



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

August 6, 2015

Meadowlark Hills Market *Auction to Benefit Good Samaritan Fund*

Submitted by Becky Fitzgerald

Meadowlark Hills Market, an annual sale of household items, has been reinvented this year. An auction is taking its place!

Please mark your calendars for 5 p.m. Tuesday, Sept. 1, at Cico Park's Pottorf Hall. Proceeds benefit the Meadowlark Hills Foundation's Good Samaritan Fund, which assists residents in Meadowlark Hills healthcare households who have outlived their financial resources. Vern Gannon of Gannon Auctions is donating his time and that of his staff members so that more auction revenue will go toward the fund.

Part of my duties as Development Director has been to meet with residents and family members during their downsizing processes, and I've had the pleasure to work over the past year with many cheerful givers. A variety of sofas, chairs, tables, desks, dressers and lamps have been stacked as high as is safe in three storage units around Manhattan, and on the morning of Sept. 1, Pat Callaghan and a team of movers will load the contents of our three units and haul the goods to Pottorf. Pat also is generously donating his time and the use of his truck and trailers.

Because the Market has been an annual event in August or September for several years, it has come to my attention

that several residents have been saving items in anticipation of a sale. Those items may be donated again this year, and apt. 401 has been tentatively reserved as a collection point. (If Kinzie Jo Zimmerman sells this apartment, we'll need to move our donation drop-off location – a great obstacle to overcome!))

Donations will be accepted from 2 to 5 p.m. on Friday, Aug. 21, and from 10 a.m. to 1 p.m. on Friday, Aug. 28. A limited number of smaller items, such as glassware and knick-knacks, will be sold at the auction. Anything not reserved for the auction will be taken to Trinity Presbyterian Church, one of our six founding churches, for their annual rummage sale on Aug. 29. We will not accept clothing, shoes, books and outdated electronic equipment, such as old TVs. Flat-screen models are welcome.

If you have larger donations that cannot be brought to #401, please contact Becky at 323-3843 to arrange a pick-up time. Anyone may donate!

Volunteers are needed the day of the auction to arrange small items on tables and dust off furniture, etc., but no pricing of items is needed. What a time-saver! If you're willing to help during the morning of Sept. 1, please contact Becky. Transportation to and from Pottorf Hall will be provided.

Take Me Out to the Ball Game!

Residents, staff and family members are invited to Kansas City's Kauffman Baseball Stadium to watch the Royals take on the Cleveland Indians at 7:05 p.m. Friday, Sept. 25. Transportation on a chartered 56-passenger bus departs from the visitor parking area by Prairie Star Patio at 1 p.m. (please arrive by 12:30 p.m.). Upon arrival at the stadium, we will set up a tailgate supper catered by Prairie Star Restaurant, including wraps, sandwiches, chips and dip, salads, fruit, and soda. Attendees should bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside the stadium (Sept. 25 is Buck Night! All hot dogs and peanuts are only \$1!) and snacks for the ride home. Plates and silverware will be provided. Adult beverages are



water

permitted and can be transported in the storage area under the bus.

Registration for the event is open.

Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. Please include your phone number, indicate whether you are a resident or staff member and your method of payment. The cost for the trip is \$30 per person, which includes your ticket, transportation and tailgate supper. There

is a limited amount of tickets available and registration will be on a first-come, first-served basis. Cancellations need to be made by Thursday, Sept. 17, for full reimbursement. Cost of the event can be paid via cash, check, credit card or can be charged to your monthly statement.

UPCOMING EVENTS & ANNOUNCEMENTS

Arts in the Park

You're invited for a relaxing summer evening at the Larry Norvell Band Shell at City Park listening to the classic, timeless "straight-from-the-Kansas-City-speakeasy" sound of swinging jazz and jumping blues. Arts in the Park will be hosting Grand Marquis Friday, Aug. 7, at 8 p.m.

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 at the Hospitality Desk to attend this fun event.

Jean Kennedy Performance

Jean Kennedy, a jazz and classical guitarist, vocalist and song writer, who comes from a family tradition of performing music, will be showcasing her talents Friday, Aug. 19, at 7 p.m. in the Community Room.

Jean delights audiences throughout the Midwest with a one-woman show, offering the sounds of songwriting.

You'll be swaying in your seat to her amazing classical and jazz guitar music!



