

## 1861—The Year That Was

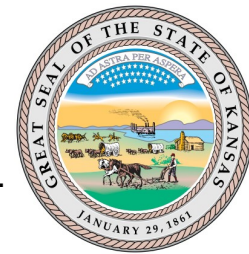
*submitted by Polly Ferrell*

January 29, 1861 was a pivotal moment for the United States of America, because on that day, Kansas joined the Union as a Free State, tipping the scales toward freedom for all. Kansas became the 34th state while Abraham Lincoln was president. To help us remember that number—Kansas, Dwight D. Eisenhower, was the 34th president.

What was happening in our “united” states in and around 1861? The Civil War about our united-ness began that year and made us rethink the solidarity of our United States of America.

On July 2, 1862, President Lincoln signed the Morrill Act—also known as the Land Grant College Act. The next year on Feb. 16, 1863 the first land-grant college was created. Kansas State College of Agriculture and Applied Sciences. Now known as Kansas State University.

Here we are. Kansas. Lofty hills and pristine prairies from sunrise to sunset. Smack dab in the middle of America. Have a great day and most of, be proud to be an American—from Kansas!



### Meadowlark Winter Ball

*Saturday, Jan. 26, at 6 p.m.*

The 2019 Meadowlark Winter Ball is almost here! Mark your calendar for Saturday, Jan. 26, from 6 to 9 p.m. It will take place in several locations including the Community Room, Game Room and Prairie Star Restaurant. The theme for this year is *Casino Night!*

All residents and staff are invited. Feel free to dress the part in your best casino attire, while you enjoy live music in the Community Room and in Prairie Star Restaurant beginning at 6 p.m. in both locations. You have the opportunity to mingle between both rooms throughout the night and enjoy heavy appetizers catered by Prairie Star. Good luck!

### Project Update

*by Sarah Duggan, Community Relations Dir.*

The crews have been able to take advantage of the nice weather this week and continue to push our two major campus projects forward! There has been a lot of activity on the Courtyard, including adding the roof to the pergola over the grill/bar and installing the electrical components.

Additionally, electrical work has been completed for the Fleet Parking Lot and the next step should be pouring concrete, weather permitting.

  
**MEADOWLARK**  
Memory Program

invites you to join

## Mindful Connections

*Educational opportunities to learn about topics related to Alzheimer's disease & other forms of dementia while building meaningful connections with others affected by the disease*

**Tuesday, Jan. 29, 2019**  
**5:30 to 6:30 p.m.**

**KSU Classroom at Meadowlark Hills**  
*2121 Meadowlark Road / Manhattan, Kan.*

Michelle Haub, Special Programs Leader at Meadowlark and Speech Language Pathologist, will share a presentation on communication strategies.

*There will be time for questions and answers.  
Refreshments will be served.*

Call (785) 323-3899 with questions. No prior registration is required.

## **Resident Committees**

Effective immediately, residents have the opportunity to sign-up (or remove themselves from) committees. There are existing rosters and additional spaces to sign-up in the Blue Book located at the Hospitality Desk. The committee chairs (if one is established and remaining) will then contact all new members interested. Listed below are current committees and meeting schedules.

- Ambassador Committee—meets first Tuesday of the month
- Art Committee—meets once a month
- Building & Grounds Committee—meets once a month
- Library Committee—meets as needed
- Messenger Delivery Committee—meets weekly on Thursday mornings
- Outdoor Opportunities Committee—meets once a month from March to October

## **Trash Reminder**

Please remember that all trash should be in a tied bag before put in cans or trash chutes. This will help keep everything clean, the staff appreciate you attention to this issue!

## **Vespers Services**

**Sunday, Jan. 13, at 7 p.m.**

The Vespers service will be held by Sarah Diamond from First Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Jan. 13, in the Community Room. All are welcome.

## **ARTful Making**

**Monday, Jan. 14, at 11 a.m.**

Join the Meadowlark Memory Program for ARTful Making on Monday, Jan. 14, at 11 a.m. in the KSU Classroom. Marianna Kistler with the Beach Museum of Art will lead the workshop. Together we will develop new skills and revisit old ones while engaging in various art making activities. Please sign up in the Blue Book.

