



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 8, 2015

## Outdoor Encounters

*Submitted by Nathan Bolls*

I saw a yellowed leaf fall yesterday, just the barest ripple of the coming inevitable avalanche of change. Those of us who live with the seasons know the truth of the remark once made by the writer M.C. Richards: “Whatever has form is in the process still of being formed. Form is never fixed.”

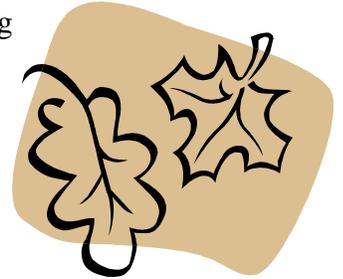
We “seasoned” souls know all too well. And so it is with any year, especially for those that spend their 365 1/4 days within an Earth zone of distinctly marked seasons. Shrub and tree buds appear in winter and early spring, followed by both new twigs and baby leaves that grow gradually into full-fledged photosynthesis factories. Then they shed, only to be, in time, replaced.

The big bluestem grass on our prairies reveals the annual turning to its characteristic, and beautiful, russet brown. This annual growth of the forty or so native Flint Hill grasses is what ecologists and range management experts refer to as “primary production.” Unless a pasture is severely over-gazed, a surprisingly small percentage of primary production is utilized by large herbivores. Of course, grasshoppers and other beasts get in their licks, but much primary production will weather the winter only to be burned off in spring to make more room for eager grass shoots emerging from roots eternal.

Fall brings a diminishing variety of birds to our feeders and we hear tales of migration— although mostly only of birds from Kansas, at least during this century. We not only lose species to the

South, but also never know which of the many coming from farther north will show up on our pond. Frequent checks can prove rewarding. And if any serious birders have not tuned into the migration season bird-watching possibilities on the waters below the tubes of Tuttle Creek Dam, please do so.

Those of us who have not for some time lived close to the soil may forget that Nature’s preparation for and survival of winter is complicated and fascinating process. Surprising tales can be told about how places, mammals, reptiles, fishes, amphibians—and some birds and insects—get through a Kansas winter. We hope to tell some of these tales throughout the cold months ahead, stories that can be read while sitting in the comfort offered by central heating.



## A Rural Sociology Project

### *Searching for Volunteers*

If you lived for a significant portion of your life in a rural community in Riley or Pottawatomie County and are willing to be interviewed by a team of three to four K-State students about your experiences in those communities, we need your help! A KSU Professor, Matt Sanderson, PhD is looking for the opportunity to provide engaged learning for his Rural Sociology students. We want you to tell them of your experiences in those communities.

The interview would be approximately one hour in length, and would be video or audio recorded. We will complete all interviews prior to mid-November, so the

students have time to transcribe the interviews and work on the examination. As a way of giving back to you, your family and community, the students will give you a copy of your oral history.

We are looking for Riley or Pottawatomie County small town or rural residents because a portion of the project is to have someone who currently lives in that same community come to class to tell their perspective now. If you would like to participate, please contact Monte Spiller, Resident Services Leader, this week at 323-3801 or [monte.spiller@meadowlark.org](mailto:monte.spiller@meadowlark.org) about your interest.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Fancy T's & More

Fancy T's & More, a little cozy gift shop located in the Weaver Hotel in Waterville, Kansas, will be coming to Meadowlark Hills from 2 to 4 p.m. Monday, Oct. 12, in the Living Room. Sandy Harding and Sharon Steenson, friends of Jo Ann Gordon, will be showcasing their newest custom "bling" designs on t-shirts, sweatshirts, gourmet food mixes and gifts for all occasions!

### Aggieville Archives

Dan Walter, author of Aggieville Archives, will be in the Community Room sharing the history of Manhattan's historic Aggieville district.

In 1989, with the help of several other merchants, Dan wrote a book titled, "Aggieville 1889-1989: 100 Years of the Aggieville Tradition." Since that time he has collected thousands of old and "new" pictures of the Aggieville and Manhattan area, along with recording hundreds of stories about the interesting people and significant events in and around Aggieville through the years. Dan will bring handouts with photos to go through together along with his 125th magazine issue.

