



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 9, 2015

Ron Wilson's Cowboy Poetry



Howdy, Meadowlark Hills! Ron Wilson, a Poet Lariat, will be showcasing his unique cowboy poetry and humor appropriate for all ages, at 7 p.m. Friday, July 17, in the Community Room.

Ron Wilson, first place winner in the Kansas Cowboy Symposium in Dodge City, winner of the Horizon Award from Academy of Western Artists, and publisher of two books for his cowboy poetry, will entertain folks with a down-home sense of humor!

All of his poetry is family orientated, patriotic and has a particular appeal to folks who live in the country and appreciate the American West.

It only gets better—Ron performs his original poetry in full costume and always gets the audience involved!

He's got a lot to say and you'll enjoy listening. Don't miss out on a spectacular summer event with lots of laughter, poetry, and entertainment!

Piano Recital

An Evening of Melody



Spend your Friday evening listening to beautiful and gleaming melodies played by Sibylle Kuder's students of Elfenbein Klaviermusik, a private and independent piano studio. Sibylle will have a few of her select students perform for Meadowlark Hills at 7 p.m. Friday, July 10, in the Community Room.

Sibylle Kuder was born and raised in Southern Germany, where she studied piano with Barbara Fry and Andra Hamary. At Kansas State University, she attended the Graduate Program for Piano Performance and Pedagogy. She was given the honor of performing in McCain Auditorium after winning the 1995 Concerto Competition. Her studio has been serving the greater Manhattan, Kansas area since 1994.

We look forward to seeing you there!

FOUNDATION NEWS

In Honor of Those
Living & Passed

July 2015

Dineh

Don Kesinger

Hazel Brannan

Joye Ansdell

Mary Roberts

Velma Day

Wayne Fink

*Donations were made to the Good Samaritan
Fund & Parkinson's Program.*

UPCOMING EVENTS & ANNOUNCEMENTS

Great Overland Station

At the end of July, we will be traveling to Topeka, Kansas to visit the Great Overland Station, All Veterans Memorial and Kansas Hall of Fame Center. The history of these areas have national significance which will resonate with people from across the nation.

There are exciting and important stories to be told—the birth and growth of the Santa Fe Railway, Union Pacific's race to create the first transcontinental railroad, the role of railroads in developing and settling the American West, social heritage of African-Americans, Hispanics and European immigrants who workers for the railroads and built our communities the troop trains of World Wars I and II, memories of the "glory days of steam" and the elegance of the railroad depots.

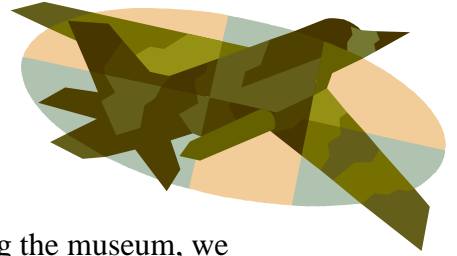
After visiting the museum, the group will enjoy the great food of the Blind Tiger Restaurant. Transportation will depart from the Village Entrance at 8:40 a.m. The sign-up sheet is available in the Blue Book at the Hospitality Desk.



Combat Air Museum

Thursday, July 16, the Veterans Group will travel to the Combat Air Museum in Topeka, Kansas. After visiting the museum, we will have lunch at Cracker Barrel. The cost of this trip for Veterans Group members is free!

If there are spots available after members have signed up, all other residents are welcome to come! The cost for transportation is \$6, admittance to the museum is \$3 and you are responsible for your meal at the restaurant. Transportation will depart the Village Entrance at 8:30 a.m. You can sign up in the Blue Book located at the Hospitality Desk.



Vespers Services

The Vespers service, led by lay speaker Marie Amthauer, will begin at 7 p.m. Sunday, July 5, in the Community Room. All are welcome.

