



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 10, 2015

## Holiday Happenings

*See what is going on this holiday season!*



### **Meadowlark Hills Singers Christmas Performance**

Mark your calendars for the Meadowlark Hills Singers Christmas Performance at 7 p.m. Friday, Dec. 11, in the Community Room. This festive event will include wonderful Christmas music performed by your very own!

### **Cuz'n Jed's Christmas**

Come out and enjoy a fun-filled hour of Christmas Classic with Jed Wymore at 4 p.m. Sunday, Dec. 13, in the Community Room. Jed will be joined by other musicians as they entertain Meadowlark Hills with array of Christmas and holiday music!

### **Christmas Carousel Goes to the Movies**

Christmas Carousel, a holiday party for independent living residents and passport members, will be Wednesday, Dec. 16. Reservations are required for this event. Start times vary per group. You can make a reservation in the Blue Book located at the Hospitality Desk or by calling (785) 323-3847.

Please contact Monte Spiller, Resident Services Leader, with questions regarding Christmas Carousel.

### **Tommy Lee Performance**

Saxophonist Tommy Lee, will be entertaining Meadowlark Hills with his classic tunes at 7 p.m. Friday, Dec. 18, in the Community Room. Tommy has been playing in the Manhattan area since 1949 and is a familiar face to many! Don't miss our on this one-man-band!

### **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. The event is also featuring: The Flint Hills Harmony Chorus (sweet Adelines), First United Methodist Church Rhapsody Ringers, Janie Brokenicky soloist, Magician Ken Garwick and Santa Claus.

### **Emily's Christmas Recital**

You are invited to attend the Christmas Recital given by students of Emily Gallagher. It will take place at 1 p.m. Saturday, Dec. 12, in the Community Room. A reception with refreshments provided by Emily will follow.

### Jokes of the Week

What did Adam say on the day before  
Christmas?  
It's Christmas, Eve.

How do sheep say Merry Christmas in Mexico?  
Fleece Navidad!

Why does Scrooge love Rudolph the Red-  
Nosed Reindeer?  
Because every buck is dear to him.

What do you get when you eat the Christmas  
decorations?  
Tinsel-itus.

### **FOUNDATION NEWS**

**In Honor of Those  
Living & Passed**

Nov. 2015

*All Persons Living  
Bernice Schnoweis*

*Donations were made to the Good  
Samaritan Fund.*

## UPCOMING EVENTS & ANNOUNCEMENTS

### Sign Up for Resident Committees

Attention residents! Every year during the month of January, residents have the opportunity to sign up (or remove themselves from committees). The following committees are:

- Ambassador Committee
- Art Committee
- Bingo Committee
- Building & Grounds Committee
- Messenger Delivery Committee
- Messenger/Clerical Committee

Committee rosters are available now and located in the Blue Book at the Hospitality Desk. In January, residents will be contacted to confirm their membership.

### Dr. Tran Foot Clinic change

Dr. Tran Foot Clinic is no longer accepting new independent living residents to his Meadowlark Hills Clinic and will only be open to health care residents. Dr. Tran asks for any independent living residents (that are not currently patients) to please call the office and make an appointment at 539-4205. Thank you!

### Household LE Holiday Party

You are invited to the Household LE Holiday Party hosted by Sloan House for a Christmas celebration at 2 p.m. Friday, Dec. 18, in the Community Room and Living Room. There will be caroling and a gingerbread house contest. Join in the fun!

### Outdoors Encounters

*Submitted by Nathan Bolls*

During the Sunday of our recent "Endless Ice" weekend, I hiked some about our campus and natural area. The Place was sheathed and frozen in stillness, save for the frequent cat-paw-soft falling of freezing rain, the whistling of wind around brick wall corners, and the creaking and groaning of swaying grass stems and tree branches. Many trees and shrubs bowed dangerously low under more added weight than botanical structure might manage. Some branches gave way.

The many blossoms still clinging to Meadowlark Valley rose bushes were reflecting a stiff, cold icy red--a stark contrast to the mood they are grown to generate. All tree- and shrub-borne nuts, fruits, and berries were vacuum-packed in ice. A grass stalk on Bayer Pond Dam held a small fly in icy embrace, reminiscent of insects in ancient amber. A beetle slowly crawled its seemingly last breaths across the East Gazebo floor. But, come next spring...!

The pond surface was quiet, save for tracks of freezing rain. Recent raccoon tracks were rare, deer tracks a bit less so. Coyotes probably hunted. Skunks, opossums, and fox squirrels mostly stayed home. An occasional robin moved in the trees. Saw one northern flicker, one mystery sparrow. Small rodents that do not hibernate--but do move about via shallow grooved pathways through the grass--probably hunted for seeds to stoke their high metabolic flames.