### Beach Museum of Art Discussion

Join Kim Richards from the Beach Museum of Art Wednesday, Oct. 14, at 6:30 p.m. in the KSU Classroom to learn about Thomas Cole, American artist and founder of the Hudson River School. All residents who are interested are invited to participate.

### Card Marking with Michelle

Join Michelle Lehmer at 2 p.m. Wednesday, Oct. 14, in the West Conference Room to create greeting cards for Halloween!

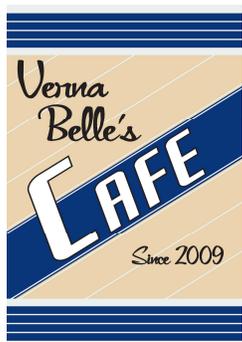


### Spot a sign, win a prize ticket!

A local business has generously agreed to help Meadowlark Hills Foundation promote HOGtoberfest, which is set for Thursday, Oct. 29. The what, where, when and why pertaining to HOGtoberfest is expected to be displayed beginning Monday, Oct. 12, on two marquees in Manhattan. Be on the look-out for these signs! The first employee, resident or Passport member to contact Becky Fitzgerald after seeing one of these marquees will be entered to win the HOGtoberfest door prize, a barbecue meal for 10. You may call Becky, stop her in the hall, send her an email or slip a note under her office door, which is across from the Miller Place dining room. If you leave a note, be sure to put the date and time on it.

Persons who ordered a HOGtoberfest T-shirt will be entered to win the door prize, and anyone who makes a Cox Bros. BBQ purchase on Oct. 29 also may enter to win the barbecue meal. The winners of the sign contest potentially will have three chances to be a door prize winner. Good luck!

Becky's contact information: (785) 323-3843; [rebecca.fitzgerald@meadowlark.org](mailto:rebecca.fitzgerald@meadowlark.org).



## Lunch Specials

**Oct. 11 – Oct. 17**

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

Sunday, Oct. 11-	Sheppard's Pie with Soup or Chips	\$5.50
Monday, Oct. 12-	Philly Cheese Steak with Soup or Chips	\$3.75/5.50
Tuesday, Oct. 13-	Ultimate Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Wednesday, Oct. 14-	Southwestern Club with Soup or Chips	\$3.75/\$5.50
Thursday, Oct. 15-	Ham and Beans with Cornbread Muffin	\$3.75/\$5.50
Friday, Oct. 16-	Crispy Chicken and Potato Bowl	\$5.50
Saturday, Oct. 17-	BLT with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

What do you call a train loaded with  
toffee?  
A chew chew train.

Why didn't the turkey cross the road?  
Because he wasn't a chicken.

### **Part D Prescription Drug Open Enrollment**

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 are now available in the Blue Book located at the Hospitality Desk.

### **Rides to the Pond**

Rides to the pond are back! Be sure to take a ride down our trails to Bayer Pond before it gets too cold. Monday through Saturday, rides will depart from the Village Entrance at 9:30 a.m. and 2 p.m. There will only be one ride scheduled for Sundays that will depart from the Village Entrance at 2 p.m.

### **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 second and third classes will be Monday, Oct. 12, and Monday, Oct. 19, at 2 to 4 p.m. 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.

### **The Farmer's Iron Horse: Railroads and Agricultural Extension**

This Osher class will examine railroads, agriculture and the environment in the Great Plains and greater West from 6:30 to 8:30 p.m. Thursday, Oct. 15, at College Avenue United Methodist. The class will explore how farmers, agricultural scientists and railroad companies worked together through special trains and cars to address environmental and technological challenges in the 20th century.

A sign-up sheet for transportation is available in the Blue Book located at the Hospitality Desk. Transportation will depart from the Village Entrance at 6 p.m.

### **Video Worship Service**

You're invited to watch a televised worship sermon by Reverend Dr. Thomas Ahlersmeyer titled "Our Limitless God," at 4 p.m. Wednesday, Oct. 14, in the Living Room.

### **Brownbag Series**

Bring a lunch and watch a televised class presentation on "Sexual Health in Aging" at 12 p.m. Wednesday, Oct. 14, in the West Conference Room. Join Courtney Huhm, as she presents over sexual health and how it can affect your quality of life.

