



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Nov. 12, 2015

Meadowlark Hills Art Committee

Submitted by Jo Lindly

The Meadowlark Hills Art Committee was started by an early resident of MLH. Marion Pelton, a retired professor of music at K-State University, gave a gift of money (to purchase art), her personal art collection and two grand pianos saying, "We need beauty around us at every age!" This was in year 2005. In 2006, with plans for remodeling a portion of the first floor (lobby thru offices on west), an Art Committee was formed.

Jay Nelson, owner of Streckler-Nelson Art Gallery in Manhattan, became the first member of the committee along with seven independent living residents. The collective art skill of the residents who volunteered was modest, but enthusiasm was high! Jay tutored us with slide presentations and walks through the gallery, answering questions with patience and good humor.

We set out with a budget, to purchase art works appropriate

for current and future residents. We considered paintings, three dimensional art, metal sculpture and ceramics, among others.

One fun experience of the committee was choosing the pictures for the Prairie Star Restaurant. Jay introduced us to Peggy Lyon, artist, who presented a picture with a bright, red Bing cherries, lying on a white cloth with vase background. The committee asked for more samples and she eventually made the 11 water color paintings in Prairie Star. Interestingly, when Prairie Star has remodeled this fall, these pictures remained in there but at different locations and one more painting has been added.

We continue to add pictures, gifts and purchases, to the collection. Watch for them on the "New Art Wall" just across the Game Room.

Award Ceremony

MLH receives PEAK award for 2014

For over ten years, the Kansas Department for Aging and Disability Services (KDADS) has been recognizing nursing homes for successfully implementing culture change through the Promoting Excellent Alternatives in Kansas Nursing Homes program commonly known as PEAK. Meadowlark Hills is proud to announce, that once again, we will be receiving this award.

PEAK awards are issued annually to homes that accomplish significant improvements toward person-centered care in the targeted areas of resident choice, staff empowerment, home environment and meaningful life activities. Person-centered nursing homes have moved away from the institutional model of nursing home care and toward a more home-like environment in which residents direct their day-to-day lives.

Please join us for the presentation of the PEAK award from 10:15 to 10:30 a.m. Tuesday, Nov. 17, in the Community Room. The award will be presented by the Secretary of KDADS, Kari Bruffett, followed by a brief reception. If you have questions, please contact Sarah Duggan, Community Relations Director, at 323-3860.



Flint Hills Masters

Day trip to see Art Collection and lunch afterwards

Change of plans! Due to a conflict with their scheduling, Prairie Fire Winery will not be able to accommodate us for a tour. In its place, we have scheduled a day trip Wednesday Nov. 18, at 10:30 a.m. to the Flint Hills Discovery Center. We will be going to observe the "Flint Hills Masters," a temporary exhibit at the discovery center.

"Flint Hills Masters" is a collection of paintings and sculptures interpreting a sense of place and a love for the regional landscape of the Flint Hills by more than 50 premier artists from around the world. Although the exhibit will be the focal part of the trip, we encourage participants to take in full experience of the discovery center if they have yet to do so.

Upon leaving the discovery center, the group will head over to Powercat Bar & Grill for lunch. The cost for the trip is \$10 (\$3 for transportation and \$7 for entry into the Discovery Center); cost of lunch is resident's responsibility. A sign up sheet is located in the Blue Book at the Hospitality Desk. For questions, call Monte Spiller at 323-3801.

UPCOMING EVENTS & ANNOUNCEMENTS

IL Flu Vaccine Clinics

The rest of the vaccines are here! Two flu vaccine clinics have for independent living residents been scheduled for this week. The first clinic is from 1 to 3 p.m. today, Nov. 12, in the Community Room. The second clinic is from 9 to 11 a.m. Friday, Nov. 12, in the KSU Classroom.

Little Apple Pilot Club

The Little Apple Pilot Club will be hosting a special event of Christmas decorating and will sing holiday songs for those of attendance from 1:30 p.m. to 3 p.m. Sunday, Nov. 22, in the Community Room.