Card Making with Michelle canceled

Card Making with Michelle is canceled for Tuesday, July 14. It is rescheduled at 2 p.m. Tuesday, July 28, in the West Conference Room.



Lunch Specials July 12 – July 18

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

Sunday, July 12-	Chicken Alfredo Bake with Soup or Chips	\$5.50
Monday, July 13-	Grilled Ham and Cheese with Soup or Chips	\$3.75/\$5.50
Tuesday, July 14-	BBQ Chicken Panini with Broccoli Salad	\$3.75/\$5.50
Wednesday, July 15-	Steak Fajita Quesadilla with Corn	\$3.75/\$5.50
Thursday, July 16-	Triple Meat Pizza	\$3.75/\$5.50
Friday, July 17-	Chicken Kabobs with Wild Rice	\$3.75/\$5.50
Saturday, July 18-	Deluxe Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

July Focus Group

The Focus Group scheduled for July 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 July Focus Group will be Social Services Leader, Kristen Martin. Come meet Kristen at 10 a.m. today, July 9, in the KSU Classroom.

Omaha Nebraska Trip

As most now know, we will be taking a trip to Omaha Nebraska! The trip is tentatively scheduled to depart Monday, August 24, at 8:30 a.m., with a return date of Thursday, August 27, arriving back to Manhattan around 1:30 p.m.

Sign-up sheets, registration forms and itineraries are available at the Hospitality Desk in the Omaha Trip book. The sign-up sheet is to let other residents know who is going and if they have requested a specific roommate on the trip.

More details will be available as they are confirmed!

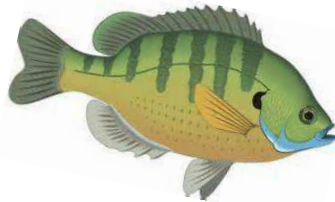
Share your Outdoor Encounters

Submitted by Don Rasmussen

Share your experiences with others by adding to the journal found at the table in the shelter.

Typical journal entries read...

"A deer ran across the path in front of us. Several frogs jumped into the pond. Kristen caught a 15 inch catfish and a small bluegill. Mike & Kristen Bribiesca."



Arts in the Park

You're invited to a powerful, authentic musical journey tribute to Creedence Clearwater Revival at 8 p.m. Friday, July 10, at Larry Norvell Band Shell at City Park! Arts in the park will be hosting Creedence Revived as they showcase the best American rock and roll ever recorded!

Transportation is \$3, but admission is free! Transportation will depart at 7:30 p.m. from the Village Entrance. Please register in the Blue Book located at the Hospitality Desk to attend this event.

Library News

Many of you have noticed that the delivery service from the Manhattan Library to our Library, every three months has discontinued. The Library now wants to use their home delivery service to get the books you want to read delivered right to your door. It's simple, you call the library, speak to the librarian, she will work one-on-one with you to get the book you want and deliver it to your door.

A brochure is available in the Meadowlark Hills Library. If you have any questions you may call Bea Rasmussen at 537-8775. Happy reading!



Riley County Historical Society

Thursday, July 23, we will be visiting the Riley County Historical Society. The group will be touring the museum gallery, Goodnow House and the Hartford House. The tour will last approximately an hour and a half, having the group back to Meadowlark Hills in time for lunch.

Admission for the tour is free and cost for transportation is \$3 per person. Transportation will depart from the Village Entrance at 9:10 a.m. The sign-up sheet is available in the Blue Book located at the Hospitality Desk.

Laughter is the Best Medicine

The Laughter is the Best Medicine group will meet at 2:30 p.m. Saturday, July 12. Feel free to join us for 30 minutes of fun and lots of laughter in the Living Room.

Jokes of the Week

What did the pig say to the beach on a hot summer's day?
I'm bacon!

What's black and white and red all over?
The newspaper!