## ASK SARAH

### **Beware of Scam!**

*Submitted by Sarah Duggan*

A couple weeks ago, I shared about the National Do No Call Registry. Since then, a few residents and neighbors have reported being contacted by scammers via telephone. Remember, scammers will say anything and their goal is to get you to say "yes."

Every year people lose money to phone scams – make sure you aren't one of them! If you receive a phone call from someone you don't know who is trying to sell you something you didn't plan on buying, either say no thanks or simply hang up the phone. Some scammers seem friendly; they will try to win your trust by asking for your first name, inquiring about your family or making small talk. They may even claim they are with a company you trust and pressure you to give up personal information like a credit card number or social security number. Do not hand out personal information to people you don't know or trust.

Everyone is potential target, but some scammers concentrate on specific groups like older adults. Some offers they may call about include free trials, foreign lotteries, extended car warranties, credit and loans, and travel packages.

Additionally, automated phone calls can be a scam threat. These are called robocalls and you should hang up immediately when you receive a robocall trying to sell you something. Do not interact, including pressing buttons to be taken off the call list or to talk to a live person.

Don't become a victim of a scam! If it seems illegitimate, it probably is. Contact myself or Monte Spiller, Resident Services Leader, if you have questions or concerns regarding phone scams or the National Do Not Call Registry. See you next week and thanks for stopping by!



# RESIDENT COUNCIL MINUTES

Meeting Date: September 14, 2015

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

**Staff Present:** Lonnie Baker, Sarah Duggan and Monte Spiller

Sandra Emley welcomed all meeting attendees.

## Updates

1. Lonnie shared there is a lot of construction going on. The Prairie Star Restaurant renovation will start on September 21, with it lasting approximately 45 days. Phase 2 of the Honstead/Sloan renovation will start around the same time. Also slated for this fiscal year is a new outdoor therapy area by the Bramlage House, expected to start in the spring of 2016. The new area is intended to make therapy more fun and allows individuals to be more goal oriented. The area will include a green house, walking trail, horse shoe court and putting green.

Lonnie reported, LeadingAge Kansas President and CEO, Larry Minnix is retiring and was in attendance at this past conference. He encouraged members of LeadingAge, not to forget why we are not for profit. The topic of housing with services was also discussed. The belief is Kanas will begin to see more affordable housing communities with services being built, but within budgeted way and less regulations. The minimum wage conversation is also being watched closely which brings concern. Changes in minimum wage would affect the rates at Meadowlark Hills as the task of retaining employees would be challenged. We would be competing with fast food restaurants, who could offer more pay with a mandated increase in minimum wage. Another discussion was a possible cap for salaried employees. The cap would be set at roughly \$50, 000 annually. The other option is to change them to hourly.

The Meadowlark Auction was a success, with over \$6500.00 dollars being raised. Becky Fitzgerald did a great job along with several volunteers. For next year's auction, Becky has found a donor of two 12x30 storage units to store items.

2. Building and Grounds Update: Loren Alexander talked about the signage on campus and expressed it will remain the same for now. The rumble strips will go in where there are bumps and signs will be added accordingly. Concerning Fire Alarms, staff is looking at getting a chime system rather than the buzz. Having alarms in each of the tower apartments is being considered.

Maintenance requests that residents complete a work order at the Hospitality Desk for inside and outside work and concerns that need attention.

Ed Skidmore reported the rumble strips should be completed by November 1, along with crosswalk signs. Ed also followed up and explained that the recent loss of communication services and telephones were due to current construction and concrete being put in.

3. Board Update: No reports at this time.

## Approval of July Minutes:

Motion to approve minutes was moved, seconded and passed with correction.

## New Business:

1. A request was made for more timely updates on Touchtown when a change occurs for scheduled events. Residents are encouraged to stop employees and ask for information and in most cases they will know the answer or direct you to someone who does.
2. Concern about the consistency of the sound system and microphone in the community room was brought up. Monte Spiller explained that IT is currently looking at options to fix the issue and are aware of the problem.
3. Concern about the messenger and the accuracy of the articles, signs, and the opportunities page. Sarah Duggan explained that new staff was currently learning the process and felt confident it will improve.
4. Reminder that the Meadowlark Hills policies are now available at the front desk. We will be reviewing those at the Resident Council meeting.

