



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 30, 2015

Honk if You're Happy!

Home Health Staff and Clients Grateful for Donated Car

Submitted by Becky Fitzgerald

Meadowlark Hills' Home Health companions are driving clients in safety and comfort thanks to a recent gift from Meadowlark Hills resident Robin Higham. His 1999 Oldsmobile 88 was recently added to our community's fleet of vehicles and has become one of three cars assigned to Home Health.

"We call it Red Robin because it's red and it was donated by Robin Higham," said Kelly Miller, Home Health Leader, of the four-door sedan. "People who ride in it tell us it's very comfy. It has added to our flexibility and independence to meet the needs of our clients on their time schedule."

Miller, a registered nurse, said staff use their trio of cars to transport clients, who live on and off campus, to doctor appointments, to movies, or wherever they need



or would like to go. Staff do not use their own vehicles to provide such services.

Higham promised his two daughters that he wouldn't drive for a time this past winter, and when he concluded a few months later that the roads would be safer without him behind the wheel, he spoke with them about his trusty

88. "They suggested I give it to the Meadowlark Hills Foundation," Higham said.

Donated vehicles may be taken to a local auction house, with the proceeds returned to the Foundation in support of the Good Samaritan Fund. Red Robin, however, continues to appear on Meadowlark Road, to the delight of both Higham and Home Health Staff.

Questions about Gift in Kind donations may be directed to Becky Fitzgerald at (785) 323-3843.

Raising Money for a life-long Dream

Julia Chestnut is heading to the Irwin Wildlife Reserve!

As a young child, K-State student and Meadowlark Hills companion, Julia Chestnut had always dreamt of working alongside the famous "Crocodile Hunter," Steve Irwin. When Julia first laid her eyes on Steve Irwin's television show, she was taken away. "The way he was absolutely passionate about the animals was completely eye opening and inspiring."

The messages Irwin shared with the world sparked an interest in Julia—realizing she wanted to take her career towards the same path Irwin did. "He made a huge difference and effected positive change in the world by how strongly he loved the animals." Julie said.

But when Irwin was killed by a stingray while filming



in 2006, Julia was heartbroken. "I'd found a friend in Steve, and to see that the animals had lost their friend and hero was devastating."

Now at the age of nineteen, Julia is one out of ten volunteers selected to work at the Steve Irwin Wildlife Reserve in Queensland, Australia, with Irwin's wife, Terri, and his children, Bindi and Robert.

Julia's dream is coming true, and she will spend her summer camping out alongside the Irwins, Australian Geographic Society and the nine volunteers to research saltwater crocodiles along the Wenlock River.

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UPCOMING EVENTS & ANNOUNCEMENTS

Friends of McCain—Host a Happy Hour!

Please join Todd Holmberg, McCain Auditorium director, other McCain staff and Friends of McCain board members, including Becky Fitzgerald, from 4:30 to 6 p.m. Sunday, May 10, in the Game Room, Kansas Room Pub and Manhattan Room. Michael Feinstein's show begins at 7:30 p.m. that evening at McCain Auditorium, and transportation is available from the Village Entrance on Sunday, May 10.

Upon arrival, guests will receive a ticket that may be traded in the pub or at a station in the game room for complimentary wine, beer or a specialty cocktail worthy of Ol' Blue Eyes himself. Non-alcoholic beverages also will be available. Guests who'd like more than one alcoholic drink may purchase those.

Show tickets to The Sinatra Project or Friends of McCain membership is not required to enjoy the fun. All residents are welcome, but space is limited, so please register in the Blue Book. If you'd like a chance to win two show tickets, please complete an entry form at the Hospitality Desk by 5 p.m. Thursday, May 7. The winner will be notified on Friday, May 8, so you'll have time to sign up for transportation and/or the Happy Hour event.

If you have questions about this event, please contact Becky Fitzgerald at (785) 323-3843.

Spring Spruce Up

Be on the look out for the Spring Spruce Up event Saturday, May 2.

Thank you volunteers!

