



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 7, 2015

Green Match Day 2015

Endowed Fund gets a Boost!

Submitted by Becky Fitzgerald

The Greater Manhattan Community Foundation's goal of raising \$200,000 for local not-for-profit organizations was surpassed on Grow Green Match Day, with 21 gifts benefiting Meadowlark Hills adding to the effort. According to the event website,

GrowGreenManhattan.com, 1,331 gifts totaling \$232,517.36 will support organizations which have an endowment fund with GMCF. Local businessman and former Meadowlark Hills board member Phil Howe again agreed to provide matching funds, so each organization's donation total will be increased 50%. The 3rd annual event was held on Earth Day, April 22, at Colony Square Atrium.

Meadowlark Hills resident Sue Hunt said she attended the most recent Ambassadors meeting and encouraged members to participate. She and two other ambassadors, Frances Holcombe and Mary Ann McCoy, attended the event together, enjoying complimentary coffee and donuts after making their contributions. Donors also received free "Money Plant" seeds, which Hunt intends to sow on the Meadowlark Hills campus.

"I always try to give \$365 to the Good Samaritan Fund, so I thought this was a good time to make a donation because of the matching funds," Hunt said.

Holcombe was part of fundraising efforts during her career, so she said she knows the hard work it takes to grow an organization's "green."

"Any way you can raise money and make people happy that they're doing it is a good thing," she added.

How did Meadowlark Hills do? Our donation total was \$5,275, meaning we'll also receive \$2,637.50 in matching dollars. In addition, donors who attended the



event registered to win an hourly cash prize to support the organization of his or her choice. Meadowlark Hills resident Orris Kelly's name was drawn at 11 a.m. last Wednesday, and because he had designated Meadowlark Hills as his benefitting organization, another \$100 was added to our donations. Our grand

total is **\$8,012.50!**

Thank you to those who made Meadowlark Hills Foundation's first year to participate such a success; your generosity is greatly appreciated. GMCF is sending gift receipts to Match Day donors.

The day of the event, participating organizations could track their progress on the Match Day website. With all of the donations counted, Meadowlark Hills placed 16th out of 41 organizations in terms of the amount raised. Shepherd's Crossing, an ecumenical ministry which offers budget counseling and financial support, topped all participating Match Day agencies with donations of \$20,209.80. Fairy Godmothers, who aim to improve the health and well-being of women with limited resources whose needs are met by other funding sources, placed second on the Match Day leader board with a donation total of \$18,862.82, and was the organization receiving the most donations at 124.

GMCF president and CEO Vern Henricks used his Facebook page on Match Day to promote the event and share updates as the green grew.

"Combined with the match of nearly \$123,000, you get almost \$370,000 for nonprofit efforts," Henricks wrote the following afternoon. "Thank you all for a day well done. God bless Manhappyville! What a great place to live!"

Summerfest 2015

Save the date! Meadowlark Hills invites you and your family to Summerfest 2015! This event is free and fun for all ages. This lively block party will be complete with inflatables, sno-knoes, live music, great food and a beer garden. Summerfest will be Friday, June 5, starting at 5:30 p.m. with a huge welcome! The cook out will start at 5:30 p.m. and the live band will be performing at 6:30 p.m. Don't miss out on this fun-filled night!



Penny's Going Away Party

Please join us for Penny Garber's Farewell Party and send her off with best wishes Thursday, May 14, at 2 p.m. in the Community Room. Cake, light snacks and drinks will be served. All are welcome to attend!

Outdoor Encounters—Corn Feeder

What is that contraption on the west end of the dam? It is a corn feeder for deer, birds, squirrels and other critters. A spinner on the bottom of an elevated barrel dispenses whole and cracked corn twice per day.

Red Hatter's Luncheon Trip

Calling all Hatters! The Meadowlark Hills Red Hat Group will be taking a luncheon trip to Nelson's Landing in Leonardville, Kansas Thursday, May 14. The bus will depart from the Village Entrance at 10 a.m.

