



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 22, 2015

## HOGtoberfest Update

*Kevin Lull Leader five hog kissing candidates*

*Submitted by Becky Fitzgerald*

Happy, the HOGtoberfest mascot, was busy last week, attending meetings with me and visiting participants in this year's HOG & Kisses Contest. She did all she could to encourage the candidates to continue to raise support and awareness for Meadowlark Hills Foundation's Good Samaritan Fund, leading up to HOGtoberfest on Thursday, Oct. 29, at Cox Bros. BBQ, 223 McCall Road.

During the HOG & Kisses Contest, five candidates are asked to solicit votes in the form of dollars to support the Fund. The contestant who raises the most votes/dollars will kiss a live (baby) hog shortly after 6 p.m. on Oct. 29. This year's hog kissing candidates are: Lonnie Baker, Meadowlark Hills CEO; Lori Bishop, executive director at Flint Hills Volunteer Center; Bud Cox, co-owner of Cox Bros. BBQ and Coco Bolo's; Vern Henricks, president and CEO of Greater Manhattan Community Foundation, and Kevin Lull, commercial lender at Intrust Bank.

As of Friday, Oct. 16, Kevin Lull had raised the most votes/dollars, with Vern Henricks nipping at his heels. Only \$16 separated the two. Lonnie Baker is in third place, with Lori Bishop and Bud Cox holding the other two spots.

It's not too late to support the candidate of your choice! All donations are tax-deductible and support the Good Samaritan Fund. Donations for Lonnie may be placed in his jar at the Hospitality Desk. Donations for other candidates may be given to me, and I'll make sure they are credited to your candidate, or you may vote online by clicking the HOG & KISSES CONTEST button at [www.meadowlark.org](http://www.meadowlark.org).

In addition, all of the candidates' donation jars will be on display at Cox Bros. BBQ on Oct. 29; votes/dollars will be accepted until 5:30 p.m. Online donations will be accepted through Oct. 28.



[Above] Kevin Lull holds Happy outside Intrust Bank in downtown Manhattan.

## Trust Company reps say 'Money Talks'

You have questions, and The Trust Company of Manhattan has answers! In response to numerous queries from their clients and others, up to four representatives from this downtown Manhattan business will speak at two, free "Money Talks" sessions on Tuesday, Nov. 3, in the KSU Classroom.

At 10:30 a.m., Lucy Williams, Vice President and Trust Officer, will present "Money Talks: Top 10 Estate Planning Myths." How do you ensure that your wishes are followed when it comes to settling your estate? Lucy will address common misconceptions about wills, trusts, powers of attorney, and other important considerations for estate planning. She welcomes questions and would like to have a lively discussion.

At 3:30 p.m., Eli Sallman, Investment Officer & Portfolio Manager, presents "Money Talks: Investments Today."

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## First Friends on the First

"First Friends on the First" (FFF) is here again. All members and friends of First United Methodist Church are invited to come to the gathering at 3 p.m. Sunday, Nov. 1, in the Community Room. It will be an afternoon of celebrating the music of our church lives.

Dan Myers, our FUMC "Music Man" will be the First Connection in Five. He will share with us about music programs at the church and even play us a favorite tune or two on the MLH grand piano. There will be a musical challenge, too, so be ready for the fun. And of course, Food and Fellowship are also on the agenda. We will reach the Finish Line by 4 p.m.

Kay Shanks, Polly Ferrell and Marilyn Ray are the coordinating committee. Notice all the F's? That is because we are FFF—First Friends on the First. There are over 60 First United Methodist's living at Meadowlark Hills. Please come on this First day of November to Find your Friendly MLH First Family. See you Sunday, Nov. 1.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

What do skeletons say before they begin dining?  
Bone appetite.

Why couldn't Dracula's wife get to sleep?  
Because of his coffin!

### Halloween Bingo

A group of students from Maitland E. Smith Scholarship House will be hosting a Halloween themed Bingo Night at 7 p.m. Friday, Oct. 23, in the Community Room. It will be a fun night of Halloween Bingo and socializing with this group of scholar students.



### Gardening for 2016

Those who have had gardens in the year of 2015, please indicate your needs for the next year. If you have the same needs as 2015 or additional needs, we ask for you to please describe them. Requests can be placed in Charlie Hall's box (apt. 312) in the Game Room. Thanks!

