



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 17, 2015



Submitted by Becky Fitzgerald

Oink, Oink!! Plans are ongoing for our second annual HOGtoberfest to benefit Meadowlark Hills Foundation's Good Samaritan Fund. To promote and celebrate this event, set for Thursday, Oct. 29, at Cox Bros. BBQ, our HOGtoberfest mascot, Happy Hog, invites residents and staff to purchase a HOGtoberfest T-shirt. Shirts will be a darker gray as illustrated and cost \$10 each, with a few additional dollars required for sizes 2XL and larger.

Meadowlark Hills staff are supporting HOGtoberfest by paying at least \$1 to wear jeans on two days in October. Happy would like to see as many Meadowlarkians as possible wearing HOGtoberfest shirts on the second Jeans Day, which is Wednesday, Oct. 21.

If you'd like to join the fun and wear a T-shirt prior to the event or at the HOGtoberfest on the 29th, please register in the Blue Book by Wednesday, Sept. 23, indicating the size you'd like. Anyone who purchases a T-shirt will be entered into a drawing to win a barbecue meal for 10. this prize is courtesy of one of our HOGtoberfest sponsors, Cox Bros. BBQ.

Pay for your T-shirts with cash, check or credit card at the Hospitality Desk or indicate on the registration form that you'd like to add this cost to your October statement. Please see upcoming Meadowlark Hills Messengers for details of the event.

Shopping & Eating!

*Day trip to Hobby Lobby
& Olive Garden*

Happy shopping and happy eating! Meadowlark Hills will be taking a trip to Hobby Lobby, followed by a short drive over to Olive Garden Restaurant for an Italian lunch getaway!

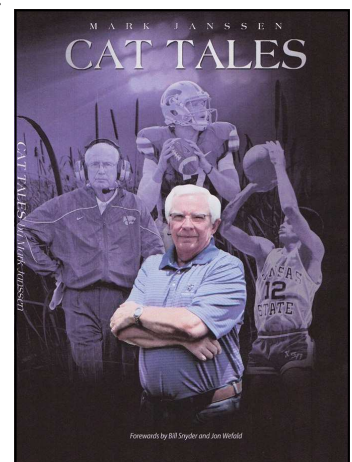
When? Where? Where do I sign up? Good questions! The group will be departing from the Village Entrance at 10:20 a.m. Thursday, Sept. 24, and will be returning to Meadowlark Hills between 12:45 p.m. and 1 p.m. If you are interested, a sign-up sheet is available in the Blue Book located at the Hospitality Desk. The cost for transportation is \$3 per person and lunch and shopping is the responsibility of the individual attending the trip.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 if you have any questions.

Cat Tales

Mark Janssen, author of Cat Tales, will be joining Meadowlark Hills at 7 p.m. Friday, Sept. 25, in the Community Room.

Mark will discuss and answer questions about his book "Cats Tales." Cat Tales is a 44-year project of KSU huddles and coming out with a 'humanizing' written tribute of the Wildcats that fans so wildly cheered. Essential for KSU fanatics, Cat Tales is a fine collection of work for K-State sport fans over the past four decades!



UPCOMING EVENTS & ANNOUNCEMENTS

Miller Fall Festival

Fall is here! Miller Place would like to invite you to a Fall Festival from 2:30 to 4 p.m. Thursday, Sept. 24, in the Community Room!

During the Fall Festival you will be able to make your own Autumn leaves, popcorn mix, play a little guessing games, and eat some finger foods! There will also be a Household challenge: Who can make the best pumpkin dessert?

Don't miss out on a fun, exciting and fall event!



Meadowlark Hills Mentors Program

The Meadowlark Hills Mentors program is currently looking for individuals who are interested in participating as mentors. Meadowlark Hills Mentors is a class designed to allow residents and pre-school aged children to interact in intergenerational activities. Activities will be designed to support residents in assisting children in learning about things such as the alphabet, counting, colors, the seasons and science, as well as life skills. Activities may include reading, playing games, singing or making simple crafts together. Students and residents will also work together on a service project which will be determined by the group.

The sessions are scheduled from 10 to 11:30 a.m. every other Monday beginning Monday, Sept. 28, in the KSU Classroom.

If you are interested in serving as a mentor, please plan on attending an informational meeting at 1:30 p.m. Monday, Sept. 21, in the Living Room. If you have questions, please contact Krystal Nelson at krystaldeschner@gmail.com, Monte Spiller at (785) 323-3801 or Sarah Duggan at (785) 323-3860.

