



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 3, 2015

A Speedy PD Success

Submitted by Michelle Haub

The 2015 Speedy PD Race for Parkinson's Disease is in the books as the best in its seven year history. The weekend started with several VIPds (people with Parkinson's disease) displaying their artwork at registration & packet pick-up at the Holiday Inn Campus on Friday evening. Dr. Stanley Fisher, Motor Movement Specialist from St. Luke's Neuroscience in Missouri, was the Key Note Speaker and conducted an interactive presentation on Living Well with Parkinson's Disease (PD). Several vendors were also present and many individuals took part in a delicious Pasta Party.

The weather was cool on Saturday making for perfect running conditions. Approximately 730 participants filled Tuttle Creek State Park to run &/or walk in the 5k, 10k or 1/2 Mile. The runners were able to celebrate their finish courtesy of great vendors. Hunger and thirst were quenched with Eastside & Westside Markets fresh fruit, Paradise Donuts, Panera bagels, Cox Bros BBQ, Budweiser beer, Hiland chocolate milk, Pepsi, Neon Energy Drink while Body First Wellness, Joint Fit & Premier Chiropractic treated the tired bodies. This year the



[above] Michelle Haub, Parkinson's Program Leader, congratulates Don Rasmussen on behalf of his team for winning The Most Donations Raised Award.

Speedy PD was pleased to have an Official Race Photographer. J & C Imaging had a booth for a professional pictures and then they had a couple of photographers taking great candid shots of the many runners, walkers, and team members.

VIPds began the races by singing the National Anthem in their loud voices. Throughout the park one could see great team spirit celebrating the lives of those living with PD. Team Rasmussen had a Viking theme which included helmets and a boat. Other great competitors were the Teenage Mutant Ninja Turtles, Super Heros and even a life-size cut-out of a VIPd. The Most Donations Raised Award

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Time to Renovate!

Submitted by Jayme Minton, Support Services Director

The Prairie Star renovations are just around the corner! Construction is scheduled to begin Monday, Sept. 21, and will last approximately

six to seven weeks. During the entire length of the construction, Prairie Star dining room and the Manhattan Room will be closed.

The Food and Beverage Team has been working hard on a plan to continue serving the wonderful residents, guests, visitors and employees while the dining area is closed. A buffet will be offered during lunch hours Monday through Friday in the Kansas Room Pub & Lounge and Game Room with seating and service available in both areas. The weekends will feature a normal-style lunch special. For dinner each night, in Verna Belle's Café will be open and dinner options will be offered in the Game Room. The full restaurant menu and special will be available in these locations with service.

Unfortunately, while the Prairie Star dining room is closed, we will not be able to take reservations for tables. Those wishing to plan an event or have a larger group join them for meals are welcome to work with Mattie King, Receptionist, to schedule the event in an available room. She can be reached directly by calling (785) 323-3832. If you already have an event scheduled in the Manhattan Room, you will be contacted by Mattie to work through alternate locations or arrangements.

For those wishing to take their orders to go, the full menu will be available and can be picked up from the Kansas Room Pub & Lounge. To show our appreciation for everyone's patience during the renovation process the delivery fee will be waived during construction.

Please contact me at (785) 323-3829 if you have questions or concerns.

UPCOMING EVENTS & ANNOUNCEMENTS

Outdoor Encounters

Submitted by Velma Skidmore

Since mid-April when the Ruby-throated hummingbirds arrived in our neighborhood they are so fun to watch. So small they are! Their amazing tiny bodies and wings move so rapidly. A recent article in the September-October 2015 Audubon Magazine gives interesting information:

“Ruby-throats weigh less than a nickel, can fly up to 2,500 miles from Canada to Central America during fall migration, including a non-stop push across the 500 mile wide Gulf of Mexico. They hover and fly forward, backward, even upside down – their wings fluttering up to 50 times per second, at speeds reaching 40 miles per hour, and their hearts thumping as fast as 1,220 beats per minute.”

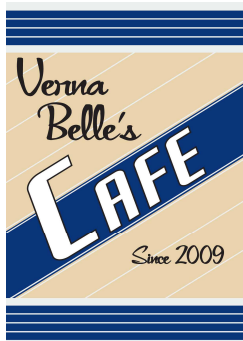
A fascinating bird for sure and fun to watch in our bird feeder.

Transportation to KSU Volleyball Games

Attention Volleyball lovers! If you are interested in transportation to Ahearn Stadium for K-State Volleyball games, please contact Monte Spiller, Resident Services Leader, at 323-3801.