The Little Apple Pilot Club is a women's service organization active in Manhattan, Kansas. The primary focus of the club is to increase awareness in the local community of brain related disorders and to serve the community at large.

It is a come and go event and refreshments will be served. All are welcome!

Transportation to A Christmas Carol Musical

The musical, A Christmas Carol, will be showing at 2:30 p.m. Sunday, Nov. 15, at the McCain Theater. Transportation will be departing from the Village Entrance at 2 p.m.

Cost for the event is \$16 (\$3 for transportation and \$13 for a ticket to the performance). A sign-up sheet is available in the Blue Book located at the Hospitality Desk. For any questions please contact Monte Spiller at 323-3801.



Joke of the Week

Who is not hungry at Thanksgiving?
The turkey because he's already stuffed!
If April showers bring May flowers, what do
May flowers bring?
Pilgrims.

Friends on the First

Members and friends of the First United Methodist Church that are wanting a ride to the Organ Concert, transportation will be provided. A church bus will load and depart from the Village Entrance at 3 p.m. Sunday, Nov. 15. Please sign up in the Blue Book located at the Hospitality Desk.

PD Webinar

Join us for a live webinar from the Michael J. Fox Foundation entitled, "Keeping Step with Parkinson's: Balance, Posture and Gait" at 11 a.m. Thursday, Nov. 19, in the West Conference Room.

Balance, posture and gait issues are some of the most troublesome Parkinson's symptoms people experience. The group will discuss practical ways to protect from falls and how research is testing new ways to treat balance, posture and gait issues.

Mending Angel

Mending Angel has returned and will be at MLH every other Friday. The next time she will be available is at 3 p.m. Friday, Nov. 20, in the Game Room.

Lunch Specials

Nov. 15 – Nov. 21

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



Sunday, Nov. 15–	Country Sausage Mac & Cheese with Soup or Chips	\$5.50
Monday, Nov. 16–	Italian Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, Nov. 17–	Chicken Alfredo	\$3.75/\$5.50
Wednesday, Nov. 18–	Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Thursday, Nov. 19–	Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, Nov. 20–	Turkey Club with Broccoli Salad	\$3.75/\$5.50
Saturday, Nov. 21–	Southwestern Chicken Salad with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Swingin' Spurs

The Swingin' Spurs sustains and advances country two-step and swing dance by providing performances at local, state and national events. The talented group will be showcasing their swinging dance moves at Meadowlark Hills at 7 p.m. Friday, Nov. 13, in the Community Room.

No Movie Showing

There will only be one movie showing at 2 p.m. Sunday, Nov. 15, at the Grosh Cinema due to a private event. All other showings for that day are canceled.

Festival of Trees display at Senior Tea

Ladies, do you like hot tea or coffee? Do you appreciate creatively decorated Christmas trees? Are you 55 or older? If you answered yes to those three questions, then consider attending the inaugural Festival of Trees Senior Tea. This event, planned for 1 to 3 p.m. Wednesday, Nov. 18, at Houston Street Ballroom, is one of three Festival of Trees events prior to the annual gala. All events are sponsored by the Flint Hills Volunteer Center and support the center's programs and volunteer efforts.

The Celebrate the Season Senior Tea features live holiday entertainment, sweet treats and your choice of loose leaf tea or coffee. Plus, you'll be able to view the many holiday displays and trees that will be auctioned at the gala and vote for your favorite. The tree earning the most votes wins a People's Choice Award.

For several years, Meadowlark Hills staff members have designed and decorated a tree for the Festival, and this year's committee is again hard at work, creating hand-made ornaments. The Meadowlark Hills tree theme is "In the Key of Christmas," featuring ornaments that will prompt thoughts of beloved Christmas carols and secular tunes.

Cost for this outing is \$8 per person, which includes the tea ticket and transportation. Becky Fitzgerald and Kristin Bribiesca, members of Meadowlark Hills's tree designing committee, are your hostess/drivers. Please meet at the Village Entrance at 12:30 p.m. Only five seats remain for this event. Please register in the Blue Book by 5 p.m. Monday, Nov. 16, so that event tickets may be purchased. If you have questions, please contact Becky at 323-3843.

