



MEADOWLARK

Messenger

Jan. 24, 2019

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit organization
enhancing senior lifestyles*

MEMORY MATTERS *Symposium*

2nd annual educational and awareness event on dementia and Alzheimer's

submitted by Michelle Haub, Special Programs Leader
The Meadowlark Memory Program is excited to announce the details of the second Memory Matters Symposium. This free educational opportunity for those in the Flint Hills region is scheduled for



Thursday, March 21, 2019 in the Ballroom at Holiday Inn at the Campus in Manhattan. The goal of Memory Matters Symposium is to provide outreach and education about dementia and Alzheimer's, while also helping to encourage engagement and understanding; ultimately helping to de-stigmatize cognitive decline/changes. No reservations are required to attend this free event and you welcome to come and go as your schedule allows.

The evening begins at 5 p.m. with the chance to learn about local community resources including: health, fitness and specialized care for those affected by cognitive changes, dementia or Alzheimer's. Brain healthy appetizers will also be available at this time. Eric D. Vidoni, PT, PhD, is the first presenter for the evening and will present from 5:30 to 6:30 p.m. He will provide an overview and a more comprehensive education about dementia and Alzheimer's, as well as explain current treatment options, both pharmacological and non-pharmacological. He will also update the audience on regional and national research trials and how they could impact these populations. Dr. Vidoni is the director of the Outreach, Recruitment and Education Core for the



University of Kansas Alzheimer's Disease Center (KU ADC). In 2001, he earned a Bachelor's of Science in Kinesiology from the University of Illinois, Urbana-Champaign. He went on to complete his MSPT and PhD in 2008 at the University of Kansas. Dr. Vidoni works directly with Dr. Russell Swerdlow, KU ADC Director, on the Kansas Dementia and Aging Research Training Program

which focuses on educational outreach to medical professionals and the general public.

Following Dr. Vidoni, from 6:30 to 7 p.m., guests are encouraged to again take advantage of the opportunity to visit with community resources and enjoy healthy appetizers.

Sally King, MSW, LSCSW, LCSW (Licensed Clinical Social Worker - Missouri/Kansas) will continue the evening from 7 to 8 p.m. by expanding on Dr. Vidoni's presentation in regards to how dementia/Alzheimer's affects the whole person. She will suggest practical methods for caring for social and emotional well-being for those with dementia and for the caregivers. Mrs. King is a specialist in mental health counseling for adults and seniors where she has worked since 2001. Presently, she maintains a small private practice, Sally King Consulting, and is recognized nationally as a trainer and speaker in trauma care and education. Prior to starting her own company, she worked with the KU ADC on outreach, education and project management.

We are looking forward to another great Memory Matters Symposium and hope you will join us.

Meadowlark Winter Ball: Casino Night

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

The 2019 Meadowlark Winter Ball is almost here! Join us for *Casino Night* 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.

All residents and staff are invited to enjoy live music, heavy appetizers and games. No sign up is required.

Betty Campbell's Birthday Celebration

Sunday, Jan. 27, at 4 p.m.

Please join Betty Campbell and her family in celebrating her birthday on Sunday, Jan. 27, at 4 p.m. Cake and refreshments will be served in the Game Room. All are welcome.

Vespers Services

Sunday, Jan. 27, 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. 27, in the Community Room. All are welcome.

Parkinson's Voice Class

Monday, Jan. 28, at 1:45 p.m.

Meadowlark Parkinson's Program Voice Class program will start up again for the spring semester. Join Michelle Haub, Parkinson's Program Leader and Speech Pathologist, along with K-State students for voice exercises Monday, Jan. 28, from 1:45 to 3:15 p.m. in the Community Room.

Coffee Corner—Feature Dessert!

Tuesday, Jan 29, at 3 p.m.

This week's Coffee Corner will be in the Game Room at 3 p.m. Tuesday, Jan. 29. Verne Belle's Café featured dessert will be Apple Pie Cupcakes. All are welcome!

Mindful Connections

Tuesday, Jan. 29, at 5:30 p.m.

The Meadowlark Memory Program invites you to attend Mindful Connections on Tuesday, Jan. 29, from 5:30 to 6:30 p.m. in the KSU Classroom.

