



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 24, 2015

## Deck the Halls

### *Recent donations boost Meadowlark Hills' Art Collection*

*Submitted by Becky Fitzgerald*

The calendar says it's September, but for the past several months, Art Committee members could be convinced it's Christmas time. Since last spring, various potential donations of fine art and decorative art (framed posters, etc.) have been presented at each of our first Friday-of-the-month meetings for consideration. I believe I speak for a majority of members in saying that it's been a treat to examine and/or research the proposed gifts. Once accepted, we have the fun of determining where the donations will hang, and then are happy to see them add interest to our hallways or common areas.

Several of our recent donations to our fine art collection have come from residents. These works include "Water Window", an acrylic painting by Jean M. Ponte, 2251 Meadowlark Road. This depiction of lily pads first was on loan and hanging with two other Ponte paintings on the New Art Wall near the game room. After that exhibit, Ponte agreed to donate one of the three, and "Water Window" can now be seen on second floor, south of apt. 223.

The late Robin Higham donated a 14-print collection titled Wichita's First 50 Years. Several years ago, the Wichita Art Museum supported local artists by sponsoring this portfolio of early day Wichita scenes. Ed and Jo Lindly, apt. 508, paid to have four of the prints framed, and these now hang on third floor near the northeast elevator.

Two prints accepted into our collection but not yet hanging are "The Uptown Band Unplugged" by Manhattan artist and writer Ann L. Carter, and a signed Woody Crumbo print called "Young Brave". The Carter work, signed, titled and numbered by the artist, was donated by Manhattan resident Charles

Kemphorne, who has coached and encouraged several residents to write their personal histories during classes

on our campus. "Young Brave," produced from a 1968 painting, was donated by Pat Niernberger, 1215 Meadowlark Valley. Woodrow Wilson "Woody" Crumbo (1912-1989) was a Potawatomi Indian who lived and/or worked in Oklahoma, Kansas, New Mexico and Mexico. Six Crumbo murals grace the Dept. of the Interior Building in Washington, D.C.

The Uptown Band print features three members of that group, which was organized in the early 1990s at the Manhattan senior center and directed for about 10 years by Donna McCallum, a former



Meadowlark Hills employee. McCallum identified the female band members (from left to right and dressed in black) as Louise Crump, sister of Passport member Marjory Bayer, Ida Thomas and Ruth Sartain. The band in its heyday had about 45 members, entertaining at local schools, nursing facilities and even at weddings. Watch for these donated prints to appear on the New Art Wall, and see future Messengers for photos and information pertaining to other donated works. There are too many to describe in one story!

The Art Committee and Meadowlark Hills Foundation appreciate these artistic gifts and welcome others. A donor may complete a Gift-in-Kind form to submit for a charitable tax deduction; forms are available by contacting me at (785)-323-3843.



## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

When an actress saw her first strands of gray hair, she thought she'd dye.

Jokes about German sausage are the wurst.

### Outdoor Encounters

*Submitted by Don Rasmussen*

Breakfast is served! Many mornings I find as many as five deer eating corn at the feeder near Bayer Pond. They have come to associate the sound of the feeder thinking corn (each morning at 7 a.m.) with a favorite breakfast.

If you approach from down wind and move very slowly they will permit you to get as close as 25 feet as this beautiful doe and three month old fawn did to me.

She will soon tell the youngsters that she can mate again by November as the weather and food remain favorable—she may well carry twins. I believe the other three deer are mature does. Stay tuned to follow the lives of this graceful creatures!



### Appreciation Gift for Staff

The IL Resident Council wishes to remind all residents that this is the time of year we recognize the work of our outstanding staff here at Meadowlark Hills. As you know, there is a no tipping policy and our way of expressing our thanks to them is to give generously to our Appreciation Fund.



You should have received your letter from the Committee by this time. The deadline for your contribution will be Monday, Nov. 9, through Wednesday, Nov. 11. We encourage you to remember the many ways in which the staff has served you and give generously.

Your gifts may be left at the Hospitality Desk or they can be mailed to 2121 Meadowlark Road, Manhattan, KS 66502.

Thank you from the Gift Committee: Orris Kelly, Duane Miksch, Sharon Smith and Pat Vogt.

### Diabetes Support Group Meeting

The Diabetes Support Group will be meeting at 1:30 p.m. Wednesday, Sept. 30, in the KSU Classroom. Jeff Heidbreder, Fitness Leader, will be guest speaking about exercise and diabetes.