## **Veterans Luncheon**

**Monday, Jan. 14, at 11:30 a.m.**

Please join us for lunch with current K-State University President, U.S. Air Force Retired Gen. Richard Myers Monday, Jan. 14, at 11:30 a.m. in the Prairie Star Restaurant. Gen. Myers will be speaking on his time serving as Chief of Staff at the United States Pentagon.

The cost of lunch will be \$10 per person. Please sign up in the Blue Book at the Hospitality Desk by Jan. 10. Seating is limited and priority will be given to veterans and their guests that would like to attend. The restaurant will be closed for regular service lunch.

## **Muffins with Meadowlark**

**Tuesday, Jan. 15, at 10 a.m.**

Do you enjoy making memories and spending quality time with children? If so, Muffins with Meadowlark is for you! Meadowlark has partnered with a local daycare, Jamboree Drop-In Daycare, to set up re-occurring visits between Meadowlark residents and children at the daycare, ages two to five years old. Visits are once a month, from 10 to 11 a.m. The next visit is Tuesday, Jan. 15, and transportation is provided. Visits include time for socializing with the little ones, story time, craft time, and eating yummy muffins! The facility is also wheelchair accessible. Please contact Jana, Volunteer Coordinator, at (785) 323-3890 if you are interested in attending.

## **Guided Meditation**

**Tuesday, Jan. 15, at 10:30 a.m.**

Start the new year off right by doing something good for your mind, body, and spirit! You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Jan. 15, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary. Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

## **Coffee Corner—Feature Dessert!**

**Tuesday, Jan 15, at 3 p.m.**

This week's Coffee Corner will be in the Game Room at 3 p.m. Tuesday, Jan. 15. Verne Belle's Café featured dessert will be Red Velvet Rosebud Cookies. All are welcome!

## **Card Making with Michelle**

**Wednesday, Jan. 16, at 1:30 p.m.**

Join Michelle Lehmer from the Housekeeping and Laundry Team Wednesday, Jan. 16, from 1:30 to

3:15 p.m. in the Flint Hills Room to make cards for Valentine's Day or any occasions. All who are interested are welcome!

### **Stepping On: Fall Prevention Workshop**

**Thursday, Jan. 17, at 2 p.m.**

The first class of a seven-week program begins Thursday, Jan. 17, from 2 to 4 p.m. in the KSU Classroom. This program covers lifestyle choices and home hazards for people living independently. The workshop is offered by Jeff Heidbreder, Fitness Services Leader at Meadowlark, and Jason Fox, the Regional Director of SummitCare Therapy. Participants will also hear from an optometrist, pharmacist, registered dietitian and a law enforcement officer.

There is no fee to participate in the workshop, thanks to a grant awarded to Meadowlark by the Greater Manhattan Community Foundation. Please contact Jeff at (785) 341-2995 or [jeffheidbreder@meadowlark.org](mailto:jeffheidbreder@meadowlark.org) with any questions or to sign up.

### **Apple Help Lab**

**Thursday, Jan. 17, at 8:30 a.m.**

IT Assistant, Kevin will be available in the South Conference Room on Thursdays from 8:30 to 11 a.m. to assist residents with any Apple product related needs or questions. Kevin received his Apple Certification in October and can assist residents with questions or issues relating to their iPhones, iPads, or Mac computers. All are welcome to bring their devices for assistance.

### **Verna Belle's Birthday Party**

**Friday, Jan. 18, at 2 p.m.**

Join in the celebration every Friday at 2 p.m. with a Birthday Party for Verna Belle's! This will feature a special birthday treat and staff will unwrap one present from Meadowlark for the Café at every party. No gifts necessary, please.

From now to Feb. 1, every time you spend \$10 at Verna Belle's, you will be entered into a drawing! Drawings will take place at each of the ten birthday parties.