Michelle Haub, Special Program Leader at Meadowlark and Speech Language Pathologist, will share a presentation on communication strategies. Refreshments will be served. For questions, call (785) 323-3899. No prior registration is required.

Apple Help Lab

Thursday, Jan. 31, 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.

Art Committee Meeting

Friday, Feb. 1, at 9:30 a.m.

Attention all current and potential Art Committee members! It's time for an annual inventory of Meadowlark's art collection. Each year, volunteers visit the west and east apartment towers, armed with a detailed list of our art pieces and a pencil. Does the art on our walls match the descriptions and locations on our list? Our collection is divided by floor so, depending on the number of volunteers, the review can be accomplished easily and at the volunteers' convenience.

This task will be discussed and assignments will be made at the next regularly scheduled committee meeting, which is set for 9:30 a.m. Friday, Feb. 1, in the Flint Hills Room. Committee members also will discuss the future home of an original painting by Diana Werts; this abstract work was donated by a Passport member.

Tenth Annual MLH Kansas Day Celebration

Friday, Feb. 1, at 7 p.m.

Although Kansas Day is officially Jan. 29, we will be celebrating a few days later at 7 p.m. Friday, Feb. 1, in the Community Room. The Kansas Department of Agriculture will be here to share about the products grown, raised and produced in Kansas. All are invited to celebrate a few of the many things that makes Kansas great!

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.

Biggs & Gustin Live!

Friday, Feb. 8, at 7 p.m.

Meadowlark is happy to present Biggs & Gustin Live! at 7 p.m. Friday, Feb. 8, in the Community Room. Chris Biggs & Ken Gustin bring together decades of combined musical experience and performing acoustic music. With the combination of traditional and original music. They feature folk, bluegrass, country blues, swing and country influences, with strong vocal work and sensitive harmonies in heartfelt and energetic song arrangements. Guitars, banjos, mandolins...they used them all to share fiddle tunes, flatpicking classic and historic and contemporary songs.

NEW Theatre Trip

Wednesday, Feb. 13, 9 a.m.

We will be taking a trip Wednesday, Feb. 13, to the NEW Theatre Restaurant located in Overland Park, KS. The show for the day is *Shear Madness* starring Richard Karn, best known for his role on Home Improvement.

In this hilarious whodunit, a renowned classical pianist is murdered in her apartment above the SHEAR MADNESS beauty salon and you, the audience, along with Inspector Nick O'Brien, interrogate the suspects, evaluate the clues and solve the mystery. The wacky, spontaneous comedy never has the same ending twice, so you can see it again and again.

The cost for the trip is \$60 per person, which includes transportation and admission into the theater. Theater admission includes a fantastic dinner and show, choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at an additional cost. Departure from the Village Entrance is set for 9 a.m. Wednesday, Feb. 13. Seating at the theatre begins at 11:30 a.m. and lunch will be served from 12:15 to 1 p.m. The show begins at 1:15 p.m. We estimate arrival time back to Manhattan between 5 and 5:30 p.m. If you plan to attend, please sign up in the Blue Book at the Hospitality Desk. For questions, call Monte Spiller at (785) 323-3801.

Listening Party

Thursday, Feb. 14, at 7 p.m.

Dane Schmidt will join us at Meadowlark at 7 p.m. Thursday, Feb. 14, in the Game Room and Pub. Dane boasts a variety of vinyl records of all sorts and he is excited to share his collection with the residents of Meadowlark. He has favorites which

includes Peggy Lee, Kay Starr and Frank Sinatra, of course. When Dane is not sharing his love of vinyl records, he runs a small record label here locally.

Blood Drive

Monday, Feb. 18, at 10:30 a.m.

The American Red Cross will be at Meadowlark Monday, Feb. 18 in the KSU Classroom. Timeslots are available from 10:30 a.m. to 5:30 p.m. To sign up to donate blood, contact Jayme Minton at (785) 313-0454.