From the woods--and across the wide quiet--came the hunting call of our resident great horned owl. Even in this Ice Palace, other surely were listening. A quote from John Muir, the great explorer, naturalist, and writer of Yosemite Valley fame, seemed spot on: When we try to pick out anything by itself, we find it hitched to everything else in the universe.

## Lunch Specials

### Dec. 13 – Dec. 19

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



Sunday, Dec. 13-	Mexican Chicken Rice Bake with Soup or Chips	\$5.50
Monday, Dec. 14-	Turkey Cranberry Panini with Soup or Chips	\$3.75/5.50
Tuesday, Dec. 15-	Ham and Beans with Cornbread Muffin	\$3.75/\$5.50
Wednesday, Dec. 16-	Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Thursday, Dec. 17-	Meatloaf Sandwich with Soup or Chips	\$3.75/\$5.50
Friday, Dec. 18-	BBQ Pork Sandwich with Coleslaw	\$3.75/\$5.50
Saturday, Dec. 19-	Napa Valley Chicken Salad Sandwich with Side	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Water Shut Off, Dec. 14

Water will be shut off Monday, Dec. 14, from 2 to 4:30 p.m. Unfortunately, maintenance found a leak during the last few weeks that requires another shut down. Staff apologizes for the inconvenience and thank you for your understanding.

### Canceled Classes, Dec. 16

The following exercise classes are canceled Wednesday, Dec 16, due to Christmas Carousel:

- Sit & Be Fit — 11 a.m.
- Beginner Tai Chi — 12 p.m.
- Fit 2 Fight PD — 3 p.m.

### Technology Class

Tuesday, Dec. 14, 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, speaker to be announced, from First Christian Church, will begin at 7 p.m. Sunday, Dec. 13, in the Community Room. All are welcome.

### 2015 8-Ball Pool Tournament

Congratulations to the fall 2015 8-Ball Pool Tournament Champion, Lynn Roberts! Lynn works in Transportation at Meadowlark Hills. Way to go, Lynn!

Many thanks to all employees and residents who participated in this years 8-Ball Pool Tournament!



[Above:] Winner Lynn Roberts posing with trophy and Monte Spiller, Resident Services Leader.

### Gift Wrapping

Gift wrapping will be available at the Hospitality Desk for \$0.75 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. Gift services will be available until Dec. 23. Times designated to have gifts wrapped are from: 5:30 to 8 p.m. Monday through Friday and 10 a.m. to 7 p.m. Saturday and Sunday. The Hospitality team is excited to wrap your gifts!

## LETTER TO THE MESSENGER

### On Being a Latchkey Kid

*Submitted by Helen Roser*

Kids left at home alone while their parents worked were called latchkey kids. My father had died the day after the bank with all his money had failed and the Great Depression began. My mother worked in any job she could find and I was a latchkey kid. She left the back door unlocked for me.

One of my duties before I went out to play was to put a sign on our front door that said: KEY UNDER DOOR MAT. The sign wasn't necessary since the wind usually blew the door mat away and the key was pretty prominent on the porch floor. But the sign has to be up in case someone important came.

I was hungry all the time, but then, most of my friends were hungry, too. I was pretty inventive and one day at school I thought of an invention. With it and using my imagination, it would be like eating a big sandwich. I was so excited I could hardly wait to get home and try my invention. We had big cans of salt and pepper and I was allowed to use some. So I filled a glass of water, shook some salt and pepper into it, stirred it up, and drank it, imagining the seasoned water was a big sandwich. Only it

didn't work. I guess there is only so much the imagination can do.

My friends told me that when your shoes got a hole in the bottom, you fold up paper and put it in over the hole. It worked fine except when it rained. Then you had really soggy, squishy shoes.

In my mother's money management, food did not come first. First was putting aside money toward paying taxes. If you didn't pay, your house was sold and you had to move out. There were lots of empty houses.

My mother paid our taxes on the first day they were due. So we were safe and had a roof. I was never able to invent a substitute for food, but I remembered to put the sign on our front door: KEY UNDER DOOR MAT. In case someone important came.

PS In recalling these 86 year old memories, my stomach remembered, too, and I was ravenously hungry. Fortunately, I had a Cure 81 ham and a big loaf of bread. As I ate multiple sandwiches, my stomach reminded me that when it is hungry, it needs more than my imagination, but a real sandwich.