### **A New Birth of Freedom**

**Friday, Jan. 18, at 7 p.m.**

Meadowlark is excited to have Kevin Wood as Abe Lincoln on Friday, Jan. 18, at 7 p.m. in the Community Room. Kevin currently of Oak Park, Illinois (Chicago area), portrays President

Abraham Lincoln, one of our nation's most beloved and esteemed historical figures. Kevin's presentation will be centered on the twelve turbulent years from 1854—1865, when the slavery issue which had been divisive from the very beginning of our country came to a head and nearly broke us apart. You will hear about the historical background and the events which led Mr. Lincoln back into politics in the mid-1850's, the ever-escalating increase in tensions, Mr. Lincoln's election as President, and of course the Civil War. You'll hear directly from some of Mr. Lincoln's best-known speeches and writings, and you will be inspired to hope as he did for a "new birth of freedom" for our country.

### **Remembering Dr. King**

**Monday, Jan. 21, at 3 p.m.**

Join members of Meadowlark staff and special guest Richard Pitts as we "Remember Dr. Martin Luther King Jr." on MLK Day, Monday, Jan. 21 in the Community Room starting at 3 p.m.. Richard will take a page or two from the Civil Rights Movement and the life of Dr. Martin L. King. But not only that, he will share his opinion about the Legacy of that Movement and Dr. King, which continues to play out today in 2019. And through his own life experience, he has accumulated a storied life of his own because of the sacrifices made by diverse Americans, who came before him, for which he is thankful. Please come hear what he has to share, bring your questions as he honors the Legacy of an era and a historic man.

The movie featured in the Grosh Cinema will be "Selma", a journey following Martin Luther King Jr.'s epic march from Selma to Montgomery, and the efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. Show times are 1 p.m., 4 p.m. and 7 p.m.

### **Hale Concert Series**

**Friday, Feb. 1, at 7:30 p.m.**

The next Hale Concert will be Friday, Feb. 1, at 7:30 p.m. at St. Isidore's Catholic Student Center on K-State Campus. Dr. Slawomir Dobrzanski and Dr. Augustin Murigo will play a four-handed piano concert. There will be a wine reception after the concert. Please sign up in the Blue Book at the Hospitality Desk for free transportation from Meadowlark.

## **IL Resident Council Minutes, Dec. 3, 2018**

**Members present:** Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Steve Owens, Elaine Manges, Charlotte Kelly, Carol Balding, Jan Vanderbilt, Janice Parsons, Sharon Smith, Leo Lake, Pam Oehme, Ron Williams, Jo Call and Jo Lyle.

**Staff present:** Lonnie Baker, Jayme Minton and Monte Spiller

### **Updates**

General Update: Meadowlark Home Health is doing a tremendous job, both locally and in the Topeka market through a collaboration with Brewster Place. There has been a significant increase in admissions. Companion services through Meadowlark Home Health are doing well also, as we are three hours away from a hundred hour day. We are growing in staff numbers within Home Health. In the past year and a half we went from 15 companions to now staffing 62. We continue to look for a nurse to represent Meadowlark in Topeka at Brewster. We have had several candidates apply, but have yet to the right fit to be the face of Meadowlark as they will be highly visible in the Topeka community.

The new traffic signs are up and it appears the majority are happy with the additions. Time will tell if any changes to the locations will be needed in the future.

Approximately on or around Dec. 10, we will start construction on the new parking lot behind the maintenance shop weather permitting. The Kitchen Renovation focus group will be on Dec. 12. It is highly encouraged for residents to attend to give feedback and to better understand the process of what changes and additions look to be made.

In the recent long-term care survey, we received a tag concerning paperwork. Revision will be made to the form in question, leaving Meadowlark with a very favorable survey.

Support Services Update: Jayme announced that Verna Belle's Café introduced new menus. Comment cards for Verna Belle's will be made available soon. Staff in Verna Belle's will be getting new uniforms, which includes shirts and aprons.