I'm Here! Now, Where Do I Park My Car?
Submitted by Sarah Duggan



The battle continues to rage between developed industrial land and green space. We want to live in harmony with nature and enjoy all it has to offer but where do we park our car once we get there? At Meadowlark Hills, parking is a hot commodity on any regular old day. Throw in a highly anticipated renovation and it becomes an absolute scarcity! Between the over 350 residents, over 400 employees, guests and families it can become quite the challenge to find a place to park on our busiest days. But who wants to get rid of some of our green space or garden areas to gain a black top parking lot? Not this girl!

In the midst of the construction in Sloan and Honstead House, a large dumpster has been parked in the west parking lot where many employees park and the transportation fleet (The fleet has a total of 19 vehicles!) is parked. As a result, some transportation vehicles have temporarily moved to the parking space next the Community Garden near Meadowlark Circle to keep spaces available for guests and employees in the west lot.

As a result of a full west parking lot on most week days, parking along the streets in areas where the curb is not marked yellow are highly utilized by guests and employees.

Keep in mind, all numbered spots are reserved for residents and all driveways are strictly for use by the residents who live in those cottages and duplexes. Visitors are welcome to park in the visitor parking areas marked with signage near the main entrance and outside of the Bramlage and Wroten building. Visitors are also welcome to park along the streets and in the employee parking areas, such as the west parking lot.

Thanks for stopping by – see you next week!

July 6, 2015

Welcome and Introduction of New Residents, Monte Spiller

There were no new residents in attendance.

Campus Update, Lonnie Baker

Lonnie spoke about the Sloan and Honstead House renovations and how they are going. He announced that he will be gone for two weeks—part of the time will be on vacation and the other will be business.

Health Services Update, Annie Peace

Annie shared that the first four rooms in the Sloan renovation are completed. She has noticed a tremendous difference in lighting, space and remodeling and looks forward to move towards Honstead House renovations in six weeks. Additionally, Annie introduced our new Administrator, Cheyenne Strunk. Cheyenne will be leading households and ensuring regulatory compliance.

Support Services Update, Jayme Minton

Jayme announced that there will now be refreshments after church services. She also added that sweet potatoes have been added to the potato bar, Gluten-free and sugar-free desserts have been added to the daily menu. Prairie Star Patio is now open for eating.

Community Relations Update, Sarah Duggan

Sarah thanked all the residents for their support and for making the 35th celebration a great success. She followed that gratitude by also congratulating Monte Spiller for doing well as Resident Services Leader. He has done an exceptional job in taking on tasks and turning them into successes.

IL Update/Upcoming Events, Monte Spiller

Monte highlighted the events that will be happening for the month of July. For more details and information on these events check the weekly Messenger.

Adjourn Submitted by Magye Loya

LETTER TO THE MESSENGER

Thank you

Submitted by Jeanne Lundin

Thank you all for the beautiful cards and for coming to my party Saturday. I hope you met my wonderful family. They gave me a reception I'll never forget.



RESIDENT COUNCIL MINUTES

Meeting Date: June 1, 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, and Monte Spiller

Sandra Emley welcomed all meeting attendees.

Updates:

General Update: Lonnie shared staff are getting settled in their new roles.

Sarah Duggan is becoming more comfortable with the two new teams, Home

Health and the Physician's Practice, which are now in Community Relations. Annie Peace is now in place as Health Services Director. Service areas that are included in Health Services are Nursing Services, Household Operations, Therapy Services, Social Services and Environmental Services. Meadowlark Hills has a new Administrator that will start Monday June 29th. The new Administrator will bring a lot of experience, which will help with the organization's transition to the new surveyors. Jayme Minton is now in her new role as Support Services Director, and is doing a good job adjusting. We have had several good applications for the Human Resources Leader position and continue the hiring process. Lonnie also reported the Honstead/Sloan renovation construction will start in June.

Signage Update: Loren Alexander spoke about the signage in regards to traffic procedures on campus.

