



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 28, 2015



Celebrating 35 years!

You're invited to party all week long!



Submitted by Sarah Duggan

The emerald anniversary celebration starts next week with a special kick off at Town Meeting Monday, June 1! It's been 35 years since Meadowlark Hills Retirement Community was formerly dedicated on June 8, 1980. During the week-long celebration lasting through Friday, June 5, residents and staff will be seen wearing green "Celebrating 35 Years" shirts, and several are already drinking from green tumblers now available at Verna Belle's Cafe for \$5.

"Emerald Editions" of regularly occurring events, such as Community Bingo, Coffee Corner and the weekly ice cream social are planned! Community Bingo will begin at 7 p.m. Monday, June 1. Monte Spiller, Resident Services Leader, will be the caller the cost is \$1 per card to play! All proceeds will benefit the Good Samaritan Fund at Meadowlark Hills. Coffee Corner will start at the regular time Tuesday, June 2, but will also feature an anniversary cake and punch, and a special Meadowlark Medley performance by Kinzie Jo Zimmerman, Sales Leader. Call Hall Ice Cream will be available at no charge Wednesday, June 3, and there will be **four** flavors to choose from!

Former CEO Steve Shields will serve as a guest bartender on Monday, June 1, at Kansas Room Pub, and a Bayer Pond dedication ceremony is set for 10 a.m. Wednesday, June 3 at the pond, weather permitting. In addition, campus tours will be offered on a walk-in basis Monday through Thursday from 1 to 5 p.m. starting at the Hospitality Desk.

The following presentations are scheduled for the anniversary week. Residents, employees, Passport members and the Manhattan Community are invited to attend one, a few or all of the informational sessions.

- **Moving to Meadowlark Hills:** presented by Kinzie Jo Zimmerman, Sales Leader
Learn about the living options at Meadowlark Hills from the expert! Kinzie Jo will share what it takes to make the move to our campus.

- **Helping Your Family Member Make the Move:** presented by Kinzie Jo Zimmerman, Sales Leader, and Kristen Martin, Social Services Leader
Transitioning from your long-time home in the community can be a bit overwhelming at times! Learn how you can support your family member in making a move to Meadowlark Hills.
- **Parkinson's Program & Dementia Services:** presented by Michelle Haub, Parkinson's Program Leader, and Kristen Martin, Social Services Leader
Hear about the wildly successful and supportive Parkinson's Program of Manhattan at Meadowlark Hills from Michelle Haub. Kristen Martin will share about the memory-support care options and resources at Meadowlark Hills.
- **Healthy Living Panel Q&A:** featuring Jeff Heidbreder, Fitness Leader; Kelly Miller, Home Health Leader; Mary Jo Eichman, Physician's Practice Leader; and Lisa Schwarz, Dietitian
Learn about what Meadowlark Hills has to offer in regards to fitness, massage, dietary support, physician's services and home health. Meet the leaders of these areas and find out how Meadowlark Hills can help support your healthy living.
- **What You Need to Know About Planning Financially for Long-Term Care:** presented by Rita Harsch, Financial Counselor
The world of insurance, Medicaid, attorneys, retirement, banking and benefits can weave one, giant tangled web. Rita's level of expertise with the Medicaid and insurance process allows her the opportunity to advocate for residents and their families to ensure they are receiving the benefits that are available. Learn more about how you can prepare yourself financially for long-term care.

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UPCOMING EVENTS & ANNOUNCEMENTS

Trip to the Legends Outlets

Thursday, June 11, we will be traveling to the Legends Outlets stores of Kansas City to enjoy a day of shopping and eating! There are 79 retail stores and 28 restaurants available.

We will depart from the Village Entrance at 8:15 a.m. The group should be leaving Kansas City at 3 p.m. heading back towards Manhattan. We will shop before and after lunch, with us eating at the Yard House. The Yard House is an upscale-casual eatery known for great food, classic rock music and 130 taps of imported, craft and specialty ales and lagers.

Space is limited for this trip so don't hesitate to sign up! Cost for transportation is \$13 per person. Signup sheet can be found in the Bluebook located at the Hospitality Desk.



The Magic of Storytelling

This class will help you gain insights on how to captivate and entertain your grandchildren or other family members with unique life stories. Sally Bailey, Professor of Theatre at Kansas State University and author of *Barrier-Free Theatre*, will be teaching "The Magic of Storytelling", from 2 to 4 p.m. Thursday, June 11, in the Community Room. No Registration required for this course.