**Approval of November Minutes:** Motion to approve minutes was moved and passed.

### **New Business**

Bob Crawford reported on the Board of Trustees Meeting. The meeting was held on Nov. 8, 2018. The first order of business was an Executive Report from CEO, Lonnie Baker. Some of the highlights included Meadowlark's new Home Health program at Brewster in Topeka and the continued expansion here locally. The Board reviewed and approved a number of motions presented by the Finance Committee relating to such matters as professional services and to annual increases in various fees, including those paid by residents. Lisa Sisley, Board of Directors (Meadowlark Foundation) Chair, delivered an update showing that the Foundation's performance continues to exceed expectations.

**Old Business:** None.

### **Additional Discussion Topics**

The request of Meadowlark to provide a day to shred documents free of charge was brought up. It was explained we have several secured shred boxes available and for residents to just take the documents to the Hospitality Desk during the regular operating hours.

There was a request to add mac & cheese as a side to the Prairie Star Restaurant menu. Jayme Minton explained the menu will be updated in the near future and will add that as a suggestion during the process.

Bob Crawford thanked the Maintenance Team for all their timely and consistent work during our recent blizzard-like weather.

Charlotte Kelly was thanked and recognized for leading the Gift Committee and doing a wonderful job.

Leo Lake informed members the trees along the walking path have been marked and encouraged all to get out and enjoy the paths when weather is favorable. Also Leon's Glen, located east of the pond has officially been named a Monarch Feeding Station. There is a marker at the location to tell you about what this means for the monarchs in their migration.

**Meeting adjourned**

## Town Meeting Notes, Jan. 7

Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Jan. 7.

**Welcome** Monte welcomed the meeting attendees.

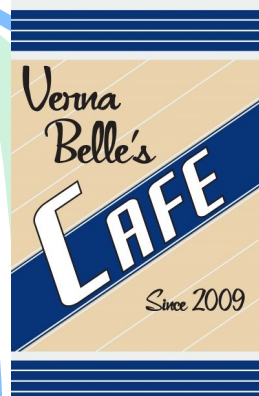
**Campus Update** The projects are making progress as the weather permits. Work on the Fleet Parking Lot has started and when it is complete will add 25 spots to Meadowlark's campus.

**Support Services Update** A Referral Incentive for current independent living residents is running through the end of February. Refer a friend to move to a Meadowlark cottage and you will receive two months free! To qualify, the referred resident must sign a Letter of Intent for a cottage before March 1, 2019. Credited amount will be applied when the new resident moves in. Contact Abby Cavender with questions. Meadowlark Home Health has hired an RN to serve our new clients in the Topeka area. Due to the increase in special events and the future additions with the Kitchen Renovation, Brooks position will now be called Event Services & Café Leader. Jayme is in the process of hiring someone to fill the Front-of-House Manager position for Prairie Star Restaurant.

**Stepping On Class Update** The next session starts Thursday, Jan. 17, and will run for seven weeks. The class will meet every Thursday from 2 to 4 p.m. in the KSU Classroom. This is a free class funded by a grant from the Greater Manhattan Community Foundation. Please contact Jeff Heidbreder at (785) 341-2995 for more information.

**LEAP Class Update** The next session for LEAP! Will begin Monday, Jan. 28, at 6 p.m. in the KSU Classroom. Cost to attend the class is \$75 per person, or \$100 per pair sharing a book. Please contact Michelle at 323-3899 for more information.

**Upcoming Events** Monte reviewed the events coming up in the month of January. Please see the weekly Meadowlark Messenger for details.



## LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

### Sunday, Jan. 13

**Breakfast:** Omelets with Fruit

### Monday, Jan. 14

**Breakfast:** Biscuits & Gravy

**Lunch:** White Chicken Chili & Cornbread Muffin  
*shredded chicken with great northern beans in a creamy  
stew ~ \$4.50 / \$6.50*

### Tuesday, Jan. 15

**Lunch:** Street Tacos with Choice of Side  
*pulled pork, shredded cheddar cheese & a cilantro lime  
slaw topped with an avocado sauce on a mini flour  
tortilla ~\$4.50/\$6.50*

### Wednesday, Jan. 16

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Patty Melt with Choice of Side  
*grilled hamburger, swiss cheese, thousand island  
dressing & sautéed onions on butter toasted Rye bread  
~ \$4.50/\$6.50*