# RESIDENT COUNCIL MINUTES CONT.

## Old Business:

1. The Employee Gift Committee met and the letters have been completed for mailing. The last day to contribute is November 11.
2. The Meadowlark Fence Post publication has been discontinued for about Five years, but Becky Fitzgerald has a desire to start a new publication at some point. The date has yet to be determined.

## Additional Discussion Topics:

	Brief Description	Action to be Taken	Leader	Status
1.	Microphone & Sound System	Follow Up	Monte Spiller	Completed
2.	Accuracy of Messenger	Follow Up	Sarah Duggan	Completed

## UPCOMING EVENTS & ANNOUNCEMENTS

### 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, Oct. 14, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### 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. today, Oct. 8, in the KSU Classroom. Kevin will discuss demystifying hackers and protecting yourself online.

### Technology Class

Tuesday, Oct. 13, Students from the Kansas State University Gerontology Club will be available from 6 to 7 p.m. in the KSU Classroom to answer any questions you might have.

### 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.

### 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.

### Vespers Services

The Vespers service, led by, Trinity Presbyterian Church Choir, will begin at 7 p.m. Sunday, Oct. 11, in the Community Room. All are welcome.

### KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the at the Texas Christian Bullfrogs at the Football Watch Party hosted in the Game Room Saturday, Oct. 10. The game will kick-off at 6:30 p.m. and refreshments will be served.

### The Vietnam War

The final class will be Tuesday, Oct. 13 and will be diving 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. The class meets from 6:30 to 8:30 p.m. in the Community Room at Meadowlark Hills.



