

ARTful Appreciation

Meadowlark Memory Program presents Art Exhibition

From Thursday, March 1, through Monday, March 18, the Meadowlark Memory Program will host a free Art Exhibition at the Flint Hills Discovery Center (315 S. Third St. Manhattan, Kan.). Featured art will include pieces created by residents and community members through Memories in the Making and ARTful Making programs made possible by collaborations between Meadowlark Memory Program, the Marianna Kistler Beach Museum of Art and the Alzheimer's Association. All are invited to attend an opening reception for the exhibition Thursday, Feb. 28, at 5:30 p.m.

The Meadowlark Memory Program offers free services to help support anyone in the Flint Hills area affected by cognitive changes. Various services include social engagement, exercise classes, support groups and educational opportunities

Memories in the Making, an Alzheimer's Association program, involves creative expression for



individuals living with Alzheimer's disease. Through their art, participants find a way to speak to loved ones, caregivers and the public. Led by the Marianna Kistler Beach Museum of Art, ARTful Memories is a terrific way to de-stress, improve fine motor skills and socialize with friends. Together, participants and class facilitators develop new skills or revisit old ones while engaging in various art making activities. Museums around the country, such as the Museum of Modern Art in New York, are recognizing the benefits and offering similar art appreciation classes for those with dementia/Alzheimer's and their caregivers.

Deficits like impaired memory, learning and language typically do not have a negative effect to an artist's capabilities. Integrating art and memory programs have resulted in improved self-esteem, sense of purpose and accomplishment, while lowering the risk for depression, anxiety or agitation.

The Largest Town in Kansas

submitted by Polly Ferrell

Where do Kansans live? What is the largest town in Kansas? Is it Topeka, our capital? Is it Kansas City? Is it Wichita?

The answer is—none of the above. Kansas has no towns. All incorporated communities in Kansas are officially called cities. Eleven of our 50 states have only cities. So whether you hail from my home "town" of Elmdale, population 53 or Wichita, population 389,965, they are both cities. Oh, and Topeka has a population of 127,265 and Kansas City checks in at 151,306. Of course if we add in Overland Park, Lenexa, Shawnee, Olathe, Leawood, Prairie Village, Merriam, Mission hills, Fairway, Roeland Park, Mission, De Soto and assorted others on the fringe,

then the metro Kansas City is BIG! And we are not including Missouri. Kansas City, Missouri was incorporated in 1852 and Kansas City, Kansas was incorporated in 1872. Two separate cities that share a border.

Today, Thursday, is the deadline to submit your completed list of words found within "From the Land of Kansas". Leave your list at the Hospitality Desk by 5 p.m.

Friday, Feb. 1, at 7 p.m. is our official Kansas Day Celebration. Kerry Wefald, Director of Ag Marketing at the Kansas Department of Agriculture, will be here to share about the state trademark program, From the Land of Kansas. All are invited to attend this event in the Community Room. We will have a great time!

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 create a detailed list of our art pieces. 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.

Open Communion Service

Sunday, Feb. 3, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, Feb. 3, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122.

Super Bowl LIII Party

Sunday, Feb. 3, 5:15 p.m.

Cheer on the LA Rams or the New England Patriots in the Super Bowl Sunday, Feb. 3, at 5:15 p.m. Light refreshments will be served in the Game Room. Kick-off is at 5:30 p.m.

Vespers Services

Sunday, Feb. 3, at 7 p.m.

The Vespers service will be held by Rev. John Wright from White City Methodist Church. Vespers service will begin at 7 p.m. Sunday, Feb. 3, in the Community Room. All are welcome.

Town Meeting

Monday, Feb. 4, at 9:30 a.m.

All are invited to attend February's Town Meeting to hear the Meadowlark news at 9:30 a.m. Monday, Feb. 4, in the Community Room.

Osher Class Sign-up

Monday, Feb. 4, at 10:00 a.m.