# RESIDENT COUNCIL MINUTES

**Meeting Date:** Nov. 2, 2015

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

**Guest Present:** Harriette Janke

**Staff Present:** Sarah Duggan and Monte Spiller

Sandra Emley welcomed all meeting attendees.

## Updates

1. General Update: Sarah shared that Lonnie is currently in Boston, Massachusetts for the LeadingAge National Conference. He will be part of a presentation along with CliftonLarsonAllen and Dr. Matt, where they will have the opportunity to share with others what we do at Meadowlark Hills. Sarah also shared she recently attended a Home Health National Conference in Nashville, Tennessee and gained some valuable knowledge.

The completion of the renovation with Prairie Star is on schedule and the re-opening should go as planned. Kinzie Zimmerman hired Kristen Martin to be the newest member of the sales team and she is in the process of transitioning into her new role. The Health Services Team is currently looking to fill Kristen's former position as Social Services Leader.

Christmas Carousel will be held December 16 with the theme - Christmas in the Movies. With the event this year, we will be starting each group at staggered times. We are hoping this will make things less crowded as we go from room to room, making it an even more enjoyable experience.

2. Art Committee Update: Harriette Janke provided the Council with copies of Art Committee Mission Statement and Policy for Art Works. Harriette touched on the criteria for the art work that is currently part of the collection. She also explained the definition of Not Collectable Art (NC) and the differences from Collectable Art (C). There was a request for a list of the Art Committee members for future questions that may arise concerning what can be displayed and policy amendments.
3. Gift Committee Update: Sharon Smith stated reminder letters, with the last date to receive donations on November 11, were sent out. She also shared the checks will be written and distributed on November 18 by the Service Area Leaders.
4. Ambassadors Update: Monte Spiller stated the Ambassadors have been busy the last couple of months. Most recently, the clothing drive that took place on October 30 was a huge success and benefited several groups around Manhattan area. The Ambassadors also were guides for groups of trick or treaters that visited Meadowlark Hills. With the re-opening of Prairie Star Restaurant, they also will help with the new resident "Meet and Greet" breakfast with Lonnie and Becky Fitzgerald.

## Approval of October Minutes:

Motion to approve minutes was moved, and passed.

## New Business:

1. Council members were encouraged to review the Motorized Equipment Procedure with other residents during Floor or Neighborhood Suppers.
2. The question regarding possible use of personal golf carts by residents on campus was brought up in discussion. A committee was formed to address this concern and includes Sarah Duggan, Don Rasmussen. Other committee members will be recruited following the meeting.
3. The next policy to be reviewed will be the Smoking policy.

# RESIDENT COUNCIL MINUTES

## Old Business:

1. The Personnel Committee meeting is changed from November 10 to November 12 at 11:30 a.m. and will take place in the West Conference Room.

## Additional Discussion Topics:

1. Fifth floor representative elections will be coming up in the next couple of months and that individual will take over in January 2016.
2. Concern about trash being mowed over and not picked up was expressed. It appears it is a hit or miss situation, with some residents sharing that trash is being picked up and others are not, based on the neighborhood.

	Brief Description	Action to be Taken	Leader	Status
1	Golf Cart committee	Follow Up	Sandra Emley	In Progress

## UPCOMING EVENTS & ANNOUNCEMENTS

### Verna Belle's schedule, Dec. 16

Verna Belle's will have a dinner special available the day of Christmas Carousel, Dec. 16. For those who will not be attending the Carousel and would like to pick up a dinner special, all meals will need to be ordered and picked up by 5 p.m. The special will include meatloaf, mashed potatoes and green beans for \$7. Prairie Star Restaurant will be closed all day Wednesday, Dec. 16, due to preparations for the Christmas event. However, a to-go buffet-style lunch will be available in the Kansas Room & Pub from 11 a.m. to 1 p.m. See the menu page in this Messenger for more details. Please contact Monte Spiller, Resident Services Leader, with questions.

### Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Dec. 13, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!





## Store 2 Door

2 Door

Groceries  
& More

Meadowlark Hills Home Health offers a grocery shopping service that is delivered to you. If you are interested in learning more about this service, call Home Health at (785) 537-9497 to get additional information.

