



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Nov. 19, 2015

## Meadowlark Hills Receives Peak Award

*MLH recognized by KDADS at award presentation with Secretary Bruffett*

Meadowlark Hills Retirement Community received the PEAK Award on Tuesday, Nov. 17, during a presentation ceremony in the Meadowlark Hills Community Center.

The award was presented to Annie Peace, Health Services Director at Meadowlark Hills, by the Secretary for Kansas Department for Aging and Disability Services (KDADS), Kari Bruffett.

For over ten years, 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 has won this award five other times, including: 2002, 2004, 2005, 2009 and 2012.

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



[Above left to right] Secretary Kari Bruffett presents the 2015 PEAK Award to Annie Peace, Health Services Director at Meadowlark Hills.

home care and toward a more home-like environment in which residents have a say in their day-to-day lives.

In addition to Meadowlark Hills, nine of adult care facilities throughout the state have been recognized with a 2015 PEAK 2.0 Award for sustaining person-centered care for their residents. The facilities include: Brewster Health Center, Topeka; Evergreen Community, Olathe; Pleasant View, Inman; Medicalodges, Columbus; Showalter Villa, Hesston; Dooley Center, Atchison; Parkside Homes, Hillsboro; Lone Tree Retirement Center, Meade; and Pine Village, Moundridge.

“KDADS remains committed to ensuring high quality services for Kansas nursing home residents,” Secretary Bruffett said. “I want to congratulate the management and staff of the winning facilities for their extraordinary effort and excellent care they provide.”

The PEAK award event was attended by Meadowlark Hills residents, employees and board members, and Manhattan community members. A brief meet and greet preceded the presentation.

## Nelson Atkins Museum

Meadowlark Hills will be taking a group to the Nelson Atkins Museum in Kansas City, Kan. Wednesday, Dec. 2. The featured exhibit is *American Epics: Thomas Hart Benton and Hollywood*. The cost for the trip is \$15 for transportation and \$10 for access into this specific exhibit.

Additionally, there are other exhibits on display which include, but not limited to, *Rising Up: Hale Woodruff's Mural at Talladega College and American Art—In Preparation*. The group will have lunch at the museum in the dramatic style of a 15th-century Italian courtyard; Rozzelle Court Restaurant serves artful cuisine worthy of its glorious setting. Enjoy masterfully crafted signature salads, sandwiches, soups,

bread and desserts changed seasonally to utilize the freshest ingredients. Rozzelle Court Restaurant offers self-service and sit down dining for lunch. Gluten-free, dairy-free and vegetarian options are also down dining for lunch. Gluten-free, dairy free and vegetarian options are also available. Lunch will be the responsibility of the resident.

We will depart from the Village Entrance at 8:30 a.m. and returning back to Manhattan at approximately 3:30 p.m. A sign-up sheet is available in the Blue Book located at the Hospitality Desk. For questions, please call Monte Spiller at 323-3801.

## UPCOMING EVENTS & ANNOUNCEMENTS

### 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. today, 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.

### Diabetes Support Group

The Diabetes Support Group will meet at 6 p.m. Thursday, Dec. 3, in the KSU Classroom. Guest speaker will be Dr. Tran, DPM. The November meeting is rescheduled for Thursday, Dec. 3.

### Royal Purple Yearbooks

Mary Ann McCoy is giving away five Royal Purple Yearbooks (years 1939, '40, '41, '42 and '43). She is also giving away many other things. If you are interested in one or all, please contact Mary Ann at 539-6343.

### 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.

### Winter Ball Theme

The winning theme for the 2016 Winter Ball is Black Tie Affair (Red Carpet)! Winter Ball will take place Friday, Jan. 22, 2016. More details coming soon.

### Little Apple Chorus

The Little Apple Chorus presents the 5th Annual Harmony for the Holidays at 3 p.m. Sunday Dec. 13, at McCain Auditorium.

A special pre-show performance by the KSU Faculty Brass Quintet will start at 2:30 p.m. Also featuring: The Flint Hills Harmony Chorus (sweet Adelines), Timeless a Cappella, First United Methodist Church Rhapsody Ringers, First Christian Church, Praise Band, Scott Senn pianist, Janie Brokenicky soloist, Magician Ken Garwick and Santa Claus.

Advanced tickets are \$12.50 from chorus members. You may purchase tickets the week before or at the door at McCain Box Office for \$15 plus tax. The family pack includes parents and children and costs \$30.

If you have questions, please contact Mike Sexton at (785) 537-8426.

**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, Nov. 25, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

## Lunch Specials

**Nov. 22 – Nov. 26**

Hours: Monday—Friday, 8 a.m. to 5 p.m.

Saturday—Sunday, 9 a.m. to 3 p.m.