Omaha Trip Reminder

Don't forget to complete and turn in your registration forms by Friday, Aug. 7, at 8 p.m. If you are planning to go on the trip and think you won't be able to turn the registration form by the deadline date, please contact Monte Spiller at (785)-323-3801 or Kinzie Zimmerman at (785)-323-2247. Also we have been asked if family members are eligible to go on the trip and the answer is yes! Just have them complete the Non- Resident Registration Form. We are looking forward to a fun time in Omaha!



Jokes of the Week

What do computers eat for a snack?
Microchips.

What is the tallest building in the entire world?
The library, because it has so many stories.



Lunch Specials August 9 – August 15

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

Sunday, Aug. 9– Mexican Lasagna with Soup or Chips	\$5.50
Monday, Aug. 10– Ultimate Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Tuesday, Aug. 11– Chicken Bacon Ranch Panini with Soup or Chips	\$3.75/\$5.50
Wednesday, Aug. 12– French Dip with Soups or Chips	\$3.75/\$5.50
Thursday, Aug. 13– BBQ Pork Sandwich with Cheesy Potatoes	\$5.50
Friday, Aug. 14– Bratwurst with Baked Beans and Chips	\$5.50
Saturday, August 15– Napa Valley Chicken Salad with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIALS



Aug. 10 to Aug. 15 Chambord Cosmo

1 oz Vodka
1.5 oz Chambord
1.5 oz Grand Marnier
1 1/2 Cranberry Juice
1/4 oz Lime Juice

\$3.75

Beach Muesum of Art Discussion

Join Kim Richards from the Beach Muesum of Art Wednesday, August 19, at 6:30 p.m. in the KSU Classroom to learn about Wayne Thiebaud, American painter widely known for his colorful works. All residents who are interested are invited to participate.

Brownbag Series

Bring a lunch and watch a televised class presentation on "Basics of Better Balance" at 12 p.m. Wednesday, Aug. 12, in the KSU Classroom. Join Deborah Cooke, Physical Therapist, as she presents on good balance and hoe it helps us stay active and independent.

Video Worship Service

Come watch a televised worship sermon by Reverend Dr. Walter Maier III titled "The Words of Eternal Life," at 4 p.m. Wednesday, Aug. 12, in the Living Room.

Red Hat Luncheon

Red Hat Ladies are invited to a luncheon at 12:30 p.m. Thursday, Aug. 13, in the Manhattan Room. Hostess JoAnn Edwards and Janice Parsons invite you to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk.

Special Showing in the Grosh Theater

The PBS Special "Makers-Women Who Made America" will be showing at 10 a.m. Thursday, Aug. 13; Tuesday, Aug. 18; and Tuesday, Aug. 25.



This program tells the remarkable story of the sweeping social revolution in American history, as women have asserted their rights. Each session will be one hour in length and show a different section of the program.

Pizazz Salon Closed

Pizazz Salon will be closed Friday, Aug. 7, as well as on Monday, Aug. 10. We will be in Flair on Tuesday, August 11, and will return to Pizazz as usual on Wednesday, August 12. The stylists apologizes for the inconvenience and appreciates your understanding!

Vespers Services

The Vespers service, led by Reverend Patrick McLaughlin, will begin at 7 p.m. Sunday, Aug. 9, in the Community Room. All are welcome.

Kinesiology Research Participants Needed

The K-State Department of Kinesiology is looking for residents to participate in an upcoming research project. The study will look at how aging influences cardiovascular variables such as blood pressure and blood flow during a breathing test. The researchers will compare the responses to those of college-aged individuals to further their understanding of how breathing during physical activity affects exercise tolerance across age.

Participants would need to visit the research lab, in Ahearn Fieldhouse, three times over a two or three week period. They estimate that each lab visit would last around one hour. ten-30 participants, both male and female are needed, subjects must be healthy (no chronic/acute illness), and need to be at least 60 years of age. Please contact K-State graduate student, Josh Smith at (317) 652-7496 or smith424@ksu.edu if you are interested in participating or have any questions.

1st Lutheran Church Canceled

The 1st Lutheran Church, that meets every third Wednesday of the month, will not be doing a service at Meadowlark Hills for the month of August.