### Thursday, Jan. 17

**Breakfast:** Biscuits & Gravy

**Lunch:** Grilled Chicken and Mac & Cheese Bowl  
*macaroni and cheese topped with grilled chicken & your  
choice of toppings from the salad bar ~ \$6.50*

### Friday, Jan. 18

**Breakfast:** Waffle or Pancake

**Lunch:** Mini Chicken Bacon Ranch Sandwich & Side  
*ranch-seasoned chicken, bacon, cheddar cheese & ranch  
dressing on a slider bun ~ \$4.50/\$6.50*

### Saturday, Jan. 19

**Breakfast:** Omelets with Fruit

# PRAIRIE★STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 a.m. to 7 p.m.**

All specials include beverage, starter and dessert.  
 An extra vegetable can be substituted for the starch at no additional charge.  
 The restaurant can accept up to four reservation per time, depending on party size.  
 Reservations can be made in person or by calling 323-3820.

<b>SUNDAY</b>	Jan. 13 ~ Lunch \$12	Dinner \$11
	Grilled Herb Chicken Breast Wild Rice Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	Jan. 14 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich French Fries Choice of Vegetable	Chicken Picata Risotto Vegetable du Jour
<b>TUESDAY</b>	Jan. 15 ~ Lunch \$7	Dinner \$11
	Taco Bar <i>(does not include drink, starter or dessert)</i>	Ranch Grilled Pork Chop Smoked Gouda Scalloped Potatoes Vegetable du Jour
<b>WED.</b>	Jan. 16 ~ Lunch \$10	Dinner \$12
	Shepherd's Pie Choice of Vegetables	Lasagna Garlic Toast Vegetable du Jour
<b>THURS.</b>	Jan. 17 ~ Lunch \$7	Dinner \$14
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
<b>FRIDAY</b>	Jan. 18 ~ Lunch \$10	Dinner \$12
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetables	Shrimp Penne <i>with Sun-dried Tomato Sauce</i> Garlic Toast Vegetable du Jour
<b>SAT.</b>	Jan. 19 ~ Lunch \$10	Dinner \$16
	Tamale Pie Black Beans Spanish Rice	Roast Prime Rib <i>with Au Jus &amp; Horseradish</i> Twice Baked Potato Vegetable du Jour

**DRINK  
SPECIAL**

Tom Collins  
 1 oz. Lemon Juice, 1 1/2 oz. Beafeater Gin & 2 oz. Tonic Water  
 \$3.75

## Grosh Cinema Movies

Sunday, Jan. 13, to Saturday, Jan. 19, 2018

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

### **Sunday, Jan. 13 — Ratatouille (2007)**

A rat who can cook makes an unusual alliance with a young kitchen worker at a famous restaurant. In secret, the rat's dream of becoming a chef pays off.

Co-Starring: Brad Pitt, Garrett, Lou Romano & Patton Oswalt

Rated G; 1 hr. 51 min.

### **Monday, Jan. 14— One Day (2011)**

After spending the night together on the night of their college graduation Dexter and Em are shown each year on the same date to see where they are in their lives. They are sometimes together, sometimes not, on that day.

Co-Starring: Anne Hathaway, Jim Sturgess & Patricia Clarkson

Rated PG-13; 1 hr. 47 min.

### **Tuesday, Jan. 15 — Pottersville (2017)**

Maynard is a beloved local businessman who is mistaken for the legendary Bigfoot during an inebriated romp through town in a makeshift gorilla costume. The sightings set off an international Bigfoot media spectacle and a windfall of tourism dollars for a simple American town hit by hard times.

Co-Starring: Michael Shannon, Judy Greer & Ron Perlman

Rated PG-13; 1 hr. 24 min.

### **Wednesday, Jan. 16 — Indiana Jones & the Raiders of the Lost Ark (1981)**

In 1936, archaeologist and adventurer Indiana Jones is hired by the U.S. government to find the Ark of the Covenant before Adolf Hitler's Nazis can obtain its awesome powers.

Co-Starring: Harrison Ford, Karen Allen & Paul Freeman

Rated PG; 1 hr. 55 min.