Thank You Staff

submitted by Ronald Williams

I am comfortable in our little two room apartment. I am warm and comfortable, watching T.V., wrapped in a blanket, and have been to a program in the Community Room next door earlier this evening. It is cold blowing and snowing outside. However, I remember that our comfort, for all 370 some of us, comes with a price to others. On a cold morning after a snow we hear with appreciation the snow shovelers and scrapers and they **are** out in the cold and snow. I can go to a movie, eat at a fine restaurant, get a haircut, play a game of pool, watch a football game, and check a book out of the library without leaving the complex or even putting on my coat. But, there are others who risk the icy roads, bad storms, and slick sidewalks to get here to make our lives comfortable. Even those who come to entertain us, or to lead church for us have had to press on through the inclement weather to be here to lead, and often as volunteers.

I know that almost all of us wish we had the health to get out and shovel, or drive, or even ski or skate. But for the most part we are not able to do those things, so we remain inside, really comfortable, and are here in this wonderful place, cared for with grace and caring, at the cost of others being in the cold and snow to get here to do for us.

Yes, I know they are professionals, and paid for all this, but I am still aware of the cold, and their risks, and their endurance so that I, 80 years of age, and using walker or wheel chair, can be warm, dry, well fed, and entertained. I want to say a big thank you to the staff for all you do, and you are nice about it too, even when I am grouchy. Thanks so much for your kindness.

Happy Birthday Kansas!

submitted by Esther Headrick

January 29, 1861 is the birth date for the state of Kansas. This is a fact that all Kansas schoolchildren knew and celebrated from first grade through high school.

When we (my husband and I) were active in politics in Kansas we joined the state Republicans and attended the annual Kansas Day Celebrations in Topeka. The time of this story is early 1970's. Our Congressman was Bob Dole. We had backed him from the beginning of his political career when he ran for Congress after World War II from the Big First. The Big First got its name because of its size. It represented about one-half of the geographic portion of the state. Of course, it was the western portion where the population was less dense than the Eastern side.

We not only considered Bob Dole one great Representative, but felt he was a friend, also... He was the Chairman for the annual Kansas Day Dinner this particular year. Planning the evening's events for the formal dinner included appointing a hostess for each table of twelve guests. He asked me to be one of the hostesses. We were honored and very happy to accept.

Making the arrangements necessary to actually get away for the time required and find family members to take care of our work was no small task. I found very good helpers to care for our three small children. Who better than Grandparents and Aunts and Uncles? Wendell knew the best help he could find would be his Dad and brother, Wayne. Feeding the cattle and milking the cows were big chores and January weather could be bad. They agreed and he knew he had the best help he could find. He also knew pay-back time would come and he would be ready!

Of course, finding something to wear was the next thing on my list! It was formal, but that did not mean Tuxes. Suites were okay for the men, but I must have a new evening dress! I hope Wendell got a new tie. I don't remember.

My very good friend, Carmen, was a great seamstress. I found fabric and a pattern that I liked very much. And Carmen's Singer began to hum! What fun! Our plans were falling into place.

There was one more detail. Contact our good friends, Jim and Clarice Decker, to see if they



[left & below] The beautiful lace, hand-made dress Esther Headrick wore for the Kansas Day Celebration made by her friend, Carmen Bruning.



would go with us. We did. They said "yes" and when the appointed day had arrived we were on our way! The weather was fine. It was cold, of course, but bright and sunny.

When I made the hotel reservations I asked for adjoining rooms and that's what we got. As we entered our room, we heard Jim from next-door shout, "Wow! This is quite a room!" We looked around our room, opened the adjoining door and said, "We're glad., We got the closet!" And it did seem so. This was a very elegant hotel, but also very old, and I do believe they made adjoining rooms out of a once spacious suite. Oh well! We were there and ready to have a good time. The size of our room didn't matter.

It was a memorable evening. We got to meet the speaker before dinner. He was Gerald Ford! A few years down the road the two men would be on the ballot running as President and Vice President. AS Dole would say, "Vote for the Dole-Ford team. Two FOUR LETTER WORDS that are good to say!"

Now you might expect this to be the end of this little story, but there's more. After the dinner was over and my tableful of guests had departed, the four of us, Jim, Clarice, Wendell and I, were standing in the lobby deciding where we might go before going back to our rooms. We became aware of a very loud angry voice from across the way. We could see

that it was a woman shouting what she thought was important advice to Congressman Robert Dole. He was trying to politely back away but she almost had him in a corner., Then we heard him say, "You will excuse me, madam, my friends are waiting for me. I must go!" He ran over to us, "Come, let's get a cab and get out of here." We turned as one and did just that.