Visit Nelson's Landing

Join us as we travel to Leonardville, Kansas to enjoy a delicious lunch at Nelson's Landing. It is known for its outstanding food including some of the best pies you ever will taste! Nelson's Landing is owned and operated by Kansas State great, Jody Nelson's mother, with help from the rest of her family.

Cost for transportation is \$7 and a signup sheet is available in the Blue Book at the Hospitality Desk. You will be responsible for your own lunch.



Lunch Specials May 3– May 9

Sunday, May 3– Baked Spaghetti with Soup or Chips	\$5.50
Monday, May 4– French Dip with Soup or Chips	\$3.75/\$5.50
Tuesday, May 5– Cuban with Grape Salad	\$3.75/\$5.50
Wednesday, May 6– Sesame Chicken and Rice Bowl	\$5.50
Thursday, May 7– Quesadilla Day!	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Friday, May 8– Cheeseburger with Baked Bean and Chips	\$5.50
Saturday, May 9– Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Hale Library Concert Series

Meadowlark Hills is a sponsor of the Hale Library Concert Series. The third concert will be at 7:30 p.m. on Friday, May 1, in the Hemisphere Room in the Hale Library. The Friends of the K-State Libraries will be presenting a very special piano performance by Dr. Slawomir Dobrzanski. Following the event will be a wine and dessert reception.

Sign up in the Blue Book for transportation. Transportation will depart at 6:45 p.m. from the Village Entrance, and there will be no charge. A ticket is required to attend this concert. For further information, questions, or special needs please contact Darchelle Martin, Public Relations Officer, at Hale Library, at (785) 532-7442.

May Focus Group

The Focus Group scheduled for May will once again spotlight a staff member. Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day, staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The Staff attendee for the May Focus Group will be Finance Director, Chris Nelson. Come meet Chris at 10 a.m. Thursday, May 7 in the KSU Classroom.

The Mikado: Behind the Scenes

Come enjoy the Manhattan Arts Center musical production of Gilbert & Sullivan's: *The Mikado* Sunday, May 3, from noon to 5 p.m. Before the show, Director Penny Cullers will introduce the production while we enjoy a box lunch. Patricia Thompson, Ph.D., Assistant Professor of Voice at KSU, will share her love of Gilbert and Sullivan. Then we'll sit back and enjoy *The Mikado*, a comic opera in two acts. Set in a fictional Japanese town, Nanki-Poo, the son of the Mikado, leaves home and disguises himself as a musician to escape a distasteful marriage.

A sign up sheet is available in the Blue Book at the Hospitality Desk for transportation. Transportation will depart at 11:30 a.m. from the Village Entrance.

Meadowlark Hills Singers Performance

Join the Meadowlark Hills Singers and Choir Director, Michael Oldfather for a singing performance Friday, May 8, at 7 p.m. in the Community Room. You don't want to miss this!

Outdoor Encounters—Owl

Have you heard the "hoo, hoo, hoo" of the great horned owl that frequents trees in the North and South of campus? It is most often heard in the wee hours of the morning and is sometimes accompanied, presumably, by its mate.



Bible & Science

This Osher class will examine selected biblical texts which have caused mischief among believers and non-believers alike. How much in the Bible, if anything, has scientific validity? To answer that question, this course will look at passages and creation stories in Genesis, the story of Noah and the flood, the narrative of the Exodus from Egypt, the accounts of Jesus' miracles and a number of other biblical wonder tales.

The first course will be Wednesday, May 6, from 2 to 4 p.m. at the Manhattan Arts Center. Prior registration is necessary to attend this class. Sign up in the Blue Book at the Hospitality Desk to attend this course. Transportation is provided.

Memorial Service for Virginia Bartley

Memorial Service for Virginia Bartley will be held on Friday, May 8, at 10 a.m. at St. Paul Episcopal Church. The service will be followed with coffee and pastries. All are welcome.