ASK ANNIE

Q: Annie, with your change in role, who will be answering the questions submitted to the box at the Hospitality Desk?

submitted by Annie Peace

Thank you for your question. This will be the last edition of Ask Annie, but have no fear. Your questions will be received in the very capable hands of Sarah Duggan, Community Relations Director. I have enjoyed researching and answering your questions and although my focus will be shifting, I look forward to the interesting topics you will bring up to Sarah. Thank you for your interest and for your questions, please keep them coming to Sarah.



Outdoor Encounters—Heron

Keep your eyes peeled for a great blue heron that sometimes feeds in the shallows of Bayer Pond.

Verna Belle's Café

Lemonades and limeades are back for the summer and cost \$3! Also a friendly reminder that the Verna Belle's is open on Sunday's from 8 a.m. to 3 p.m.



Lunch Specials May 31– June 6

Hours: Monday–Friday, 8 a.m. to 5 p.m.
Saturday–Sunday, 9 a.m. to 3 p.m.

Sunday, May 31–	Tuna Noodle Casserole with Soup or Chips	\$5.50
Monday, June 1–	Veggie Quesadilla with Mexican Style Rice	\$3.75/\$5.50
Tuesday, June 2–	BBQ Pork Sandwich with Cheesy Potatoes	\$5.50
Wednesday, June 3–	Loaded Baked Potato Soup with Side Salad	\$3.75/\$5.50
Thursday, June 4–	Reuben with Soup or Chips	\$3.75/\$5.50
Friday, June 5–	Bratwurst with Baked Beans and Potato Chips	\$5.50
Saturday, June 6–	Ham Salad with Soup or Chips	\$3.75/\$5.50

NEW: ASK SARAH

Submitted by Sarah Duggan

First off – thank you to Annie for such a beautiful introduction. I know that she has left some big shoes to fill with answering the questions for this article, but I am up for the challenge!



For those who don't know me, I am Sarah Duggan – the Community Relations Director at Meadowlark Hills. I have worked here for over four years and loved every minute of it. My husband, Edward, and I live in Manhattan with our 10-month-old daughter, Murphy Rose. We recently purchased our first home (exciting!) and are anxiously anticipating Murphy's first birthday in July.

During my time working at Meadowlark Hills, I have often heard the comment or concern of how residents and staff receive communication regarding news and events on our campus. Listed below are few avenues that are used to share information:

- The Meadowlark Hills Messenger – Our lifeline at Meadowlark Hills! The Messenger features articles about news and upcoming events, a listing of meal specials for Verna Belle's Café and Prairie Star Restaurant, the movie schedule and an Opportunities Calendar outlining the events and activities for the coming week. The Messenger is printed and distributed every Thursday morning. This publication is created and managed by the Community Relations Assistant, Magye Loya. There is a resident committee who meets every Thursday morning to fold and distribute the Messenger, including five residents who deliver the newsletter to the cottages and duplexes.
- Touchtown TV – An internal television channel is managed by the Hospitality team. This can be found on channel 20 (if the TV is plugged directly into the wall) and on channel 1960 (if the TV is plugged into a box). The channel is available 24 hours a day, seven days a week. The channel rotates through slides that outline the day's meal specials, the day's movie, the list of events for the day and the list of events for tomorrow. Some

additional announcements are included in this rotation and information about services offered on the Meadowlark Hills campus. All activities listed in the Messenger are **not** included on the Touchtown TV slides in effort to make the slide rotation a manageable one to watch. If there is a cancelation for an activity, there will be a slide placed on Touchtown.

- Flyers – The Hospitality team posts flyers in the elevators, Game Room and the bulletin board at the west side entrance advertising events and activities. Cancelations are communicated on flyers in these areas.
- Welcome Signs – Every day, the Hospitality team puts out the Welcome Sign for the day in the main lobby. This sign lists the daily meal specials, the movie for the day and a list of the day's events. If there is a cancelation, the event will be marked out with a note that says "canceled" next to it.
- The Meadowlark Hills website features a section on events. Residents, staff and community members are invited to use this option when looking to see what events are coming up. Previous and current Messengers are also included on the website. Visit the Meadowlark Hills homepage by going to www.meadowlark.org.

Of course, if there is ever a question about an activity or event, please inquire with any of the following people:

- Monte Spiller, Resident Services Leader, (785) 323-3801
- Hospitality team, (785) 537-4610
- Sarah Duggan, Community Relations Director, (785) 323-3860
- Magye Loya, Community Relations Assistant, (785) 323-3890

I'm looking forward to receiving, researching and answering your questions. Submit questions to the box at the Hospitality Desk or directly to me via phone, e-mail or stopping by my office! I'm located in the Community Center next to Monte Spiller and across from the Sales team.

