



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 4, 2015

## Meadowlark Hills Movement & Health Challenge *Made it to the finish line!*

*Submitted by Jeff Heidbreder*

It is hard to believe that eight weeks have gone by, but the challenge is now completed and prizes have been awarded.

Congratulations to the Blue Team (Becky Fitzgerald, Annie Peace, Loren Alexander) for winning the Physical Activity Challenge. The Best Team Award went to our Silver Team (Kimberly Ensley, Amanda

Rall, Ruth Wells, Rae Stamey). The Most Active Resident was Don Rasmussen, with 4,540 minutes of physical activity. Kimberly Ensley was the Most Active Employee, with 3,790 minutes of physical activity. The participant with the biggest positive change in body



composition during the 8-week challenge was Becky Fitzgerald. Congratulations to all of our winners!

In total, participants completed 106,149 minutes of physical activity, equaling roughly 1,769 hours. I would like to thank all the participants you truly made this a fun event and it was wonderful to see everybody working so hard. I

also want to say thank you to the Challenge Committee for helping to make this happen. Please feel free to share any comments you have about the challenge so we can try to make this an even better event in the future!

# Summerfest

**FEATURING THE BACK PORCH BLUES BAND**

**Friday, June 5**

**5:30 p.m — Dinner**

**6:30 to 9 p.m. — Back Porch Blues Band**



**Don't miss out on:**

Inflatables, beer garden, live music, food and games!

**Drink Special:**

Emerald Party Punch  
\$3.75

## UPCOMING EVENTS & ANNOUNCEMENTS

### Outdoor Encounters—Battle of the Carl's

*Submitted by Don Rasmussen*

Karl Zefras, waiter at Prairie Star Restaurant and son of Dave in Transportation, was able to land Big Carl the Catfish. Big Carl took stink bait the evening of Sunday, May 31, off a line from the West Dock. After first coming in towards the dock he turned and "went crazy" for 10 minutes according to Karl. Fortunately a friend of Karl's was present to help net the huge fish. A measurement of 33 inches confirmed he was Carl the Catfish. He was released for you the reader to next catch. Karl's name will be added to the Big Carl trophy and his picture displayed in the Billard's Room.



[Above] Karl Zefras with Big Carl

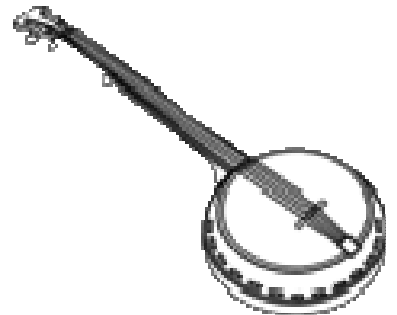
### Stolzer & Collins Trip

There is a scheduled Stolzer and Collins trip to Topeka, Kansas to attend the Walk to End Alzheimer's Saturday, June 13. This also is open to Independent Living Residents. The group will plan to leave Meadowlark Hills at 8 a.m.

Breakfast burritos will be packed to eat on the way up. The group will also stop to eat after the walk and plan to be back to Meadowlark Hills around 2 or 3 p.m. We will be taking two buses and possibly two vans. If you would like to attend, contact Monte Spiller at 323-3801 and he will add you to the list!

### Jpegs Performance

The Jpegs are performing at Meadowlark Hills Friday, June 12, at 7 p.m. in the Community Room! The Jpegs have a great variety of musical genres that they play, which includes: classic rock from the fifties all the way to modern songs that you may hear on the radio today, vintage and modern country, folk music and blues. Don't miss out on a great performance!



### Beach Muesum of Art Discussion

Join Kim Richards from the Beach Muesum of Art Wednesday, June 10, at 6:30 p.m. in the KSU Classroom to learn about Mark Rothko, American canvas painter of Russian Jewish descent and abstract expressionist. All residents who are interested are invited to participate.