The Pot

Submitted by Sarah Duggan

You know that if residents don't use their \$150 credit during the month, then they lose it. ***But, where does the leftover money go?***

There isn't a magical pot at the end of the rainbow for the money to go to, but where it does go is actually pretty simple. The unused portion of a resident's monthly credit doesn't roll over to the next month and it doesn't get transferred to another account. The amount is absorbed into the operating budget to continue covering the costs of services that Meadowlark Hills provides to Independent Living residents in exchange for their monthly service fee. Some of the services provided by Meadowlark Hills include (but aren't limited to!): utilities, maintenance, grounds keeping, activities and events, and the monthly credit that can be used in the restaurant, café or pub.

Thanks for stopping by – see you next week!



Outdoor Encounters

Submitted by Nathan Bolls

Garrison Keillor, of the Prairie Home Companion fame, once remarked, "It is more worthy in the eyes of God... If a writer makes three pages sharp and funny about the lives of geese than to make three hundred fat and flabby about God or the American people."

Tweaking this quote just a bit, the same can be said about our on-campus natural area and trails. Watching quietly, leanly and sharply pays honor to the "First Book of God." One recent evening (22 of July), I stood quietly and watched our two or three huge grass carp feeding along the banks, barley under the surface. They take in some algae, but especially love the tender roots and shoots of aquatic plants along the shores.

The carp certainly is one of our least appealing fishes, but what they were doing, and how they survive and do what they do in an aquatic freshwater environment are caused for wonder and awe. Sometimes it seems as if they are playing. It is well established that the adults of some species do play, e.g. otters enjoying their slides down snowy slopes or ravens flying short distances upside down.

Dessert for my evening feast came when I moved up and stood quietly on the dam: two members of a small heron species flew out of the trees lining the east side of the K-State Pond. Since most species within the heron family nest trees, I wonder. Have to check that out. Dusk impaired diagnostic acuity, but my best guess is black-crowned night heron. I never have seen this species do anything I would interpret as play.

Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Aug. 8, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away! Hope to see you all here!

LETTER TO THE MESSENGER

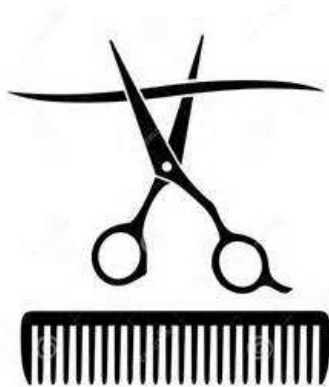
Thank you







Submitted by Joan & Skip Jones

Skip and I recently became Passport Members of Meadowlark Hills and started using several services available to all of us.


We very much appreciate the services offered by Stefanie and Shawn at Pizazz Hair and Body Boutique. Moving to a new town always involves finding someone who can cut hair!! Stefanie listened to me as I described what I needed and did a wonderful job. Shawn did the same for Skip. We look forward to their services regularly.

Our hats are off to you, Stefanie and Shawn!!!! Thank you for your skills and services.



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.

RESIDENT COUNCIL MINUTES

Meeting Date: July 6, 2015

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

Staff Present: Lonnie Baker, Sarah Duggan and Monte Spiller

Sandra Emley welcomed all meeting attendees.

Updates

General Update: Lonnie shared the Honstead and Sloan renovations were underway. Several rooms were done and received a much needed “facelift”. Changes included new flooring, ceiling tracks, lighting, bathroom fixtures among other significant upgrades. Lonnie will be gone on vacation for a week leaving Wednesday, July 8, heading to Colorado. Upon his return from his vacation, he will be out for another week attending the Board of LeadingAge Kansas retreat. Sarah Duggan announced that Hospitality Team member, Mary Irsik gave her resignation notice.

Building and Grounds Update: Loren Alexander stated the rumble strips should be getting installed soon, but did not have a specific date. Monte Spiller reported he attended the Building and Grounds meeting and informed the committee of plans concerning the Westside parking. The plan is to remove the individual signs, paint numbers on the inside of the brick and just have two signs at the either end stating all the spaces were reserved for residents only.

Board Update: Jean Beatty reported there were no updates at this time.

Approval of June Minutes:

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

New Business:

A request made for someone from Buildings and Grounds Committee to look at the amount of trees, branches, brush, around the first duplexes on the right side by Kimball. It was potentially dangerous and an eye sore. Also a concern about the ivy plant killing trees in that area.

Old Business:

Sarah Duggan reported that Mark Morton has cleaned the breezeway.

A suggestion was made regarding certain crosswalks be eliminated. Specifically the crosswalk which leads from the parking area on the east over to the apartments across the street.