### **Thursday, Jan. 17 — The Heroes of Telemark (1965) \*Resident Request**

Norwegian resistance tries to stop German efforts to produce an atomic bomb component during World War II.

Co-Starring: Kirk Douglas, Richard Harris & Ulla Jacobsson

Rated NR; 2 hrs, 11 min.

### **Friday, Jan. 18 — Scent of a Woman (1992) \*Resident Request**

A prep school student needing money agrees to "babysit" a blind man, but the job is not at all what he anticipated.

Co-Starring: Al Pacino, Chris O'Donnell & James Rebhorn

Rated R; 2 hrs. 36 min.

### **Saturday, Jan. 19 — Avengers: Infinity Wars (2018)**

The Avengers and their allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe.

Co-Starring: Robert Downey Jr. Chris Hemsworth & Mark Ruffalo

Rated PG-13; 2 hrs. 29 min.

# Weekly Opportunities Calendar *Jan. 13 to Jan. 19*

## Sunday • Jan. 13

*Manhattan Room—open seating at lunch & dinner*

9:30 a.m. ~ Miller Worship Service, MFR

10:30 a.m. ~ Worship Service, CR

2:00 p.m. ~ Wroten Worship Service, WL

7:00 p.m. ~ Vespers with Sarah Diamond, CR

## Monday • Jan. 14

*Manhattan Room— no open seating available*

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

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

11:00 a.m. ~ ARTful Making, KSU CL

11:00 a.m. ~ Sit & Be Fit, CR

11:30 a.m. ~ Meadowlark Valley Luncheon, FHR

11:30 a.m. ~ Veteran's Luncheon, PS/MR

12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Parkinson's Exercise Class, CR

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

3:30 p.m. ~ Meadowlark Singers Practice, CR

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

## Tuesday • Jan. 15 *Trash pick-up*

*Manhattan Room—open seating at lunch & dinner*

10:30 a.m. ~ Guided Meditation, GC

12:00 p.m. ~ Seven Dolors Book Discussion, FHR

2:00 p.m. ~ LifeStory Writing Group, FHR

3:00 p.m. ~ Coffee Corner, \*moved to GR

5:30 p.m. ~ 2nd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

## Wednesday • Jan. 16

*Manhattan Room— open seating at lunch & dinner*

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

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Memory Activities Class, KSU CL

10:00 a.m. ~ Memory Café, WCR

10:00 a.m. ~ Memory Care Support Group, SCR

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

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR

1:30 p.m. ~ Card Making with Michelle, FHR

3:00 p.m. ~ Rock Steady Boxing, CSC

3:00 p.m. ~ Rock Steady Boxing, CR

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

4:00 p.m. ~ Christian Video Worship Service, FHR

\*Meadowlark News Channel can be viewed on Channel 1960

## Thursday • Jan. 17

*Manhattan Room—open seating at lunch only*

8:30 a.m. ~ Messenger Team, WCR

8:30 a.m. ~ Apple Help Lab

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

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

11:00 a.m. ~ Parkinson's Webinar, KSU CL

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

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

2:00 p.m. ~ Stepping On, KSU CL

5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • Jan. 18

*Manhattan Room—open seating for lunch & dinner*

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

10:00 a.m. ~ Veteran's Group, GC

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

11:00 a.m. ~ Sit & Be Fit, CR

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

1:00 p.m. ~ Parkinson's Exercise Class, CR

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

2:00 p.m. ~ Verna Belle's Birthday Party, VB

3:00 p.m. ~ Rock Steady Boxing, CSC

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

7:00 p.m. ~ A New Birth of Freedom, CR

## Saturday • Jan. 19

*Manhattan Room—open seating at lunch & dinner*

9:30 a.m. ~ Painting for Fun, SCR

### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance

*Correction from Jan. 3 Messenger:*

### December Donations

A donation was given in support of the  
Good Samaritan Fund  
in honor of Don & Sandra Emley.

*If you have questions regarding Meadowlark  
Foundation, please contact Becky at 323-3843.*