And that his how I happened to be in the Kansas Hotel's coffee shop, The Purple Cow, very late one night having coffee with Bob Dole and friends.



From the Land of Kansas

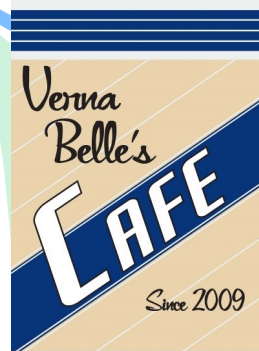
submitted by Polly Ferrell

Friday, Feb. 1, we will be the culmination of our tribute to Kansas. The celebration will begin at 7 p.m. in the

Community Room. MLH Sunflower Lady, Polly Ferrell, will welcome all residents and friends to the event. Together we will sing our state song, "Home on the Range" accompanied on the piano by Barbara Rees. Esther Headrick has "A Kansas Tale" ready to share.

Kerry Wefald, Director of Ag. Marketing at the Kansas Department of Agriculture, will be our featured program. She will share about the state trademark program, From the Land of Kansas. This is a project that promotes and celebrates agricultural products grown, raised or produced in Kansas. You may be amazed at the vast variety of businesses that promote our great state.

Now for more big news! We invite each of you to enter the "From the Land of Kansas" contest to find out how many words are hidden in those five words. Please pick up your entry form at the front desk and return it no later than Thursday, Jan. 31. The prize is from the land of Kansas, too, and will be presented at the Friday, Feb. 1, program. See you soon.



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. 27

Breakfast: Omelets with Fruit

Monday, Jan. 28

Breakfast: Biscuits & Gravy

Lunch: Mini Italian Sandwich with Choice of Side ham, salami, pepperoni & provolone cheese on a slider bun ~ \$4.50/\$6.50

Tuesday, Jan. 29

Breakfast: Breakfast Sandwich with Fruit

Lunch: Jambalaya with Cornbread smoked sausage, red beans, rice, onion, green peppers & Cajun seasoning ~ \$4.50/\$6.50

Wednesday, Jan. 30

Breakfast: Breakfast Burrito & Fruit

Lunch: Chicken Cordon Bleu Sandwich with Side fried chicken, ham & swiss cheese on a butter-toasted bun drizzled with a maple mustard sauce ~ \$4.50/\$6.50

Thursday, Jan. 31

Breakfast: Biscuits & Gravy

Lunch: Triple Meat Pizza with Choice of Side pepperoni, sausage & bacon on a flatbread crust with marinara sauce & mozzarella cheese ~ \$4.50/\$6.50

Friday, Feb. 1

Breakfast: Waffle or Pancake

Lunch: Walking Taco doritos, seasoned ground beef, lettuce & cheese mixed together in a bag along with your choice of toppings from the salad bar ~ \$4.50/\$6.50

Saturday, Feb. 2

Breakfast: A la cart menu options

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.

SUNDAY	Jan. 27 ~ Lunch \$12	Dinner \$12
	Chicken & Noodles Mashed Potatoes Vegetable du Jour	Ham Loaf Au Gratin Potatoes Vegetable du Jour
MONDAY	Jan. 28 ~ Lunch \$10	Dinner \$14
	Prime Rib Sandwich French Fries Choice of Vegetables	Grilled Salmon <i>with Dill Sauce</i> Scalloped Potatoes Vegetable du Jour
TUESDAY	Jan. 29 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter or dessert)</i>	Sautéed Chicken Breast <i>with Sundried Tomatoes, Artichokes & Mushrooms</i> Vegetable du Jour
WED.	Jan. 30 ~ Lunch \$10	Dinner \$12
	Pork Stroganoff Noodles Choice of Vegetables	Swiss Steak Mashed Potatoes Vegetable du Jour
THURS.	Jan. 31 ~ Lunch \$7	Dinner \$13
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Pork Tenderloin Roulades <i>with Andouille Dressing</i> Red Beans & Rice Vegetable du Jour
FRIDAY	Feb. 1 ~ Lunch \$10	Dinner \$14
	Chicken Salad Melt Choice of Vegetables	BBQ Shrimp Roasted Red Potatoes Vegetable du Jour
SAT.	Feb. 2 ~ Lunch \$10	Dinner \$15
	Chili Dog French Fries Choice of Vegetable	Steak Night Baked Potato Vegetable du Jour