Sign-up for 2019 Spring Osher Classes Monday, Feb. 4 at 10 a.m. in the Flint Hills Room. Available courses in Manhattan, Kan. include the following:

- A Day on the Flying W Ranch in the Flint Hills
- America's Forgotten Wars

- American Regionalism: Art from the Heartland
- Kansas Characters: From the Scandalous to Benevolent
- Poetry, Sense of Place and the Prairie: Reading and Writing Our Way Home
- Westward Ho! Historic Trails West Through Kansas and Beyond

For more information on Osher courses, visit <https://tryufm.org/osher-institute/> or attend the sign-up meeting to speak with a UFM representative.

Guided Meditation

Tuesday, Feb. 5, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Feb. 5, 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.

Coffee Corner—Feature Dessert!

Tuesday, Feb. 5, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, Feb. 5, for a social hour. Verna Belle's Café featured dessert will be No Bake Peanut Butter Cookies, which are gluten-free. All are welcome!

Memory Makers Luncheon

Wednesday, Feb. 6, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Feb. 6, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, Feb. 4. Cost is approximately \$9 per person.

Parkinson's Education Group

Thursday, Feb. 7, at 2 p.m.

Join Meadowlark Parkinson's Program for an Education Group Thursday, Feb. 7, at 2 p.m. in the Community Room. This month's presentation will be "Just Between Us: Small Group Discussions to

Help You Live Your Best Life with PD." All who are interested are welcome to attend.

"Lives Well Lived" Documentary

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

The KSU Center on Aging and Gerontology Ambassadors are putting on a showing of the documentary "Lives Well Lived." Come join us as we watch this documentary of wit and wisdom and learn what it means to age well. The showing will be held on Thursday, Feb. 7, at 6 p.m. in the K-Ballroom – located in the K-State Student Union. This event is free, open to the public, and the location is wheelchair accessible. If you have any questions, call the Center on Aging at (785) 532-5945. Please sign up for Transportation in the Blue Book.

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 use 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.

Galentine's Day Celebration

Wednesday, Feb. 13, 2 p.m.

Verna Belle's is hosting a Galentine's Day celebration Wednesday, Feb. 13, at 2 p.m. Invite your pals to Verna Belle's for games and sweet treats. Enjoy this free event for an afternoon of ladies celebrating ladies!

Meadowlark Singers Performance

Friday, Feb. 15, at 7 p.m.

Come to the Community Room Friday, Feb. 15, at 7 p.m. to listen to the Meadowlark Singers Valentine's Concert. Enjoy some beautiful love songs.

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.

Shopping Trips

Wednesdays & 2nd Saturdays

Meadowlark Transportation takes a bus to Walmart and Dillons, eastside location, each Wednesday departing from the Village Entrance at 10 a.m. and will return about 11:30 a.m. There is no cost for this trip. Next trip is Wednesday, Feb. 6.

On the second Saturday of each month, Meadowlark Transportation takes a bus to Hobby Lobby and Dollar Tree. It departs from the Village Entrance at 10:30 a.m. and return about 11:45 a.m. Cost for this trip is \$3. The next trip is Saturday, Feb. 9.

Please sign up in the Blue Book at the Hospitality Desk for both or either of these shopping trips.

February Birthdays

Healthcare

2/1 Sandy Oppenlander
2/4 Margaret Wheat
2/10 Marcia Wikoff
2/17 Elaine Bishop
2/19 Vernon Bode
2/24 Alice Roper
2/28 Jane Runyan

Assisted Living

2/5 Beverly Dodds
2/9 Bob Hammaker
2/12 Carol Hoerman
2/12 Marvel Boston
2/28 Gerald Mowry

Independent Living

2/1 Glenna Fogo
2/2 Linda Graham
2/4 Edna Peterson
2/4 Marilyn Ray
2/7 Nancy Goulden
2/11 Lois Deyoe
2/11 Carol Dodderidge
2/12 Colleen Robinson
2/16 Bob Crawford
2/18 Wanda Fateley
2/25 Betty Grubb
2/27 Harriette Janke