## Lunch Specials June 7– June 13

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

Sunday, June 7– Sausage Tortellini Bake with Soup or Chips	\$5.50
Monday, June 8– BBQ Chicken Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, June 9– Triple Meat Pizza	\$3.75/\$5.50
Wednesday, June 10– Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Thursday, June 11– Chicken Bacon Ranch Quesadilla with Soup or Chips	\$3.75/\$5.50
Friday, June 12– Hotdogs with Ambrosia	\$5.50
Saturday, June 13– BLT with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Joke of the Week

What are the hottest days  
during summer?

Sun-days.

### 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.

### The Magic of Storytelling

This Osher 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 18, in the West Conference Room. No Registration required for this course.

### Meadowlark Hills Travelers

Reminder! Completed registration forms are due to Resident Service Leader, Monte Spiller, by Friday, June 5. Passport members, family members, board members and community members may request a registration form by contacting Monte at 323-3801, or picking up a non-resident form at the Hospitality Desk.

### Rides to the Pond canceled

Due to trail repairs, all rides to the pond will be canceled until further notice.

### Flint Hills Alive with Sound of Music

The 10<sup>th</sup> anniversary of Symphony in the Flint Hills is on Saturday, June 13. 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.

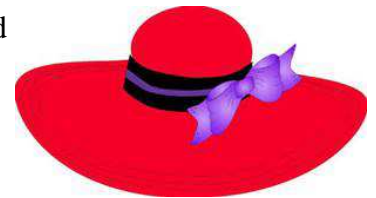
Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

### Red Hat Luncheon

Red Hat Ladies are invited to a June Wedding-themed luncheon at 12:30 p.m.







Thursday, June 11, in the Manhattan Room. Hostess Bonnie Nespor and Alice

Edmunds invite you to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk.



### Prairie Star closing early

Prairie Star Restaurant will be closing early due to Summerfest at 2 p.m. Friday, June 5.



## Store 2 Door

Groceries  
& More

Meadowlark Hills Home Health offers a grocery shopping service that is delivered to you. If you are interested in learning more about this service, call Home Health at (785) 537-9497 to get additional information.

## UPCOMING EVENTS & ANNOUNCEMENTS

### DRINK SPECIALS



**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**

**June 8 to June 13**

#### **Hole-in-One**

2 oz Dewar's  
4 oz Tea  
1 tbsp Honey

**\$3.75**

### **Vespers Services**

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

### **Updates from Michelle Haub**

Parkinson's Voice Classes will start on Monday, June 15, and will run through Thursday, August 27, at 2:15 p.m. in KSU Classroom. Additionally, there will be no PD Caregivers Support Group for the whole month of June.

### **Brownbag Series**

Bring a lunch and watch a televised class presentation on "Your Path to a Healthy Blood Pressure" Wednesday, June 10, at 12 p.m. in the KSU Classroom. A registered nurse, with Spectrum Home Health, will be discussing why blood pressure reading mean, why it matters and tips for prevention and treatment.



### **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.

### **Speedy PD Art Classes**

Individuals with Parkinson's disease are invited to attend art classes to make the age-group awards for the 7th Annual Speedy PD Race for



Parkinson's. Kathrine Schlageck, Senior Educator with the Marianna Kistler Beach Museum of Art, will lead the classes and provide the materials and inspiration for each event. No prior art experience is needed.

The following are dates for the Speedy PD Art Classes from 1 to 2:30 p.m. in the West Conference Room besides Wednesday, June 17 class:

- Wednesday, June 10
- Wednesday, June 17 - in the KSU Classroom
- Wednesday, July 8
- Wednesday, July 29
- Wednesday, August 5

### **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.



# RESIDENT COUNCIL MINUTES

Meeting Date: May 4, 2015

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

**Staff Present:** Lonnie Baker, Sarah Duggan, Paul Bridges and Monte Spiller

**Guest Present:** Marla Bugbee, Bingo Committee

Sandra Emley welcomed all meeting attendees.