Sarah Duggan stated the purchases of Community Room chairs are budgeted for the new fiscal year and she believes the plan is to buy all new chairs. However that could change.

Sarah Duggan followed up about the recycling bins. The lock was broken and that has been fixed and there should not be future problems.

RESIDENT COUNCIL MINUTES CONT.

Additional Discussion Topics:

The Question was asked about the possibility of saving electricity by turning the lights off. Lonnie explained that all the lights are off at night, keeping lights during the day is not very inviting.

Questions were raised about monitoring the watering of the lawns. Mike Davis and his team have done extensive research on options for a reasonable system and at the end of day we want Meadowlark Hills to be green. There has been a lot of improvement with water usage over the last four years.

Concern was raised about the cost of the fireworks. Lonnie explained the 4th of July firework display is like any other event here at Meadowlark Hills. It comes out of the operating budget and cost around a couple of thousand dollars, which is consistent with other events like Summerfest.

Concern expressed about the care of the patio cushions at Prairie Star, when we have high winds and rain. Jayme Minton and Prairie Star are working on getting two new storage bins for the patio cushions and feel confident they will be stored appropriately each evening or with the threat of inclement weather.

Additional questions regarding the college students. Sarah Duggan explained every year is different. With different years, come different students and personalities. Students are provided a place to eat and stay. Every class of students goes through the same orientation as other classes.

Concerns expressed about the shrubbery off to the right when you turn onto Kimball. Could the maintenance team look at the tree limbs on a monthly basis. Lonnie stated when they do the road expansion they are going to take the turn out.

Council members were reminded about the Employee Gift Committee.

	Brief Description	Action to be Taken	Leader	Status
1.	Employee Gift Committee	Follow up	Sharon Smith & Pat Vogt	In Progress
2.	Crosswalks from Kimball to Valley Road, trees	Follow up	Building & Grounds	In Progress
3.	Patio Cushions , etc. for Prairie Star	Follow up	Sarah Duggan	Completed

TOWN MEETING NOTES

August 3, 2015

Welcome, Monte Spiller

Monte welcomed the Town Meeting attendees. There were no new residents in attendance to introduce.

Campus Update, Lonnie Baker

The renovation to Prairie Star Restaurant is expected to happen in the fall. The renovation will take approximately 35 days. During that time, meal service will be adjusted to include the following accommodations: Verna Belle's will be open additional hours in the evening from 5 to 8 p.m.; buffets that are typically served on Tuesdays and Thursday will still be offered, but will be served in the Game Room; the delivery charge will be waived during the time of the renovation. All menu items will be available for delivery and pick up.

Community Relations Update, Sarah Duggan

Monte Spiller, Chris Nelson, Jayme Minton and Sarah Duggan are organizing the annual staff and resident trip to Kauffman Stadium. The trip is scheduled for Friday, Sept. 25. The Royals will be playing the Cleveland Indians at 7:05 p.m. The bus will depart from Meadowlark Hills at 1 p.m. Upon arrival, the group will set up and enjoy a tailgate meal before going in to the game. The cost for the trip is \$30 per person and includes one ticket, transportation and the tailgate meal. Sign up is available in the Blue Book at the Hospitality Desk. The trip is open to residents, staff and family members.

IT (Information Technology) Update, Will Gold

IT staff member, Ace Descuatan, built a touchscreen game machine that is now available to for use on the bar in the Kansas Room & Pub (Thank you, Ace!). Will also introduced the new IT intern, Larry Miller.

Speedy PD Race for Parkinson's Disease, Michelle Haub

The seventh annual Speedy PD Race for Parkinson's Disease is scheduled for Saturday, Aug. 29, at Tuttle Creek State Park. The event needs runners, walkers and volunteers. If you are interested in running or walking in the 5K, 10K or Half-Mile Family Fun Run, please complete a registration form located at the Hospitality Desk. If you are interested in volunteering, please contact Michelle Haub at 323-3899. This event is

organized to raise funds and awareness for the Parkinson's Program of Manhattan at Meadowlark Hills.

Cox Communications, Barbara Walter

Before the end of October 2015, all resident's who have television that do not already have digital box will be getting a mini box to help with the digital conversion. If the mini box is not installed to the televisions with cable cords plugged directly into the wall, then the customer will no longer get television. Up to two boxes will be installed free of charge. Each resident will be contacted about installation.