### Video Worship Service

You're invited to watch a televised worship sermon by Reverend Rev. Dr. Daniel J. Brege titled "Freed in Christ" at 4 p.m. Wednesday, Oct. 28, in the Living Room.

### Rural Sociology Project

K-State students have had several volunteers sign up, but they can use some more! If you lived 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. 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.

### Campus Halloween Party

Join us if you dare for a spooky all campus celebration from 2:30 to 4 p.m. Friday, Oct. 30, in the Community Room. This campus wide Halloween Party will feature a costume contest, games and prizes! Wear your best costume and come out and enjoy the "spooky" fun! Lots of yummy Halloween treats will be served.

### Clothing Drive

Make sure to stop by and check out the Ambassador Clothing Drive from 8 a.m. to noon Friday, Oct. 30, in the Living Room.



## Lunch Specials

**Oct. 25 – Oct. 31**

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

Sunday, Oct. 25–	Ham & Bean Casserole with Soup or Chips	\$5.50
Monday, Oct. 26–	Meatball Sub with Soup or Chips	\$3.75/5.50
Tuesday, Oct. 27–	Grilled Ham & Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, Oct. 28–	Chicken and Mac & Cheese Bowl	\$5.50
Thursday, Oct. 29–	BBQ Pork Sandwich with Broccoli	\$3.75/\$5.50
Friday, Oct. 30–	Italian Sausage Calzone with Side Salad	\$5.50
Saturday, Oct. 31–	Tuna Melt with Soup or Chips	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Old Timers

The Flint Hills Old Timers Band, based out of Manhattan, Kansas, will be performing at 7 p.m. Friday, Oct. 30, in the Community Room. The Old Timers will be presenting a special Halloween show for the people of Meadowlark Hills. It should be a howling good time!

### Outdoor Encounters

*Submitted by Nathan Bolls*

One of the great poets of ancient Persia, Khalil Gibran, once wrote:

“I have learned silence from the talkative,  
toleration from the intolerant and kindness from  
the unkind; yet strange, I am grateful to these  
teachers.”

It is not for me to unravel just Gibran was moved to this confession concerning the pattern of this debts and of his feelings toward certain of his teachers. Each case is unique, but we all know something of the feelings he expressed. As no doubt for you, my teachers are legion and not all of them left a sweet taste in my memory.

My thoughts also wandered to lessons learned from time spent in the wild. Watch any species heavily preyed upon, e.g., the cottontail rabbit and you can appreciate the practice of quiet alertness. This was given a human slant for me by a well-known football coach (whose name escapes me) with his utterance, “I never learned anything by talking.”

Early on I accepted the fact that we of the human species—albeit very especially endowed—make up but one of the countless animal types sharing the crust of Spaceship Earth. And, watching the interactions between animal species, I learned emotionally the physical finiteness of my mortal human body. As suggested by Canadian Stephen Jenkinson, a long-time end-of-life counselor, having emotionally accepted that fact should motive us to live life more fully and well.

I have learned that activities such as sitting quietly, watchfully and openly for an hour from any spot within our own natural area can give rise to the idea that one of the greatest of classrooms is The First Book of God.

### From page 1, ‘Money Talks’

He’ll provide an up-to-the-moment economic overview and commentary on financial markets, and answer your financial and investment questions. You don’t have to be a serious investor to get involved in this conversation.

All are welcome to attend — you don’t need to be a Trust Company client — and refreshments will be served. Please register for one or both sessions in the Blue Book.

### Transportation for HOGtoberfest

FREE transportation has been arranged for our 2<sup>nd</sup> annual HOGtoberfest, which is set for 11 a.m. to 9 p.m. Thursday, Oct. 29, at Cox Bros. BBQ. In addition to the many menu items, food specials include \$2 pulled pork sliders and a sausage sampler platter for \$9.99; a hog roast buffet for \$12.95 begins at 6 p.m.

All are invited to attend. If you’d like to enjoy tasty barbecue that day and would like a ride, there’s a plan! Monte Spiller will serve as driver for a lunch group, and one of our transportation team will drive a vehicle at supper time. Those enjoying lunch at Cox Bros. are asked to meet Monte at the main entrance at 11 a.m. If you’ll be having dinner there, please meet your driver at the main entrance at 5 p.m. You should have time to eat and see the hog kissing before returning to Meadowlark Hills.

If you’d like a free ride to HOGtoberfest, please register in the Blue Book.