UPCOMING EVENTS & ANNOUNCEMENTS

Flint Hills Alive with Sound of Music

Submitted by Becky Fitzgerald

The 10th anniversary of Symphony in the Flint Hills is less than a month away, but it's not too late to join in the fun on Saturday, June 13.



Reserved seats and transportation have been secured. All you need are comfortable shoes and a desire to hear beautiful music in a gorgeous setting. This year's event is at the Tallgrass Prairie National Preserve in Chase County, which was the location when the event debuted in 2006. Performing with the Kansas City Symphony in honor of this milestone year is special guest artist Lyle Lovett, a four-time Grammy award winner.

Transportation will depart from the Village entrance at 2 p.m., allowing some time at the concert site to enjoy the festival prior to the concert at 6:45 p.m. Visit the instrument petting zoo, hear a discussion in one of the heritage and culture tents, listen to strolling musicians or take a covered wagon ride. Food and beverages are available for purchase on your own.

The package price offered by Meadowlark Hills, including a ticket, reserved seat and transportation, will be \$110 per person, depending on the number of participants. Register for this event by signing up in the Blue Book, located at the Hospitality Desk. Residents, Passport members, board members and their friends and families are welcome. If you've been the Symphony in the Flint Hills before, you know what a delightful experience this is. If you haven't attended previously, the signature event festival organizers have planned to celebrate the 10th anniversary promises to be a fantastic introduction.

Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

Bayer Pond Dedication

A ceremony celebrating Bayer Pond Nature Area and the people who have helped to create this outdoor recreation space is planned for 10 a.m. Wednesday, June 3.

If you'd like a ride to the event, please register in the Blue Book. Transportation will depart from the Village entrance beginning at 9:30 a.m. Because of the amount of rain that has fallen and more rain predicted prior to June 3, the dedication likely will occur at Bramlage House, where the pond is visible from the screened porch.

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- **The Meadowlark Hills Difference:** presented by Lonnie Baker, CEO, and Annie Peace, Health Services Director

What makes Meadowlark Hills special? Learn from Lonnie Baker and Annie Peace about how Meadowlark Hills began and the organization's journey through Culture Change.

If that's not enough to get you in the emerald party mood, movies from the 1980s will be shown at Grosh Cinema from Sunday, May 31, through Saturday, June 6, and three green cocktails will be available at Kansas Room Pub. Try the 35 Special or Green Star any afternoon and events that week, and/or sip Emerald Party Punch during Summerfest.

Our annual block party, Summerfest, is scheduled from 5:30 to 9 p.m. Friday, June 5. This yearly FREE event features a cook-out, live band, games for children and the young at heart as well as a beer garden. All residents, staff, families, Passport members and board members are welcome to attend. Summerfest is Meadowlark Hills' annual kickoff to summer, so what better way to end a five-day anniversary extravaganza?

For more information, please see the invitation, the Opportunities Calendar in today's edition of the Meadowlark Hills Messenger, or contact Sarah Duggan at (785) 323-3860. Happy 35th Anniversary, Meadowlark Hills!

Camp Wood YMCA

Join us Thursday, June 25, as we travel to Elmdale, Kansas to spend the day at Camp Wood YMCA! Camp Wood has a one-of-a-kind



view, that most find amazing. Sitting atop the Cottonwood River Valley with the Flint Hills as its backdrop, Camp Wood YMCA features 630 acres of Kansas Tallgrass Prairie and is the only YMCA camp in the United States located in this unique ecosystem.

We will have a private tour of the camp site and also eat lunch with the staff and some of the campers that attend during the summer. After lunch Ken Wold, Executive Director, will meet with our group and talk about the history of the camp. The cost is \$12.50 total (\$6.50 for lunch and \$6 for transportation). We will depart from the Village Entrance at 8 a.m. and will leave Camp Wood at 2 p.m. The sign-up sheet can be found in the Blue Book located at the Hospitality Desk.