## Updates:

General Update: Lonnie shared that Garrett Lee, Health Services Director, will be leaving Meadowlark Hills to move back to Oklahoma. Lonnie also reported that new state surveyors were assigned to Meadowlark Hills by the State of Kansas. With new surveyors brings new challenges. Lonnie explained the change is a process and takes a lot of time and energy, but we will get through it.

There have been new hires and changes within the staff. The new Director of Nursing is Jennifer Schoenhofer who replaced Alana Johnston when she moved with her husband who took a job out of the area. As a result of Garrett leaving, Annie Peace has accepted the position of Health Services Director. Service areas that are included in Health Services are Nursing Services, Household Operations, Therapy Services, Social Services and Environmental Services. Jayme Minton, currently the Human Resources Leader, will move to the Support Services Director role. Services areas that Jayme will provide leadership to are Human Resources, Information Services, Food & Beverage Services and Chaplain Services. The Human Resources Leader position has been posted at this time. Sarah Duggan will remain in her role as the Community Relations Director. Two additional teams have moved to the Community Relations area – Home Health and the Physician's Practice.

Lonnie followed up and reminded us that in 1980 Meadowlark Hills opened its doors and we are looking to re-vamp our mission as we have outgrown our mission statement.

Seating Committee Update: Polly Ferrell spoke about the signage in Prairie Star. The sign reads, "Please wait to be seated," but there are times people are not acknowledged and are unsure what to do. In order for the sign to be effective, the need for a hostess is required on a regular basis. It was recognized the primary cause was staff is not available at times. Lonnie Baker also interjected that the renovation to Prairie Star will help with the seating issue in the future.

Landscaping/Rumble Strips Update: Loren Alexander reported residents expressed the bushes around the unit's closet to Kimball Avenue need some attention. Loren explained at this time, the grounds crew is aware and Blueville Nursery has a plan. Loren also reported since painting was under way and getting close to completion, implementation of the rumble strips would start shortly. There was a question concerning signage and crosswalks once the rumble strips were completed. Loren stated he will follow up concerning signage.

Bingo Committee Update: Marla Bugbee shared about the history of the Bingo Committee. Marla gave a list of some of the items money from Bingo has provided for Meadowlark Hills over the years. They include the big screen television that was once in the Community Room, a dolly for the baby grand piano, seasonal decorations, spot light for the flag pole and most recently the cabinets that were recently installed behind the Hospitality Desk. Marla encouraged everyone to try at least one Bingo night and you won't be disappointed.

## Approval of April Minutes:

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

## New Business:

Trail System: Don Rasmussen asked where the trail system stood in the future within the budget. He explained there are trails that run parallel to Kimball that would be great for walking, exercising and should be brought up to rustic trails standards. Lonnie advised there is a budget line and Mike will be involved in decisions along with buildings and grounds. The trails most likely will not be discussed this summer, but anticipates it to be brought up during winter time planning and possibly implementation next spring. Lonnie reminded the council that for now, the Honstead and Sloan renovation is priority.

Patio/Verna Belles: The Patio Furniture outside of Prairie Star is weathered and worn and should not be left out. The back legs of the chairs in Verna Belles stick out. A few residents have tripped over them.

In house mail distribution: Polly Ferrell stated she felt there is a need for in-house mail distribution by offering mailboxes to residents who live outside of the Village. Lonnie and Sarah both expressed this issue has been brought up in the past, but can be revisited to see if any new answers or solutions would arise.

## Old Business:

Neighborhood Election – Ivan Tompkins was unanimously reelected to the Eastside neighborhood and Sharon Smith was reelected for the Westside neighborhood.

## RESIDENT COUNCIL MINUTES CONT.

### Additional Discussion Topics:

Additional parking is needed as staff and Visitors Park out front, which leaves limited spots. It was explained that area was not restricted and employee parking (west side) in the back is normally full.