Employees

2/1 LeNorris Wells
2/1 Ericka Reece
2/3 Theresa Rodriguez
2/3 Danelle Cowing
2/4 Amon Maxwell
2/4 Susan Meeker
2/4 Maizie Weathers

2/6 Ashley Groves
2/7 Kaitlyn Jackson
2/7 Ebony Sublett
2/7 Charles Smith
2/8 Kevin Rice
2/8 Erin Steele
2/9 Kathryn Fiser
2/9 Raymond Padel
2/9 Adrianna Barrett
2/9 Sofia Lara
2/10 Jenn Edlund
2/10 BrieAnna Grimmett
2/13 Camryn McDonald
2/14 Sheyenne Bassler
2/14 Hayley Helmer
2/16 Michael Causey
2/17 Darin Pelfrey
2/17 Benita Fernandez
2/20 William Tompkins
2/20 Dustin Wedekind
2/20 Ashlyn Onstad
2/22 Sherry Smith
2/23 Rhonda Williams
2/23 Carissa Staley
2/23 Berenice Flores
2/25 Marcia Buttner
2/27 Jana Armfield



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

Squeal for the New Year!

*submitted by Michele Riter, Community
Relations Assistant*

The Lunar New Year is celebrated by Asian cultures including those from China, Vietnam, Korea, Laos and Singapore from late January to the middle of February. People will ring in the New Year with traditional clothing, food, family gatherings, cleansing rituals, firecrackers, and elaborate red and gold decorations. Through centuries of tradition, this time of the year gave farmers the opportunity to rest from their work in the fields. The lunar calendar was developed by recording the revolutions and phases of the moon, a signal that did not need sophisticated technology and could be seen from the fields.

In Chinese culture, the new years are represented by the zodiac animals. On February 5, 2019, the year of the Earth Pig will begin. The pig is the twelfth of all the zodiac animals. According to legend, the Jade Emperor said the order of the animals would be decided in which they arrived to his party. Pig was late because he overslept, therefore the last of the twelve to arrive. Depicted with their chubby faces and big ears, pigs are the symbol of wealth and good fortune.

I was born in 1995 – the year of the Wood Pig. Those born in the year of the pig are seen to be diligent and responsible in their work, compassionate and generous (I'd have to say I agree!). Pigs may not seek help from others, but they will not refuse to give others a hand. They are not wasteful spenders, but they will let themselves enjoy life. They believe in people and their right to speak up. Some famous pigs include Mila Kunis, Hillary Clinton, Stephen King, Julie Andrews, Ronald Regan, Arnold Schwarzenegger, Lucille Ball, Ernest Hemingway and our very own Lonnie Baker. Do you think they fit the pig's personality description?

The zodiac animals have lucky and unlucky aspects – numbers, colors, flowers, directions. The pig's lucky numbers are two, five and eight. Their unlucky numbers are one and seven. I believe this to be the reason why I have never won a lottery...seventeen has always been my "lucky number." The pig's lucky direction is

east and southwest, but I am warned to avoid the inauspicious southeast. I guess I will never live in the everglades of Florida, but hello red rocks of Arizona!

Pigs should look forward to finding balance between rest and work and good investment rewards in 2019. Celebrate this Lunar New Year by serving the essential lucky foods! Enjoy fish to increase your prosperity, dumplings for wealth or noodles for happiness and longevity. Bring on the Year of the Pig, OINK!

Notes from the Meadowlark Library

submitted by Pat Hook

People have asked for Louis LaMour books and, lo and behold, someone donated twelve paperback Louis LaMour westerns. Some are in rather poor condition but can be read.

While we are on the subject of Westerns—we also have a set of Harold G. Ross historical western novels. Yes, this is the Harold Ross who went to Manhattan High and K-State and joined with Bill Michel to form Ross and Michel Development Company. These are with the other novels.