## Lunch Specials Sept. 27 – Oct. 3

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

Sunday, Sept. 27– Loaded Chicken & Potato Bake with Soup or Chips	\$5.50
Monday, Sept. 28– Grilled Ham & Cheese with Soup or Chips	\$3.75/5.50
Tuesday, Sept. 29– Triple Meat Pizza	\$3.75/\$5.50
Wednesday, Sept. 30– Bierocks with Soup or Chips	\$5.50
Thursday, Oct. 1– White Chicken Chili with Cornbread	\$3.75/\$5.50
Friday, Oct. 2– Nacho Burger with Broccoli Salad	\$5.50
Saturday, Oct. 3– Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### The Vietnam War

This Osher class examines the Vietnam conflict, as one of the longest and most divisive wars in American history. Today, fifty years later, Americans are still living with its legacy.

The first class, Tuesday, Sept. 29, considers the French involvement in the aftermath of WWII, the rise of Vietnamese nationalism and communist influence, and America's initial involvement. The second and third class, Tuesday, Oct. 6, and Tuesday, Oct. 13, will dive into America's military commitment, major military operations, and the Tet Offensive.

Join Robert Smith, Director of the Fort Riley Museum with a doctorate in history from Kansas State University, as he examines the social and political unrest in the U.S. that contributed to America's gradual withdrawal from 6:30 to 8:30 p.m. in the Community Room at Meadowlark Hills.



### MLH Ambassador Clothing Drive

Although we are a little less than a month and a half away, the Meadowlark Hills Ambassadors want to get the word out about this year's Ambassador's Clothing Drive from 8 a.m. to noon, Friday, Oct. 30, in the Living Room. We encourage residents and staff to bring any clothing items that can benefit others. More details coming soon!

### Pickering Piano Group

Students represented by the Pickering Family Piano Studios will be presented in recital at 7 p.m. Friday, Oct. 2, in the Community Room. The three teachers whose students will be performing are Dr. David Pickering, Associate Professor of Music at Kansas State University, his wife Melinda Pickering, a piano teacher in the Manhattan community and a student pursuing a Master of Music degree in Piano Pedagogy at KSU, and their daughter Audrey, a piano student of Dr. Tanya Allston and a junior in high school. Audrey also assists Michael Oldfather during our Meadowlark Hills Singers Practices.

### 7th Annual Visions of the Flint Hills Benefit and Sale

The opening of the 7th Annual Visions of the Flint Hills Benefit and Sale is set for Friday, Oct. 2, from 6 to 9 p.m., at the Buttonwood Art Space, in Kansas City, Missouri. There is a VIP reception from **4 to 6 p.m.**, which Meadowlark Hills residents are invited to attend. The gallery exhibition includes a collection of artists' work derived from and inspired by the Flint Hills of Kansas and the Great Plains. Purchases of art during this exhibit will benefit the research education and preservation of The Flint Hills.

A portion of the sale compensates the artists for their beautiful art and remainder goes to the Friends of Konza Prairie Organization; Buttonwood Art Space takes no commission. Come celebrate the unique landscape of the Flint Hills and help protect it for future generations. The artists have created beautiful paintings, photographs, sculptures in metal and fiber, all depicting the Flint Hills. You will be able to meet participating artists at the Opening Reception.

The cost for this event is \$25 per person, which includes the price of admission and transportation to the event in Kansas City. The bus will depart from the Village Entrance at 1:45 p.m. and a sign-up sheet is available in the Blue Book at the Hospitality desk.

Any questions can be directed to Monte Spiller, Resident Services Leader, at 323-3801.

## LETTER TO THE MESSENGER

### Poem

*Submitted by Wilma Hafenstein*

Meadowlark Hills is a good place to live in your retirement age.

Whether alone or still part of a pair.

So many options are available here: page after page.  
Whatever your needs are you'll have very good care.

The staff are all wonderful and treat us so fine,  
Each one is ready to help at the least little sign.

You can choose among things around here to do,

Or stay in your room all day: that's OK too.

They respect your wishes here; what you do is your choice.

And they are sure to listen to any ideas you care to voice.

The Dining room is elegant and has good food,  
Or you can cook your own meals if that is your mood.

I love living here; it's good to feel safe and secure.

Such a happy environment is quite the allure.  
Everyone is so loving and friendly you'll feel from the start.

This is one big happy family of which you'll want to be a part.



## EVENTS & ANNOUNCEMENTS

### Hobby Lobby & Olive Garden Day Trip

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. today, Sept. 24, and will be returning to Meadowlark Hills between 12:45 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.

### Vespers Services

The Vespers service, led by Director of Volunteer Ministeries, Jeanne Stinson, will begin at 7 p.m. Sunday, Sept. 27, in the Community Room. All are welcome.

### 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. today, Sept. 24, at Via Christi Retirement Community. The second class will be Thursday, Oct. 1, at the same time and location. 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.

## Walmart/Dillon's Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation goes to the following locations: Walmart and Dillons.



The next trip departs at 10 a.m. Wednesday, Sept. 30, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

DRINK SPECIAL



**Sept. 28 to Oct. 3**  
**Bulleit Manhattan**

3 oz Bulleit Whiskey  
1.5 oz Sweet Vermouth  
Dash of Bitters  
Maraschino Cherry

**\$3.75**

### 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, contact Krystal Nelson at [krystaldeschner@gmail.com](mailto:krystaldeschner@gmail.com), Monte Spiller at (785) 323-3801 or Sarah Duggan at (785) 323-3860.

### Exercise Classes canceled

The following exercise classes will be canceled:

- Monday, Sept. 28– Beginner Tai Chi from 12 to 1 p.m.
- Tuesday, Sept. 29– Beginner Tai Chi from 1 to 2 p.m.

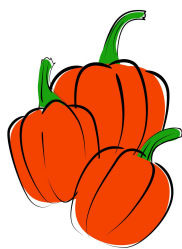
### Eyewear Adjustments

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.

## Miller Fall Festival

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

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



## 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!

## Transportation to Arts in the Park

Transportation will be available to the Arts in the Park events Sunday, Oct. 4. The bus for the MHS Pops Choir will depart at 4 p.m. and the bus for the Cherokee Maidens & Syamore will depart at 5:30 p.m. The bus will be departing from the Village Entrance and cost is \$3 per person. The sign-up sheet is available in the Blue Book.

## Brownbag Series

Bring a lunch and watch a televised class presentation on "What Will I do With All This Stuff?" at 12 p.m. Wednesday, Oct. 7, in the West Conference Room. Join Irene Starr and Maril Carbtree, as they both present over downsizing, why now is the best time to downsize (you may be surprised by some of the reasons) and look for options for how to.

## Part D Prescription Drug Open Enrollment for Year 2016

It is that time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills Wednesday, Nov. 18. Sign-up sheets will be available in the Blue Book located at the Hospitality Desk starting Thursday, Oct. 1.

## No Grosh Cinema 7 p.m. Showing

There will be no 7 p.m. movie showing Monday, Sept. 28. MLH staff apologizes for any inconvenience and thank you for your patience!

## Technically it's time to go digital!

*Submitted by Sarah Duggan*



It was announced a while ago that Cox Communications would be going digital for all television services. For those of us who don't have a digital box for our cable already (this is something you would have had to sign up and pay extra for directly through Cox), then we'll need a new "mini box" to continue receiving our television channels.

The dates for the new box installation have been scheduled! Two technicians will be here to start the process Wednesday, Sept. 30. They will begin on the first and second floors, Independent Living and the Community Center. Five technicians will be on campus participating in the project Thursday, Oct. 1; Friday, Oct. 2; and Monday, Oct. 5. The order of installation will be as follows:

- Community Center & first floor IL apartments
- Second floor IL apartments
- Third floor IL apartments
- Fourth floor IL apartments
- Fifth floor IL apartments
- Cottages, duplexes and garden apartments starting at Kimball Avenue followed by the Valley, Meadowlark Road, Meadowlark Circle and North Meadowlark Road ending at Tuttle Creek Blvd.
- Assisted Living (Miller Place and Tinklin Pointe)
- Long-term Care, Special Care & Transitional Care households

The installation will be from 9 a.m. to 5 p.m. each day listed above, with a break for lunch from noon to 1 p.m. Each technician will be escorted by a Meadowlark Hills employee at all times. Residents do not need to be present at the time of installation. If you have questions regarding the new digital box installation process, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

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. 27 - Oct. 3

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 only. Delivery fee is waived and to go orders can be placed and picked up in the Pub.

SUNDAY	Sept. 27 ~ Lunch \$10	Dinner \$11
	Philly Sandwich French Fries Cole Slaw	Ham & Beans Cornbread Vegetable of the Day
MONDAY	Sept. 28 ~ Lunch \$7 **	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Chicken Milanese Wild Rice Vegetable of the Day
TUESDAY	Sept. 29 ~ Lunch \$6 **	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Almond Crusted Pork Tenderloin with Balsamic Plum Sauce Polenta Vegetable of the Day
WED.	Sept. 30 ~ Lunch \$8 **	Dinner \$12
	Grilled Lemon Pepper Chicken Baked Ham Pineapple Sauce Soft Polenta Peas	Lasagna Garlic Toast Vegetable of the Day
THURS.	Oct. 1 ~ Lunch \$7 **	Dinner \$12
	Deli Bar (does not include drink, starter or dessert)	Baked Chicken Legs Mashed Sweet Potatoes Vegetable of the Day
FRIDAY	Oct. 2 ~ Lunch \$8 **	Dinner \$13
	Balsamic Glazed Chicken Tator Tot Casserole Roasted Vegetables	Shrimp & Chicken Penne with Spinach, Portabellas, Sun Dried Tomatoes & Basil in a Sherry Garlic Sauce Garlic Toast Vegetable of the Day
SAT.	Oct. 3 ~ Lunch \$10	Dinner \$15
	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day	Steak Night Baked Potato Vegetable of the Day

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

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

## Grosh Cinema Movies

Sunday, September 27 - Saturday, October 3

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

2 and 6 p.m., Sunday

### **Sunday, September 27 – Penguins of Madagascar: The Movie (2014)**

Skipper, Kowalski, Rico and Private join forces with undercover organization, The North Wind, to stop the villainous Dr. Octavius Brine from destroying the world as we know it.

**Co-Starring: Tom McGrath, Chris Miller & Christopher Knights**

**Rated PG; 1 hr. 32 min.**

### **Monday, September 28 – Double Jeopardy (1999)**

*\* There will be no 7 p.m. showing today*

A woman framed for her husband's murder suspects he is still alive; as she has already been tried for the crime, she can't be re-prosecuted if she finds and kills him.

**Co-Starring: Ashley Judd, Tommy Lee Jones & Bruce Greenwood**

**Rated R for language, a scene of sexuality & some violence; 1 hr. 45 min.**

### **Tuesday, September 29 – The Guardian (2006)**

A high school swim champion with a troubled past enrolls in the U.S. Coast Guard's "A" School, where legendary rescue swimmer Ben Randall teaches him some hard lessons about loss, love, and self-sacrifice.

**Co-Starring: Kevin Costner, Ashton Kutcher & Sela Ward**

**Rated PG-13; 2 hrs. 19 min.**

### **Wednesday, September 30 – The Legend of Bagger Vance (2000)**

A down-and-out golfer attempts to recover his game and his life with help from a mystical caddy.

**Co-Starring: Will Smith, Matt Damon & Charlize Theron**

**Rated PG-13; 2 hrs. 6 min.**

### **Thursday, October 1 – Anna Karenina (1948)**

A married woman's affair with a dashing young officer has tragic results.

**Co-Starring: Vivien Leigh, Ralph Richardson & Kieron Moore**

**Not Rated; 2 hrs. 19 min.**

### **Friday, October 2 – Freedom (2015)**

A slave gunning for freedom. A ship captain grappling with what's right. Two journeys intertwined, 100 years apart.

**Co-Starring: Cuba Gooding, Jr., William Sadler & Bernhard Forcher**

**Rated R for some violence; 1 hr. 33 min.**

### **Saturday, October 3 – After the Ball (2015)**

After a young fashion designer runs afoul of her corrupt stepmother and stepsister, she dons a disguise to help save the family business for her father.

**Co-Starring: Portia Doubleday, Marc-Andre Grondin & Chris Noth**

**Not Rated; 1 hr. 41 min.**

# This Week's Opportunities September 27 - October 3

## SUNDAY • SEPTEMBER 27

*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 28

*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

10:00 a.m. ~ Meadowlark Hills Mentors, KSU CR

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

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

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

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

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. ~ Eastside Supper, CON

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

## TUESDAY • SEPTEMBER 29

*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

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

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

6:30 p.m. ~ Osher Class: The Vietnam War, CR

## WEDNESDAY • SEPTEMBER 30

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

9:00 a.m. to 5 p.m. ~ Cox Cable Mini Box Install

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

10:00 a.m. ~ Walmart/Dillon's Shopping Trip, VE

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

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

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

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

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Diabetic Support Group, KSU CR

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

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

## THURSDAY • OCTOBER 1

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

9:00 a.m. to 5 p.m. ~ Cox Cable Mini Box Install

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

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

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

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. ~ Parkinson's Education Group, CR

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

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

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

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

## FRIDAY • OCTOBER 2

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

9:00 a.m. to 5 p.m. ~ Cox Cable Mini Box Install

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

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

9:30 a.m. ~ Art Committee, LR

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

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

12:30 p.m. ~ Mending Angel, GR

1:00 p.m. ~ Hand & Foot Card Games, GR

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

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

1:45 p.m. ~ Depart for Kansas City: Buttonwood Art Display, VE

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

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

7:00 p.m. ~ Resident Program: Pickering Piano Group, CR

## SATURDAY • OCTOBER 3

*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