Sidewalk Repairs

Maintenance started repairing sidewalks with concrete Wednesday, Nov. 10, and will complete by Friday, Nov. 13, or early next week. The Maintenance crew asks to please be aware of cones and wet concrete around campus. Please do not walk in or damage the new concrete. MLH apologizes for the inconvenience and thanks you for your understanding.

KSU Focus Group

A research team at Kansas State University has reached out and asked residents of MLH to participate in a focus group addressing Manhattan community traffic concerns. The focus group will start at 1 p.m. Thursday, Nov. 16, in the KSU Classroom. The focus group should take no more than an hour and a half of your time. The research team is led by Dr. L. Sue Williams and Dr. Jeremy Briggs of the Sociology department; graduate student Laura Murphy will facilitate.

The questions will be specifically focused on traffic regulations and behavior, but they invite questions and comments about a wide range of concern. The research has been approved by K-State's Institutional Research Board. Your name will not be used, and all information will be held in strict confidence. To participate in this focus group, please sign up in the Blue Book located at the Hospitality Desk.

Exercise Class cancellations

The following exercise classes will be canceled:

- Yoga—Monday, Nov. 16, at 12 p.m.
- Steady Yourself—Tuesday, Nov. 17, at 10:30 a.m.
- Yoga—Wednesday, Nov. 18, at 12 p.m.
- Steady Yourself—Thursday, Nov. 19, at 10:30 a.m.
- Chair Yoga—Thursday, Nov. 19, at 11:15 a.m.

Brownbag Series

Bring a lunch and watch a televised class presentation on "Understanding Alzheimer's Disease" at 12 p.m. Wednesday, Nov. 18, in the Living Room. Join Stephanie Zacharias, as she educates caregivers, both personal and professional, on Alzheimer's disease.

Saint John's Bible Heritage Edition

Modern technology takes this ancient tradition a step further in the Saint John's Bible Edition. You are invited to attend a discussion over the high resolution digital imaging and light printing techniques to produce fine art in the original pages of Saint John's Bible at 7 p.m. Friday, Nov. 20, in the Community Room.

Join Hale Library, Department Head, David Allen and one of his docents for a discussion over Saint John's Bible Heritage Edition.

Nutrition Education Presentations

A group of K-State Students will be providing nutritional education over the importance of vitamin D, sodium, protein, and vitamin levels in geriatric nutrition to residents of MLH with two presentation times Tuesday, Nov. 17, in the KSU Classroom. The first presentation will be at 10:30 a.m. and the second one at 11:15 a.m.

EVENTS & ANNOUNCEMENTS

Trip to the NEW Theatre Restaurant

MLH will be taking a group on a trip to the NEW Theatre Restaurant located in Kansas City, Kan. Wednesday, Dec. 9. The show for the day is "Out of the Order: just another corpse in Congress" starring Gary Sandy of WKRP in Cincinnati television fame.

The cost for the trip is \$15 for transportation and \$35 for the theater, which includes a fantastic dinner and show, choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at additional cost.

Although Dec. 9 is a few weeks away, we need to get a count as soon as possible in order to retain our reservation spot. We will depart from the Village entrance at 9 a.m. Seating begins at 11:30 a.m., with lunch being served from 12 to 1 p.m. the show starts at 1:15 p.m. A sign-up sheet is located in the Blue Book at the Hospitality Desk. For questions, call Monte Spiller, at 323-3801.

Outdoors Encounters

Submitted by Nathan Bolls

Observations around Bayer Pond, Friday, Nov. 6, from 1:15 to 4:30 p.m. Temperatures in the 50's, slight SW breeze, few patchy elongated clouds. Pond level is 16 inches below weir; pond needs a bath. Chewed out by fox squirrel on approach to Dam Gazebo; see another feeding beneath deer feeder, that is until much larger one hops inform woods. Two to three butterfly types fluttering about; one could be a couple of yellow sulphurs. Some grasshoppers are still out, as are two or three bee species, including one big bumblebee. Great horned owl calls every few minutes from woods NW of dam. Overwintering robins all about and looking more pump than during childrearing time; sound familiar?