<b>Sunday, Nov. 22– Baked Spaghetti with Soup or Chips</b>	<b>\$5.50</b>
<b>Monday, Nov. 23– French Dip with Soup or Chips</b>	<b>\$3.75/5.50</b>
<b>Tuesday, Nov. 24– Chicken Bacon Ranch Panini with Soup or Chips</b>	<b>\$3.75/\$5.50</b>
<b>Wednesday, Nov. 25– Chili with Cinnamon Rolls</b>	<b>\$3.75/\$5.50</b>
<b>Thursday, Nov. 26– CLOSED</b>	
<b>Friday, Nov. 27– Monte Cristo with Soup or Chips</b>	<b>\$3.75/\$5.50</b>
<b>Saturday, Nov. 28– Salmon Salad Sandwich with Soup or Chips</b>	<b>\$3.75/\$5.50</b>

# UPCOMING EVENTS & ANNOUNCEMENTS

## Brownbag Series

Bring a lunch and watch a televised class presentation on “Dealing with the DPOA, Handling Family Conflicts & Other Legal Matters” at 12 p.m. Wednesday, Dec. 2, in the Living Room. Join James Berger, as he discusses Health Care Power of Attorney, Living Wills (Health Care Directives), Do Not Resuscitate Orders (DNR) and the documents needed in order to make sure the wishes of the patient are carried out.

## Vespers Services

The Vespers service, led by Reverend Michael Schmidt, from St. Luke’s Lutheran Church, will begin at 7 p.m. Sunday, Nov. 22, in the Community Room. All are welcome.

## Thanksgiving closings

- **Environmental Services:** On call for emergencies on Thanksgiving
- **Finance Services:** Closed at noon on Wednesday and closed on Thanksgiving
- **Information Technology (IT):** Closed on Thanksgiving and Friday, Nov. 27
- **Exercise Classes:**
  - All exercise classes canceled on Thanksgiving and Friday, Nov. 27
  - Caul Fitness Center remains open
- **Pizazz Salon:** Closed on Thanksgiving and Friday, Nov. 27. Appointments for the week of Thanksgiving are filling up fast, so book soon!
- **Physician Office:** Closed on Thanksgiving and Friday Nov. 27
- **Hospitality Desk/Resident Services:** Closed on Thanksgiving
- **Verna Belle’s:** Closed on Thanksgiving
- **Prairie Star:** Close at 2 p.m. on Thanksgiving
- **Kansas Room Pub and Lounge:** Closed on Thanksgiving

## Clinics, Classes & Events

- **Technology Workshop:** Canceled on Tuesday, Nov. 24. Will resume Tuesday, Dec. 1.
- **Unitarian Universalist Fellowship:** Canceled Wednesday, Nov. 26
- **Dementia Caregiver Support Group:** Canceled on Thanksgiving
- **Blood Pressure Clinic:** Canceled on Thanksgiving
- **Meadowlark Bible Study:** Canceled on Thanksgiving
- **St. Paul’s Episcopal Church Service:** Canceled on Thanksgiving
- **IL Bingo:** Canceled on Thanksgiving
- **Parkinson’s Exercise:** Canceled on Friday, Nov. 27

## 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. today, Nov. 19, 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.

## 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.

## Scam warning

Attention all residents: Several residents have received a recorded message from stating they are from the IRS informing you that they are trying to reach you and this is a final notice of a law suit that has been filed against you. This is a scam! Please do not call back and do not give out any personal information.

## Technology Class

Tuesday, Nov. 24, students from the Kansas State University Gerontology Club will not be available for the Technology class due to Thanksgiving. The workshop will resume Tuesday, Dec. 1, at the same time and location.

## LETTER TO THE MESSENGER

### Special Thanks

*Submitted by Esther Headrick*

Special thanks to each member of the wait staff, the chefs and all the kitchen workers for the outstanding job they did while the remodeling was in progress.

If anyone missed a beat we couldn’t tell. Every delivery and extra service came with a smile and we loved it! We were also treated to new and special dishes during that time. It was great. Thank you.

## EVENTS & ANNOUNCEMENTS

### Outdoors Encounters

*Submitted by Nathan Bolls*

Shunryu Suzuki once said, “We ourselves cannot put any magic spells on this world. The world is its own magic.”

It is amazing the most of the smaller mammals in our area—including the deer mouse, white-footed mouse and prairie vole, plus 7 or 8 others—do not hibernate during winter months.

But four species that might be found in our area do spend some months in hibernation: 13-lined ground squirrel, Franklin’s ground squirrel, eastern chipmunk and the meadow jumping mouse.

For a successful hibernation, first comes “packin’ on the pounds.” Then, governed primarily by daily light and endocrine cycles, the animal’s metabolic rate, heart rate, kidney function and body temperature begin to decrease. Body temperature sometimes lowers almost to that of air in the den. The animal becomes torpid and can exist in this state for months—“like a cold-blooded animal that has been chilled” according to the late Knut Schmidt-Nielsen, famous ecological physiologist.