Vespers Services

The Vespers service, led by Director of Youth and Family Ministries, Julie Barstow, will begin at 7 p.m. Sunday, Sept. 6, in the Community Room. All are welcome.



Lunch Specials Sept. 6 – Sept. 12

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

Sunday, Sept. 6– Beef Stroganoff Bake with Soup or Chips	\$5.50
Monday, Sept. 7– Beef and Cheddar Wrapini with Cottage Cheese & Fruit	\$3.75/\$5.50
Tuesday, Sept. 8– Turkey Bruschetta Panini with Soup or Chips	\$3.75/\$5.50
Wednesday, Sept. 9– Monte Cristo with Soup or Chips	\$3.75/\$5.50
Thursday, Sept. 10– BBQ Chicken Panini with Soup or Chips	\$3.75/\$5.50
Friday, Sept. 11– Cheeseburger with Broccoli Salad	\$5.50
Saturday, Sept. 12– Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

The Jazz Ambassadors

Daniel Dissmore and the Jazz Ambassadors will be performing at 7 p.m. Friday, Sept. 18, at 7 p.m. in the Community Room!

The Jazz Ambassadors are one of the Little Apple's premier music groups! The band is led by trumpet player Daniel Dissmore and they spread the messages, virtues and ideals of jazz wherever they perform. Playing original compositions and arrangements of classic standards, the Jazz Ambassadors keep true to the rich heritage and legacy of America's music!

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again went to Team Rasmussen as they collected more than \$11,000! The Most Enthusiast Team was Guy Riggs while the Best Costume Award went to the Parkinson's Punishers. Team Ft. Riley Train won the Fastest Social 5k while Kaw Valley Greenhouse sped off with the Fastest Corporate Team.

The 7th Annual Speedy PD also set record numbers for the total raised from vendors, sponsors, teams and individuals and race entries, over \$60,000. Michelle Haub, Parkinson's Program Leader, was overwhelmed with the generosity of the Manhattan community donating time and money to ensure the success of the event and the future of the Parkinson's Program. The monies raised are used to provide exercise, education, outreach and scholarship to those living with PD in the Flint Hills.

UPCOMING EVENTS & ANNOUNCEMENTS

Verna Belle Café Hours

Verna Belle's Café will be open during the normal business hours for Labor Day, Sept. 7, from 8 a.m. to 5 p.m.

Hatless Red Hat Luncheon

Curious about those Red Hat luncheons? Now is the time to find out what happens there.

All MLH ladies are invited to a HATLESS Red Hat Luncheon. Hostesses Pat Edwards and Polly Ferrell will welcome you with hands of friendship. The date is Thursday, Sept. 10, at 12:30 p.m. in the KSU Classroom. Leave your hats at home and come enjoy a lunch of chicken salad, fruit and fall dessert. The cost of your lunch will be \$8 and will be charged to your dining plan.

We look forward to seeing you! Please sign up in the Blue Book located at the Hospitality Desk soon.

Beach Museum of Art Discussion

Join Kim Richards from the Beach Museum of Art Wednesday, Sept. 9, at 6:30 p.m. in the KSU Classroom to learn about Kansas Post Office Murals. All residents who are interested are invited to participate.

The Heritage of Kansas Workers: Homesteaders, Miners, Famers and More

This Osher class will examine the history of the forgotten town of Minersville, unique in Kansas as a major coal mining community with a rich labor cooperative movement. In our second session, the course will review the classic 50's film "Salty of the Earth," about striking mine workers that addressed labor, migrant and women's issues.

Join Greg Stephens, Tom Fleming, Debi Aaron, Dee Boyd and Bob Stoner as they teach and discuss the heritage of Kansas workers. The first class will be Wednesday, Sept. 16, from 6:30 to 8:30 p.m. at College Avenue United Methodist. Second and third classes will be Wednesday, Sept. 23, and Wednesday, Sept. 30, at the same time and location. Please sign up in the Blue Book for transportation located at the Hospitality Desk.

September Focus Group

The staff attendee for the September Focus Group will be Home Health Leader, Kelly Miller. Come meet Kelly at 10 a.m. Thursday, Sept. 10, in the KSU Classroom.

Video Worship Service

You're invited to watch a televised worship sermon by Reverend Kip Smith titled "He Has Done Everything Well," at 4 p.m. Wednesday, Sept. 9, in the Living Room.

KSU Football Watch Party

Mark your calendars for the first Kansas State University football game! Come and watch the Kansas State Wildcats take on the South Dakota Coyotes at the Football Watch Party hosted in the Game Room. The game will kick-off at 6:10 p.m. and refreshments will be served.