JUNE BIRTHDAYS

Residents

Health Care

6/4 Ralph Miller
6/30 Lila Stiles

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

Assisted Living

6/23 Lois Kennedy
6/24 Joanne Michel

Independent Living

6/4 Jean Brecheisen
6/5 Bob Newsome
6/6 Faith Roach
6/14 Patricia Miksch
6/14 Kay Shanks
6/15 Robert Kruh
6/17 June Myers
6/17 Shirley Stone
6/18 Charles Hall
6/20 Robin Higham
6/21 Jane Westfall
6/25 Evelyn Hawley
6/26 Ted Ferguson
6/26 Helen Roser

Employees

6/2 Sara Hillard
6/2 Katherine Altendorfer
6/3 Jasmine McLamb
6/4 Teri Awbrey
6/5 Michelle Haub
6/5 Kent Dennis
6/6 Kimberly O'Donnell
6/7 Kerstin Messmer
6/10 Teresa Wells
6/10 Janalee Walter
6/10 Ashley Freed
6/12 Cambree Stanton
6/14 Lonnie Baker
6/14 Barbara Schesser
6/15 Kayla Ewers

6/15 Paige Coleman
6/16 Vivian Dane
6/16 Christopher Nelson
6/18 Laura Nienhaus
6/19 Docota Fox
6/20 Alexandra Klein
6/23 Kathryn Sigman
6/26 Melinda Stallbaumer
6/27 Crystal Smith
6/27 Alyssa Olberding
6/27 Julia Chestnut
6/28 Myranda Richardson
6/29 Xiaoxuan Leaym
6/30 Arlene Lundberg

UPCOMING EVENTS & ANNOUNCEMENTS

Vespers Services

The Vespers service, led by Jim Reed, will begin at 7 p.m. Sunday, May 31, in the Community Room. All are welcome.

Riley County Genealogical Society

At 2 p.m. Sunday, May 31, the Riley County Genealogical Society will be sponsoring an educational presentation by LaBarbara Wigfall, Associate Professor of landscape architecture and regional and community planning, over "Black History in Kansas: Nicodemus Preserves its Heritage." The presentation will be taking place at the Manhattan Public Library Auditorium. Join LaBarbara as she speaks about black settlements in America. Prior registration is required to attend this course. Transportation will be provided at no charge and will depart from the Village Entrance at 1:30 p.m.

June Focus Group

The Focus Group scheduled for June 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 June Focus Group will be Financial Services Director, Chris Nelson. Come meet Chris Nelson at 10 a.m. Thursday, June 4 in the KSU Classroom.

Sit & Be Fit time change

Effective Monday, June 1, the start time for our Sit & Be Fit exercise class will change to 11 a.m. The class will still be 45 minutes long, ending at 11:45 a.m. Please contact Jeff Heibreder, Fitness Leader, with any questions.

Joke of the Week

Raining cats and dogs?

It's okay, as long as it doesn't
rein deer!



June 1 to June 6

35 Special

1 oz Patron Tequila
1 oz Midori
1.5 oz Triple Sec
Splash of Orange Juice

\$3.75

June 1 to June 6

Green Star

2 oz Rum
1 oz Midori
2 oz Lemon Lime Soda
1 oz Orange Juice

\$3.75

June 5

Emerald Party Punch

1 oz Cuban Rum
1 oz Malibu Rum
1 oz Parrot Bay Coconut Rum
1.5 oz Midori
1 oz Pineapple Juice

\$3.75

DRINK SPECIALS

Brownbag Series

Bring a lunch and watch a televised class presentation on "PACE" Wednesday, June 3, at 12 p.m. in the KSU Classroom. Darenell Johnson, Midland Care, will be discussing PACE (Program of All-Inclusive Care for the Elderly) provides a unique managed care option for people 55+ who want to live independently at home.

PRAIRIE★STAR

RESTAURANT

May 31– June 6

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 31 ~ Lunch \$13	Dinner \$10
	Pot Roast Roasted Red Potatoes & Gravy Carrots, Onion and Celery	Ham & Beans Cornbread Vegetable of the Day
MONDAY	June 1 ~ Lunch \$10	Dinner \$13
	Chicken Salad Melt Coleslaw French Fries	Crab Cakes Roasted Yukon Gold Potatoes Vegetable of the Day
TUESDAY	June 2 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Grilled Honey Glazed Pork Chop Zucchini Cake Scalloped Potatoes
WED.	June 3 ~ Lunch \$10	Dinner \$13
	Meat Ball Hoagie Steak Fries Choice of Vegetable	Chicken Piccata Wild Rice Vegetable of the Day
THURSDAY	June 4 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Pasta Primavera Garlic Toast
FRIDAY	June 5 ~ Lunch \$10	Dinner \$14
	Chicken & Broccoli Casserole Choice of Vegetable	Seared Cod with Red Wine Reduction Sauce Berny Potatoes Vegetable of the Day
SATURDAY	June 6 ~ Lunch \$10	Dinner \$15
	Fish and Chips Choice of Vegetable	Roasted Duck Breast with Balsamic Demi Glazed Sauce Wild Rice Cake 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 31 - Saturday, June 6

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

Sunday, May 31 – Back to the Future (1985)

A young man is accidentally sent 30 years into the past in a time-traveling DeLorean invented by his friend, Dr. Emmett Brown, and must make sure his high-school-age parents unite in order to save his own existence.