I move to the West Gazebo and notice disturbing cricket, leopard frogs and bullfrogs along the way. Many deer tracks on every trail as well as raccoon tracks along waters edge. Many fresh water mussel shells along shore; raccoons probably overweight. Owl is still there. About 3 p.m. the big grass carp begin feeding and playing near surface of pond's western edge. Three to four yellow-shafted flickers move through woods. Numerous bird nests revealed in bare trees along with several shrubs and trees bear fruits, but birds, rodents, raccoons and opossums will find most of them—owl still calling—sumac heads beautiful are beneath deer feeder. Very busy with feeding cardinals, plus both dark-eyed juncos and American tree sparrows down from the north. Meanwhile, the life force of each perennial plant, to the necessary extent evolved by its species, is receding into its heart cradled in the nurturing soil of Mother Earth. Owl still calling—just another November day on the North Forty.

Pond Rides Around Campus

Goodbye pond rides, we'll miss you! The last day to ride the golf cart to Bayer Pond is Saturday, Nov. 14, due to the winter season. They will return in the spring.

KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the Texas Tech Red Raiders at the Football Watch Party hosted tonight, Nov. 14, in the Game Room. The game will kick-off at 2:30 p.m. and refreshments will be served.

ASK SARAH

The Doctor (and the Nurse Practitioner!) is in!

Submitted by Sarah Duggan



As many of you know, at Meadowlark Hills there is a primary care physician's practice located on our campus. Dr. Matt Floersch operates the on-campus clinic and serves as the Medical Director for Meadowlark Hills Retirement Community. He works with Jennifer Ellifritt, certified advanced practice registered nurse (APRNC). As an APRNC, Jennifer provides primary and acute healthcare to patients, including diagnosing, treating and writing prescriptions. Nurse practitioners can function in this capacity with the oversight of a Medical Director.

Starting this week Dr. Matt began training Allison Gonzalez, a second APRNC to work with him at the clinic. Allison is originally from South Carolina, but now lives in the Manhattan area with her husband. She graduated from the University of South Carolina College of Nursing in 2010 and in 2015 she received her doctorate in nursing practice/adult gerontology program from the Medical University of South Carolina.

Allison has always enjoyed working with older adults; her father was a nursing home administrator and she spent much of her childhood spending time at his facility. Her favorite part about being a nurse and working with older adults is the opportunity to build meaningful relationships with patients and their families.

Dr. Matt will be training Allison through the end of December. If you are a patient of Dr. Matt's, you may have the opportunity to meet her in the upcoming weeks! Allison will begin her regular schedule of seeing patients in January 2016. With the addition of Allison, there will be a provider available during all hours that the clinic is open. The clinic hours are Monday through Friday, 8 a.m. to noon and 1 to 5 p.m. If you are not a patient at the Meadowlark Hills clinic, but are interested in learning more, please contact Mary Jo Eichman, Physician's Practice Leader, at 537-1900.

See you next week and thanks for stopping by!

UPCOMING EVENTS & ANNOUNCEMENTS

Open Enrollment: Compare Part-D Plans

The Meadowlark Hills Finance team has partnered with the North Central-Flint Hills Area Agency on Aging on Wednesday, Nov. 18, for an opportunity to compare Medicare Part-D Prescription Drug Plans.

For those who have signed up, please bring with you a **current** list of your medications, copies of your Medicare card and copies of your current Part D insurance card. Contact Rita Harsch in the Finance office, if you have questions at (785) 323-3891.

Improvisation—Say “YES and...!”

This Osher Class teaches you to think on your feet and develop your spontaneity in an acting improvisation class. Join Sally Bailey, from 6:30 to 8:30 p.m. Monday, Nov. 16, at K-State’s West Stadium, Drama Room 117 for the last 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.

Technology Class

Tuesday, Nov. 17, 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.