### The Farmer’s Iron Horse: Railroads and Agricultural Extension

This final class will be from 6:30 to 8:30 p.m. Thursday, Oct. 29, at College Avenue United Methodist. 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.

### Part D Prescription Drug Open Enrollment

A waitlist is available for the Part D Prescription Open Enrollment. Please sign up in the Blue Book located at the Hospitality Desk before the waitlist gets too full. For any questions or concerns, please contact Rita Harsch, Financial Advisor, at (785) 323-3891 or by email [rita.harsch@meadowlark.org](mailto:rita.harsch@meadowlark.org).

### MLH Singers Practice

MLH singers will not be having practice Monday, Oct. 26. The practice has been rescheduled for 3 p.m. Thursday, Oct. 29, in the Community Room.

**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. 28, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

DRINK SPECIAL

**Oct. 26 to Oct. 31****Old Fashioned**

3 oz Whiskey  
Dash of Sugar  
Dash of Bitters

**\$3.75**

### Eyeglass Adjustment

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, Oct. 24, in the Community Room. They will adjust eyeglasses for residents at no charge.

### Technology Class

Tuesday, Oct. 27, students from the Kansas State University Gerontology Club will be available from 6 to 7 p.m. in the KSU Classroom to answer any technology related questions you might have.

### Vespers Services

The Vespers service, led by Trinity Presbyterian Women's Group, will begin at 7 p.m. Sunday, Oct. 25, in the Community Room. All are welcome.

### KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the at the Texas Longhorns at the Football Watch Party hosted Saturday, Oct. 24, in the Community Room. The game will kick-off at 11 a.m. and refreshments will be served.

### Brownbag Series

Bring a lunch and watch a televised class presentation on "Smart Spending for Later Living" at 12 p.m. Wednesday, Oct. 28, in the West Conference Room. Join Wendy Rinehart, as she presents over funding for long term care and learn simple tips and tricks for needed care later in life.

### Kansas Cowntowns

The second and third classes will be from 2 to 4 p.m. Tuesday, Oct. 27, and Tuesday, Nov. 3, at the Manhattan Arts Center.

Please sign up for transportation in the Blue Book located at the Hospitality Desk.

### Land of the Free & Home of the Brave

*Submitted by Sarah Duggan*

As the weather and the seasons change, I (and many others!) begin to look forward to upcoming holidays like Halloween (candy and costumes!), Thanksgiving (turkey and football!) and Christmas (carols and egg nog!) but let's not forget in midst of all that a very important day for us to recognize is Veterans Day.

Originally called Armistice Day, Veteran's Day has been a day of universal recognition since the end of World War I. The first celebration to use its current term took place in Birmingham, Alabama in 1947. Raymond Weeks, a World War II veteran, organized "National Veterans Day," which included a parade and other festivities, to honor all veterans. The event was held on November 11, then designated Armistice Day. Later, U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11 as Veterans Day.

Of the wars in recent memory, it was World War II that threatened our existence as a culturally diverse and free society. According to the Department of Veterans Affairs, an estimated 640 WWII veterans die each day. The Honor Flight Network, a non-profit organization, works to express our thanks to these brave men and women before our opportunities runs out.

Several Meadowlark Hills residents have participated in the Honor Flight program in recent years. The organization transports our nation's heroes to Washington D.C. to visit and reflect at their memorials.

A couple weeks ago MLH resident, Bob Robinson was given the opportunity to participate in Honor Flight. He and his daughter, Cindy Bryant, flew from Wichita, Kan. to Washington D.C. on the morning of Wednesday, Oct. 7. When the group arrived, they walked off the plane to cheers from the crowd. "I felt very honored and thrilled. It was a special moment for me," Bob said.

Bob shook hands with a few people in the crowd, and then noticed his son, Paul Robinson, was there. Paul traveled from Texas to surprise Bob and spend the trip with his dad and sister! Bob was amazed and very happy to have his son join them. While on the trip, the group saw Fort McHenry (where Francis Scott Key wrote the Star Spangled Banner), the WWII Memorial, Korean War Memorial, Lincoln Memorial and the Vietnam War Memorial. They also had the opportunity to see the Air Force Memorial and Arlington Cemetery where they watched the changing of the guard.

Congratulations to Bob for being selected to participate in such a wonderful program. Remember to thank the veterans in your life for their service to our country as Veterans Day approaches.

See you next week and thanks for stopping by!

# Halloween Brunch

Sunday, October 25  
Serving Times at 11 a.m. & 12:30 p.m.  
in the Community Room

\$16 – Adults

\$8 – Children

## Cold Food

Fruit in Goblin Watermelon  
Guacamole in Carved Pumpkin  
with Fried Blue Tortillas  
Carrot Raisin Salad  
Eye Ball Deviled Eggs  
Scary Salmon  
Halloween Pasta Salad  
Asparagus in Boo Berry Vinaigrette  
Ambrosia Salad  
Jell-O Gummy Worms  
Salad Waterfall with Carrots, Red Onions,  
Mushrooms, Cucumbers, Cheese, Broccoli,  
Cauliflower, Cherry Tomatoes, Mixed Greens  
and Assorted Dressings

## Hot Food

Carved Prime Rib Au Jus  
with Horseradish Sauce  
Baked Cod with Dill Sauce  
Sautéed Chicken Breast with Orange Sauce  
Roast Pork Loin  
Shrimp & Crab Farfalle  
with Cajun Roasted Red Pepper Sauce  
Mashed Sweet Potatoes & Swiss and Green  
Onion Scalloped Potatoes  
Succotash & Broccoli  
Biscuits & Gravy  
Bacon & Sausage



## Omelet & Waffle Bar

Diced Ham, Bacon, Swiss Cheese, Cheddar Cheese, Green Onions,  
Black Olives, Salsa, Mushrooms, Green & Red Peppers  
Whipped Butter, Syrup, Strawberries

## Desserts

Baked Apples, Pumpkin Bread Pudding, Caramel Apples,  
Rice Krispie Treats, Candy Corn, Pumpkin Chiffon Pie,  
Halloween Display Cake, Chocolate Covered Strawberry Ghosts,  
Oreo Cake Balls, Carrot Cake, Ice Box Pie, Lemon Meringue Pie,  
Apple Cake, Red Velvet Cake,  
Gummy Worm Dirt Pie, Mocha Roulades

## Rolls, Muffins & Breads

Pumpkin Muffins, Pineapple Banana Muffins, Key Lime Muffins,  
Bran Muffins, Berry Muffins, Lemon Poppy Seed Muffins,  
White Rolls, Wheat Rolls, Cinnamon Rolls

Please sign up in the Blue Book located in the Hospitality Desk.

# PRAIRIE★STAR RESTAURANT

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

## Oct. 25 - Oct. 31

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. 25 ~ Lunch \$16	Dinner \$12
	Halloween Brunch <i>Sign-up in the Blue Book</i> (Children \$8)	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
MONDAY	Oct. 26 ~ Lunch \$8 **	Dinner \$12
	Baked Cod with Dill Sauce Baked Chicken Legs Mashed Sweet Potatoes Carrots	Baked Ham with Pineapple Glaze Au Gratin Potatoes Vegetable of the Day
TUESDAY	Oct. 27 ~ Lunch \$7 **	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Beef and Cheese Manicotti Garlic Toast Vegetable of the Day
WED.	Oct. 28 ~ Lunch \$8 **	Dinner \$12
	Prime Rib Rolls with Spinach & Mushrooms Grilled Pork Chops with Fried Apples Loaded Mashed Potatoes Vegetable Medley	Sautéed Chicken Breasts with Raspberry Sauce Roasted Ranch Potatoes Vegetable of the Day
THURS.	Oct. 29 ~ Lunch \$8 **	Dinner \$12
	Chicken Tetrazzini Quiche Lorraine Asparagus Medley Garlic Toast	Roasted Pork Tenderloin with Balsamic Cherry Sauce Wild Rice Vegetable of the Day
FRIDAY	Oct. 30 ~ Lunch \$8 **	Dinner \$14
	BBQ Brisket Grilled Chicken with Lemon Thyme Sauce Au Gratin Potatoes Green Beans	Baked Shrimp Risotto Vegetable of the Day
SAT.	Oct. 31 ~ Lunch \$10	Dinner \$15
	Chicken Enchiladas Spanish Rice Black Beans	London Broil Twice Baked Potato 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, October 25 - Saturday, October 31

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

### **Sunday, October 25 – Raising Izzie (2012)**

A teacher helps two orphaned girls, just for one night. They couldn't be a family...unless fate and faith lend a hand.

**Co-Starring: Rockmond Dunbar, Kyla Kenedy & Vanessa Williams**

**Rated PG; 1 hr. 28 min.**

### **Monday, October 26 – On the Town (1949)**

Three sailors on leave and ready for fun are determined to make the most of their 24 hours in New York City in this Oscar-winning musical comedy.

**Co-Starring: Gene Kelly, Frank Sinatra & Betty Garrett**

**Not Rated; 1 hr. 37 min.**

### **Tuesday, October 27 – Nothing But the Truth (2008)**

When a journalist outs a casual acquaintance as a CIA agent, the government's formidable prosecutor sends her to jail for contempt.

**Co-Starring: Kate Beckinsale, Matt Dillon & Vera Farmiga**

**Rated R for language, some sexual material and a scene of violence; 1 hr. 47 min.**

### **Wednesday, October 28 – Ghostbusters 2 (1989)**

This engaging sequel finds the ghostbusting trio saving the Big Apple from a massive slime attack and a flood of evil spirits on New Year's Eve.

**Co-Starring: Bill Murray, Dan Aykroyd & Sigourney Weaver**

**Rated PG; 1 hr. 50 min.**

### **Thursday, October 29 – Pal Joey (1957)**

Using his charming wile and debonair dance moves, Joey Evans beguiles vixen widow Vera Simpson into financing his nightclub. He's set up for success until good-natured chorus girl Linda English comes along.

**Co-Starring: Rita Hayworth, Frank Sinatra & Kim Novak**

**Not Rated; 1 hr. 51 min.**

### **Friday, October 30 – Mandela: Long Walk to Freedom (2013)**

For one of the world's most beloved leaders, justice was a long time coming. But his triumph was a victory for many.

**Co-Starring: Idris Elba, Naomie Harris & Terry Pheto**

**Rated PG-13; 2 hrs. 21 min.**

### **Saturday, October 31 – It's the Great Pumpkin, Charlie Brown (1966)**

As Halloween approaches, Linus heads to the pumpkin patch to await the arrival of the Great Pumpkin, hoping it will finally make its big appearance.

**Co-Starring: Peter Robbins, Christopher Shea & Sally Dryer**

**Not Rated; 25 min.**

# This Week's Opportunities October 25 - October 31

## SUNDAY • OCTOBER 25

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

10:00 a.m. ~ Church Service, KSU CL

11:00 a.m. & 12:30 p.m. ~ Halloween Brunch, CR

2:00 p.m. ~ Pond Ride, VE

7:00 p.m. ~ Vespers, Trinity Pres. Women's Group, CR

## MONDAY • OCTOBER 26

*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 CL

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

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

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

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

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

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. ~ Pond Ride, VE

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

5:30 p.m. ~ Eastside Supper, CON

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

## TUESDAY • OCTOBER 27

*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

11:30 a.m. ~ AAUW Serendipity Luncheon, CON

12:00 p.m. ~ Seven Dolors Book Discussion, LR

1:00 p.m. ~ Tai Chi, CR

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

2:00 p.m. ~ Pond Ride, VE

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

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

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

5:30 p.m. ~ 3rd Floor Supper, CR

6:00 p.m. ~ Technology Workshop, KSU CL

## WEDNESDAY • OCTOBER 28

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

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

9:30 a.m. ~ Pond Ride, VE

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

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

10:00 a.m. ~ Worship Service, KSU CL

10:00 a.m. ~ Memory Support Group, CON

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

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

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

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

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. ~ Pond Ride, VE

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

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

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

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

## THURSDAY • OCTOBER 29

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

*HOGtoberfest from 11 a.m. to 9 p.m. at Cox Bros BBQ*

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. ~ Depart to HOGtoberfest (Cox Bros. BBQ), VE

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

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

2:00 p.m. ~ Pond Ride, VE

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

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

5:00 p.m. ~ Depart for HOGtoberfest (Cox Bros. BBQ), VE

6:00 p.m. ~ Depart for Osher Class: Farmer's Iron Horse, VE

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

## FRIDAY • OCTOBER 30

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

8:00 a.m. ~ Ambassadors Clothing Drive, LR

9:30 a.m. ~ Pond Ride, VE

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

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

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

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

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

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

2:00 p.m. ~ Pond Ride, VE

2:30 p.m. ~ Campus-wide Halloween Party, CR

7:00 p.m. ~ Resident Program: Flint Hills Old Timers Band, CR

## SATURDAY • OCTOBER 31

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

9:30 a.m. ~ Painting for Fun, KSU CL

9:30 a.m. ~ Pond Ride, VE

2:00 p.m. ~ Pond Ride, 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 CL, 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