Cinco de Mayo

CELEBRATION

The K-State students that have been living at Meadowlark Hills this spring would like to invite everyone to a farewell get-together before they depart. In celebration of Cinco De Mayo and the amazing time they have spent at Meadowlark Hills, please join them in the Community Room for chips and salsa, beverages, cake and most importantly dancing! This celebration will take place Tuesday, May 5, from 6 to 8 p.m. Wear comfortable shoes and be ready to get your groove on!

UPCOMING EVENTS & ANNOUNCEMENTS

GROW Green **Match Day** *You make a gift. We make it grow.*

Grow Green Match Day

Grown Green Match Day was a success! Please read next week's

Messenger to find out how the event was a win-win for the Manhattan community and Meadowlark Hills Foundation.

Lutheran Communion Service

St. Luke's Lutheran Church will be hosting a Communion Service on Monday, May 4, from 11 a.m. to 12 p.m. in the Living Room.

KSU Vocal Students Performance

Join KSU vocal performance and music education students of Cheryl Richt, at 7 p.m. Friday, May 1, in the Community Room as they present an all German evening featuring selections from Franz Schubert's "Die Schöne Müllerin" and Robert Schumann's "Frauenliebe und leben."

Diabetes Support Group

The Diabetes Support Group will be meet Thursday, April 30, at 10 a.m. in the Classroom. Please join guest speakers Penny Garber and Kelly Miller, Home Health Leaders as they speak about Complications of Uncontrolled Diabetes.

Chapman Gallery Show

Take time to get out and support one of Meadowlarks own, David Kahler (IT intern) will be featured at The Chapman Gallery Show featuring the Meadowlark Hills Pendants on Monday, May 4, through Friday, May 8. The gallery is opened at 10 a.m. until 5 p.m. and is located on the first floor of Willard Hall. Transportation will be provided on Tuesday, May 5, for Meadowlark Hill Residents at 10 a.m. and returning no later than 11:30 a.m. Sign up sheet located in the Blue Book at the Hospitality Desk.

Vespers Services

The Vespers service, led by University Christian Church Choir (UCCC), will begin at 7 p.m. Sunday, May 3, in the Community Room. All are welcome.

Photography with Kelly & Katherine

The last class is Monday, May 4, at 11 a.m. to 12 p.m. the KSU Classroom. Sign up in the Blue Book at the Hospitality Desk to register for this class

Raising Money for a life-long Dream—Continued

At the moment, the only thing holding Julia back is the \$5000 cost of travel, food and lodging. To raise the money, Julia is saving all that she can from network at Meadowlark Hills, organizing fundraisers—bake sales and carwashes, and finding sponsors from the Manhattan and Overland Park areas. She has also started a GoFundMe campaign at www.gofundme.com/plbrro, where people can make donations.

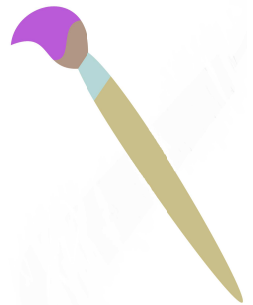
"By contributing to these fundraisers, along with sponsorships and donors, the money raised will go towards a short-term investment for a long-term investment in the end. This opportunity is not about me, but about giving me the opportunity to be apart of continuing to research and carry on in Steve's footsteps. I will gain the knowledge I will need to begin to make a difference in our society by creating positive change within our ecosystems."

Cottage Duplex Maintenance

From Monday, May 4, through Friday, May 8, painting will continue on Cottage Duplex's 2140 to 2142, located on Meadowlark Road, off of Kimball Avenue. Please use the Tuttle Creek entrance/exit. This will greatly reduce safety concerns. We ask that everyone communicates this with visitors you are expecting. As with all the construction projects, there will be a considerable amount of noise in the area, please pardon the interruption. Thank you.

Canvas & Cork Party

You're invited to a Canvas & Cork Party with Straight Upp Creative Studio! Thursday, May 7, at 6 p.m. in the Community Room, an instructor will lead the group in painting a canvas with a preselected image. Light snacks and wine will be served. The cost to attend is \$30 per person. This includes all painting supplies and refreshments. If you are interested, please sign up in the Blue Book at the Hospitality Desk. Contact Monte Spiller, at (785) 323-3801 if you have any questions.