After lunch, the group will travel to visit the Milford Lake Nature Center and will plan to return to Meadowlark Hills at approximately 4 p.m. Cost is \$30 per person, which includes transportation, lunch and gratuity. The Nature Center is no cost. Please contact Velma Skidmore at (785) 537-9477 or Colleen Robinson at (785) 320-5699 if you have questions.



Lunch Specials May 10 – May 16

Sunday, May 10-	Mexican Lasagna with Soup or Chips	\$5.50
Monday, May 11-	Tuna Melt with Soup or Chips	\$3.75/\$5.50
Tuesday, May 12-	Hawaiian Pizza	\$3.75/\$5.50
Wednesday, May 13-	Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Thursday, May 14-	Chicken Bacon Ranch Quesadilla with Corn	\$3.75/\$5.50
Friday, May 15-	Teriyaki Chicken Kabobs with Broccoli Salad	\$3.75/\$5.50
Saturday, May 16-	BLT with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

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. today, May 7, in the KSU Classroom.

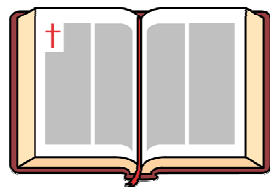
Meadowlark Hills Singers Performance

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 performance!

Bible & Science

This Osher class will examine selected biblical texts which have caused mischief among believers and non-believers alike. 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 next class will be Wednesday, May 13, 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 located at the Hospitality Desk for transportation. Transportation will depart from the Village Entrance at 1:30 p.m.



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.

Disseration Study—Needing Participants

Help needed in learning more about humans and pets! Participate in a dissertation study (requires at least 10 minutes of your time) that will explore and quantify specific facets in a pet relationship. Participants with and without pets are needed. To access the study online go to https://kstate.qualtrics.com/jfe/form/SV_eS5n5cUe40GfxUp or you can fill out a hard copy survey located at the Hospitality Desk. For any questions please contact, Erica Larson, at (785) 313-0993 or via email edd6666@ksu.edu.

MH² Challenge Update

Submitted by Jeff Heidbreder

This is Week Six of the challenge, which means there is only a little more than two weeks left. Keep moving, and earn as many points as you can for your team! Continue tracking all physical activity on your Week Six sheets, and remember to turn them in by Tuesday, May 12, at 5 p.m. Sheets can be turned in at the Hospitality Desk, Human Resources office or Caul Fitness Center. Congratulations to Sharon Smith for winning the Week Four Healthy Eating prize drawing; she won a 30-minute massage!

Next week's events include the Group Walks and a Nutrition Seminar. The Group Walks will be at 1 p.m. Monday, May 11, and Wednesday, May 13. and we will meet at the Village Entrance to start. The Nutrition Seminar will be at 2 p.m. Wednesday, May 13, in the KSU Classroom. Quiz Questions will be posted in the Game Room Monday, May 15. Please place completed slips in the drop box located at the Hospitality Desk by Friday, May 15.

Last Week's Quiz Answers:

1.) Consistent exercise can help promote better sleep? The answer is true. Researchers at the National Sleep Foundation, as well as numerous academic institutions have shown that most active individuals see an improvement in getting to sleep, and in the quality of their sleep. These studies have concluded that the general exercise guideline of 150 minutes per week can have a positive impact on sleep and overall health.

2.) Fiber is found in meat products?

The answer is false. Fiber is found in whole-wheat products, fruits and vegetables, legumes, and nuts. It is recommended that we get at least 20 to 30 grams of fiber per day in our diets, however most Americans typically only get about 15 grams per day. To increase your fiber intake, snack on fruits and vegetables, choose whole fruit over fruit juice, replace white rice, bread, and pasta with brown rice and whole grain options.

Joke of the Week

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it .

UPCOMING EVENTS & ANNOUNCEMENTS

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. The group will visit the Civil War 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.

Vespers Services

The Vespers service, led by Linda Davis, will begin at 7 p.m. Sunday, May 10, in the Community Room. All are welcome.

Canvas & Cork Party

You're invited to a Canvas & Cork Party with Straight Upp Creative Studio! Thursday, May 12, 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.

Manhattan Middle School Singers

A group of middle school students from Anthony and Eisenhower schools will be performing Friday, May 8, at 1:50 p.m. in the Community Room. They will be led by Hannah Engelman.