The question was asked about dusting the front lobby fans. The fans in the lobby are cleaned annually.

There was also an inquiry if there would be a Mother's Day brunch this year. There will not be a buffet style brunch, but there is a special menu available for Mother's Day.

	Brief Description	Action to be Taken	Leader	Status
1.	More In House Mail Boxes	Discussion of options	Sarah Duggan	In Progress
2.	Signage and crosswalks	Follow up	Loren Alexander	In Progress

## ASK SARAH

*Submitted by Sarah Duggan*

Two answers for today – remember to put your questions in the Ask Sarah box at the Hospitality Desk. Thanks for stopping by!



***Q: Why do we have a history booklet titled “The First Forty Years,” but we are celebrating the 35<sup>th</sup> Anniversary of Meadowlark Hills this week?***

**A:** A perfectly timed question! Yes, we are celebrating our 35<sup>th</sup> Anniversary – our *emerald* anniversary no less. Meadowlark Hills officially opened in 1980. However, the Manhattan Retirement Foundation was born in 1975, an idea that began with six pastors in the fall of 1974. These parties formed a committee, sparking community interest in the notion of a place to retire in Manhattan, Kansas. The formal dedication a celebration for Meadowlark Hills was held on June 8, 1980. Happy Anniversary, Meadowlark Hills!

***Q: My mind is boggled by so many director positions changes. Could we please have a flow chart showing the five director's positions, who holds these positions and what are the next level positions below each director? Inquiring minds want to know. Thanks.***

**A:** Change isn't always easy – especially with so many moving parts! Along with a couple of position changes, office moves have occurred. To help residents (and staff) learn where people are located, and Office Open House is scheduled for 1 p.m. Monday, June 29. Desserts will be served, so come hungry! At this time, the organizational chart will be available to pick up, but in the meantime I have provided a cheat sheet below:

Lonnie Baker, CEO: all directors report to Lonnie

Annie Peace, Health Services Director – Health Services includes: Household Operations, Nursing Services, Therapy Services, Social Services & Environmental Services

Sarah Duggan, Community Relations Director – Community Relations includes: Sales, Resident Services (IL), Fitness & Massage, the Parkinson's Program, the Physician's Practice, Home Health & Marketing

Jayne Minton, Support Services Director – Support Services includes: Human Resources, Information Services, Food & Beverage Services & Chaplain Services

Chris Nelson, Financial Services Director: oversees all financial functions

Becky Fitzgerald, Development Director: Meadowlark Hills Foundation

Visit [www.meadowlark.org/about/staff](http://www.meadowlark.org/about/staff) to read full profiles about each director and leader for Meadowlark Hills. Remember, if you have a question the best places to start are the following:

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

# TOWN MEETING MINUTES

June 1, 2015 **IL Update/Upcoming Events, Monte Spiller**

## **Welcome and Introduction of New Residents, Monte Spiller**

Rosemary Burroughs from Manhattan, Kansas was introduced as a new independent living resident.

## **Campus Update, Lonnie Baker**

Lonnie announced the new titles and roles for Annie Peace and Jayme Minton. Annie Peace is transitioning from Support Services Director to Health Services Director, will oversee all health services including the clinical team and households. Annie will be introducing a new member on her team in July for the Administrative position. Jayme Minton, transitioning from Human Resource Leader to Support Services Director, will be overseeing Human Resources, Food and Beverage, IT, and Chaplin services. Jayme's office is now located where the Community Relations Office once was. Jayme introduced new members to her team: Mary Harness, Support Services Assistant and Astin Rodriguez, Human Resources Generalist.

Lonnie concluded his update by announcing that there will be an Open House Monday, June 29, at 1 p.m. showcasing and clarifying the new locations of each service areas.