Eyewear Adjustments

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, Sept. 26, in the Community Room. They will adjust eyeglasses for residents at no charge.

Brownbag Series

Bring a lunch and watch a televised class presentation on "Making Your Medication Work for You" at 12 p.m. Wednesday, Sept. 23, in the West Conference Room. Join Crystal Burkhardt, as she presents over tools that can help achieve personal health goals.

Marysville & Marshall County canceled

This Osher trip, scheduled for Friday, Sept. 25, is canceled. Osher and MLH staff apologizes for any inconvenience.

Exercise Classes canceled

The following exercise classes will be canceled:

- Monday, Sept. 21– Beginner Tai Chi from 12-1 p.m.
- Tuesday, Sept. 22– Advanced Tai Chi from 1-2 p.m.
- Wednes., Sept. 23– Beginner Tai Chi from 12-1 p.m.
- Monday, Sept. 28– Beginner Tai Chi from 12-1 p.m.
- Tuesday, Sept. 29– Beginner Tai Chi from 1-2 p.m.



Lunch Specials Sept. 20 – Sept. 26

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

Sunday, Sept. 20– Tater Tot Casserole with Soup or Chips	\$5.50
Monday, Sept. 21– Chicken Bacon Ranch Pizza	\$3.75/5.50
Tuesday, Sept. 22– Quesadilla Day	
Cheese – \$3	Chicken – \$4
Steak – \$5	
Wednesday, Sept. 23– Chicken Cordon Blue Panini with Soup or Chips	\$3.75/\$5.50
Thursday, Sept. 24– Loaded Baked Potato Soup with Side Salad	\$3.75/\$5.50
Friday, Sept. 25– Grilled Chicken with Potato Salad	\$3.75/\$5.50
Saturday, Sept. 26– Tuna Salad Sandwich with Soup or Chips	\$ 5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Video Worship Service

You're invited to watch a televised worship sermon by Reverend Dr. Daniel J. Brege titled "God's Salty Word," at 4 p.m. Wednesday, Sept. 23, in the Living Room.

The Romance of the Old Trade Routes

This Osher course traces old global trade routes in Asia, the Middle East, Europe and the United States, assessing the economic, political and military impact for each route.

Join Charlotte Kennedy Takahashi, as she teaches about the remains of the old trade routes from 2 to 4 p.m. Thursday, Sept. 24, at Via Christi Retirement Community. Transportation is provided and will depart from the Village Entrance at 1:30 p.m. If interested, please sign up in the Blue Book located at the Hospitality Desk.

Vespers Services

The Vespers service, led by Director of Volunteer Ministries, Jeanne Stinson, will begin at 7 p.m. Sunday, Sept. 20, in the Community Room. All are welcome.

Outdoor Encounters

Submitted by Sue Hunt

I went down to feed the worms Labor Day morning and although the wet weather has caused very tall ragweed the sunflower field is in full bloom.

Tall Joe-Pye weed has white fluffy tops and the snow on the mountain covers many bud areas. Thistles are making purple tufts. The big bluegrass flowering and the Indian grass has yellow top.

There are plenty of grasshoppers and if you can catch one, hold it upside down by the legs and it will become very still so you can see its spur throat or bond wings.

KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the Louisiana Tech Bulldogs at the Football Watch Party hosted in the Game Room Saturday, Sept. 19. The game will kick-off at 2 p.m. and refreshments will be served!



LETTER TO THE MESSENGER

A Note of Thanks

Submitted by Betty Kahler

What a wonderful birthday surprise from my friends at Meadowlark Hills! Things are as good as they can be and we're thankful to have found another caring home and to be close to family. We are 5 generations again!

Thank you. Thank you for remembering me—it means so much.

My Steamer Trunk

Submitted by Helen Roser

Before I ever heard the words "efficiency expert," I had a yen for doing things in what I thought was a "better way." So, as a single girl who moved often to a new room in the big city, I had a great idea. Instead of all those suitcases and boxes, why not have one simple case to enclose all?

At the luggage store, they showed me the handsome steamer trunk with its shiny black smooth leather and brass fittings. It cost a lot but it was so handsome. My own steamer trunk! I had visions of taking it on the Queen Mary. Meanwhile, all my stuff fitted into it, including my books and lamps, besides clothes. It weighed a ton, even empty, and with my stuff in it, it took three men to move it, midst of complaining and extra charges.

Then I married and moved around a lot, but always kept my steamer trunk. Then, out in California, we heard about

Walt Disney's "crazy idea of building a park out in the sticks in Orange County, among the orange groves." No one would lend him money, but he was determined and put up his house, furnishings, even the family sterling wedding presents to raise money.

I admired his determination and decided our family would go when it was built. I tried to think what I could sell to raise money. (As a wife, I couldn't humiliate my husband by working outside our home for pay.)

All I had that I could sell was my beloved steamer trunk. So I advertised it. To my surprise, a man called to say he wanted to see it. He came with a helper to lift it. I decided that a visit to Walt Disney's park for a family of four would cost about \$25, so my price for it was \$25.

The buyer counted out the \$25, mostly in ones, and told me he was going into "the theatre of so much despair and write a book about it." He shook my hand and said: "My name is Leon Uris."

Later, he was in the news a lot as he was evacuated when all his stuff was blown up in the terrible fighting.

Walt Disney got Disneyland built and we went there on its second week. The \$25 from my steamer trunk was used up and we had a great day.

Leon Uris came back and wrote his book, "Exodus." It was a huge hit and a big movie was made of it. My steamer trunk was smithereens, blowing on the wind. But it had been on a real steamer.

RESIDENT COUNCIL MINUTES

Meeting Date: August 3, 2015

Members Present: Sandra Emley, Don Rasmussen, Orris Kelly, Sharon Smith, Ed Lindly, Loren Alexander, Polly Ferrell, Janice Parsons, Jean Beatty, Marilyn Ray and Jo Call

Staff Present: Lonnie Baker, Sarah Duggan and Monte Spiller

Sandra Emley welcomed all meeting attendees.

Updates

1. General Update: Lonnie shared progress with the Honstead and Sloan renovations. The rooms in Sloan should be done within a day or two.
2. Honstead renovation will start at the completion of Sloan, with a time table of six weeks. The Renovation of the sun room and living room will follow.
3. Prairie Star renovations will start in the fall and should take about 35 days. Due to Prairie Star being closed, Verna Belle's will be open 5pm to 8pm in addition to its normal hours. On Tuesday and Thursday's, Prairie Star will continue to have its buffet meals, being held in the game room. Delivery fee will be waived for orders during the period of construction.
4. Building and Grounds Update: Loren Alexander & Ed Skidmore expressed there are six operating bee hives on campus. They have produced over 700 pounds of honey to date. They also stated that plans to clean the community garden shed will start next week.
5. Board Update: Jean Beatty reported on the board meeting. Larry Fox, the chair welcomed the new members, which included Ross Gryniewicz, Kay Stith and Sherry Nelson. Lonnie Baker gave the Executive Report, which included updates on renovations, and Long Term Care issues. The Committees reported the following: Executive Committee will meet on August 20, Chris Nelson reported for the Finance Committee, stating four motions were approved by the Board including a motion to develop a dementia program. Marketing and Residents Committee will meet on September 29, Personnel Committee will meet on September 17, Nominating and By-Law Committee will meet on October 27 and Foundation will have the Auction on September 1. Long Term Planning had no information to report.

Lonnie spoke about Hogtoberfest which will be held on 10/29/2015.

Approval of July Minutes:

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

New Business:

1. Sandy Emley asked the floor reps to take time during their floor suppers and review different policies. A copy of the policies will be available in a notebook that will be stored at the hospitality desk.
2. Don Rasmussen reminded residents that the Speedy PD was coming up soon on August 29. At this point it is bigger and better, which includes more team entries. More than half the people out of the 77 in the Parkinson's program are expected to be in attendance. There will a wide range of competitor's participating. The Speedy PD brought in about \$50,000 last year and is expected to match and exceed that amount this year.

Old Business:

1. The Community Room Chairs will be replaced before the end of June of this fiscal year being July 2015 – June 2016.
2. The Employee Gift Committee met and decided on responsibilities. The Committee Members are Sharon Smith, Pat Vogt, Orris Kelley and Duane Miksch.
3. Removal of certain crosswalks will take place after rumble strips are installed.

Additional Discussion Topics:

1. Ambassadors have been very active on campus. They have served at the Fourth of July Celebration, Open House Tours, Friday night events, new resident breakfasts and will also be helping out with the upcoming auction on September 1.

RESIDENT COUNCIL MINUTES CONT.

2. Questions about Pond rides, and when the path would be completed were brought up. It was understood that the path was not completed, but golf cart rides around campus were still available.

	Brief Description	Action to be Taken	Leader	Status
1.	Pond Rides & Path	Follow Up	Sarah Duggan	Pending
2.	Accuracy of Messenger	Follow Up	Sarah Duggan	Pending

ASK SARAH

No more sales calls, please!

Submitted by Sarah Duggan

How many of us can think of *multiple* times that we have been called by a telemarketer – and the funny thing is, they always call at the most inconvenient times such as in the middle of dinner or when you are walking out the door. Some of us might argue that anytime a telemarketer is calling, whether you have the time to deal with it or not, is inconvenient. A possible solution to this problem is the National Do Not Call Registry.

By adding your number to the Do Not Call Registry (a free service), you can reduce the number of unwanted sales calls. However, the registry information found online notes that this may not get rid of the calls in their entirety. Most legitimate companies won't call you if your number is on the Registry. If a company is ignoring the Registry, there's a good chance that the call is a scam.

Always hang up on illegal sales calls. Don't interact in anyway, including pressing buttons to be taken off the call list or to talk to a live person. If you are contacted by a company that you suspect is illegitimate, especially if you have already added your number to the Registry, hang up and file a complaint with the Federal Trade Commission (FTC).

Since 2009, the FTC has seen a significant increase in the number of illegal sales calls – particularly automated or robocalls. This is due to advances in technology, which makes it cheap and easy for scammers to make illegal calls from anywhere in the world, and to display fake caller ID information.

You can register for the National Do Not Call Registry online by visiting www.donotcall.gov, or via phone by calling 1-888-382-1222 from the phone you want to register. If you register online, you will receive a confirmation e-mail from donotcall.gov. You must click on the link in the e-mail within 72 hours to complete the registration. Phone calls should stop or slow down within 31 days from adding you number to the Registry. The Do Not Call Registry prohibits **sales** calls. You still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls.

To file a complaint, visit donotcall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236). You can verify your number is on the Registry by visiting the website or calling 1-888-382-1222.

If you need assistance with checking on the National Do Not Call Registry, adding your number to the list or filing a complaint – please contact Monte Spiller, Resident Services Leader, at 323-3801. See you next week and thanks for stopping by!

EVENTS & ANNOUN. CONT.

Take me out to the Ball Game

A friendly reminder that the trip to Kauffman Baseball Stadium at 7:05 p.m. Friday, Sept. 25, to watch the Royals take on the Cleveland Indians is right around the corner! The bus will be departing from the visitor parking area by Prairie Star Patio at 1 p.m. We ask for you to please arrive by 12:30 p.m.



Writing for the Soul

Every first and third Tuesdays (and the fifth Tuesday when they come around!), a group of talented residents gather in the Living Room four an hour in the afternoon to exercise their writing skills and learn new techniques from their fearless leader. The most recent leader of the Meadowlark Hills Writing Group, Charlie Kempthorne, led his last class Tuesday, Sept. 1, as he and his wife will be moving from Manhattan to be closer to family.

The group is excited to announce that a new leader has stepped in to fill Charlie's shoes. Catherine Hedges is a writer, mentor and teacher who will began her time leading the Meadowlark Hills Writing Group Tuesday, Sept. 15. Writing is an excellent way to exercise your mind and stimulate your soul -writing can keep you well! If you are interested in joining the Writing Group, please contact Monte Spiller at 323-3801.

DRINK SPECIAL



Sept. 21 to Sept. 26
Royal Washington Apple

3 oz Maker's Mark Bourbon
1 oz Green Apple Vodka

\$3.75

Joke of the Week

Last week at Walmart I had a big bag of Happy Dog Chow in my cart, and as I passed a woman shopper she asked me if I had a dog.

What did she think I had, a giraffe?

Well, I'm retired and always on the lookout for fun, so I told her I didn't actually have a dog, but I was starting on the "Happy Dog" diet again.

"It's really simple" I said. "You just keep your pockets full of Happy Dog chunks, and every time you feel your stomach rumble you just pop a couple in your mouth. It's nutritionally complete, has lots of fiber, and last time I lost 25 pounds."

A few more people had stopped and were listening by this time, and they all seemed mesmerized. When you live long enough to be retired, you realize people will believe anything if you make it interesting.

So I really cranked it up and said, "Even though it worked great and I lost weight, I'm not sure it's a good idea, because last time I wound up in intensive care."

The woman opened her eyes wide and asked, "Were you poisoned by the dog food?"

"No," I said. "I ran into the street to sniff a Golden Retriever's butt and a motorcycle slammed into me."

TOWN MEETING NOTES

Sept. 14, 2015 **Gift Committee, Sandy Emely**

Sandy announced that it is that time again to thank employees at Meadowlark Hills for their hard work. She introduced her Gift Committee: Sharon Smith, Pat Vogt, Orris Kelly and Duane Miksch. Residents will be receiving letters soon with guidelines on how to make contributions if you wish to do so.

Welcome, Monte Spiller

Monte welcomed the Town Meeting attendees. Four new residents introduced themselves: Bob & Carla Cranmer, Susan Scott and Evelyn Brown.

Campus Update, Lonnie Baker

Lonnie spoke about spending three days at the LeadingAge Conference last week where they discussed identifying needs and how to fix them. Renovations for Prairie Star will begin Monday, Sept. 21. More phases are emerging including construction in front of the Physician's Office and the sunroom in Honstead and Sloan Houses.

Health Services Update, Annie Peace

Renovations for Honstead and Sloan resident homes are at the end of their construction and finishing up the last four rooms. Renovation for the sunroom will begin soon and will last until May. The concrete work outside of the Physician's Office will be finished the second of October. The West gazebo is done and the trail leading to the gardens is almost completed. Discussions about the Third, Fourth and Fifth Floor renovations will be starting soon.

Support Services Update, Jayme Minton

Jayme introduced Trysta Williams, the new Human Resources Leader. Jayme has been following up with questions regarding the renovations happening. If residents have more questions—she asked to send them her way.

Community Relations Update, Sarah Duggan

Jeff Heidbreder, Fitness Leader, was nominated for his 2015 Wellness Challenge. Sarah announced that Jeff won the Workforce Excellence award and received the award in Kansas City at the LeadingAge Awards Dinner. Sarah congratulated Jeff for his great work! Sarah also congratulated Michelle Haub for her excellent work at the 7th Annual Speedy PD Race that raised over \$60,000 this year. Over 700 participated in the walk/run and were acknowledged in the Manhattan Mercury twice! Michelle will also begin full time at Meadowlark Hills and will be expanding the Parkinson's Program and working with the Memory Support Program.

Financial Update, Rita Harsch

Rita went over V.A. benefits with the Town Meeting attendees. She explained that there is money out there with names on it if a resident is a veteran or married a veteran. V.A. has made it is easier and quicker for applicants to qualify.

Osher Fall Semester, Jim Peters

Jim Peters went over Osher courses and special events across the Manhattan city area. Jim announced that they will be helping with registration and questions after Town Meeting. For more details about Osher courses please check upcoming Messengers.

Announcements, Monte Spiller

Monte introduced our newest additions to the Hospitality Desk team: Robin Irvin and Mattie King who will be working full-time at the Reception and Hospitality Desks.

Adjourn

Submitted by Magye Loya

FOUNDATION NEWS

In Honor of Those
Living & Passed

Aug. 2015

Betty Albright

Bonnie Rapp

Chuck Ehmke

David Stevenson

Dorothy Horsch

Team Don Rasmussen

Elsie Thompson

Jean Limbocker

Jerry Taggart

John Blythe

John Dollar

Marcia Smies

Nancy Hogan

Ralph Turnquist

Ralph Miller

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

PRAIRIE★STAR RESTAURANT

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

Sept. 20 - Sept. 26

Includes beverage, starter and dessert.

No reservations will be taken during renovations. Lunch & dinner will be served Monday to Friday in the Kansas Room & Game Room. Verna Belle's is open for sitting during dinner. Delivery fee is waived and to go orders can be placed and picked up in the Pub.

SUNDAY	Sept. 20 ~ Lunch \$11	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable of the Day
MONDAY	Sept. 21 ~ Lunch \$8 **	Dinner \$12
	Grilled Chicken with Plum Sauce Stir Fry Pork with Chinese Noodles Steamed Rice Carrots and Broccoli	Roast Pork Loin with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable of the Day
TUESDAY	Sept. 22 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Shrimp and Grits Vegetable of the Day
WED.	Sept. 23 ~ Lunch \$8 **	Dinner \$13
	Stewed Cajun Chicken Roast Brisket with Mushroom Sauce Dirty Rice Carrots	Mozzarella Stuffed Meatloaf with Marsala Sauce Roasted Red Potatoes Vegetable of the Day
THURS.	Sept. 24 ~ Lunch \$7	Dinner \$14
	Pasta Bar (does not include drink, starter or dessert)	Broiled Salmon with Herb Mustard Glaze Blue Cheese Mashed Potatoes Vegetable of the Day
FRIDAY	Sept. 25 ~ Lunch \$8 **	Dinner \$12
	Ham Loaf Fried Cod with Tartar Sauce Scalloped Potatoes Stewed Zucchini	Chicken Fettuccini Alfredo Vegetable of the Day Garlic Toast
SAT.	Sept. 26 ~ Lunch \$7	Dinner \$12
	Fried Chicken Sandwich French Fries Coleslaw	Cornish Game Hen with Bigarade Sauce Risotto Vegetable of the Day

*You may substitute an extra vegetable for the starch

** Buffet Style (Includes Small Salad Bar, Condiments & Dressings, and the Soup Of The Day)

Grosh Cinema Movies

Sunday, September 20 - Saturday, September 26

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

2 and 6 p.m., Sunday

Sunday, September 20 – Annie's Point (2005)

Determined to fulfill her husband's final wish, Annie Eason plans to spread his ashes from a bluff they nicknamed, "Annie's Point." When her son Richard tries to stop her, Annie embarks on a cross-country road trip with her granddaughter, Ella.

Co-Starring: Betty White, Richard Thomas & Amy Davidson

Rated G; 1 hr. 27 min.

Monday, September 21 – Charlotte Gray (2001)

A young Scottish woman joins the French Resistance during World War II to rescue her Royal Air Force boyfriend who is lost in France.

Co-Starring: Cate Blanchett, James Fleet & Abigail Cruttenden

Rated PG-13; 2 hrs. 1 min.

Tuesday, September 22 – Dirty Dancing (1987)

Spending the summer in a holiday camp with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle.

Co-Starring: Patrick Swayze, Jennifer Grey & Jerry Orbach

Rated PG-13; 1 hr. 40 min.

Wednesday, September 23 – Frontera (2014)

A former Arizona sheriff's wife is killed while riding on their ranch property. It would appear a Mexican man illegally crossing into the U.S. is at fault. As the former and the current sheriff search for answers, lives are changed forever.

Co-Starring: Ed Harris, Eva Longoria & Michael Pena

Rated PG-13; 1 hr. 43 min.

Thursday, September 24 – Rudy (1993)

Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

Co-Starring: Sean Astin, Jon Favreau & Ned Beatty

Rated PG; 1 hr. 54 min.

Friday, September 25 – Diplomacy (2014)

A historical drama that depicts the relationship between Dietrich Von Choltitz, the German military governor of occupied Paris and Swedish consul-general Raoul Nordling.

Co-Starring: Andre Dussollier, Niels Arestrup & Burghart Klaussner

Not rated; 1 hr. 24 min.

Saturday, September 26 – Black Beauty (1946)

Widower Squire Weldon, trying to raise his motherless daughter, Anne, presents her with a colt, Black Beauty, in the hope that by disciplining the horse, she may learn to discipline herself.

Co-Starring: Mona Freeman, Richard Denning & Evelyn Ankers

Rated PG; 1 hr. 14 min.

This Week's Opportunities September 20 - September 26

SUNDAY • SEPTEMBER 20

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, Jeanne Stinson, CR

MONDAY • SEPTEMBER 21

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

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. ~ Meadowlark Hills Mentors Info Meeting, LR

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

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

3:00 p.m. ~ MLH Singers Practice, CR

5:30 p.m. ~ 5th Floor Supper, LR

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

TUESDAY • SEPTEMBER 22

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

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. ~ 3rd Floor Supper, CR

WEDNESDAY • SEPTEMBER 23

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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. ~ Brownbag Lunch Series, CON

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

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

1:30 p.m. ~ Pitch, GR

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

3:00 p.m. ~ Unitarian Universalist Fellowship, KSU CR

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

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

5:30 p.m. ~ 1st Floor Supper, CON

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

THURSDAY • SEPTEMBER 24

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

10:20 a.m. ~ Depart for Hobby Lobby & Olive Garden Day Trip, VE

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

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

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

1:30 p.m. ~ Depart for Osher Class: Old Trade Routes, VE

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

3:00 p.m. ~ Miller Fall Festival, CR

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

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

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

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

FRIDAY • SEPTEMBER 25

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. ~ Depart for Kauffman Stadium for Royals Game, Prairie Star Patio visitor parking area

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: Cat Tales, CR

SATURDAY • SEPTEMBER 26

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

3:00 p.m. ~ Alex's Affordable Eyewear, CR

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