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.

DRINK SPECIAL



May 11 to May 16 Peach May Cocktail

1 oz Banana Liqueur
2 oz Peach Schnapps
2 Apple Juice
Pineapple Juice

\$3.75

R&R Jazz Combo

Come out and listen to the smooth, sultry sounds of Robert Rodriguez and his R&R Jazz Combo. They will be performing Friday, May 15, at 7 p.m. in the Community Room.

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers.

Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, May 13, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



Beach Muesum of Art Discussion

Join Kim Richards from the Beach Muesum of Art Wednesday, May 13, at 6:30 p.m. in the KSU Classroom to learn about Norma Bassett Hall, American printmaker and depicter of landscapes and outdoor scenes. All residents who are interested are invited to participate.

Brownbag Series

Please join Sandra Silva, JD, Vice President of Education at the Center for Practical Bioethics to learn more about the process of advance care planning and how to make your healthcare wishes known. Bring a lunch and watch a televised class presentation on "Caring Conversations: Talk Early, Talk Often!" Thursday, May 14, at 3 p.m. in the KSU Classroom.

RESIDENT COUNCIL MINUTES

Meeting Date: April 6, 2015

Members present: Sandra Emley, Ruth Wells, Ivan Tompkins, Ed Skidmore, Jean Beatty, Don Rasmussen, Orris Kelly, Sharon Smith, Ed Lindly, Pat Vogt, Loren Alexander, Polly Ferrell, Janice Parsons and Jo Call

Staff Present: Lonnie Baker, Sarah Duggan, Paul Bridges, Bob Klemm (Chair of B &G) and Monte Spiller

Sandra Emley welcomed all members and staff to the meeting. Lonnie Baker introduced Sarah Duggan, Community Relations Director.

Updates:

Food Price Updates: Paul responded to questions about menu cost and why prices of floor suppers increased.

He explained that due to the increase of food cost and labor, there was a need to increase the cost of the meals being prepared. Paul expressed he plans to contact the residents (council members) in the future regarding any changes with pricing. Most floor suppers will run about \$11 per person unless there is a higher priced item like lobster or steak. Paul also explained that the menu will change (be updated) around every 6 months. The updated menu will be based on resident's feedback, along with low sodium foods and popular items from the past. Paul is also working with Lisa Schwarz (Meadowlark's Hills Dietician) to get nutritional information on the menus, as well.

Campus & Grounds Update: Bob Klemm addressed the speeding issue, stating they came to a decision to use rumble strips in the future. Building maintenance and grounds plans to discuss the placement of the strips at their meeting on Wednesday, April 8. Bob said there was a concern of possible noise from the rumble strip, but the pros outweighed the cons.

Concerning landscaping, The Environmental plans to consult with Blueville Nursery to come up with a plan to update the landscaping near the Garden Apartments with an emphasis on the Kimball entrance.

Mike Davis, Environmental Services Leader, is following up on a concern regarding a fire alarm on the 5th floor

Bob also stated Meadowlark Hills possibly will be getting butterfly bushes in the west corridor area which will also help block the view of the corral. The committee is working with an individual from KU and wants to complete this project through donations. Meadowlark Hills will be getting bees again, but is undecided regarding placement of the hives.

IL Update: Lonnie Baker shared that the board is looking at long range planning (5-20 years) for Meadowlark Hills. Lonnie understands that there is a parking issue, which leads to the questions, do we protect green space or expand for parking? Decisions will need to be made concerning the budget.

Meadowlark Hills recently had state surveyors on campus, followed by a federal survey team. Our region changed for our state survey, so we had a new team on site. With a new team, came new challenges. They mandated that all perimeter doors of healthcare areas be locked. To accommodate the surveyors, three phases were put into place and we are currently working on a second plan of correction.

Board of Trustees Update: Orris Kelly reported an overall evaluation rating of excellent for the Personnel at Meadowlark Hills. Loren Alexander reported that the Long Range Planning Committee (LRPC) has yet to meet, but financial numbers are positive.

RESIDENT COUNCIL MINUTES CONT.