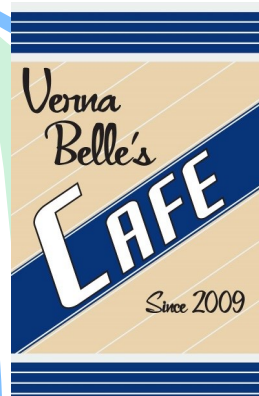
Did you know that the books with yellow labels on the spines are from the Manhattan Public Library? They exchange them once a month. They are on two shelves just to the right as you come in.

To check out a book, just take it and bring it back when you are finished—no card to fill out.

Leave donated books just to the left as you come in on the shelf or the floor. We will put the ones we think you would like on the shelves. The others will go to the Manhattan Public Library for their sale.

Come in and browse! There are lots of large print books. They have orange and green dots on the spine.

We also have a lot of Little Golden Books and a selection of other children's books so you can read to little ones when they visit.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Feb. 3

Breakfast: Omelets with Fruit

Monday, Feb. 4

Breakfast: Biscuits & Gravy

Lunch: Cheesy Chicken Melt with Choice of Side
shredded chicken, cream cheese, shredded cheddar cheese & ranch seasoning on an everything bagel
~ \$4.50/\$6.50

Tuesday, Feb. 5

Breakfast: Breakfast Sandwich with Fruit

Lunch: Meatloaf Sandwich with Choice of Side
meatloaf, bacon, ketchup & mozzarella cheese on butter toasted Italian bread ~ \$4.50/\$6.50

Wednesday, Feb. 6

Breakfast: Breakfast Burrito & Fruit

Lunch: Turkey Reuben with Choice of Side
turkey, sauerkraut, swiss cheese & thousand island dressing on butter toasted rye bread
~ \$4.50/\$6.50

Thursday, Feb. 7

Breakfast: Biscuits & Gravy

Lunch: Teriyaki Chicken Bowl
shredded chicken, stir fry vegetables, wild rice & teriyaki sauce ~ \$6.50

Friday, Feb. 8

Breakfast: Waffle or Pancake

Lunch: Mini Mississippi Ham Sandwich with Side
ham, bacon, green onions & a seasoned cream cheese mixture on a slider bun ~ \$4.50/\$6.50

Saturday, Feb. 9

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	Feb. 3 ~ Lunch \$12	Dinner \$11
	Grilled Raspberry Chicken Wild Rice Vegetable du Jour	Beef Chili Cornbread Vegetable du Jour
MONDAY	Feb. 4 ~ Lunch \$10	Dinner \$12
	Breaded Pork Tenderloin Sandwich French Fries Coleslaw	Meatloaf Mashed Potatoes Vegetable du Jour
TUESDAY	Feb. 5 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter or dessert)</i>	Almond Crusted Pork Tenderloin <i>with Balsamic Cherry Sauce</i> Wild Rice Vegetable du Jour
WED.	Feb. 6 ~ Lunch \$10	Dinner \$13
	Philly Beef Sandwich Potato Salad Choice of Vegetables	Shrimp & Chicken Penne <i>with Sherry Garlic Sauce, Mushrooms, Basil, Sundried Tomatoes & Spinach</i> Garlic Toast & Vegetable du Jour
THURS.	Feb. 7 ~ Lunch \$8	Dinner \$12
	Baked Potato Bar <i>(does not include drink, starter, or dessert)</i>	Braised Chicken Thigh & Leg <i>with Andouille Gravy</i> Vegetable du Jour
FRIDAY	Feb. 8 ~ Lunch \$10	Dinner \$13
	Penne Marinara <i>with Grilled Marinated Chicken</i> Garlic Toast Choice of Vegetables	Burgundy Braised Short Ribs Green Chili Mashed Potatoes Vegetable du Jour
SAT.	Feb. 9 ~ Lunch \$10	Dinner \$14
	Hot Brown Sandwich Choice of Vegetable	Coconut Shrimp Twice Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Rum & Coke
 2 oz. Barcardi Superior Rum & 4 oz. Regular or Diet Cola
 \$3.75

Grosh Cinema Movies

Sunday, Feb. 3, to Saturday, Feb. 9, 2018

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

Sunday, Feb. 3—Mulan (1998)

To save her father from death in the army, a young maiden secretly goes in his place and becomes one of China's greatest heroines in the process.