## **MH2 Challenge Update, Jeff Heidbreder**

Jeff congratulated the teams winning the Physical Activity Challenge, the Best Team Award, the Most Active resident/employee, and the Biggest Positive Change in Composition. For more information on each winning team, read about the Meadowlark Hills Movement and Health Challenge on page 1.

## **Greater Manhattan, Elaine Dhuyvetter**

Elaine, from the Greater Manhattan Foundation, spoke over the local donations for Grow Green Match Day. She announced that Meadowlark Hills raised over \$5,000 in gifts and it was matched by 50%.

## **35th Anniversary Update, Sarah Duggan**

Sarah announced that Meadowlark Hills turns 35 and gave a detailed update for each day this week. She explained that Summerfest, a free blockparty welcoming summer, will start at 5 p.m. Friday, June 5, following a performance from the Back Porch Blues Band.

Monte highlighted the events that will be happening for the month of June. The events include Meadowlark Hills Travelers, Symphony in the Flints Hills, Jpegs Performance, Yard Art Classic Car Club Show, Storytelling Concert, Legends Outlet Shopping Trip, Camp Wood Trip, 35th Anniversary events and Summerfest! For more details and information on these events check the weekly Messenger.

**Adjourn** Submitted by Magye Loya

## FOUNDATION NEWS

### In Honor of Those Living & Passed July 2015

#### Memory

Barb Pretzer  
Conrad & Laurene Erickson  
Donald Q Lamb  
Dorothy Whitson  
Eugene Friedmann  
Franz Samelson  
Helen Whiteman  
Homer Socolofsky  
Irma Jean Fallon  
Imogene Lamb Bolls  
Jim Ray  
John Mann  
John Vogt  
Karen Buatte Filbert  
Kermit Peterson  
Leon Edmunds  
Mary Roberts  
Max Howard  
Richard Jepsen  
Steven Deyoe  
Tom Grubb

#### Honor

Ina Dwyer  
John Blythe  
Margaret Wheat  
Pat Hartman  
Robert Hammaker

## Grosh Cinema Movies

Sunday, June 7 - Saturday, June 13

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

2 and 6 p.m., Sunday

### Sunday, June 7 – Finding Neverland (2004)

The story of J.M. Barrie's friendship with a family who inspired him to create Peter Pan.

**Co-Starring: Johnny Depp, Kate Winslet & Julie Christie**

**Rated PG; 1 hr. 46 min.**

### Monday, June 8 – Evening (2007)

A drama exploring the romantic past and emotional present of Ann Grant and her daughters, Constance and Nina. As Ann lies dying, she remembers, and is moved to convey to her daughters, the defining moments in her life 50 years prior, when she was a young woman.

Harris is the man Ann loves in the 1950s and never forgets.

**Co-Starring: Vanessa Redgrave, Toni Collette & Claire Danes**

**Rated PG-13; 1 hr. 57 min.**

### Tuesday, June 9 – Dangerous When Wet (1953)

A young woman enters a contest to be the first to swim the English Channel.

**Co-Starring: Esther Williams, Fernando Lamas & Jack Carson**

**Rated PG; 1 hr. 45 min.**

### Wednesday, June 10 – Bed of Roses (1996)

Romantic drama about a young career girl who is swept off her feet by a shy florist, who fell in love with her after one glimpse through a shadowy window.

**Co-Starring: Christian Slater, Mary Stuart Masterson & Pamela Adlon**

**Rated PG; 1 hr. 27 min.**

### Thursday, June 11 – The Two Faces of January (2014)

A thriller centered on a con artist, his wife, and a stranger who flee Athens after one of them is caught up in the death of a private detective.

**Co-Starring: Viggo Mortensen, Kirsten Dunst & Oscar Isaac**

**Rated PG-13; 1 hr. 36 min.**

### Friday, June 12 – Still Alice (2014)

A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.