Arousal from hibernation is a dramatic event, accompanied by violent shaking, muscle contractions and drawing energy for heat production from a special “brown fat” located in patches along the neck and between the shoulders. Then, look out grasses, seeds, grasshoppers (yes), and members of the opposite sex!

### 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 in attendance from 1:30 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!

### Pizzaz Salon

Need fixed up before Thanksgiving holiday? Appointment times are filling up FAST at Pizzaz Salon. Stop by or give Pizzaz a call at 537-6189, to reserve a spot. The Salon will be closed Thanksgiving and Friday, Nov. 27.

### Movie Showings

There will only be one movie showing at 1 p.m. Thursday, Nov. 26, in Grosh Cinema. All other showings that day are canceled.

### R&R Jazz Combo

Come out and listen to the smooth, sultry sounds of Robert Rodriguez and his R&R Jazz Combo. They will be performing at 7 p.m. Friday, Nov. 27, in the Community Room.

## ASK SARAH

### Now Showing: Christmas in the Movies!

*Submitted by Sarah Duggan*

It’s time to get signed up for the 2015 Christmas Carousel, a holiday party for independent living residents and Passport members! This year’s theme is Christmas in the Movies and during the evening of Wednesday, Dec. 16, you’ll be diving into five well-known Christmas movies located in rooms throughout the Community Center:

- First showing: Miracle on 34<sup>th</sup> Street (Community Room)
- Second showing: A Christmas Story (Game Room & Pub)
- Third showing: Polar Express (Grosh Cinema)
- Fourth showing: White Christmas (Prairie Star Restaurant)
- Fifth showing: How the Grinch Stole Christmas (KSU Classroom & West Conference Room)

The rotation through the rooms will be structured differently this year. Each group will begin at Community Room and continue down the Community Center hallway in 25-minute intervals. The start times for each group will be staggered. The groups will have a staff leader to help guide you through the evening’s events. Start times are as follows:

- Group One: 3:30 p.m.
- Group Two: 4:00 p.m.
- Group Three: 4:30 p.m.
- Group Four: 5:00 p.m.
- Group Five: 5:30 p.m.

Reservations are required (and limited) for this event. You can make your reservation in the Blue Book located at the Hospitality Desk or by calling (785) 323-3847. Once the reservations close, each attendee will receive a personalized reminder card, which will indicate which time your group will begin the day of the party.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result, will be closed the day of the party, Dec. 16. There will be a buffet lunch option available in the Pub, to-go only. Verna Belle’s Café will be open for lunch as usual, plus will have additional hours between 5 and 6:30 p.m. where a dinner special will be served, including: meatloaf, mashed potatoes and green beans for \$7.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel.





## UPCOMING EVENTS & ANNOUNCEMENTS

### 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!

### KSU Football Watch Party

Come and watch the Kansas State Wildcats take on the Iowa State Cyclones at the Football Watch Party hosted Saturday, Nov. 21, in the Game Room. The game will kick-off at 11 a.m. and refreshments will be served.

DRINK SPECIAL



### Nov. 23 to Nov. 28 Thanksgiving Cocktail

2 oz Wild Turkey Bourbon  
1 oz Apple Cider  
1 oz Cranberry Juice  
Splash of Lime Juice

**\$3.75**

## *Thanksgiving Lunch Menu*

*Thursday, Nov. 26*

*Two available seatings: 11:00 a.m. and 12:30 p.m.  
Price: \$13 per person*

### *Choice of Starter*

Butternut Squash Soup  
Green Salad (choice of Dressing)  
Ambrosia

### *Choice of Sides*

Sausage Sage Dressing  
Giblet Gravy  
Cranberry Relish  
Green Bean Casserole  
Medley of Vegetable  
Mashed Potato  
Mashed Sweet Potato

### *Choice of Entree*

Roast Turkey  
Baked Ham

### *Choice of Dessert*

Pumpkin Pie  
Dutch Apple Pie  
Carrot Cake

# PRAIRIE★STAR RESTAURANT

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

## Nov. 22 - Nov. 28

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. 22 ~ Lunch \$10	Dinner \$12
	Cornish Game Hen with Natural Sauce Scalloped Potatoes Vegetable of the Day	Rigatoni with Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	Nov. 23 ~ Lunch \$10 **	Dinner \$13
	Chicken Crepes Braised Pork Butt with Carrots, Onions & Celery Rice Pilaf Broccoli	Roast Brisket with Bordelaise Sauce Potato Pancake Vegetable of the Day
TUESDAY	Nov. 24 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Chicken Cordon Bleu Supreme Sauce Wild Rice Vegetable of the Day
WED.	Nov. 25 ~ Lunch \$10 **	Dinner \$14
	Beef Tips Fettuccine Grilled Pesto Chicken with Marinara Sauce Garlic Toast Stewed Zucchini	Sautéed Orange Roughy with Citrus Butter Roasted Red Potatoes Vegetable of the Day
THURS.	Nov. 26 ~ Lunch \$13	Dinner
	Thanksgiving Lunch Menu (see page 5)	Closed
FRIDAY	Nov. 27 ~ Lunch \$10 **	Dinner \$13
	Fried Catfish with Tartar Sauce Vegetable Quiche Tatar Tots Green Beans	BBQ Shrimp Cheddar Scalloped Potatoes with Bacon & Green Onions Vegetable of the Day
SAT.	Nov. 28 ~ Lunch \$10	Dinner \$15
	Pulled Pork Sandwich French Fries Coleslaw	Steak 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, November 22 - Saturday, November 28

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

2 p.m. and 6 p.m., Sunday

### Sunday, November 22 – Rabbit-Proof Fence (2002)

In 1931, three aboriginal girls escape after being plucked from their homes to be trained as domestic staff and set off on a trek across the Outback.

**Co-Starring: Everlyn Sampi, Tianna Sansbury & Kenneth Branagh**

**Rated PG; 1 hr. 33 min.**

### Monday, November 23 – Ladies in Lavender (2004)

Two sisters share a beach house in Cornwall for relaxation. But their idyll is interrupted when they chance upon a mystery man awash on the beach.

**Co-Starring: Judi Dench, Maggie Smith & Daniel Bruhl**

**Rated PG-13; 1 hr. 43 min.**

### Tuesday, November 24 – The Pledge (2001)

On the eve of his retirement, a homicide detective takes the case of a murdered young girl, promising the parents he'll see it through to the end.

**Co-Starring: Jack Nicholson, Benicio Del Toro & Patricia Clarkson**

**Rated R for violence, sexual content & some language; 2 hrs. 3 min.**

### Wednesday, November 25 – True Grit (1969)

A grizzled lawman's done a lot of good and some bad. But he's never helped a young girl exact revenge. Until now.

**Co-Starring: John Wayne, Kim Darby & Glen Campbell**

**Rated G; 2 hrs. 8 min.**

### Thursday, November 26 – Woman of the Year (1942) *\*Resident Request*

*\*Only 1 p.m. showing*

A brash sportswriter and a spirited political columnist fall in love, but their divergent lifestyles spell trouble for their fledgling marriage.

**Co-Starring: Spencer Tracy, Katharine Hepburn & Fay Bainter**

**Not Rated; 1 hr. 52 min.**

### Friday, November 27 – The Giver (2014)

When a teenager learns the harsh truth about his supposedly utopian society, his decision to reveal all or remain quiet will determine the future.

**Co-Starring: Brenton Thwaites, Jeff Bridges & Meryl Streep**

**Rated PG-13; 1 hr. 34 min.**

### Saturday, November 28 – Jurassic Park (1993)

A multimillionaire unveils a theme park where visitors can see live dinosaurs, but an employee tampers with the security system and the dinos escape.

**Co-Starring: Sam Neill, Laura Dern & Jeff Goldblum**

**Rated PG-13; 2 hrs. 7 min.**

# This Week's Opportunities November 22 - November 28

## SUNDAY • NOVEMBER 22

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

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

1:30 p.m. ~ Little Apple Pilot Club Event CR

7:00 p.m. ~ Vespers, Rev, Michael Schmidt, CR

## MONDAY • NOVEMBER 23

*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

10:00 a.m. ~ Meadowlark Mentors Hills, 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. ~ 1st Pres. Men's Luncheon, MR

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

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

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

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

## TUESDAY • NOVEMBER 24

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

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

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

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

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

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

## WEDNESDAY • NOVEMBER 25

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

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

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

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

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

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

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

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

1:30 p.m. ~ Diabetic Support Group, KSU CL

3:00 p.m. ~ Fit 2 Fight PD, 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 • NOVEMBER 26

11:00 a.m. ~ Thanksgiving

Lunch, PS *(please sign up in the Blue Book)*

12:30 p.m. ~ Thanksgiving

Lunch, PS *(please sign up in the Blue Book)*



## FRIDAY • NOVEMBER 27

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

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

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

7:00 p.m. ~ Resident Program: R&R Jazz Combo, CR

## SATURDAY • NOVEMBER 28

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

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

3:00 p.m. ~ KSU vs. KU 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

## Joke of the Week

The pilgrims' cows came to America on  
what ship?  
The Moooooo-flower.

Why do pilgrims pants keep falling down?  
Because their belt buckles  
are on their hats!