Co-Starring: Ming-Na Wen, Eddie Murphy & BD Wong

Rated G; 1 hr. 28 min.; Animated Adventure

Monday, Feb. 4—Solo: A Star Wars Story (2018)

During an adventure into the criminal underworld, Han Solo meets his future co-pilot Chewbacca and encounters Lando Calrissian years before joining the Rebellion.

Co-Starring: Alden Ehrenreich, Woody Harrelson & Emilia Clarke

Rated PG-13; 2 hrs. 15 min.; Action

Tuesday, Feb. 5—Witness for the Prosecution (1957) **Resident Request*

A veteran British barrister must defend his client in a murder trial that has surprise after surprise.

Co-Starring: Tyrone Power, Marlene Dietrich & Charles Laughton

Rated NR; 1 hr. 56 min.; Crime Drama

Wednesday, Feb. 6—Buffalo Stampede/The Thundering Herd (1933)

Two groups of buffalo hunters find themselves at odds with each other when one group decides to steal hides from the other disguised as Indians.

Co-Starring: Randolph Scott, Judith Allen & Buster Crabbe

Rated NR; 1 hr. 2 mins.; Western

Thursday, Feb. 7—Becoming Jane (2007)

Young Jane Austen is a feisty 20-year-old and emerging writer who already sees a world beyond class and commerce, beyond pride and prejudice, and dreams of doing what was then nearly unthinkable - marrying for love.

Co-Starring: Anne Hathaway, James McAvoy & Julie Walters

Rated PG; 2 hrs.; Biographical Romance

Friday, Feb. 8 — It Takes Two (1995)

Two little girls who are identical, but complete strangers, accidentally meet one day. They attempt to stop their father from marrying a conceited know-it-all.

Co-Starring: Steve Guttenberg, Mary-Kate & Ashley Olsen & Kirstie Alley

Rated PG; 1 hr. 41 min.; Comedy

Saturday, Feb. 9 — Philomena (2013)

A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.

Co-Starring: Judy Dench, Steve Coogan & Sophie Kennedy Clark

Rated PG-13; 1 hr. 38 min.; Biographical Drama

Weekly Opportunities Calendar *Feb. 3 to Feb. 9*

Sunday • Feb. 3

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. ~ Open Communion Service, FHR
- 5:15 p.m. ~ Super Bowl Party, GR
- 7:00 p.m. ~ Vespers with Rev. John Wright, CR

Monday • Feb. 4

Manhattan Room—open seating at lunch only

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 10:00 a.m. ~ Osher Class Sign-up, FHR
- 11:00 a.m. ~ St. Luke's Communion, SCR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Weights 101, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, *moved to VB

Tuesday • Feb. 5 *Trash pick-up*

Manhattan Room—open seating at lunch & dinner

- 10:30 a.m. ~ Guided Meditation, GC
- 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
- 3:30 p.m. ~ Ambassador Committee Meeting, WCR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Feb. 6

Manhattan Room—open seating at dinner only

- 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
- 11:00 a.m. ~ Memory Makers Luncheon, MR
- 11:30 a.m. ~ 1st Men's Club Luncheon, WCR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR

- 1:00 p.m. ~ Library Committee Meeting, FHR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Hearing Aid Doctor, SCR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, *moved to FNC
- 3:00 p.m. ~ Call Hall Ice Cream Social, KR
- 4:00 p.m. ~ Christian Video Worship Service, FHR

Thursday • Feb. 7

Manhattan Room—open seating at lunch only

- 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
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Feb. 8

Manhattan Room—open seating for lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Support Grp, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Biggs & Gustin Live!, CR

Saturday • Feb. 9

Manhattan Room—open seating for lunch & dinner

- 9:30 a.m. ~ Painting for Fun, SCR
- 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE

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
	FNC, Fitness Center