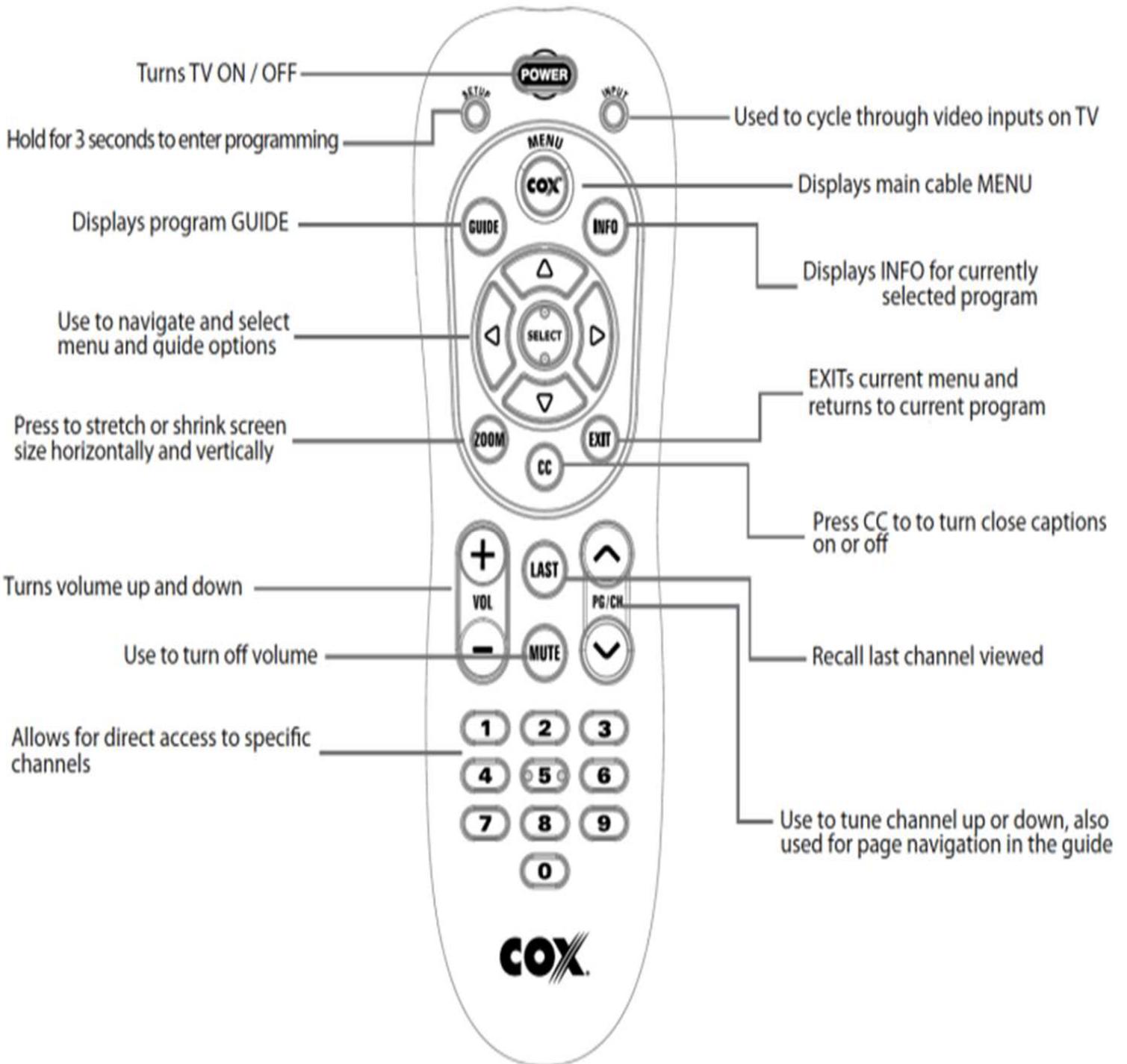
Oct. 12 to Oct. 17  
Maiden's Prayer

1 oz White Rum  
1 oz Triple Sec  
1 oz Cognac  
1.5 oz Lemon Juice

**\$3.75**

DRINK SPECIAL

# Cox Mini Remote Guide



# TOWN MEETING MINUTES

Oct. 5, 2015 Cox Bros. BBQ & Coco Bolos; Vern Hendricks, President and CEO of Greater Manhattan Community; and Kevin Lull, Commercial Lender at Intrust Bank and member of the MLH Board of Trustees. Be sure to donate to the contestant you want to kiss the hog Happy! In addition, be on the look out for two HOGtoberfest signs around the Manhattan area. If you find one or two of the signs, contact Becky Fitzgerald at 323-3843, and you will get an extra entry into the raffle.

## **Welcome,** Monte Spiller

Monte welcomed the Town Meeting attendees. Three new residents introduced themselves: John & Karen Trail, and Mary Jo Griffith.

## **Campus Update,** Lonnie Baker

Lonnie announced that the concrete construction outside of the Physician's Office is coming to an end. Honstead and Sloan House construction is underway and have knocked out the wall to the sunroom. Lonnie gave a huge thanks to everyone, especially residents, for their patience through all the construction and renovations around campus. Lonnie reported that Meadowlark Hills rate increases have been the lowest in decades and we will not see much of a drastic change in rates this year.

Lonnie will be attending the LeadingAge National Conference next month and will be absent at November's Town Meeting. The LeadingAge National Conference will explore the opportunities for not-for-profit organizations and how to meet everyone's needs.

**Support Services Update,** Sarah Duggan for Jayme Minton Prairie Star Renovations have four weeks left. Sarah encouraged residents to thank Prairie Star staff for all the great work they have done through the renovations. Grosh Cinema has upgraded to a 3D projector. Be sure to grab your 3D glasses while you stop for some popcorn when a 3D movie is offered. There will be a Meadowlark Hills Brunch Sunday, Oct. 25, in the Community Room—more details to come in upcoming Messengers.

Cox Communications have been going around each apartment and common areas to install new mini cable boxes. A television channel guide sheet can be located at the Hospitality Desk. If a resident is needing a larger print sheet, they can contact Monte Spiller, Resident Services Leader, for a copy. With the new mini box there also comes a channel change. Touchtown can now be found on channel 1960. Flu vaccines are right around the corner. There will be IL flu clinics coming soon. Keep an eye out for that information in the upcoming Messengers.

## **HOGtoberfest,** Becky Fitzgerald

The second annual HOGtoberfest is scheduled Friday, Oct. 29, at Cox Bros. BBQ. Ten percent of all proceeds will go to the Good Samaritan Fund. If you are needing transportation there is a sign-up sheet in the Blue Book located at the Hospitality Desk. There will be a raffle to win a Louisiana Pellet Grill or a KSU football experience. Raffle tickets cost \$1 each or six for \$5.

Becky announced the HOG & Kisses candidates: Lonnie Baker, Meadowlark Hills CEO; Lori Bishop, Executive Director Flint Hills Volunteer Center; Bud Cox, Co-owner

## **League of Women Voters,** Maureen Pruitt

Maureen and Karen, from League of Women Voters stopped by to announce that they will be in the West Conference Room after Town Meeting to help anyone with voter registration. If you or anyone you know has moved, they will need to re-register in order to vote.

## **Announcements,** Monte Spiller

Monte announced upcoming events including: Bryan McBride Performance, Aggieville Archives, Beach Museum of Art exhibit, Campus Wide Halloween Party and Old timers. The Meadowlark Hills Ambassador Clothing Drive is scheduled Friday, Oct. 30, from 8 a.m. to noon, in the Living Room.

## **Adjourn**

*Submitted by Magye Loya*

## FOUNDATION NEWS

In Honor of Those  
Living & Passed

Sept. 2015

*Vivian Ballard  
Lincoln Deihl  
Barb Harlan  
Gene Hoerman  
Nancy Hogan  
Bill Michel  
Ralph Miller  
Don Rasmussen  
Franz Samelson  
Frances Siegel  
Elsie Thompson*

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

# PRAIRIE STAR RESTAURANT

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

## Oct. 11 - Oct. 17

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.

<b>SUNDAY</b>	Oct. 11 ~ Lunch \$11	Dinner \$11
	Pot Roast Roasted Red Potatoes Vegetable of the Day	Cheesy Chicken & Broccoli Casserole Vegetable of the Day
<b>MONDAY</b>	Oct. 12 ~ Lunch \$8 **	Dinner \$12
	Wild Mushroom Chicken Roulade With Sherry Sage Sauce Penne and Meat Sauce Zucchini Boats	Spinach Fettuccine with Grilled Chicken, Portabella Mushrooms & Roasted Red Pepper Cream Sauce Garlic Toast Vegetable of the Day
<b>TUESDAY</b>	Oct. 13 ~ Lunch \$7 **	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Roasted Pork Loin with Apples & Pecans Smoked Gouda Mashed Potatoes Vegetable of the Day
<b>WED.</b>	Oct. 14 ~ Lunch \$8 **	Dinner \$12
	Caesar Salad Bar Cajun Shrimp, Chicken & Steak Garlic Toast	Chicken Cacciatore Wild Rice Vegetable of the Day
<b>THURS.</b>	Oct. 15 ~ Lunch \$7 **	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Stuffed Peppers with Rice Vegetable of the Day
<b>FRIDAY</b>	Oct. 16 ~ Lunch \$8 **	Dinner \$14
	Beef Stew Sautéed Trout with Herb Butter Rice Pilaf with Broccoli	Mustard Crusted Tuna Steak Tomato Vinaigrette Polenta Crouton Vegetable of the Day
<b>SAT.</b>	Oct. 17 ~ Lunch \$10	Dinner \$15
	Turkey Pot Pie Garlic Toast Choice of Vegetable	Ribeye Steak Hashbrown Casserole 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 11 - Saturday, October 17

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

### **Sunday, October 11 – The Black Cauldron (1985)**

Young Taran sets out to find the Black Cauldron before it falls into the hands of the evil Horned King, who plans to use it to raise an undead army.

**Co-Starring: Grant Bardsley, Freddie Jones & Susan Sheridan**

**Rated PG; 1 hr. 20 min.**

### **Monday, October 12 – Message in a Bottle (1999)**

A woman discovers a tragic love letter in a bottle on a beach, and is determined to track down its author.

**Co-Starring: Kevin Costner, Robin Wright & Paul Newman**

**Rated PG-13; 2 hrs. 11 min.**

### **Tuesday, October 13 – Jane Eyre (2011)**

A mousy governess who softens the heart of her employer soon discovers that he's hiding a terrible secret.

**Co-Starring: Mia Wasikowska, Michael Fassbender & Jamie Bell**

**Rated PG-13; 2 hrs. 1 min.**

### **Wednesday, October 14 – The Wild Bunch (1969)**

An aging group of outlaws look for one last big score as the "traditional" American West is disappearing around them.

**Co-Starring: William Holden, Ernest Borgnine & Robert Ryan**

**Rated R for adult situations, language, nudity & violence; 2 hrs. 24 min.**

### **Thursday, October 15 – Dark Passage (1947)**

A man convicted of murdering his wife escapes from prison and works with a woman to try and prove his innocence.

**Co-Starring: Humphrey Bogart, Lauren Bacall & Bruce Bennett**

**Not Rated; 1 hr. 46 min.**

### **Friday, October 16 – The Lincoln Lawyer (2011)**

A defense attorney has a crisis of conscience when he represents a wealthy client who has a fool-proof plan to beat the system.

**Co-Starring: Matthew McConaughey, Marisa Tomei & Ryan Phillippe**

**Rated R for some violence, sexual content & language; 1 hr. 59 min.**

### **Saturday, October 17 – Miracle (2004)**

Miracle tells the true story of Herb Brooks, the player-turned-coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Russian squad.

**Co-Starring: Kurt Russell, Patricia Clarkson & Nathan West**

**Rated PG; 2 hrs. 16 min.**

# This Week's Opportunities October 11 - October 17

## SUNDAY • OCTOBER 11

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

- 10:00 a.m. ~ Church Service, CR
- 2:00 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Vespers, Trinity Presbyterian Church Choir, CR

## MONDAY • OCTOBER 12

*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. ~ Pond Ride, VE
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Meadowlark Mentors, KSU CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:30 a.m. ~ Meadowlark Valley Luncheon, Bayer Pond
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, CON
- 12:00 p.m. ~ Beginner Tai Chi, 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
- 1:30 p.m. ~ Hearing Aid Doctor, CON
- 2:00 p.m. ~ Pond Ride, VE
- 2:00 p.m. ~ Fancy T's & More, LR
- 2:15 p.m. ~ Parkinson's Voice, KSU CR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • OCTOBER 13

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

- 9:30 a.m. ~ Pond Ride, 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. ~ Pond Ride, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, KSU CR
- 6:00 p.m. ~ Technology Workshop, LR
- 6:30 p.m. ~ Osher Class: The Vietnam War, CR

## WEDNESDAY • OCTOBER 14

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

- 9:00 a.m. ~ New Perspectives, LR
- 9:00 a.m. ~ Building and Grounds Meeting, CON
- 9:30 a.m. ~ Pond Ride, 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
- 12:00 p.m. ~ Brownbag Lunch Series, CON

- 12:00 p.m. ~ Yoga, KSU CR
- 12:00 p.m. ~ 2nd Men's Club, LR
- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Pond Ride, VE
- 2:00 p.m. ~ Card Making with Michelle, CON
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 4:00 p.m. ~ Video Worship Series, LR
- 6:30 p.m. ~ KSU Gerontology Class, CR
- 6:30 p.m. ~ Artist Discussion with Beach Museum, KSU CR
- 7:00 p.m. ~ LWV Board Meeting, CON

## THURSDAY • OCTOBER 15

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

- 9:00 a.m. ~ Messenger Ladies, CON
- 9:30 a.m. ~ Pond Ride, VE
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Low Vision Support Group, KSU CR
- 2:00 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, KSU CR
- 6:00 p.m. ~ Depart for Osher Class: Farmer's Iron Horse, VE
- 7:00 p.m. ~ IL Bingo, CR
- 7:30 p.m. ~ Sons of the American Revolution, CON

## FRIDAY • OCTOBER 16

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

- 9:30 a.m. ~ Pond Ride, VE
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veteran's Group, GC
- 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
- 1:30 p.m. ~ Brain Booster, GR
- 2:00 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: Aggieville Archives, CR

## SATURDAY • OCTOBER 17

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

- 9:30 a.m. ~ Pond Ride, VE
- 9:30 a.m. ~ Painting for Fun, KSU CR
- 2:00 p.m. ~ Pond Ride, VE

## ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MS, Miller Spa
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CR, KSU Classroom	WS, Woodshop