Approval of March Minutes:

Motion to approve minutes was moved, seconded and passed unanimously.

New Business:

Board Election: Sandra addressed voting for the Board Elections. Blank ballots were passed out with a “yes” or “no” option to re-elect Loren Alexander. Loren was voted in with a unanimous YES!

Seating Issue in Prairie Star: Sandra expressed she would like to create a committee to help resolve any issues that affect seating in the Prairie Star restaurant. A committee of IL Resident Council Members and staff was appointed and asked to report back at the next meeting.

Old Business:

No updates on old business

Additional Discussion Topics:

Don reported that he and other residents recently attended training on identifying frogs at the zoo. Don is now certified as an official frog listener. He also stated he would like to eventually establish Meadow-lark Hills as an official watch site.

	Brief Description	Action to be Taken	Leader	Status
1	Seating Committee for Prairie Star Restaurant	Observation & Feedback by committee members	Sandy Emley	In Progress



Sunday, May 10

Entrée

Prime Rib au jus with Horseradish - \$15
Scared Salmon, Sun dried Tomato Sauce - \$14
Marinated Grilled Chicken Breast
in Chardonnay Vinaigrettes - \$13

Desserts

Fresh Fruit Napoleon
Pecan Pie

Sides

Twice Bake Potato
Riz Pilof
Cheesy Cauliflower
Green Salad choice of Dressing
Mixed Greens with Strawberries and
Toasted Almonds
Strawberry Vinaigrettes
Medley Vegetables
Corn O'Brian

UPCOMING EVENTS & ANNOUNCEMENTS

Jordan Thomas Cycling Adventures

Enjoy listening and learning about outdoor adventures? You're in luck! Join Jordan Thomas as he shares his stories and presentation of his cycling adventures Tuesday, May 12, at 4 p.m. in the KSU Classroom.



Flint Hills Masterworks Chorale

Flint Hills Masterworks Chorale presents: *Song of Democracy* and *The Testament of Freedom* Tuesday, May 12 at 7:30 p.m. at All Faiths Chapel. Dr. Julie Yu will be conducting with Mary Ann Buhler on the piano. Please sign up in the Blue Book at the Hospitality Desk if you are interested to attend. Transportation is provided.

Riley County Choir

The Riley County Middle School Choir would like to invite residents and staff to their performance Wednesday, May 13, at 1:30 p.m. in the Community Room. Come listen to some great singing!



John Jobe—KSU Extension Agent

K-State Extension Agent, John Jobe, will be presenting today, May 7, at 4 p.m. in the Community Room. He will be helping residents explore the possibilities modern technology has afforded us with the use of computers, cell phones and other social media sites.

TOWN MEETING NOTES

May 4, 2015 **MH2 Challenge Update, Jeff Hiedbreder**

Jeff reported that we are now on Week Six of the Wellness Challenge. Week Five tracking sheets are due Tuesday, May 5, at 5 p.m. to the Fitness Center, Hospitality Desk or Human Resources Office. The Post Party for ending a great challenge will be Wednesday, May 27.

Welcome & Introduction of New Residents, Monte Spiller

There were no new residents in attendance.

Campus Update, Lonnie Baker

Lonnie shared that over 75 volunteers attended the annual Spring Spruce Clean-Up this past weekend, Saturday, May 2. He discussed KDADS (Kansas Department of Aging and Disability Services) and surveyors, explaining that they will be on campus for their survey follow up.

Health Services Update, Garrett Lee

Garrett announced that he has accepted a new director position in Oklahoma, where he and his family will be closer to relatives. He will be leaving in five to six weeks.

Community Relations Update, Sarah Duggan

Sarah announced that Meadowlark Hills will be turning 35 years this June. In celebration, there will be a full week celebration June 1-5—which includes emerald edition Coffee Corner, open houses, campus tours, a pond dedication, presentations from various employees and ending it with Summerfest. Invitation brochures will be mailed to all residents and employees. T-shirts are on sale and green tumblers for \$5. For more details on the 35th Anniversary, check the weekly Messenger.