**Co-Starring: Julianne Moore, Alec Baldwin & Kristen Stewart**

**Rated PG-13; 1 hr. 41 min.**

### Saturday, June 13 – Exodus: Gods and Kings (2014)

The defiant leader Moses rises up against the Egyptian Pharaoh Ramses, setting 600,000 slaves on a monumental journey of escape from Egypt and its terrifying cycle of deadly plagues.

**Co-Starring: Christian Bale, Joel Edgerton & Ben Kingsley**

**Rated PG-13; 2 hrs. 30 min.**



# PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.  
Sunday, 10:30 a.m. to 7 p.m.

## June 7 – June 13

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations.  
The restaurant can accept up to five reservations per time, depending on party size.  
Reservations can be made in person or by calling 323-3820.

SUNDAY	June 7 ~ Lunch \$12	Dinner \$12
	Fried Chicken Mashed Potatoes with Gravy Vegetable of the Day	Cajun Chicken Fettuccini Garlic Toast Vegetable of the Day
MONDAY	June 8 ~ Lunch \$10	Dinner \$13
	Pork Fritter Sandwich Potato Salad Choice of Vegetable	Beef Burgundy Crepes Rice Pilaf Vegetable of the Day
TUESDAY	June 9 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Artichoke & Parmesan Stuffed Chicken Breast Carrot Madeira Wine Sauce Roasted Red Potatoes Vegetable of the Day
WED.	June 10 ~ Lunch \$10	Dinner \$13
	Spaghetti and Meat Sauce Garlic Toast Choice of Vegetable	Tamale Pie Black Beans Mexican Rice
THURS.	June 11 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter or dessert)	BBQ Spiced Pork Tenderloin Hot German Potatoes Salad Vegetable of the Day
FRIDAY	June 12 ~ Lunch \$10	Dinner \$13
	Fish Tacos Black Beans Mexican Rice	Fog City Macaroni Vegetable of the Day
SAT.	June 13 ~ Lunch \$10	Dinner \$15
	Hot Turkey Sandwich Choice of Vegetable	Seared Cod Filet With Red Wine Reduction Sauce Berny Potato Vegetable of the Day

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

---

# This Week's Opportunities June 7 - June 13

---

## SUNDAY • JUNE 7

*Breakfast at Verna Belle's—Omelets with Fruit*

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

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

---

## MONDAY • JUNE 8

*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

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

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

11:30 a.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. ~ Blood Pressure Clinic, GR

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

1:30 p.m. ~ Hearing Aid Doctor, CON

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

7:00 p.m. ~ Bingo, CR

---

## TUESDAY • JUNE 9

*Breakfast at Verna Belle's—Breakfast Sandwich with Fruit*

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

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

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

1:00 p.m. ~ Tai Chi, CR

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

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

5:30 p.m. ~ 4th Floor Supper, MR

---

## WEDNESDAY • JUNE 10

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

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

9:00 a.m. ~ Building & Grounds Meeting, LR

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

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

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

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

12:00 p.m. ~ 2nd Men's Club, LR

12:00 p.m. ~ Brownbag Lunch (Your Path to a Healthy Blood Pressure), CON

1:00 p.m. ~ Parkinson's Art Class, CON

1:30 p.m. ~ Pitch, GR

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

---

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 of Art, KSU CR

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

7:00 p.m. ~ LWV Board Meeting, CON

---

## THURSDAY • JUNE 11

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

8:15 ~ Bus Departs for KC Legends Shopping & Lunch Trip

9:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Great Decisions, LR

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

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

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

12:30 p.m. ~ Red Hat Luncheon, MR

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

2:00 p.m. ~ Osher Class (The Magic of Storytelling), CR

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

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

---

## FRIDAY • JUNE 12

*Breakfast at Verna Belle's—Waffle or Pancake*

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

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

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

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

7:00 p.m. ~ Jpegs Performance, CR

---

## SATURDAY • JUNE 13

*Breakfast at Verna Belle's—Omelets with Fruit*

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

1:00 p.m. ~ Depart for Symphony in the Flint Hills, 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