He stated he did know that all the signs that are required by law will remain, but all others will be reviewed. It was expressed by committee members they would like less signs on campus as it was difficult to read so many while driving. At this point, once the rumble strips are installed it will be easier to determine the need for signs in particular areas. The parking spots on the Westside were addressed and plans are in work to remove all the individual signs reading "resident parking". There are also plans to paint the inside of the stop blocks making it easier to identify each reserved spot.

Seating in Verna Belle's Update: Sandra Emley reported people are paying more attention when they are in Verna Belle's, reducing chances of incidents. She also reminded us, that Verna Belle's is slated for renovation sometime in the future, which will bring new chairs. Concerning Prairie Star, Sandy asked that all the floor reps talk to floor members about making reservations and the proper protocol required. This would make meals at Prairie Star smoother and more enjoyable for restaurant patrons.

Board Update: Jean Beatty reported the Board Meeting took place on May 21, with The Executive Report being given by Lonnie Baker. The Executive Committee gave Lonnie a positive evaluation. Finance Committee passed three motions concerning the fiscal year 2016. Marketing and Services Committee have not met, but are scheduled to meet September 18. Long Range Planning Committee addressed the mission statement and is in works on what to include. Personnel Committee has not met, but is scheduled to meet September 18. The Nominating and Bylaw Committee approved the 2015-2016 officers and also passed the motion to approve the three new church sponsor members. The next board chair will be Fred Borck.

RESIDENT COUNCIL MINUTES CONT.

Approval of May Minutes:

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

New Business:

None.

Old Business:

House mail boxes: Sarah Duggan explained it was decided not to explore adding mailboxes in the game room for residents outside of the village. Sarah stated she understands there are times when some information is not communicated and we continue to work on improving outlets. She also encouraged residents to take advantage of our current resources like the Meadowlark Hills Messenger, Touchtown and the Meadowlark Hills webpage. Sarah also explained most information that is needed can be found within those resources. For residents who frequent the village and use the elevators, there are detailed flyers posted and updated based on the event date. The Hospitality Team will make a better effort to place the flyers in order of date and not to hang flyers at least a week prior to the date but not sooner

Additional Discussion Topics:

A concern brought up by Don Rasmussen was Recycling. Don stated he and other residents noticed the bins have not been emptied for several weeks and is full. Residents are wondering if there has been a change in the schedule.

The question was asked, why after we had a rain are the sprinklers on the next day and what can we do to limit it. Another concern was the reasoning behind the mowing schedule and what were the terms of our contract with Cool Lawn. Lonnie briefly touched on what he believed the contract required and would follow up for more specific details.

	Brief Description	Action to be Taken	Leader	Status
1.	Recycling Bins	Follow up	Sarah Duggan	Completed
2.	Signage and crosswalks	Follow up	Loren Alexander	In Progress
3.	Mowing Schedule	Follow up	Lonnie Baker	In Progress
4.	Community Room Chairs	Follow up	Sarah Duggan	Completed
5.	Breezeway Cleaning (between IL - Miller)	Follow up	Sarah Duggan	Completed

UPCOMING EVENTS & ANNOUNCEMENTS

Roof Maintenance

The roofing contractor had the shingles loaded on the roof Wednesday, July 8. They will be working on the third storys roof on the East Tower Monday, July 13.

Prisoners of War in Kansas during World War II

This Osher class will focus on topics of why prisoners of war camps were built in Kansas, how prisoners were treated, prisoner jobs in prison life, escapes, reeducation and going home. The course will also cover the challenges faced by American soldiers at the camps and explore the feeling of local population.

Join Lowell May, who holds a degree in Education from Kansas State University and retired from the U.S. Army as a Command Sergeant Major after serving 26 years, teach this Osher course Monday, July 13, from 6:30 to 8:30 p.m. at College Avenue United Methodist Church. A third course will be taught from 6:30 to 8: 30 p.m. Monday, July 20, at the same location.