DRINK SPECIAL | **Gin & Tonic**
 1 1/2 oz. Tanqueray Gin & 4 oz. Tonic Water
 \$3.75

Grosh Cinema Movies

Sunday, Jan. 27, to Saturday, Feb. 2, 2018

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

Sunday, Jan. 27 — Happy Feet (2006)

Into the world of the Emperor Penguins, who find their soul mates through song, a penguin is born who cannot sing. But he can tap dance something fierce!

Co-Starring: Elijah Wood, Brittany Murphy & Hugh Jackman

Rated PG; 1 hr. 48 min.; Animated Comedy

Monday, Jan. 28 — Operation Finale (2018) * Resident Request

Based on the story of how a group of Israeli secret agents arrested notorious SS officer Adolf Eichmann - the man who masterminded the "Final Solution" - in Argentina.

Co-Starring: Oscar Isaac, Ben Kingsley & Melanie Laurent

Rated PG-13; 2 hrs. 2 min.; History & Drama

Tuesday, Jan. 29 — Wizard of Oz (1939)

Dorothy Gale is swept away from a farm in Kansas to a magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard who can help her return home to Kansas and help her friends as well.

Co-Starring: Judy Garland, Frank Morgan & Ray Bolger

Rated PG; 1 hr. 42 min.; Adventure

Wednesday, Jan. 30 — Game Night (2018)

A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery when the shady brother of one of them is seemingly kidnapped by dangerous gangsters.

Co-Starring: Jason Bateman, Rachel McAdams & Kyle Chandler

Rated R for language and some violence; 1 hr. 40 min.; Comedy

Thursday, Jan. 31 — Sierra Burgess is a Loser (2018)

A case of mistaken identity results in unexpected romance when the most popular girl in high school and the biggest loser must come together to win over their crushes.

Co-Starring: Shannon Purser, Kristine Froseth & RJ Cyler

Rated PG-13; 1 hr. 45 min.; Romance & Comedy

Friday, Feb. 1 — The Art of the Steal (2013)

Crunch Calhoun, a semi-reformed art thief, agrees to get his old gang back together to pull off one last heist.

Co-Starring: Kurt Russell, Jay Baruchel & Katheryn Winnick

Rated R for language; 1 hr. 30 min.; Comedy & Crime

Saturday, Feb. 2 — Roman Holiday (1953)

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

Co-Starring: Gregory Peck, Audrey Hepburn & Eddie Albert

Rated NR; 1 hr. 58 min.; Comedy & Romance

Weekly Opportunities Calendar *Jan. 27 to Feb. 2*

Sunday • Jan. 27

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
- 4:00 p.m. ~ Betty Campbell's Birthday, GR
- 7:00 p.m. ~ Vespers with Sarah Diamond, CR

Monday • Jan. 28

Manhattan Room— open seating at dinner only

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:45 p.m. ~ Parkinson's Voice 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. 29 *Trash pick-up*

Manhattan Room—open seating at lunch & dinner

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 5:30 p.m. ~ Mindful Connections Series, KSU CL
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Jan. 30

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
- 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

Thursday • Jan. 31

Manhattan Room—open seating at lunch & dinner

- 8:30 a.m. ~ Messenger Team, WCR
- 8:30 a.m. ~ Apple Help Lab, SCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, KSU CL

Friday • Feb. 1

Manhattan Room—open seating for lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee Meeting, FHR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:30 a.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 Mass, CR
- 7:00 p.m. ~ 10th Annual Kansas Day Celebration, CR

Saturday • Feb. 2

Manhattan Room— open seating for 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

Project Update

Our current projects, the Courtyard and the Fleet Parking Lot, have been delayed because of the recent wintery weather. Once everything has had a chance to "defrost" we will print the updated status on each project. Stay warm out there!

Verna Belle's Birthday Party

Friday, Feb. 1, at 2 p.m.

Join us for the final celebration for Verna Belle's featuring a special birthday treat!