Center on Aging Lecture Series

Join Patricia Ackerman, Professor of Language Arts at Kansas State University, for the Center on Aging Lecture Series at 4 p.m. Thursday, Sept. 10, in the KSU Classroom. Patricia will discuss her recent book about Marymount College. This is an inspiring story about the first all-women's college in Kansas.

An Excursion to Historic Marysville and Marshall County

The Osher Institute would like to invite you to an excursion of Marysville and Marshall Counties. The group will stop in Waterville for a 40-minute ride on the Union Pacific Central Branch Railroad, one of the oldest routes in Kansas, followed by lunch at the Weaver Hotel and a tour of the Waterville Opera House.

The group will head to Blue Rapids and see the Round Town Square and its Ice Age Monument and pass the site of a 1913 Major League Baseball game between the New York Giants and the Chicago White Sox.

The trip will finish by visiting Marysville and its Pony Express Museum and the Koester House.

Transportation will depart from the Village Entrance at 8:40 a.m. and will return back to Manhattan at approximately 5:30 p.m. The \$65 fee will include transportation, admissions and lunch. If interested, please register before Tuesday, Sept. 15, at www.osher.ku.edu.

DRINK SPECIAL



Sept. 7 to Sept. 12
Purple Hooter

2 oz Vodka
2 oz Rassmatazz
2 oz Cranberry Juice

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Labor Day Cancelations

The following will be canceled due for Sept. 7:

- All exercise classes including Parkinson's Exercise Class
- MLH Singers Practice
- St. Luke's Communion Service

Osher Class Registration

UFM Coordinator, Charlene Brownson, will attend the Meadowlark Hills Town Meeting Monday, Sept. 14, to make announcements about fall Osher classes, special events and the UFM catalog of classes. She will be in the West Conference Room after Town Meeting until 12 p.m. if you would like to register for the Osher courses. Sign-up sheets for Osher transportation are now available in the Blue Book located the Hospitality Desk.

Youth Volunteer Program event

Youth Volunteer Corp of Manhattan Members will be playing games (including Bingo!), cards, putting together puzzles, and visiting with residents at Meadowlark Hills at 7 p.m. Friday, Sept. 11, in the Community Room. All are welcome!

LETTER TO THE MESSENGER

Submitted by Helen Roser

[The excerpt below is a correction to the story printed in last week's Messenger.]

The subject flag had been flown over our capitol in Washington D.C. for a day, as arranged at my request to our U.S. Senator Moran. The flag was flown in honor of Phil's father. That it was flown was recorded in the national record. The flag was sent to Phil, with a certificate attesting to it having been flown to honor Phil's father.

Phil and his brother took the flag to Iwo Jima for the 70th Anniversary celebration of the battle in which Phil's father was killed. Phil and his brother were permitted to fly their father's special flag on that famous flag pole that has been depicted as a very famous statue of the flag pole and the Marines, exhausted from battle, who had struggled to erect the flag pole that proclaimed their hard-won battle.

Phil was only six-years-old when his father was killed in Iwo Jima. He did not understand why his Daddy didn't come home.

I thought Meadowlark Hills residents might want to tell their grandchildren about the little boy who was so sad, but 70 years later, went across the world to honor his daddy.

Upcoming Concrete Work

Concrete work in front of the Physician's office and loading dock is scheduled to begin Tuesday, Sept. 8, and will last approximately four weeks, depending on weather.

Temporary spaces for Physician's office clients will be located to the north of the building and marked with signage. Additionally, an alternate sidewalk will be installed coming from the north to the Physician's office door for use during the time of construction.

Traffic will not be able to pass through the construction zone in front of the Physicians Office.

There will be a walkway for residents to use coming from the west exit of the tower and around the construction to the Physician's office.

Please see Sarah Duggan, Community Relations Director, if you have questions or concerns.

Manhattan Reptile World Lecture

Vince Lombardi with Manhattan Reptile World is presenting a lecture over reptiles, amphibians and feeders from 7 to 8 p.m. Friday, Sept. 4, in the Community Room.

The presentation is both educational and fun, offering a hands on approach to the better understanding of reptiles, amphibians and more. During the presentation, you will have the opportunity to learn about these creatures while also having fun.

Don't miss out on this unique presentation by a great knowledgeable presenter!

Pest Control rescheduled

Pest Control was scheduled for Monday, Sept. 7, but due to the Labor Day holiday, they have been rescheduled for Monday, Sept. 14.