Legacy Society Award Winners, Becky Fitzgerald

Becky announced the four individuals awarded for their excellence, leadership and service. Lincoln Diehl, Rae Stamey, Margaret Wheat and Ruth Wills were awarded. There will be further information about the awards in the Messenger.

Osher Program, Charlene Brownson

Charlene explained the Osher Program. The courses are taught by K-State professors and registration and catalogs are created by KU. The upcoming courses include Bible & Science, Westport Civil War Battle Fields in Kansas City and The History of Rock and Roll.

IL Update/Upcoming Events, Monte Spiller

Monte announced the winner of the Pool Tournament, Brad Olson. He highlighted the events for the month of May. The events include Meadowlark Hills Singers Concert, R&R Jaz Combo, Tommy Lee Performance, Nelson's Landing Luncheon, Canvas & Cork Party, Riley County Choir, Manhattan Middle School Singers, Flint Hills Discovery Center Trip, and Memorial Day Geraniums! For more details and information on these events please check the weekly Messenger.

PRAIRIE★STAR

RESTAURANT

May 10 – May 16

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 10 ~ Lunch	Dinner \$12
	Mother's Day Menu Prime Rib ~ \$15 Salmon ~ \$14 Grilled Chicken Breast ~ \$13	Baked Herb Chicken Scalloped Potatoes Vegetable of the Day
MONDAY	May 11 ~ Lunch \$10	Dinner \$13
	Chicken Pot Pie Choice of Vegetable	Meaty Cheesy Manicotti Vegetable of the Day Garlic Toast
TUESDAY	May 12 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Grilled Caesar Shrimp Risotto Vegetable of the Day
WED.	May 13 ~ Lunch \$10	Dinner \$13
	Beef Tips Fettuccini Choice of Vegetable	Roasted Pork Loin with Balsamic Cherry Sauce Swiss & Green Onion Scalloped Potatoes Vegetable of the day
THURSDAY	May 14 ~ Lunch \$7	Dinner \$14
	Deli Bar (does not include drink, starter or dessert)	Herb Crusted Orange Roughy Yukon Gold Mashed Potatoes Vegetable of the Day
FRIDAY	May 15 ~ Lunch \$10	Dinner \$13
	Cajun Served Chicken Brisket on Caesar Salad Garlic Toast	Beef Stroganoff Over Noodles Vegetable of the Day
SATURDAY	May 16 ~ Lunch \$10	Dinner \$13
	Turkey Reuben Potato Salad Choice of Vegetable	Chicken Cordon Bleu Rice Pilaf 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 10 - Saturday, May 16

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

Sunday, May 10 – The Big Wedding (2013)

A long-divorced couple fakes being married as their family unites for a wedding.

Co-Starring: Robert De Niro, Diane Keaton & Katherine Heigl

Rated R for language & sexual content; 1 hr. 29 min.

Monday, May 11 – Get Shorty (1995)

A mobster travels to Hollywood to collect a debt and discovers that the movie business is much the same as his current job.

Co-Starring: Gene Hackman, Rene Russo & Danny DeVito

Rated R for language & sexual content; 1 hr. 45 min.

Tuesday, May 12 – Havana (1990)

Cuba, December 1958: The professional gambler Jack visits Havana to organize a big Poker game. On the ship he meets Roberta and falls in love with her. Shortly after they arrive in Cuba, Roberta and her Cuban husband, the revolutionary Arturo, are arrested and tortured.

Co-Starring: Robert Redford, Lena Olin & Alan Arkin

Rated R for adult situations/language, nudity, violence; 2 hrs. 24 min.

Wednesday, May 13 – Strangers in Good Company (1990)

A busload of women become stranded in an isolated part of the Canadian countryside. As they await rescue, they reflect on their lives through a mostly ad-libbed script.

Co-Starring: Alice Diabo, Constance Garneau & Winifred Holden

Rated PG; 1 hr. 41 min.

Thursday, May 14 – Bless Me Ultima (2013)

A drama set in New Mexico during WWII, centered on the relationship between a young man and an elderly medicine woman who helps him contend with the battle between good and evil that rages in his village.

Co-Starring: Luke Ganalon, Joseph A. Garcia & Miriam Colon

Rated PG-13; 1 hr. 46 min.

