12:00 p.m. ~ Brownbag Series (Handling the Holidays), CON

- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 1:30 p.m. ~ Pitch, GR
- 1:15 p.m. ~ Dr. Tran Foot Clinic, CR
- 2:00 p.m. ~ Card Making with Michelle, LR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 5:30 p.m. ~ KSU Gerontology Class, CR
- 7:00 p.m. ~ Game Time, GR

## THURSDAY • DECEMBER 4

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Resident Focus Group, KSU CR
- 10:30 p.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 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
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ IL Bingo, CR

## FRIDAY • DECEMBER 5

*Breakfast at Verna Belle's—Waffle or Pancake*

- 9:00 a.m. ~ Men's Coffee Group, MR
- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee Meeting, 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
- 1:30 p.m. ~ Brain Booster, GR
- 3:30 p.m. ~ Trust Company Holiday Classic, CR
- 7:00 p.m. ~ 4-H Presentation, CR

## SATURDAY • DECEMBER 6

*Breakfast at Verna Belle's—Omelets with Fruit*

- 9:30 a.m. ~ Acrylic/Watercolor Painting for Fun, KSU CR
- 1:00 p.m. ~ Movie, GC
- 4:00 p.m. ~ Movie, GC
- 7:00 p.m. ~ Movie, GC

## • ROOM ABBREVIATIONS •

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MCR, Miller Craft Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CR, KSU Classroom	WS, Woodshop