Please register in the Blue Book located at the Hospitality Desk to attend this event. Transportation will be provided from the Village Entrance at 6 p.m.

Manhattan Municipal Band

Bring your lawn chairs and enjoy the music of the Municipal Band at 7:30 p.m. Friday, July 17, at Larry Norvell Band Shell at City Park.

Transportation is \$3, but admission is free! Transportation will depart at 7:05 p.m. from the Village Entrance.

DRINK SPECIALS



July 13 to July 18
Gin Fizz

2 oz Gin
1 oz Soda Water
1/2 oz Lime Juice
1/2 tbsp Sugar

\$3.75

The History of ROCK & ROLL

2 to 4 p.m.

Thursday, July 16

Community Rm.

The Movies You Didn't See: The Who, What and Why of Censorship

This Osher class examines films and compares censored and uncensored scenes from movies, re-evaluate films acceptable in their day but now are considered politically incorrect, and debate what should be banned and who would make such decisions.

Eric Monder, on staff at Bethany College, writer, teacher and a documentary filmmaker, will teach the first class from 6:30 to 8:30 p.m. Tuesday, July 14, at Marianna Kristler Beach Muesum of Art.

Prior registration is necessary to attend this event. Please sign up in the Blue Book located at the Hospitality Desk to attend this course.

Brownbag Series

Bring a lunch and watch a televised class presentation on "How to Talk to Your Doctor" at 12 p.m. Wednesday, July 15, in the KSU Classroom. Join Sherry Tedford present on how to prepare for your doctor appointments and how to get the most out of the time you have with your doctor.

PRAIRIE★STAR RESTAURANT

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

July 12 - July 18

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	July 12 ~ Lunch \$12	Dinner \$12
	Meatloaf Mashed Potatoes & Gravy Vegetable of the Day	Sweet & Sour Pork Steamed Rice Vegetable of the Day
MONDAY	July 13 ~ Lunch \$10	Dinner \$13
	Pork Loin Wrap with Guacamole, Pico, Shredded Lettuce & Monterey Jack Cheese Coleslaw French Fries	Chicken Marinara over Spaghetti Garlic Toast Vegetable of the Day
TUESDAY	July 14 ~ Lunch \$6	Dinner \$14
	Taco Bar (does not include drink, starter or dessert)	Herb Marinated Grilled Shrimp in a Sundried Tomato Sauce Roasted Red Potatoes Vegetable of the Day
WED.	July 15 ~ Lunch \$10	Dinner \$13
	Fried Chicken Sandwich Pasta Salad Choice of Vegetable	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable of the Day
THURS.	July 16 ~ Lunch \$7	Dinner \$13
	Pasta Bar (does not include drink, starter or dessert)	Swiss Steak Garlic Mashed Potatoes Vegetable of the Day
FRIDAY	July 17 ~ Lunch \$10	Dinner \$15
	Fish & Chips Coleslaw French Fries	Baked Sole Stuffed with Portobello Mushrooms, Spinach & Artichokes in a Fresh Tomato Sauce Rice Pilaf Vegetable of the Day
SAT.	July 18 ~ Lunch \$10	Dinner \$15
	Chicken Tetrizzini Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

Grosh Cinema Movies

Sunday, July 12 - Saturday, July 18

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

Sunday, July 12 – What's the Worst that Can Happen (2001)

A rich man catches a thief burglarizing his home and steals the thief's lucky ring, who then tries to get it back.

Co-Starring: Martin Lawrence, Danny DeVito & John Leguizamo

Rated PG-13; 1 hr. 34 min.

Monday, July 13 – Honkytonk Man (1982)

Clint Eastwood stars as a Depression-era country singer named Red Stovall who is diagnosed with terminal leukemia. His nephew Whit agrees to help Red achieve his one dream--performing in the Grand Ole Opry.

Co-starring: Clint Eastwood, Kyle Eastwood & John McIntire

Rated PG; 2 hrs. 2 min.

Tuesday, July 14 – In Secret (2013)

A tale of obsessive love, adultery and revenge set in the lower depths of 1860s Paris.

Co-starring: Elizabeth Olsen, Tom Felton & Jessica Lange

Rated R for sexual content and violence; 1 hr. 46 min.

Wednesday, July 15 – Bathing Beauty (1944)

A contrived misunderstanding leads to the breakup of a songwriter and his fiancée. She returns to work as a gym teacher at an all-girls school, but a legal loophole allows the man to enroll as one of her students.

Co-starring: Red Skelton, Esther Williams & Basil Rathbone

Rated NR; 1 hr. 41 min.

Thursday, July 16 – The Notebook (2004)

A poor and passionate young man falls in love with a rich young woman and gives her a sense of freedom. They soon are separated by their social differences.

Co-starring: Gena Rowlands, James Garner & Rachel McAdams

Rated PG-13; 2 hrs. 3 min.

Friday, July 17 – The Good Lie (2014)

A group of Sudanese refugees given the chance to resettle in America arrive in Kansas City, Missouri, where their encounter with an employment agency counselor forever changes all of their lives.

Co-starring: Reese Witherspoon, Arnold Oceng & Ger Duany

Rated PG-13; 1 hr. 50 min.

Saturday, July 18 – You're Not You (2014)

A drama centered on a classical pianist who has been diagnosed with ALS and the brash college student who becomes her caregiver.

Co-Starring: Hilary Swank, Emmy Rossum & Josh Duhamel

Rated R for some sexual content, language and brief drug use; 1 hr. 43 min

This Week's Opportunities July 12 - July 18

SUNDAY • JULY 12

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Ride Around Campus, VE

7:00 p.m. ~ Vespers, Lay Speaker Marie Amthauer, CR

MONDAY • JULY 13

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

8:30 a.m. ~ Dental Hygiene Clinic, KR

9:30 a.m. ~ Ride Around Campus, VE

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. ~ Beginner Tai Chi, CR

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

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

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

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

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

2:00 p.m. ~ Ride Around Campus, VE

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

6:00 p.m. ~ Bus Departs to Osher Class (Prisoner of War in Kansas During WW II), VE

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

TUESDAY • JULY 14

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

9:30 a.m. ~ Ride Around Campus, 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 Around Campus, VE

2:00 p.m. ~ Card Making with Michelle, LR

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

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

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

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

6:00 p.m. ~ Bus Departs to Osher Class (The Movies You Didn't See: The Who, What, and Why of Censorship), VE

WEDNESDAY • JULY 15

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:00 a.m. ~ Ride Around Campus, 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

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

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

12:00 p.m. ~ Brownbag Lunch Special (How to Talk to Your Doctor), CON

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

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Ride Around Campus, VE

2:30 p.m. ~ General Support Group, CON

2:30 p.m. ~ Lutheran Communion, LR

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

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

THURSDAY • JULY 16

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:30 a.m. ~ Bus Departs to Combat Air Museum & Lunch at Cracker Barrel, VE

9:00 a.m. ~ Ride Around Campus, VE

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

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

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 Around Campus, VE

2:00 p.m. ~ Osher Class (The History of Rock N' Roll), CR

2:00 p.m. ~ Low Vision Support Group, KSU CR

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

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

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

7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • JULY 17

Breakfast at Verna Belle's—Waffle or Pancake

9:00 a.m. ~ Ride Around Campus, VE

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

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

1:00 p.m. ~ McCain Orders, LR

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

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

2:00 p.m. ~ Ride Around Campus, VE

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

7:00 p.m. ~ Ron Wilson: The Cowboy Poet, CR

7:30 p.m. ~ Bus Departs for Manhattan Municipal Band, VE

SATURDAY • JULY 18

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Ride Around Campus, VE

2:30 p.m. ~ Laughing is the Best Medicine Group, LR

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