Friday, May 15 – Alexander and the Terrible, Horrible, No Good, Very Bad Day (2014)

Alexander's day begins with gum stuck in his hair, followed by more calamities. However, he finds little sympathy from his family and begins to wonder if bad things only happen to him, his mom, dad, brother and sister - who all find themselves living through their own terrible, horrible, no good, very bad day.

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

Rated PG; 1 hr. 21 min.

Saturday, May 16 – Furry Vengeance (2010)

In the Oregon wilderness, a real estate developer's new housing subdivision faces a unique group of protesters, local woodland creatures who don't want their homes disturbed.

Co-Starring: Brendan Fraser, Brooke Shields & Ricky Garcia

Rated PG; 1 hr. 32 min.

This Week's Opportunities May 10 - May 16

SUNDAY • MAY 10

Breakfast at Verna Belle's—Omelets with Fruit

- 10:00 a.m. ~ Church Service, CR
- 2:00 p.m. ~ Ride to the Pond, VE
- 4:30 p.m. ~ Sinatra Happy Hour, MR, GR, & KR
- 6:45 & 7:00 p.m. ~ Bus Departs for McCain, "Sinatra Project", VE
- 7:00 p.m. ~ Vespers, Linda Davis, CR

MONDAY • MAY 11

Trash pick-up day

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

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Ride to the Pond, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 11:30 p.m. ~ Meadowlark Valley Lunch, LR
- 12:00 p.m. ~ 1st Presbyterian Men's Luncheon, MR
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 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
- 6:00 p.m. ~ AAUW Dinner, CR
- 7:00 p.m. ~ Community Bingo, KSU CR

TUESDAY • MAY 12

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 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. ~ Seven Dolors Book Discussion, LR
- 1:00 p.m. ~ Tai Chi, CR
- 2:00 p.m. ~ Ride to the Pond, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Jordan Thomas Cycling Adventures, KSU CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, MR
- 6:00 p.m. ~ Cork & Canvas, CR

WEDNESDAY • MAY 13

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ Building & Grounds Meeting, LR
- 9:00 a.m. ~ New Perspectives, MR
- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Ride to the Pond, VE
- 10:00 a.m. ~ Wal-Mart/Dillons Shopping Trip, VE
- 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
- 12:00 p.m. ~ Brownbag Series, CON
- 12:00 p.m. ~ 2nd Men's Club, LR
- 12:00 p.m. ~ Beginner Tai Chi, CR

- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 1:00 p.m. ~ Wellness Challenge Group Walk, VE
- 1:30 p.m. ~ Depart for Osher Class, VE
- 1:30 p.m. ~ Riley County Middle School Concert, CR
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Ride to the Pond, VE
- 2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CR
- 3:00 p.m. ~ 3rd Floor Meeting, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 4:00 p.m. ~ Video Worship Service, LR
- 6:30 p.m. ~ Artist Discussion with Beach Museum, KSU CR
- 7:00 p.m. ~ Woodwinds Anonymous, LR

THURSDAY • MAY 14

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 9:30 a.m. ~ Ride to the Pond, VE
- 10:00 a.m. ~ Meadowlark Bible Study, MR
- 10:00 a.m. ~ Great Decisions, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Ride to the Pond, VE
- 2:00 p.m. ~ Penny Garber's Going Away Party, CR
- 3:30 p.m. ~ Dementia Support Group, CON
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • MAY 15

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Ride to the Pond, VE
- 10:00 a.m. ~ Veteran's Group, GC
- 10:20 a.m. ~ Weights 101, CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's' Exercise Class, CR
- 1:30 p.m. ~ Brain Booster, GR
- 2:00 p.m. ~ Ride to the Pond, VE
- 3:00 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ R&R Jazz Performance, CR

SATURDAY • MAY 16

Breakfast at Verna Belle's—Omelets with Fruit

- 9:30 a.m. ~ Painting for Fun, KSU CR
- 9:30 a.m. ~ Ride to the Pond, VE
- 2:00 p.m. ~ Ride to the Pond, VE

ROOM ABBREVIATIONS

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