Intergenerational Day

Intergenerational Day is scheduled for 5:30 p.m. Tuesday, Sept. 8, in the Community Room and is an event to develop meaningful connections with our students. The main goal is to get older adults and students doing activities together to better understand each other. Students and residents will engage in several activities while sharing experiences and memories. Throughout the session, the students and residents will work in intergenerational teams discussing hot topic issues such as successful aging, geron-technology and top things on your bucket list. Please sign up in the Blue Book if you would like to participate. Contact Monte Spiller at 323-3801 with questions.

ASK SARAH



[far left] Lisa Schwarz, Dietitian; Sarah Duggan, Community Relations Director; Christine Norris, Physician's Office LPN; and Kelly Miller, Home Health Leader.

[left] Sarah Duggan; Chris Nelson, Financial Services Director; and Jayme Minton, Support Services Director.

Meadowlark Hills Goes to Speedy PD!

Submitted by Sarah Duggan

Congratulations to Michelle Haub, Parkinson's Program Leader at Meadowlark Hills, on another successful Speedy PD Race for Parkinson's Disease! More than 700 people participated in our seventh annual event and the race raised over \$60K in cash and in-kind donations to benefit the Meadowlark Hills Parkinson's Program.

Among those 700 people (and many volunteers) were a plethora of Meadowlark Hills employees and residents. The Meadowlark Hills team boasted 48 people, including staff, residents and family members. I would like to send a BIG thank you to the following:

Monte Spiller, Resident Services Leader, for bringing supplies from Meadowlark Hills to Tuttle Creek State Park in the early hours of Saturday morning. He stayed to help set up, hand out medals on kids crossing the finish line, tear down and return supplies to MLH.

Becky Fitzgerald, Development Director, for helping with registration the night before the race, helping set up at the race and staffing the donation booth during the race.

Jayme Minton, Support Services Director, for helping many MLH residents from the households get to the event via Meadowlark Hills transportation.

Chris Nelson, Financial Services Director, for setting up, helping to direct traffic, tearing down and assisting with returning supplies to Meadowlark Hills.

Jeanette Wagner, Home Health Case Manager, and Donna Alexander, MLH resident, for volunteering to assist at a water stop.

Meadowlark Hills transportation for ensuring the timely and safe arrival of residents to Tuttle Creek State

Park and back home again.

Sloan House staff members – Carrie Scott, Katie Gray, Laurel Burton and Kilie Unrein – for assisting residents in completing the 5K!

All household staff members who supported resident attendees and participants in getting ready and heading out to the event. (There were so many – I lost count!)

Jeff Heidbreder for recruiting and organizing a **stellar** team of 48 people to enter the race.

Team Meadowlark Hills for participating in the event to support a great cause! Each of the team members participated in one of the following: 5K Run/Walk, 10K Run or the Half-mile Family Fun Run. The Meadowlark Hills team included the following people: Max Braasch, Deidra Miller, Bryan Miller, Caleb Miller, Diane Mies, John Mies, Alyssa Chabrier, Ryan Bonilla, Kristin Bribiesca, Michael Bribiesca, Christine Norris, Ruth Wells, Shana Carra-dine, Claudia Gordon, Kelly Miller, Alexandria Anderson, Nadine Bostic, Cheyenne Strunk, Trudy Strunk, Tom Strunk, Tim Strunk, Emily Kinder, Sara Hillard, Sophia Hillard, Brianne Heidbreder, Elliot Heidbreder, Lisa Schwarz, Samantha Krause, Stephanie Oldehoeft, Kaitlyn Motley, Karen Baker, Payton Baker, Kierstin Baker, Jayme Minton, Loren Alexander, Bob Crawford, Yvonne Crawford, Mattie King, Traci Bowman, Liz Dudley, Abi Lechtenberg, Margaret Carlson, Judy Enyart, Whitney Krause, Christina Strange, Charles Niernberger, Hannah Glargow and Jeff Heidbreder.

If I've missed any Meadowlark Hills staff or residents in my long-winded appreciation, please accept my sincere apologies and ecstatic **THANK YOU!** See you next week and thanks for stopping by!

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.

Sunday, 10:30 a.m. to 7 p.m.