Adjourn

Submitted by Sarah Duggan, Community Relations Director

FOUNDATION NEWS

In Honor of Those Living & Passed

August 2015

Frieda Hawthorne

Glenn Jimeson

Jean Limbocker

John Blythe

John Dollar

Team Rasmussen

Wilma Bayer

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

PRAIRIE★STAR RESTAURANT

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

August 9 – August 15

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	August 9 ~ Lunch \$12	Dinner \$10
	Roasted Pork Loin with Natural Sauce Scalloped Potatoes Vegetable of the Day	Pork & Beans Cornbread Vegetable of the Day
MONDAY	August 10 ~ Lunch \$10	Dinner \$12
	Pesto Grilled Shrimp Rice Pilaf Choice of Vegetable	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
TUESDAY	August 11 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Chicken Fried Chicken Mashed Potatoes Vegetable of the Day
WED.	August 12 ~ Lunch \$10	Dinner \$12
	Sloppy Joes Tator Tots Choice of Vegetable	Fish N Chips Coleslaw Vegetable of the Day
THURS.	August 13 ~ Lunch \$7	Dinner \$13
	Breakfast Bar (does not include drink, starter or dessert)	Trout Almandine Wild Rice Vegetable of the Day
FRIDAY	August 14 ~ Lunch \$10	Dinner \$12
	BBQ Pork Sandwich Baked Beans Choice of Vegetable	Swiss Steak Garlic Mashed Potatoes Vegetable of the Day
SAT.	August 15 ~ Lunch \$10	Dinner \$15
	Ham & Cheese Quiche 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, August 9 - Saturday, August 15

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

Sunday, August 9 – High Noon (1952)

A marshall, personally compelled to face a returning deadly enemy, finds that his town refuses to help him.

Co-Starring: Gary Cooper, Grace Kelly & Thomas Mitchell

Rated PG; 1 hr. 25 min.

Monday, August 10 – Women in Gold (2015)

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes belongs to her family.

Co-Starring: Ryan Reynolds, Helen Mirren & Max Irons

Rated PG-13; 1 hr. 49 min.

Tuesday, August 11 – Get On Up (2014)

A chronicle of James Brown's rise from extreme poverty to become one of the most influential musicians in history.

Co-Starring: Chadwick Boseman, Viola Davis & Octavia Spencer

Rated PG-13; 2 hrs. 19 min.

Wednesday, August 12 – Pride (2014)

U.K. gay activists work to help miners during their lengthy strike of the National Union of Mineworkers in the summer of 1984.

Co-Starring: Bill Nighy, Imelda Staunton & Dominic West

Rated R for violence & sexual content; 1 hr. 59 min.

Thursday, August 13 – Left Behind (2014)

A small group of survivors are left behind after millions of people suddenly vanish and the world is lunged into chaos and destruction.

Co-Starring: Nicolas Cage, Chad Michael Murray & Cassi Thomson

Rated PG-13; 1 hr. 50 min.

Friday, August 14 – Night of the Museum: Secret of the Tomb (2014)

Larry pans the globe, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever.

Co-Starring: Ben Stiller, Robin Williams & Owen Wilson

Rated PG; 1 hr. 38 min.

Saturday, August 15 – Winston Churchill: Walking with Destiny (2010)

The story of Churchill's years in the political wilderness and his early opposition to Adolf Hitler and Nazism.

Co-Starring: Ben Kingsley, Bryan McArdle & Doron Avraham

Not Rated; 1 hr. 41 min.

This Week's Opportunities August 9 - August 15

SUNDAY • AUGUST 9

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, Rev. Patrick McLaughlin, CR

MONDAY • AUGUST 10

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, MS

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

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

TUESDAY • AUGUST 11

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 Dolor's Book Discussion, LR

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

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

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

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

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

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

WEDNESDAY • AUGUST 12

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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. ~ 2nd Men's Club, LR

12:00 p.m. ~ Brownbag Lunch Series (Basics of Better Balance), 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

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

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

6:00 p.m. ~ Artist Discussion, KSU CR

THURSDAY • AUGUST 13

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

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

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

10:00 a.m. ~ Special Showing of: "Makes-Women Who Made America, GC

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

11:15 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. ~ Ride Around Campus, VE

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

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

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

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

FRIDAY • AUGUST 14

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. ~ Seat & Be Fit, CR

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 Around Campus, VE

7:00 p.m. ~ Jean Kennedy Performance, CR

SATURDAY • AUGUST 15

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

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

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop