



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 29, 2015

Clothing Drive

It's time for the yearly Meadowlark Hills Clothing Drive! Bring your used clothing to the Living Room from 8 a.m. to 12 p.m. Friday, Oct. 30. If you need help getting your bags or boxes to the Living Room please call the front desk 323-3847 and we'll send someone to pick up the clothes you are donating.

This year's drive is organized by the MLH Ambassadors. If you'd like to help out with the drive, please come by the Living Room Friday, Oct. 30, at any time.



Parkinson's Caregiver Webinar

The Meadowlark Hills Parkinson's Program is hosting a webinar, "Building a Care Partnership: Supporting a Loved One with Parkinson's Disease" sponsored by the Michael J. Fox Foundation from 11 a.m. to 12 p.m. Wednesday, Nov. 4, in the KSU Classroom.

"Caregivers offer critical support throughout a loved one's journey with Parkinson's disease. They are a major part of any care team, helping to make adjustments to daily life and adapt to new routines. In this webinar, we will explore how caregivers can help manage a friend or family member's health after a Parkinson's diagnosis. We will also discuss how to maintain a healthy and supportive relationship with your loved one, as well as the importance of self-care.

Our panel will feature Lonnie Ali, Founder of The Muhammad Ali Center, member of The Michael J. Fox Foundation Founders Council and caregiver to husband Muhammad Ali. Diane Breslow, MSW, LCSW, Parkinson's Disease Consultant, will also join the panel. This webinar is moderated by veteran broadcast journalist Dave Iverson, who also emcees the Partners in Parkinson's community events."

Although the topic is geared toward those working with a partner with Parkinson's, there will be valuable pieces of information about caregiving in general. All are welcome to attend. If you have questions, please contact Michelle at 323-3899.

Meadowlark Hills Parkinson's Program Presents:



FIT 2 FIGHT PD

Non Contact Boxing class for people with Parkinson's Disease

**Wednesdays at 3 p.m.
Beginning Nov. 4
KSU Classroom
Meadowlark Hills**

Fit to Fight PD is a non-contact boxing fitness class designed to help people with Parkinson's Disease (PD) improve their ability to live a fuller life. Research indicates that boxing-style exercise can help condition participants with agility, speed, muscular endurance, balance, hand-eye coordination, and overall strength.

Classes will be led by Jeff, Kerry & Michelle, all of whom completed specialized training with Kimmie Beneke, Boxer & Personal Trainer.

These free classes are designed for those with PD & are limited to them and his/her boxing partner.

**To register, call (785) 323-3899 or
e-mail: michelle.haub@meadowlark.org**

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

Why did the policeman ticket the ghost?
It didn't have a haunting license.

What is a vampire's favorite dance?
The Fang-Dango.

Why didn't the skeleton cross the road?
He didn't have the guts.

Gardening for 2016

Those who have had gardens in the Community Garden in 2015, please indicate your needs for the next year. Requests can be placed in Charlie Hall's mailbox (apt. 312) in the Game Room.

Trick-or-Treating

Two day cares will be coming to Meadowlark Hills to trick-or-treat! The day cares will be on campus at 10 a.m. Friday, Oct. 30, in the Main Lobby. They have been apart of the Halloween celebrations around campus for three years. Lets welcome them with lots of candy!

November Focus Group

The staff attendee for the November Focus Group will be Cheyenne Strunk, Administrator. Come meet Cheyenne at 10 a.m. Thursday, Nov. 5, in the KSU Classroom.

Center on Aging Lecture Series

Join Marla Day, Senior Curator at K-State Historic Costume and Textile Museum, for the Center on Aging Lecture Series at 4 p.m. Thursday, Nov. 12, in the KSU Classroom. Marla will discuss the story of Nelly Don: her American business set in the heart of the Midwest fashions and the true story that involved glamour, an affair, kidnapping, the mafia and the supreme court.

Card Making with Michelle

Join Michelle Lehmer at 2 p.m. Tuesday, Nov. 10, in the West Conference Room to create greeting cards for Thanksgiving!

Improvisation—Say “YES and...!”

This Osher Class teaches you to think on your feet and develop your spontaneity in an acting improvisation class. The class will play drama games and practice the basic techniques of improvisation in short scenes and skits.

Join Sally Bailey, Professor of Theater at K-State University and author of “Barrier Free Theatre,” a book about making theatre accessible to everyone, from 6:30 to 8:30 p.m. Monday, Nov. 2, at K-State's West Stadium, Drama Room 117. The second and third class will be Monday, Nov. 9, and Monday, Nov. 16, at the same time and location as the first class. A sign-up sheet is available for transportation located in the Blue Book. Transportation will depart from the Village Entrance at 6 p.m.

Lunch Specials

Nov. 1 – Nov. 7

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



Sunday, Nov. 1-	Tator Tot Casserole with Soup or Chips	\$5.50
Monday, Nov. 2-	Avocado BLT with Soup or Chips	\$3.75/\$5.50
Tuesday, Nov. 3-	Pizza Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Wednesday, Nov. 4-	Quesadilla Day	
	Cheese — \$3 Chicken — \$4 Steak — \$5	
Thursday, Nov. 5-	BBQ Chicken Panini with Cheesy Potatoes	\$3.75/\$5.50
Friday, Nov. 6-	White Chicken Chili with Cornbread Muffin	\$3.75/\$5.50
Saturday, Nov. 7-	Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Prairie Star Restaurant Grand Re-Opening!

*Monday, Nov. 9
Ribbon Cutting at 4:30 p.m.
Dinner to follow*

IL Resident Flu Clinic

Meadowlark Hills has received a partial shipment of this season's influenza vaccine and will hold a flu clinic from 1:30 to 2:30 p.m. Friday, Oct. 30, in the West Conference Room. The next shipment of vaccines are expected to arrive the first week of November. Additional clinics will be scheduled as soon as they arrive. Please be on the look out for scheduled clinics in the upcoming messenger.

Trust Company reps say 'Money Talks'

You have questions, and The Trust Company of Manhattan has answers! 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." At 3:30 p.m., Eli Sallman, Investment Officer & Portfolio Manager, presents "Money Talks: Investments Today." He'll provide an up-to-the-moment economic overview and commentary on financial markets, and answer your financial and investment questions.

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.

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.

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.

Please come on this First day of November to find your Friendly MLH First Family. See you Sunday, Nov. 1.

Tickets to Hale Library Concert Series

Meadowlark Hills is a sponsor of the Hale Library Concert Series and has two free tickets available for Friday, Nov. 6, special performance! The performance is by The KSU Tenors and Amanda Arrington on piano. The first to contact Magye Loya, Community Relations Assistant, at 323-3890 or via email magye.loya@meadowlark.org will receive the tickets!

Selah Music Recital

You are invited to attend the Selah Music Recital given by students of Nancy Blockcolsky. It will take place from 4:30 to 5:15 p.m. Sunday, Nov. 1, in the Community Room. Light refreshments will be served following the recital.

Meeting Our Legislators

Meet and greet our local legislators and listen to a forecasting of what is going on this upcoming election year. Legislators will be at Meadowlark Hills to discuss and report hot topics, such as education, and answer questions from 9:30 a.m. to noon Saturday, Nov. 7, in the Community Room.

Eyeglass Adjustment

Alex's Affordable Eyewear will now be coming to Meadowlark Hills on the last Saturday of every other month. He will be here at 3 p.m. Saturday, Oct. 31, in the Community Room.

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.



DON'T FORGET

*to eat at Cox. Bros. BBQ today, Oct.
29, to support the Great Samaritan
Fund from 11 a.m. to 9 p.m.*

UPCOMING EVENTS & ANNOUNCEMENTS

Michael B. Music Performance

Michael Boltz, also goes by Michael B., will be performing great tunes from America to Chicago, Elvis to Sinatra, Huey Lewis to Tommy James and Shondell's with some old Country thrown in at 7 p.m. Friday, Nov. 6, in the Community Room.

Vespers Services

The Vespers service, led by Reverend Michael Schmidt, will begin at 7 p.m. Sunday, Nov. 1, in the Community Room. All are welcome.

Brownbag Series

Bring a lunch and watch a televised class presentation on "Veterans Benefits" at 12 p.m. Wednesday, Nov. 4, in the West Conference Room. Join Shawn, Courtney and Mary Reichert at Heart Hospice, as they show appreciation for those who served so graciously on behalf of all Americans. They will be going over Veteran Benefits and a pinning ceremony honoring veterans will be performed in partnership with the "We Honor Veterans Program" and Veterans Administration.

Kansas Cowntowns

The last class will be from 2 to 4 p.m. Tuesday, Nov. 3, at the Manhattan Arts Center. Please sign up for transportation in the Blue Book located at the Hospitality Desk. Transportation will depart from the Village Entrance at 1:30 p.m.

Technology Class

Tuesday, Nov. 3, 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.

KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the at the Baylor at the Football Watch Party hosted Nov. 5, in the West Conference Room. The game will kick-off at 6:30 p.m. and refreshments will be served.

Outdoor Encounters

Submitted by Nathan Bolls

If you feel a yearning for "outdoors," you must discern whether you want to spend time in a Wild that is of "photo-op" quality or in one that is biologically rich—one throbbing "pulse" that comes from an area of healthy biodiversity. These two conditions are not necessarily mutually exclusive, but many people drive past great biodiversity, e.g., the Flint Hills, to sites they deem worthy of towering picture postcards.

Kansas does offer many great vistas for those who seek, but out state also is home to a great number and variety of plants and animals. That statement does not include the many species that migrate through Kansas both spring and fall. Also not included are the unusual visitors, e.g., the great snowy owl that overwintered on the Konza a couple of years ago or the brown pelican (a seacoast species) that I saw fishing below the Tuttle Creek Reservoir "tubes" this past spring.

Although I know a brown pelican when I see one, and I am not given to hallucinations, I did have the Tuttle Creek State Park biologist confirm my observation with his statement, "Yes, we've been watching it." Because the "tube area" below the Tuttle Creek Dam is nearby, and is a favorite stopping and feeding place for migrating waterfowl, we never know what might visit our pond for a few hours. I often refer to the Flint Hills as a colossal wildlife refuge.

The tangle of a deciduous forest; of that within the tall grass; or the tangle made form the ample water, food and cover offered by our pond set the stage for a healthy biodiversity. Writer Jose Ortega y Gasset outlines the proposition: "whoever wants to see a brick must look at its pores, and must keep his eyes close to it. But whoever wants to see a cathedral cannot see it as he does a brick." This demands a respect for distance. Our MLH natural area will reveal riches from a distance, but being willing to visualize wilderness as a brick. Some pores will show neither peace nor beauty. Others will be incredible.

LETTER TO THE MESSENGER

Many Thanks

Submitted by Warren Walter

Thank you to everyone for the cards and visitations. Thanks to my personal GPS—I had two nurses, two medics and my son walk in my room in eight minutes. I want to thank you all.

The first medic took over, held my head and instructed me not to move, while the other medic grabbed the brace to add around my neck. Thank you both. I am feeling better and am thankful for all the help. After 31 days I am back home!

DRINK SPECIAL



Nov. 2 to Nov. 7
Autumn Delight

2 oz Whiskey
6 oz Apple Cider
Garnished with Cinnamon

\$3.75

November BIRTHDAYS

Residents

Health Care

11/10 Katie Myers
11/13 Marcelene Proffitt
11/17 Dixie Tessmann
11/18 Rosemary Carroll
11/21 William Meisekothen
11/22 Sam Samarrai
11/23 Chuck Niernberger
11/23 Russell Patterson

Assisted Living

11/4 Grace Gates
11/8 Rose Bissey
11/11 Joy Rogers
11/13 Lillard Steele
11/24 Anna Noll
11/25 Joyce Ardery

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

Independent Living

11/3 John Lindholm
11/4 Jo Ann Edwards
11/5 John Roberts
11/6 Turley Hayes
11/6 Sharon Spencer
11/7 Duane Miksch
11/9 Betty Brodersen
11/12 Bonnie Nespor
11/12 Arlin Sarff
11/13 Margaret Carlson

11/15 Herman Westmeyer
11/17 Pam Oehme
11/19 Jo Lyle
11/19 Alice Morton
11/21 Leonard Parker
11/24 Donna Bark
11/24 Margaret Walker
11/25 Alice Howard

Employees

11/1 Ace Descuatan
11/1 Sherry Holcomb
11/2 Jerrie Rieck
11/2 Bayleigh Bisnette
11/3 Verenis Garcia
11/4 Connie Smith
11/4 Alicia Loveless
11/5 Erin Keating
11/6 Rachel Dickinson
11/6 Lillie Huckaby
11/7 Cassondra Koch
11/8 Cassidy Cheever
11/9 Katherine Orme
11/9 Michelle Smith
11/10 Loiniz Chabrier
11/10 Jody Koch
11/10 Krenda Batista
11/10 Natalie Kutney
11/10 Cassie Hall
11/10 Katelyn Bell

11/11 Ashley Klinkner
11/12 Cheyenne Becker
11/13 John Gasser
11/14 Brandy Graham
11/15 Noemi Diaz
11/18 Abby Jacobson
11/19 Bethany Davis
11/19 Kayla Willis
11/20 Becky Fitzgerald
11/20 Nick Lundeen
11/21 Sarah Spencer
11/22 Bidget Wilson
11/24 Jenna Rickett
11/25 Mikah Leon
11/27 Chuck Henry
11/27 Jordan Geiger
11/28 Elizabeth Thomas
11/28 Kayla Morrison
11/30 Magye Loya

PRAIRIE STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.

Sunday, 10:30 a.m. to 7 p.m.

Nov. 1 - Nov. 7

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	Nov. 1 ~ Lunch \$10	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes with Gravy Vegetable of the Day	Beer Steamed Brats with Sauerkraut Hot German Potato Salad Vegetable of the Day
MONDAY	Nov. 2 ~ Lunch \$8 **	Dinner \$13
	Goulash Baked Chicken Mini Twice Baked Potato Glazed Acorn Squash	Meatloaf Stuffed with Mozzarella Marsala Sauce Smoked Gouda Sweet Potato Mashed Vegetable of the Day
TUESDAY	Nov. 3 ~ Lunch \$6 **	Dinner \$14
	Taco Bar (does not include drink, starter or dessert)	Trout Almandine Wild Rice Vegetable of the Day
WED.	Nov. 4 ~ Lunch \$8 **	Dinner \$12
	Seafood Stuffed Chicken Breasts with Roasted Red Pepper Sauce Beef Enchiladas Rice/Medley of Vegetables	Stuffed Pork Tenderloin with Andouille Sausage Dressing Cajun Rice Vegetable of the Day
THURS.	Nov. 5 ~ Lunch \$7 **	Dinner \$7
	Pasta Bar (does not include drink, starter or dessert)	Hamburger & Hot Dog Bar Potato Chips, Baked Beans, Cole Slaw & Potato Salad Brownies & Cookies
FRIDAY	Nov. 6 ~ Lunch \$8 **	Dinner \$14
	Tuna Casserole Beef Stir Fry Steamed Rice Sugar Snap Peas	Seared Scallops Lemon Herb Risotto Vegetable of the Day
SAT.	Nov. 7 ~ Lunch \$10	Dinner \$15
	BBQ Pork Pattie Sandwich French Fries Cole Slaw	Steak Night Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the

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

Grosh Cinema Movies

Sunday, November 1 - Saturday, November 7

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

2 and 6 p.m., Sunday

Sunday, November 1 – Around the World in 80 Days (1956)

Victorian-era Englishman Phileas Fogg takes on a seemingly impossible wager: to travel around the world with his butler, Passepartout, in 80 days.

Co-Starring: David Niven, Cantinflas & Finlay Currie

Rated G; 2 hrs. 55 min.

Monday, November 2 – Anchors Aweigh (1945)

On shore leave, sailors Joe and Clarence fall for a pretty songstress, and promise her an audition with a celebrated musician.

Co-Starring: Frank Sinatra, Kathryn Grayson & Gene Kelly

Not Rated; 2 hrs. 19 min.

Tuesday, November 3 – Presumed Innocent (1990)

When a prosecutor is assigned to investigate the brutal murder of a co-worker, he's forced to admit they were having an affair and becomes a suspect.

Co-Starring: Harrison Ford, Raul Julia & Greta Scacchi

Rated R for language, adult situations, nudity & violence; 2 hrs. 7 min.

Wednesday, November 4 – The Devil at 4 O'Clock (1961)

Saving children from a doomed island: For a man, it's a mission of mercy. For another, it's a last shot at redemption.

Co-Starring: Spencer Tracy, Frank Sinatra & Kerwin Mathews

Rated PG; 2 hrs. 6 min.

Thursday, November 5 – To Kill a Mockingbird (1962)

Atticus Finch defends an innocent black man against rape charges but ends up in a maelstrom of hate and prejudice.

Co-Starring: Gregory Peck, John Megna & Frank Overton

Not Rated; 2 hrs. 10 min.

Friday, November 6 – Quartet (2012)

Musicians in a retirement home plan a show. All's well until a diva ex-wife shows up. It's not over 'til the ex sings.

Co-Starring: Maggie Smith, Michael Gambon & Billy Connolly

Rated PG-13; 1 hr. 38 min.

Saturday, November 7 – The Greatest Game Ever Played (2005)

Amateur golfer Francis Ouimet shocked the world at the 1913 U.S. Open when he beat defending champ Harry Vardon. But his rise to the top wasn't easy.

Co-Starring: Shia LaBeouf, Stephen Dillane & Elias Koteas

Rated PG; 2 hrs. 1 min.

This Week's Opportunities November 1 - November 7

SUNDAY • NOVEMBER 1

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR
2:00 p.m. ~ Pond Ride, VE
3:00 p.m. ~ First Friends on the First, CR
4:30 p.m. ~ Selah Music Student Recital, CR
7:00 p.m. ~ Vespers, Rev. Michael Schmidt, CR

MONDAY • NOVEMBER 2

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 CL
9:30 a.m. ~ Pond Ride, VE
9:30 a.m. ~ Town Meeting, CR
11:00 a.m. ~ St. Luke's Communion, LR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Weights 101, CR
12:00 p.m. ~ Yoga, KSU CL
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
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ Tuttlecreek Supper, LR
6:00 p.m. ~ Depart for Osher Class: Improvisation, VE
7:00 p.m. ~ Community Bingo, CR

TUESDAY • NOVEMBER 3

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
9:30 a.m. ~ Pond Ride, VE
10:30 a.m. ~ Steady Yourself, CR
10:30 a.m. ~ Trust Company Seminar: "Money Talks—Estate Planning", KSU CL
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
12:00 p.m. ~ Kimball Luncheon, CON
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
2:00 p.m. ~ Writing Group, LR
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Trust Company Seminar: "Money Talks—Investments Today", KSU CL
4:00 p.m. ~ Newspaper & Bible, LR
6:00 p.m. ~ Technology Workshop, KSU CL

WEDNESDAY • NOVEMBER 4

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. ~ 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
11:00 a.m. ~ Parkinson's Caregiver Webinar, KSU CL

11:30 a.m. ~ 1st Men's Club Luncheon, LR
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
1:30 p.m. ~ Pitch, GR
2:00 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Parkinson's Boxing Class, KSU CL
3:00 p.m. ~ Call Hall Ice Cream, KR
6:30 p.m. ~ KSU Gerontology Class, CR

THURSDAY • NOVEMBER 5

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
10:00 a.m. ~ Resident Focus Group, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Pond Ride, VE
2:00 p.m. ~ Parkinson's Education Group, CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CL
5:30 p.m. ~ Meadowlark Circle Dinner, KSU CL
6:30 p.m. ~ KSU vs. Baylor Watch Party, CON
7:00 p.m. ~ IL Bingo, CR

FRIDAY • NOVEMBER 6

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Pond Ride, 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
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
3:30 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Resident Program: Michael B. Music Performance, CR

SATURDAY • NOVEMBER 7

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CL
9:30 a.m. ~ Meeting Our Legislators, CR
9:30 a.m. ~ Pond Ride, VE
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 CL, KSU Classroom	WS, Woodshop