Sept. 6 - Sept. 12

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	Sept. 6 ~ Lunch \$11	Dinner \$12
	Roast Brisket with Bordelaise Roasted Red Potatoes Vegetable of the Day	Chicken Tetrizzini Garlic Toast Vegetable of the Day
MONDAY	Sept. 7 ~ Lunch \$10	Dinner \$14
	Cuban Sandwich Cole Slaw French Fries	Sautéed Trout with Citrus Vinaigrette Rice Pilaf Vegetable of the Day
TUESDAY	Sept. 8 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Chicken Croquettes Creamed Peas Vegetable of the Day
WED.	Sept. 9 ~ Lunch \$10	Dinner \$13
	Meatloaf Sandwich Potato Salad Choice of Vegetable	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
THURS.	Sept. 10 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter or dessert)	Pork Piccata Risotto Vegetable of the Day
FRIDAY	Sept. 11 ~ Lunch \$10	Dinner \$14
	Catfish Poor Boy Cole Slaw French Fries	Shrimp Scampi Zucchini Potato Pancakes Vegetable of the Day
SAT.	Sept. 12 ~ Lunch \$10	Dinner \$12
	Beef Tips Fettuccini Garlic Toast Choice of Vegetable	Roasted Pork Loin in Natural Sauce Loaded Mashed Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, September 6 - Saturday, September 12

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

Sunday, September 6 – Yours, Mine & Ours (2005)

A widowed Coast Guard Admiral and a widow handbag designer fall in love and marry, much to the dismay of her 10 and his 8 children.

Co-Starring: Dennis Quaid, Rene Russo & Jerry O'Connell

Rated PG; 1 hr. 30 min.

Monday, September 7 – Shall We Dance? (1996)

A successful but unhappy Japanese accountant finds the missing passion in his life when he begins to secretly take ballroom dance lessons.

Co-Starring: Koji Yakusho, Tamiyo Kusakari & Naoto Takenaka

Rated PG; 2 hrs. 16 min.

Tuesday, September 8 – Bull Durham (1988)

A fan who has an affair with one minor-league baseball player each season meets an up-and-coming pitcher and the experienced catcher assigned to him.

Co-Starring: Kevin Costner, Susan Sarandon & Tim Robbins

Rated R for adult situations, language and nudity; 1 hr. 48 min.

Wednesday, September 9 – Seabiscuit (2003)

True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.

Co-Starring: Tobey Maguire, Jeff Bridges & Elizabeth Banks

Rated PG-13; 2 hrs. 20 min.

Thursday, September 10 – Guess Who's Coming To Dinner (1967)

A couple's attitudes are challenged when their daughter introduces them to her African-American fiancé.

Co-Starring: Spencer Tracy, Sidney Poitier & Katharine Hepburn

Unrated; 1 hr. 48 min.

Friday, September 11 – The Second Best Exotic Marigold Hotel (2015)

As the Best Exotic Marigold Hotel has only a single remaining vacancy—posing a rooming predicament for two fresh arrivals—Sonny pursues his expansionist dream of opening a second hotel.

Co-Starring: Judi Dench, Maggie Smith & Bill Nighy

Rated PG; 2 hrs. 2 min.

Saturday, September 12 – Where the Red Fern Grows (1974)

Where the Red Fern Grows is the heartwarming and adventurous tale for all ages about a young boy and his quest for his own red-bond hound hunting dogs.

Co-Starring: James Whitmore, Beverly Garland & Jack Ging

Rated G; 1 hr. 37 min.

This Week's Opportunities Sept. 6 - Sept. 12

SUNDAY • SEPTEMBER 6

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, Julie Barstow, CR

MONDAY • SEPTEMBER 7

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

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

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

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

5:30 p.m. ~ Tuttle Creek Supper, MR

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

TUESDAY • SEPTEMBER 8

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

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

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

5:30 p.m. ~ Intergenerational Day, CR

WEDNESDAY • SEPTEMBER 9

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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

10:00 a.m. ~ Worship 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. ~ 2nd Men's Club, LR

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

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. ~ 3rd Floor Meeting, CR

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

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

5:30 p.m. ~ KSU Gerontology Class, CR

6:30 p.m. ~ Artist Discussion with Beach Museum, KSU CR

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

THURSDAY • SEPTEMBER 10

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

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

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

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

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Red Hat Ladies Luncheon, KSU CR

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

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

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

4:00 p.m. ~ Center on Aging Lecture Series: Marymount College, KSU CR

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

FRIDAY • SEPTEMBER 11

Breakfast at Verna Belle's—Waffle or Pancake

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

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. ~ Resident Program: Youth Volunteer Corp of Manhattan, CR

SATURDAY • SEPTEMBER 12

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

Joke of the Week

Why did the golfer bring two pair of pants to the game?
In case he got a whole in one.