Centering Prayer Canceled

Centering Prayer, scheduled on Wednesday's at 8 a.m. has been cancelled indefinitely.

UPCOMING EVENTS & ANNOUNCEMENTS

MH² Challenge Update

Submitted by Jeff Heidbreder

We have passed the halfway point of the challenge! I must say it has gone fast, but has been a lot of fun so far.

Continue tracking physical activity on your Week Five sheets, which will be due to the Hospitality Desk, Human Resources office, or Caul Fitness Center by Tuesday, May 5, at 5 p.m. Looking forward to the Week Eight healthy eating challenge, which is to stay within your calorie limits for the day. I recommend an online calorie calculator to figure out your caloric intake needs. My preference is

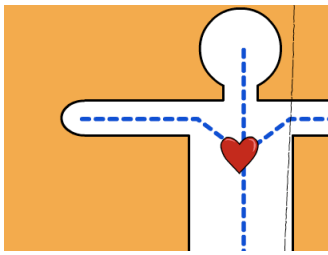
www.calculator.net where they have a calorie calculator to show you how many calories to consume if you would like to lose, maintain, or gain weight. Please contact Jeff Heidbreder, or Sara Hillard in the Fitness Center, or Lisa Schwarz, Registered Dietitian, if you are in need of help with your daily calorie needs for Week Eight.

Congratulations to Loren Alexander, who won the Week Three healthy eating challenge drawing, which got him a \$25 gift certificate to Verna Belle's. Also, congratulations to Paul Bridges who won our random drawing of a Coach Snyder autographed football. Look for more drawings in the coming weeks, and at the post-party on Wednesday, May 27.

Next week's events include the Group Walks and a Fitness Seminar over "Water & Health." The Group Walks will be at 1 p.m. Monday, May 4, and Wednesday, May 6, and we will meet at the Village Entrance to start. The Fitness Seminar, "Water & Health" will be at 2 p.m. Wednesday, May 6, in the KSU Classroom. Quiz Questions will be posted in the Game Room Monday, May 4. Please place completed slips in the drop box located at the Hospitality Desk by Friday, May 8.

Last Week's Quiz Answers:

1.) You should limit the amount of saturated and trans fat in your diet? The answer is true. The two main types of potentially harmful dietary fats are saturated and trans fats. Saturated fats come from animal sources of food, such as red meat, poultry, and full-fat dairy products. Saturated fats can raise total blood cholesterol levels, and low-density lipoprotein (LDL), as well as increase the risk of type 2 diabetes. Trans fat is mostly found in oils, stemming from a food processing method called partial hydrogenation. This makes these oils easier to cook with and less likely to spoil than do naturally occurring oils. Trans fats have been found to increase unhealthy LDL



cholesterol levels, and lower healthy high-density lipoprotein (HDL) cholesterol levels.

2.) Most of the salt Americans eat comes from salt added at the table? Answer is false. According to the American Heart Association, about 75% of our sodium intake comes from processed foods, and restaurant meals. Sodium is often added to a lot of our common foods to improve the taste, as well as increase the amount of time before products spoil. This is where reading nutrition labels, opting for lower sodium options, and choosing natural, whole foods can help limit the amount of salt we consume daily.

Day Trip to Kansas City's Westport Civil War Battlefield

The Osher Lifelong Learning Institute invites you to join them on a day trip to Kansas City's "Gettysburg of the West", Friday, May 8, at 8 a.m. The coach will depart from the Village Entrance at 8 a.m. and will return back to Manhattan at approximately 5:30 p.m.

In October 1864, more than 30,000 Union and Confederate soldiers engaged in the largest conflict west of the Mississippi River—the Battle of Westport, often called the "Gettysburg of the West." It was the climactic end of a decade of war and turbulence along with Kansas-Missouri border.

We'll visit the Civil battle site in Kansas City, including the battle of Westport Visitor Center and Museum followed by lunch at the famed *Seasons 52* restaurant in Country Club Plaza.

The cost is \$55 per person that includes transportation, lunch and the tour. Sign up in the Blue Book at the Hospitality Desk to attend this event.

Honstead & Sloan House *Family Meeting*

Residents and their families are invited to join staff and learn about the upcoming renovation project for Honstead & Sloan House. The project scope includes updating of resident rooms and will be presented by Lonnie Baker, CEO. Lunch will be served.

*12:30 p.m.
Sunday, May 3
Community Room*

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



May 4 to May 9 Cinco De Mayo's Cuervo Especial

1 oz Jose Cuervo Tequila
1.5 oz Triple Sec
2 oz Cranberry Juice
1.5 oz Orange Juice
\$3.75

Service of Remembrance

After two and a half years of providing services to honor those who have passed here at Meadowlark Hills, the Committee composed of Pam Oehme, Sandra Emley, Pat Miksch and Zona Gale Sarff has decided to end these services.

They would like to thank all of those who have participated by their attendance. It has been their privilege to remember and honor those who have been our companions on this journey through life.

Grandparents Staying Connected

Grandparents are a crucial component to the successful development of their grandchildren. With modern technology we can bridge this distance with relative ease, allowing for consistent and valuable communication across the generations. Come discover how you can better engage and interact with your grandchildren through the use of social media and technology. We will explore the possibilities modern technology has afforded us with the use of computers, cell phones, tablets, and a host of social media sites and applications. Join John Jobe as he presents "Grandparents Staying Connected" Thursday, May 7, at 4 p.m. in the Community Room.

Joke of the Week

Why do melons get married in church?
Because they cantaloupe.

Meadowlark Hills Travelers

The Meadowlark Hills Travelers are set to embark to the Land of Lincoln and the Mighty Mississippi trip from August 23 through August 28. The cost of the trip (including bus transportation) is \$1,533.80 for a single and \$1,266.80 for a double.



If you would like to sign up for this trip, pick up a registration form from the Hospitality Desk. Completed registration forms are due to Resident Service Leader, Monte Spiller, by Friday, June 5.

For residents who register for the trip, a 25 percent non-refundable deposit will be charged to your Meadowlark Hills finance statement for June. The remaining balance will be charged to your Meadowlark Hills finance statement for July.

Passport members, family members, board members and community members may request a registration form by contacting Monte at (785) 323-3801, or picking up a non-resident registration form at the Hospitality Desk. All non-residents are responsible for the 25 percent non-refundable deposit to the Meadowlark Hills Finance Office. The first payment will be due Friday, June 5, and the remaining balance will be due Friday, June 19. Questions regarding payments can be directed to Nick Lundeen at (785) 323-3819.



Tuesday, May 5 Cinco De Mayo Special

Classic Lime Margarita


4 oz Margarita Mix
1.5 oz Tequila
Splash Triple Sec
Salted Rim

\$3.75

May BIRTHDAYS

Residents

Health Care



5/1	Louise Area
5/1	Judy Phelps
5/7	Eldon Dyer
5/8	Ella Parsons
5/15	Ann Schram
5/22	Eleanor Collier
5/22	Lillian Rothfuss

Bold denotes milestone

Assisted Living

5/3	Phyllis Eyestone
5/8	David Schoneweis
5/26	Betty Calhoun

Independent Living

5/3	Barbara Engelhardt
5/11	Max Brecheisen
5/11	James Shanteau
5/12	Lawrence Buatte
5/14	Sharon Smith
5/16	Nathan Bolls
5/16	Samuel Farmer
5/19	Frances Holcombe
5/20	Ellen Hoover
5/22	Martha Bloom
5/22	Doris Gaul
5/22	Mary Smith
5/22	Ramona Woodhouse
5/26	Marla Bugbee

Employees

5/3	Vanessa Leach
5/3	Samantha Smith
5/4	Samantha Caro
5/6	Alexandria Ander-
son	
5/7	Daveda Johnston
5/7	Michelle Lehmer
5/7	Nicholas Haver-
kamp	
5/7	Tegan Small
5/8	Angel Blackwell
5/8	Chelsey Hester
5/9	Katie Gray
5/11	Jordan Minto
5/12	Bonnie Gilligan
5/12	Katrina Leisner
5/12	Janelle Cumro-
Sultzer	
5/13	Kristen Graham
5/14	Jennifer Gant

5/19	Alyssa Chabrier
5/19	Caitlynn Lundberg
5/20	Alexis Romero
5/21	Marsha Miller
5/21	Kelsey Olberding
5/22	Amanda Haug
5/23	Bradley Olson
5/24	Kevin Wolters
5/25	Jeffrey Heidbreder
5/25	Maria Idarraga
5/25	Jacob Boggs
5/25	Max Williams
5/26	Amy Bise
5/26	Kenneth Hager
5/28	Jamie Crawford
5/29	David Kahler
5/29	Alexandria Robison
5/30	Arielle Cool

PRAIRIE★STAR RESTAURANT

May 3 – May 9

Includes beverage, starter and dessert.

Hours: Sunday, 10:30 a.m. to 7 p.m.

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	May 3 ~ Lunch \$12	Dinner \$12
	Pot Roast with Carrots, Onions, and Celery Roasted Red Potatoes	Chicken & Broccoli Stir Fry Steamed Rice Vegetable of the Day
MONDAY	May 4 ~ Lunch \$10	Dinner \$13
	Swedish Meatballs Egg Noodles Choice of Vegetable	Chicken Breast Stuffed with Crab Cake and Béarnaise Sauce Ranch Roasted Red Potatoes Vegetable of the Day
TUESDAY	May 5 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Stuffed Avocados Seafood Salad Marinated Asparagus, Cucumbers, and Tomatoes
WED.	May 6 ~ Lunch \$10	Dinner \$13
	Italian Sausage Pepperoni Calzone Choice of Vegetable	Cumin Rubbed Pork Tenderloin Blue Cheese Mashed Potatoes Vegetable of the Day
THURSDAY	May 7 ~ Lunch \$8	Dinner \$12
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Lasagna Garlic Toast Vegetable of the Day
FRIDAY	May 8 ~ Lunch \$10	Dinner \$14
	Philly Sandwich Sweet Potato Fries Choice of Vegetable	Seared Salmon Sun Dried Tomato Sauce Potato Pancakes Vegetable of the Day
SATURDAY	May 9 ~ Lunch \$10	Dinner \$13
	Fish & Chips Coleslaw	Short Ribs of Beef Green Chili Mashed Potatoes Vegetable of the Day

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

Grosh Cinema Movies
Sunday, May 3 - Saturday, May 9

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

Sunday, May 3 – A Little Bit of Heaven (2011)

An irreverent young woman who uses her humor to prevent matters from getting serious has a life-changing visit with her doctor.

Co-Starring: Kate Hudson, Gael García Bernal & Kathy Bates

Rated PG-13; 1 hr. 46 min.

Monday, May 4 – The Sound of Music (1965)

A woman leaves an Austrian convent to become a governess to the children of a Naval officer widower.

Co-Starring: Julie Andrews, Christopher Plummer & Eleanor Parker

Rated G; 2 hr. 54 min.

Tuesday, May 5 – Terms of Endearment (1983)

Follows hard-to-please Aurora looking for love and her daughter's family problems.

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

Rated PG; 2 hrs. 12 min.

Wednesday, May 6 – A Mile in His Shoes (2011)

Mickey Tussler, an autistic pitcher, joins a minor-league baseball team and has a profound effect on the team and manager Arthur "Murph" Murphy over the course of a season.

Co-Starring: Luke Schroder, Dean Cain & George Canyon

Rated PG; 1 hr. 29 min.

Thursday, May 7 – The Soloist (2009)

A Los Angeles journalist befriends a homeless Juilliard-trained musician, while looking for a new article for the paper.

Co-Starring: Jamie Foxx, Robert Downey Jr. & Catherine Keener

Rated PG-13; 1 hr. 57 min.

Friday, May 8 – Gods Not Dead (2014)

College philosophy professor Mr. Radisson's curriculum is challenged by his new student, Josh, who believes God exists.

Co-Starring: Shane Harper, Kevin Sorbo & David A.R. White

Rated PG; 1 hr. 53 min.

Saturday, May 9 – The Lego Movie (2014)

An ordinary Lego construction worker, thought to be the prophesied 'Special', is recruited to join a quest to stop an evil tyrant from gluing the Lego universe into eternal stasis.

Co-Starring: Chris Pratt, Will Ferrell & Elizabeth Banks

Rated PG; 1 hr. 40 min.

This Week's Opportunities May 3 - May 9

SUNDAY • MAY 3

Breakfast at Verna Belle's—Omelets with Fruit

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

11:30 a.m. ~ Depart for Osher Event, (The Mikado: Behind the Scenes), VE

12:30 a.m. ~ Honstead/Sloan Family Meeting & Lunch, CR

2:00 p.m. ~ Ride to the Pond, VE

7:00 p.m. ~ Vespers, UCC Choir, CR

MONDAY • MAY 4

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

8:30 a.m. ~ Resident Council, KSU CR

9:30 a.m. ~ Town Meeting, CR

9:30 a.m. ~ Ride to the Pond, VE

11:00 a.m. ~ Photography with Kelly & Katherine, KSU CR

11:00 a.m. ~ St. Luke's Communion, LR

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. ~ Wellness Challenge Walk, VE

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

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

2:00 p.m. ~ Ride to the Pond, VE

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

2:45 p.m. ~ MLH Singers Practice, CR

5:30 p.m. ~ Tuttlecreek Supper, MR

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

TUESDAY • MAY 5

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Presbyterian Men's Bible Study, MR

9:30 a.m. ~ Ride to the Pond, VE

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

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

12:00 p.m. ~ Kimball Luncheon, MR

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

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

2:00 p.m. ~ Ride to the Pond, VE

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

3:30 p.m. ~ Ambassador Committee, CON

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

6:00 p.m. ~ Cinco de Mayo Dance, CR

WEDNESDAY • MAY 6

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:30 a.m. ~ Ride to the Pond, VE

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

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

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

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

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

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

1:00 p.m. ~ Wellness Challenge Walk, VE

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

1:15 p.m. ~ Dr. Tran Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Depart to Osher Class, (The Bible & Science), VE

2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CR

2:00 p.m. ~ Ride to the Pond, VE

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

4:00 p.m. ~ Video Worship Service, LR

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

THURSDAY • MAY 7

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, KSU CR

9:30 a.m. ~ Ride to the Pond, VE

10:00 a.m. ~ Resident Focus Group, KSU CR

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

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

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

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

1:00 p.m. ~ Silver Creek Beneficiary Club, LR

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

2:00 p.m. ~ Ride to the Pond, VE

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

4:00 p.m. ~ Grandparents Staying Connected with their Grandchildren Through Social Media, CR

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

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

FRIDAY • MAY 8

Breakfast at Verna Belle's—Waffle or Pancake

8:00 a.m. ~ Coach Departs for Day Trip to Kansas City's Westport Civil War Battlefield, VE

9:00 a.m. ~ Men's Coffee Group, MR

9:30 a.m. ~ Ride to the Pond, VE

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

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

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

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

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

1:15 p.m. ~ Parkinson's Caregiver Support Group, LR

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

2:00 p.m. ~ Ride to the Pond, VE

7:00 p.m. ~ MLH Singers Performance, CR

SATURDAY • MAY 9

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Ride to the Pond, VE

9:30 a.m. ~ Painting for Fun, KSU CR

2:00 p.m. ~ Ride to Pond, VE

ROOM ABBREVIATIONS

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop