



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 1, 2015

## Hog Heaven

### *2<sup>nd</sup> annual HOGtoberfest to benefit Good Samaritan Fund*

*Submitted by Becky Fitzgerald*

Friends of Meadowlark Hills have a fun and tasty opportunity to support the Meadowlark Hills Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Thursday, Oct. 29. Brothers Bud and Bobby Cox, sons of Meadowlark Hills residents Newton and Ellie Cox, pledge to donate 10% of that day's proceeds to the Fund.

Food specials on Oct. 29, at Cox Bros. BBQ, 223 McCall Road, include pulled pork sliders for \$2 each, available from the restaurant's opening to closing at 9 p.m., and a hog roast buffet beginning at 6 p.m. In addition, anyone who makes a Cox Bros. BBQ purchase on Oct. 29 may register to win a door prize: a barbecue meal for 10! Residents and employees who purchased a HOGtoberfest T-shirt also will be entered to win the door prize. The package includes two meats, two sides as well as buns, sauce, pickles and disposable dinnerware.

Two new additions this year at the barbecue restaurant are a nod to traditional Oktoberfest favorites. Live music will be provided by accordion player Rusty Schwerdt, and a beer tasting and buying station will be operated by Flint Hills Beverage.

HOGtoberfest would certainly be fun with just barbecue, brews and music, but keep reading, there's more! In order to create additional opportunities to raise money and awareness for the Good Samaritan Fund, a Hog & Kisses Contest will begin Oct. 1, and chances will be sold for two prizes: a Louisiana Grill package and a K-State Football Experience.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a baby hog shortly after 6 p.m. on Oct. 29 at Cox Bros. Our little hog was born a few weeks ago at Doug & Clara Ebert Farms, St. George, so her snout will be just the right size for smooching by the end of October.

The kissing candidates are our own Lonnie Baker, Meadowlark Hills CEO; Lori Bishop, executive director of the Flint Hills Volunteer Center; Bud Cox, co-owner of Cox Bros. BBQ and Coco Bolos restaurants; Vern Henricks, president and CEO at Greater Manhattan Community Foundation, and Kevin Lull, commercial lender at Intrust Bank and a member of the Meadowlark Hills Board of Trustees. Last year, KSU Chief of Staff Jackie Hartman, daughter of Meadowlark Hills resident Pat Hartman and one of our Foundation board members, was our top vote-getter and pig kisser, with Lonnie coming in second.



Vote for the candidate of your choice by donating online beginning Oct. 1 at [www.meadowlark.org](http://www.meadowlark.org). Persons who'd like to vote for Lonnie also may do so by placing cash or a check in his hog jar, which will be located at the Hospitality Desk.

The grill package, with a retail value of \$1,100.75, includes a Louisiana Grill LG700 series grill/

smoker, a quick-move side shelf, a 40-pound bag of wood pellets and a \$200 gift card that may be used at The Backyard Kitchen for outdoor cooking accessories, such as pellets, sauces, rubs, etc.

The K-State Football Experience, available on Nov. 21 when the Wildcats meet the Iowa State Cyclones at Bill Snyder Family Stadium, features an all-you-can-eat-and-drink pre-game meal with the Cox Brothers at their tailgate party spot in Cat Town, two prime, chairback seats for the game and a football signed by college football Hall of Fame coach Bill Snyder. The game tickets/seats, donated by Meadowlark Hills resident Kip Williams, are located on the stadium's west side at the top of section six at about the 35-yard line.

Prize tickets are \$1 each or six for \$5 and may be purchased beginning Oct. 1 at the Hospitality Desk.

Residents and employees who purchased HOGtoberfest T-shirts are invited to wear them on a special Jeans Day for employees on Wednesday, Oct. 21, and on the day of the event. Employees who pay at least a \$1 on Oct. 21 may wear jeans, and those dollars will support Lonnie's hog kissing candidacy.

Monte Spiller, Resident Services Leader, is working to arrange free transportation to Cox Bros. on Oct. 29 for those who would like a ride. Watch future Messengers and the Blue Book for a departure time and registration sheet.

HOGtoberfest wouldn't be possible without the help of local businesses. In addition to Cox Bros. BBQ, Meadowlark Hills Foundation would like to acknowledge returning sponsors McCullough Development and Q 103.5 as well as a new sponsor, Flint Hills Beverage.

Please circle Oct. 29 on your calendars and support HOGtoberfest in one of the ways described. It's sure to be a day of FOOD, FRIENDS and FUNdraising!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Pickering Piano Group

Students represented by the Pickering Family Piano Studios will be presenting a recital at 7 p.m. Friday, Oct. 2, in the Community Room. Don't miss out!

### Lonnie's Slideshow

In mid-July Lonnie Baker and his wife Karen set off on an adventure of a lifetime! They biked from Telluride, Colorado to Moab, Utah. You can be a part of the trip without any of the work!



Join Lonnie from 3:30 to 4:30 p.m. Wednesday, Oct. 7, in the KSU Classroom as he shares some of his pictures and stories from the trip.

### Technology Class

If you have any questions regarding your technology, including cell phones, Ipads, tablets, laptops and more, help is here! Starting Tuesday, Oct. 6, Students from the Kansas State University Gerontology Club will be available every Tuesday from 6 to 7 p.m. in the KSU Classroom to answer any questions you might have. No need to sign up, just show up and they will accommodate you!

### October Focus Group

The staff attendee for the October Focus Group will be Food and Beverage Leader, Paul Bridges. Come meet Paul at 10 a.m. Friday, Oct. 9, in the Living Room.

### Yoga Classes

Join certified yoga instructor, Kerry Regan, for traditional yoga classes starting Monday, Oct. 5, in the KSU Classroom. The classes will be held each Monday and Wednesday from 12 to 1 p.m. Each class will include working on the ground, seated and standing poses, with the purpose of improving flexibility, balance and muscle strength. All residents, staff members and Passport members are welcome to attend classes. Yoga mats will be available for use, but feel free to bring your own mat if you prefer. Please contact Jeff Heidbreder, Fitness Leader, at (785) 341-2995 with any questions regarding the yoga classes.

### Outdoor Encounters

*Submitted by Sue Hunt*

When you pass by Leo Glen on the way to the pond, you will see a drift of yellow made by the many different type of sunflowers. Some of the common ones: the Maximilian's stiff, plains, willow leaf and Jerusalem artichoke. To me they are all sunny happy signs of fall. I saw a number of Monarch butterflies flying from flower to flower to get the needed nectar for their long migratory to Mexico.

### Register to Vote

Maureen Pruitt, with the League of Women Voters, will be in the West Conference Room, Monday, Oct. 5. She will be available immediately after Town Meeting until 11:30 a.m. helping anyone who wants to get registered as a voter.

## Lunch Specials Oct. 4 – Oct. 10

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



Sunday, Oct. 4-	Mexican Chicken Bake with Soup or Chips	\$5.50
Monday, Oct. 5-	Turkey Cranberry Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, Oct. 6-	Tomato and Bacon Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Wednesday, Oct. 7-	Sesame Chicken White Rice Bowl	\$5.50
Thursday, Oct. 8-	Sausage and Tortellini Soup with Side Salad	\$3.75/\$5.50
Friday, Oct. 9-	Chili Cheese Dog with Soup or Chips	\$5.50
Saturday, Oct. 10-	Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

I have a friend named Autumn.  
She falls a lot.

A chicken crossing the road:  
poultry in motion.

### Letters to Shorty Kahler

Shorty Kahler, 91, former resident of Meadowlark Hills, passed away. He and his wife Betty recently moved to a retirement center in Norton, Kansas to be near family. While they were here, Shorty kept all six Meadowlark Hills pianos in perfect tune and condition. They were both part of many activities here, including Meadowlark Singers, which their daughter Jane directed for several years. Shorty will be remembered as a winner of the men's pool tournament. Memorial services are pending. Letters of sympathy may be sent to Betty at 201 Crane, Norton, KS 67654.

### 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 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, 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.

### Pumpkin Patch

A trip is scheduled for Tuesday, Oct. 6, to A&H Farms (Pumpkin Patch), located three miles from Meadowlark Hills. The group will enjoy an extended hayride with stops along the way. A&H Farms provides activities for groups of all ages and with a variety for pumpkins to choose from.

The cost of the trip is \$8 (\$3 for transportation and \$5 for admission). The group will depart from the Village Entrance at 10:15 a.m. and return before lunch at approximately 11:45 a.m. A sign-up sheet is available in the Blue Book at the Hospitality Desk.

### Mending Angels

Mending Angels will be postponed until further notice. MLH staff apologizes for any inconvenience and thanks you for your understanding!

### Center on Aging Lecture Series

Join Dr. Kevin Steinmetz, Criminologist in the Department of Sociology, Anthropology and Social Work at Kansas State University, for the Center on Aging Lecture Series at 4 p.m. Thursday, Oct. 8, in the KSU Classroom. Kevin will discuss demystifying hackers and protecting yourself online.

### Why Hitchcock Matters

This Osher class explores little-known by significant aspects of the work of Alfred Hitchcock, one of the most revered yet controversial film directors. The course will look at the makings of Hitchcock both ahead of his time and still relevant today—artistically, historically and politically.



The films scheduled for the course are Sabotage (1936), a story of modern-day terrorism in pre-war London, Dial M for Murder (1954) a 3-D suspense thriller, short films during WWII as a contribution to the war effort, an included suppressed film about the Holocaust and never-before-seen footage from Hitchcock's fascinating unrealized projects. The first course will be Monday, Oct. 5, from 2 to 4 p.m. at the Manhattan Arts Center. The second and third classes will be Monday, Oct. 12, and Monday, Oct. 19 at the same time and location. Transportation is provided and will depart from the Village Entrance at 1:30 p.m. Please sign-up in the Blue Book located at the Hospitality Desk. Join Eric Monder, on staff at Bethany College, a writer, teacher and documentary filmmaker, as he teaches why Hitchcock matters.

### Bryan McBride—Gospel and Bluegrass Music Performance

Join Bryan McBride, a member of "The Haymakers," as he performs newer Bluegrass and Gospel songs Friday, Oct. 9, at 7 p.m. in the Community Room! He will be playing the acoustic guitar and singing classic songs, like "I'll Fly Away" and "Sweet Bye & Bye."

### First United Methodist Capital Campaign

All First Methodist Church members are invited to gather for dessert and fellowship for the "Finishing the Journey" Campaign Thursday, Oct. 8, at 1 p.m. in the Community Room. During this gathering, a discussion will be held and leaders from the Campaign team will be available to answer questions.

## EVENTS & ANNOUNCEMENTS

### Red Hatters Luncheon

The Red Hatters are invited to a luncheon at 12:30 p.m. Thursday, Oct. 8, in the KSU Classroom. Red hats are not required, but fun to wear. Hostesses Marla Bugbee and Jeanne Lundin invite you to dine with your friends while also learning about Gourds! Please RSVP by signing up in the Blue Book located at the Hospitality Desk.

### Vespers Services

The Vespers service, led by, Reverend Helen Hutchinson from Trinity Presbyterian Church, will begin at 7 p.m. Sunday, Oct. 4, 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, Oct. 1, at Via Christi Retirement Community. The last class will be Thursday, Oct. 8, 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.

### 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 what are the options for downsizing.

### KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the at the Oklahoma State Cowboys at the Football Watch Party hosted in the Game Room Saturday, Oct. 3. The game will kick-off at 2 p.m. and refreshments will be served.



DRINK SPECIAL



**Oct. 5 to Oct. 10**  
**Ghostbuster**

2 oz Peach Schnapps  
2 oz Melon Liqueur  
Dash of Irish Crème

**\$3.75**

### Bingo Callers Wanted

Thursday night Bingo is in need of strong-voiced individuals interested in calling bingo. If interested, please contact Marla Bugee at 537-4726.

### 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 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

## ASK SARAH

### Rockin' It!

*Submitted by Sarah Duggan*

Whether we like to admit it or not, most of us enjoy a little praise or tip of the hat for a job well done. Prairie Star Restaurant at Meadowlark Hills has been under construction for a few weeks now – restaurant patrons have made the necessary adjustments and utilized the dining accommodations set up for the renovation. In the midst of it all, the servers, cook and other dining services employees have done a great job keeping up with providing the necessary service in a difficult time. So here's a big (and well deserved!) **THANK YOU** to all the employees making it possible for all of us to continue dining at Meadowlark Hills while the restaurant is remodeled. Keep the awesome work – only five more weeks left!

See you next week and thanks for stopping by!





# October BIRTHDAYS

## Residents

### Health Care

10/3	Merle Schmidt
10/4	Glen Chamberlain
10/4	Rachel Nuss
10/6	John Ulrich
10/14	Fred Oehme
10/17	David Bowers

### Assisted Living

10/3	Bob Meisner
10/6	Jack Warren

***Bold denotes milestone birthday of 80, 90, 100 or 100+***

## Independent Living

10/2	Glen Leitch
<b>10/3</b>	<b>Jacquie Brewer</b>
10/3	Betty Love
<b>10/5</b>	<b>Jean Ponte</b>
10/9	Carol Balding
10/11	Mary Lou Gibbs
10/15	Ed Lindly
10/17	Bob Benedict
10/17	Teddy Hodges
10/19	Bill Stamey
10/21	Mike Sekal
10/21	Ernie Welti
10/23	Max Bayer
10/23	Don Rasmussen
10/24	Polly Ferrell
10/24	Donna Vanier
10/30	Pat Vogt

## Employees

10/1	Ashley Moll		
10/2	Brenda Eckels		
10/3	Katie Carlsen		
10/3	Kelsey Shandy	10/20	Riley White
10/4	Mary Jo Eichman	10/21	Kate Cashman
10/4	Madison Brockish	10/21	Candace Kattes
10/5	Kassie Jacob	10/22	Betty Dishman
10/7	Hailey Dunning	10/22	Lisa Lawton
10/7	Brittany Jones	10/23	Karl Zerfas
10/9	Amanda Moorman	10/23	Soleil Coleman
10/9	Lacie Daly	10/25	Alisen Habiger
10/11	Meghan Dugan	10/26	Hannah Glasgow
10/12	Jon Thompson	10/26	Cathy Bristol
10/12	Andrea Barton	10/27	Kim Ensley
10/13	Megan White	10/27	Kimm Burton
10/13	Stephanie Lugo	10/27	Rebecca Manis
10/14	Carrie Scott	10/27	Brooke Lyle
10/16	Fred Dukes	10/28	Cynthia Artis
10/19	Raelyn Lorson	10/29	Kinzie Jo Zimmerman

# PRAIRIE★STAR RESTAURANT

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

## Oct. 4 - Oct. 10

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	Oct. 4 ~ Lunch \$11	Dinner \$11
	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	Oct. 5 ~ Lunch \$8	Dinner \$13
	Cornish Game Hen Ala Orange Wild Rice Ham & Cheese Quiche Medley of Vegetable	Swedish Meatballs Buttered Egg Noodles Vegetable of the Day
TUESDAY	Oct. 6 ~ Lunch \$6 **	Dinner \$14
	Taco Bar (does not include drink, starter or dessert)	Herb Marinated Grilled Shrimp Sun Dried Tomato Sauce Lemon Herb Orzo Vegetable of the Day
WED.	Oct. 7 ~ Lunch \$8	Dinner \$12
	Roast Turkey Dressing & Gravy Baked Orange Roughy with Lemon Butter Green Beans	Pecan Crusted Chicken Breast Roasted Red Potatoes Vegetable of the Day
THURS.	Oct. 8 ~ Lunch \$6 **	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Grilled Glazed Pork Chop Garlic Mashed Potatoes Vegetable of the Day
FRIDAY	Oct. 9 ~ Lunch \$8	Dinner \$12
	Tamale Pie Grilled Chicken Breast with Lemon Tarragon Roasted Red Potatoes Broccoli & Cauliflower	Three Cheese Penne with Beef, Caramelized Onions & Portabella Mushrooms Garlic Toast Vegetable of the Day
SAT.	Oct. 10 ~ Lunch \$10	Dinner \$14
	Italian Sausage Fettuccini Garlic Toast Vegetable of the Day	Shrimp and Crab Cakes Citrus Rice 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, October 4 - Saturday, October 10

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

### **Sunday, October 4 – Million Dollar Arm (2014)**

A failing sports agent launches a reality show to find India's best cricketers, with the goal of turning them into Major League Baseball players.

**Co-Starring: Jon Hamm, Aasif Mandvi & Alan Arkin**

**Rated PG; 2 hrs. 4 min.**

### **Monday, October 5 – Autumn in New York (2000)**

A middle-aged playboy in the Big Apple experiences true love for the first time when he falls for a young, vibrant woman harboring a tragic secret.

**Co-Starring: Richard Gere, Winona Ryder & Anthony LaPaglia**

**Rated PG-13; 1 hr. 44 min.**

### **Tuesday, October 6 – The Bank Job (2008)**

Martine offers Terry a lead on a foolproof bank hit on London's Baker Street. She targets a roomful of safe deposit boxes worth millions. But Terry and his crew don't realize the boxes also contain other secrets—secrets that will thrust them into a deadly web of corruption and illicit scandal.

**Co-Starring: Jason Stratham, Saffron Burrows & Stephen Campbell**

**Rated R for sexual content, violence & language; 1 hr. 51 min.**

### **Wednesday, October 7 – The High and the Mighty (1954)**

When a commercial airliner develops engine problems on a trans-Pacific flight and the pilot loses his nerve, it is up to the washed-up co-pilot Dan Roman to bring the plane in safely.

**Co-Starring: John Wayne, Claire Trevor & Laraine Day**

**Not Rated; 2 hrs. 27 min.**

### **Thursday, October 8 – For Whom the Bell Tolls (1943)**

An expatriate American teacher fights beside Communist insurgents during Spain's civil war and falls for a peasant girl who's joined the resistance.

**Co-Starring: Gary Cooper, Ingrid Bergman & Akim Tamiroff**

**Not Rated; 2 hrs. 46 min.**

### **Friday, October 9 – The Cobbler (2014)**

A cobbler, bored of his everyday life, stumbles upon a magical heirloom that allows him to become other people and see the world in a different way.

**Co-Starring: Adam Sandler, Melonie Diaz & Steve Buscemi**

**Rated PG-13; 1 hr. 39 min.**

### **Saturday, October 10 – Rocky Balboa (2006)**

As he mourns the loss of his wife and suffers from a strained relationship with his son, retired boxer Rocky Balboa seeks a new purpose in life.

**Co-Starring: Sylvester Stallone, Antonio Tarver & Milo Ventimiglia**

**Rated PG; 1 hr. 42 min.**

# This Week's Opportunities October 4 - October 10

## SUNDAY • OCTOBER 4

*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. Helen Hutchinson, CR

## MONDAY • OCTOBER 5

*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

8:30 a.m. ~ IL Resident Council, KSU CR

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

9:30 a.m. ~ Town Meeting, CR

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

11:00 a.m. ~ St. Luke's Communion, LR

12:00 p.m. ~ Weights 101, CR

12:00 p.m. ~ Yoga, KSU CR

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

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

1:30 p.m. ~ Depart for Osher Class: Hitchcock, VE

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. ~ Tuttle Creek Supper, CON

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

## TUESDAY • OCTOBER 6

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

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

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

10:15 a.m. ~ Depart to A&H Farms Pumpkin Patch, 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

2:00 p.m. ~ Writing Group, LR

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

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

5:30 p.m. ~ Kimball Dinner, LR

6:00 p.m. ~ Technology Class, KSU CR

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

## WEDNESDAY • OCTOBER 7

*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

11:30 a.m. ~ 1st Men's Club, LR

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

12:00 p.m. ~ Yoga, KSU 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's Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

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

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

3:30 p.m. ~ Lonnie's Slideshow, KSU CR

6:30 p.m. ~ KSU Gerontology Class, CR

## THURSDAY • OCTOBER 8

*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, KSU CR

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

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

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

12:30 p.m. ~ Red Hat Luncheon, KSU CR

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

1:00 p.m. ~ 1st United Methodist Capital Campaign, CR

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

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

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

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

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

## FRIDAY • OCTOBER 9

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

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

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

10:00 a.m. ~ Resident Focus Group, LR

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 Caregiver Support Group, LR

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

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

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

7:00 p.m. ~ Resident Program: Bryan McBride—Gospel and Bluegrass Music Performance, CR

## SATURDAY • OCTOBER 10

*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