Co-Starring: Michael J. Fox, Christopher Lloyd & Lea Thompson

Rated PG; 1 hr. 56 min.

Monday, June 1 – Footloose (1984)

A city teenager moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace.

Co-Starring: Kevin Bacon, Lori Singer & John Lithgow

Rated PG; 1 hr. 47 min.

Tuesday, June 2 – Field of Dreams (1989)

An Iowa corn farmer, hearing voices, interprets them as a command to build a baseball diamond in his fields; he does, and the Chicago Black Sox come.

Co-Starring: Kevin Costner, James Earl Jones & Ray Liotta

Rated PG; 1 hr. 47 min.

Wednesday, June 3 – Raiders of the Lost Ark (1981)

Archaeologist and adventurer Indiana Jones is hired by the US government to find the Ark of the Covenant before the Nazis.

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

Rated PG; 1 hr. 55 min.

Thursday, June 4 – Driving Miss Daisy (1989)

An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

Co-Starring: Morgan Freeman, Jessica Tandy & Dan Aykroyd

Rated PG; 1 hr. 39 min.

Friday, June 5 – Top Gun (1986)

As students at the United States Navy's elite fighter weapons school compete to be best in the class, one daring young pilot learns a few things from a civilian instructor that are not taught in the classroom.

Co-Starring: Tom Cruise, Tim Robbins & Kelly McGillis

Rated PG; 1 hr. 50 min.

Saturday, June 6 – E.T. The Extra-Terrestrial (1982)

A troubled child summons the courage to help a friendly alien escape Earth and return to his home-world.

Co-Starring: Henry Thomas, Drew Barrymore & Peter Coyote

Rated PG; 1 hr. 55 min.

This Week's Opportunities May 31 - June 6

SUNDAY • MAY 31

Breakfast at Verna Belle's—Omelets with Fruit

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

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

7:00 p.m. ~ Vespers, Jim Reed, CR

MONDAY • JUNE 1

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

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

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

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

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

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

12:00 p.m. ~ Weights 101, CR

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

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

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

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

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

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

5:30 p.m. ~ Guest Bartender: Steve Shields, CR

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

TUESDAY • JUNE 2

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

11:00 a.m. ~ Chair Yoga, CR

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

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

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

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

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

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

5:00 p.m. ~ 35th Anniversary Presentation: Downsizing,
Selling Your Home & Moving to Meadowlark Hills, CR

6:00 p.m. ~ 35th Anniversary Presentation: Helping Your
Family Member Make the Move, CR

WEDNESDAY • JUNE 3

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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. ~ Church Service, KSU CR

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

10:00 a.m. ~ Bayer Pond Dedication, Bayer Pond

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

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

12:00 p.m. ~ Beginner Tai Chi, CR

12:00 p.m. ~ Brownbag Lunch Series (PACE), CON

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

1:30 p.m. ~ Pitch, GR

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

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

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

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

5:00 p.m. ~ 35th Anniversary Presentation: Parkinson's
Program & Dementia Services, CR

6:00 p.m. ~ 35th Anniversary Presentation: Health Living
Panel, CR

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

THURSDAY • JUNE 4

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. ~ Resident Focus Group, KSU CR

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

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

11:00 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. ~ Parkinson's Education Group, CR

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

4:00 p.m. ~ 35th Anniversary Presentation: Planning
Financially for Long-Term Care, CR

5:00 p.m. ~ 35th Anniversary Presentation: Meadowlark
Hills Difference, CR

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

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

FRIDAY • JUNE 5

Breakfast at Verna Belle's—Waffle or Pancake

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

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

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

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

11:00 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

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

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

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

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

5:30 p.m. ~ Summerfest, PS Patio

SATURDAY • JUNE 6

Breakfast at Verna Belle's—Omelets with Fruit

9:15 a.m. ~ League of Women Voters, CR

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

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