DRINK SPECIAL



**Nov. 16 to Nov. 21
Northwood #2**

1.5 oz Gold Rum
1 oz Cognac
1 oz Apple Cider
1 tbsp Maple Syrup
3/4 oz Lemon Juice

\$3.75

Stella & Dot

Stella & Dot is a boutique style jewelry and accessory line that is available through independent stylists. Join Evelyn Brown’s daughter, Cathy Lyken, as she hosts a jewelry party at 2 p.m. Friday, Nov. 20, in the Living Room. Items will be for sale and refreshments will be served!

Vespers Services

The Vespers service, led by Mr. Larry Boye, from St. Luke’s Lutheran Church, will begin at 7 p.m. Sunday, Nov. 15, in the Community Room. All are welcome.

LETTER TO THE MESSENGER

Many Thanks

Submitted by Betty Kahler

I thank you from my heart for more than 80 cards with sympathy for Shorty’s passing. It means so much to me as we SO enjoyed our six years at Meadowlark Hills. I am very grateful.

On Life: Making Choices

Submitted by Helen Rorer

When we live long enough, we can see the trends in thinking. When I was a kid and someone became sick, caring ones rushed to their bedside to express worry and fear and relate the sufferings of ones who “had the same thing”.

They left the sick one feeling much worse, but some invoked please to God to take away the illness. Otherwise, it was curtains.

Some doctors deplored the “crepe hangers” and said they lost more patients to negative-speaking family than to the disease.

The time was right for the book “The Power of Positive Thinking.” It became a best seller. The scientists expounded on the effect of peaceful states of mind in which it appeared our bodies are designed to function best.

Some found that a state of mind of gratitude was the vibrational rate of a body in recovery.

Some, who seemed to forget that it was God who gave us each a brain to think with, had discovered those things about how the body works. They preferred more religion than science.

When religion appeared to loom, scientists shifted gears and came out with new discoveries about the body and certain illnesses. But none of that “positive thinking” stuff. The new discoveries require the patient to fight. All thinking in full-negative for the battle!

Obituaries frequently report now that the departed has “fought a battle with (named illness).”

Some of us were written about in scientific journals: “I refused to accept the Diagnosis.” So far, I have out-lived the three experts’ prognosis of two years by 52 years. Still not accepting the “worst,” I lay in my little cleared-out broom closet room at the hospital, mentally accepting healing, in its time. Surrounded by gadgets, after cancer surgery, my mind was occupied while I allowed recovery. I “wrote” a book on humor. The best parts came when I was asleep.

I believe that healing comes on the padded paws of peace and gratitude. It comes in its time, not on our demand.

PRAIRIE STAR RESTAURANT

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

Nov. 15 - Nov. 21

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	Nov. 15 ~ Lunch \$10	Dinner \$11
	Fried Chicken Mashed Potato & Gravy Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	Nov. 16 ~ Lunch \$9 **	Dinner \$14
	Beef Stew White Lasagna Garlic Toast Broccoli & Cauliflower	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
TUESDAY	Nov. 17 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Pecan Crusted Chicken Ranch Roasted Red Potatoes Vegetable of the Day
WED.	Nov. 18 ~ Lunch \$10	Dinner \$12
	BBQ Brisket Baked Chicken Legs Mashed Sweet Potatoes Carrots	Grilled Tenderloin with Blackberry sauce Soft Polenta Vegetable of the Day
THURS.	Nov. 19 ~ Lunch \$8 **	Dinner \$13
	Caesar Salad Bar with Chicken Steak & Shrimp Garlic Toast	Swiss Steak Garlic Mashed Potatoes Vegetable of the Day
FRIDAY	Nov. 20 ~ Lunch \$10	Dinner \$12
	Pork Fritters Grilled Salmon with Corn Relish Wild Rice Vegetable Medley	Chicken Fairmont with Hunters Sauce Wild Rice Vegetable of the Day
SAT.	Nov. 21 ~ Lunch \$10	Dinner \$13
	Meatloaf Sandwich Potato Salad Choice of Vegetable	Herb Crusted Cod Mushroom Risotto 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, November 15 - Saturday, November 21

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

2 p.m., Sunday

Sunday, November 15 – The Butcher's Wife (1991) *Showing only at 2 p.m.

A shrink falls for the psychic young wife of a middle-aged butcher. Fantasy trumps reality, even in the big city.

Co-Starring: Demi Moore, Jeff Daniels & George Dzundza

Rated PG-13; 1 hr. 44 min.

Monday, November 16 – The Sound of Music (1965)

A postulant named Maria is sent to care for the unruly Von Trapp children. She soon tames them — and finds herself falling for their stern father.

Co-Starring: Julie Andrews, Christopher Plummer & Eleanor Parker

Rated G; 2 hrs. 54 min.

Tuesday, November 17 – Million Dollar Baby (2004)

Despondent over a painful estrangement from his daughter, trainer Frankie Dunn isn't prepared for boxer Maggie Fitzgerald to enter his life.

Co-Starring: Hilary Swank, Clint Eastwood & Morgan Freeman

Rated PG-13; 2 hrs. 12 min.

Wednesday, November 18 – Chisum (1970)

A tough cattle baron fights con artists, corrupt town officials — even Billy the Kid — in order to keep the peace and his cattle ranch intact.

Co-Starring: John Wayne, Forrest Tucker & Christopher George

Rated G; 1 hr. 51 min.

Thursday, November 19 – Monkey Business (1952)

Cary Grant and Ginger Rogers make a delicious screwball comedy team in this wacky film about a middle-aged bore who may have invented a youth serum.

Co-Starring: Cary Grant, Ginger Rogers & Marilyn Monroe

Rated PG; 1 hr. 36 min.

Friday, November 20 – Jack Strong (2014)

The most spectacular Polish spy of the Cold War era, colonel Ryszard Kuklinski, informs Americans about the communist block's top secrets in the face of the upcoming martial law.

Co-Starring: Marcin Dorocinski, Maja Ostaszewska & Patrick Wilson

Rated TV-14; 2 hrs. 8 min.

Saturday, November 21 – Cinderella (2015) *Resident Request

In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams.

Co-Starring: Lily James, Cate Blanchett & Richard Madden

Rated PG; 1 hr. 45 min.

This Week's Opportunities November 15 - November 21

SUNDAY • NOVEMBER 15

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR

7:00 p.m. ~ Vespers, Mr. Larry Boye, CR

MONDAY • NOVEMBER 16

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. ~ Seated Strength, CR

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

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

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

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

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

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

5:30 p.m. ~ 5th Floor Supper, MR

6:00 p.m. ~ Depart for Osher Class: Improvisation, VE

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

TUESDAY • NOVEMBER 17

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

10:15 a.m. ~ KDADS Awards Presentation, CR

10:30 a.m. ~ Nutrition Education Presentation, KSU CL

11:15 a.m. ~ Nutrition Education Presentation, KSU CL

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

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

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

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. ~ 2nd Floor Supper, CR

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

WEDNESDAY • NOVEMBER 18

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8 a.m. to 5 p.m. ~ Area Agency on Aging—Part D Open Enrollment, CON & KSU CL (By appointment only)

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

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

10:00 a.m. ~ Worship Service, LR

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

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. ~ Brownbag Lunch Series, LR

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

12:30 p.m. ~ Festival of Trees Senior Tea, VE

1:30 p.m. ~ Pitch, GR

2:30 p.m. ~ General Support Group, MR

3:00 p.m. ~ Fit 2 Fight PD, CR

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

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

THURSDAY • NOVEMBER 19

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

11:00 a.m. ~ Parkinson's Webinar - Keeping Step with Parkinson's: Balance, Posture, and Gait, CON

1:00 p.m. ~ KSU Focus Group, KSU CL

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

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

5:30 p.m. ~ Meadowlark Circle Supper, MR

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

7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • NOVEMBER 20

Breakfast at Verna Belle's—Waffle or Pancake

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. ~ Stella & Dot, LR

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

7:00 p.m. ~ Saint John's Bible Edition, CR

SATURDAY • NOVEMBER 21

Breakfast at Verna Belle's—Omelets with Fruit

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

11:00 a.m. ~ KSU vs. Iowa State Watch Party, GR

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