DRINK SPECIAL



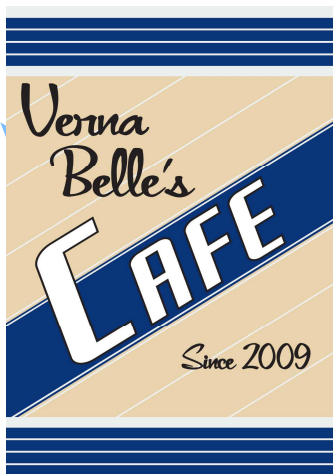
**Dec. 14 to Dec. 19**

**Salty Dog**

2 oz Gin  
4 oz Grapefruit Juice

**\$3.75**





# Bakery Menu

Orders should be placed at least 24 hours in advance.

Pick-up hours are Monday through Friday 3 to 5 p.m.  
Saturday & Sunday 1 to 3 p.m.

## Cookie Tray on Decorative Platter

1 or 2 Dozen Themed Sugar Cookies.....\$12/\$22

Choose from a variety of shapes and designs

1 or 2 Dozen Signature Cookies.....\$11/\$21

Choose from Chocolate Chip, Andie's Mints,  
Peanut Butter or Chocolate Cookie with Caramel,  
White Chocolate & Chocolate Chip

## Verna Belle's Famous Sticky Buns

Take & Bake, 4 count.....\$7

Take & Bake, 8 count.....\$13

Fresh Baked on Decorative Platter, 8 count.....\$20

## Quick Breads (Banana, Banana Nut & Pumpkin)

Small Loaf.....\$5

Large Loaf.....\$9

Dec. 7 2015

**Welcome, Monte Spiller**

Monte welcomed the Town Meeting attendees. One new resident introduced himself: Mike Sekal.

**Campus Update, Lonnie Baker**

Lonnie Baker informed the attendees that he was not in attendance at last month's Town Meeting because he attended the LeadingAge National Conference in Boston, Massachusetts. He was a part of a presentation along with Dr. Matt and Clifton Larson Allen. The presentation covered physicians on retirement community campus.

**Support Services Update, Jayme Minton**

Jayme introduced Chaplain Patty Brown-Barnett, who announced that she will begin leading a book study in January on *Friedman's Fables*. The author, Edwin Friedman, was a student of Murray Bowen, who developed a way of understanding human behavior in terms of "family systems." Patty also referenced author Harriet Lerner, a prominent student of Edwin Friedman's and author of *The Dance of Anger*, *The Dance of Intimacy*, and many other "Dances," widely read today. *Friedman's Fables* contains an assortment of stories that are insightful and creative, and its study guide challenges participants to think through the "moral" of each story in a variety of contexts. The book study will begin on Tuesday, Jan. 12, at 10 a.m., in the Living Room. Books may be purchased through Jayme Minton, Support Services Leader.

Verna Belle's Leader, Brook announced catering options are now available on weekends at Verna Belle's. Catering options include: cookie tray on decorative platter, Verna Belle's Famous Sticky Buns (take and bake or fresh baked on decorative platter), and Quick breads. Please see page six for the bakery menu.

**Community Relations Update, Sarah Duggan**

Sarah announced that the third floor renovations (includes: lighting, carpet, paint and handrails) will begin in February.

January 15, 16 and 17, KSU anthropology students will be moving into Meadowlark Hills. The students have not received their room assignments but when that becomes official, floor and representatives will be contacted. The students will be introduced during February's Town Meeting.

**Announcements, Monte Spiller**

Monte announced the fall 2015 8-Ball Pool Tournament winner, Lynn Roberts. Congratulations to Lynn on another victory! Monte went over the upcoming events for the month of December. You can find the events in the Messengers.

**Lights, trees and gifts – oh my!**

*Submitted by Sarah Duggan*



I. Love. Christmas. And it's not just any one thing about Christmas that I love, but it's the combination of events, decorations, traditions and happiness. I feel joyful at Christmas time. The lights make me smile, I listen to my Christmas "mix tape" on replay and I relish in the excitement of giving gifts to those I appreciate. Last year, Murphy Rose was not even six months old for her first Christmas. She enjoyed the brightly colored lights and wrapping paper more than anything else. This year, I'm looking forward to her participating in our holiday family traditions in a more active way. And this brings me to the top five things I'm looking forward to this Christmas:

**#5: Holiday music!** I enjoy all kinds of Christmas music from traditional to contemporary. However, my favorite Christmas song in any genre is "O, Holy Night" – I listen to that song probably 1,000 times each year.

**#4: Decorating the tree!** My family decorates our Christmas tree the weekend after Thanksgiving, so our tree is already up. What was exciting about this year was we were able to put up a 7.5 foot tree – our first big tree now that we have room for it in our new home. Every year we get a new ornament for my husband and me, and a new ornament for Murphy Rose.

**#3: Gift giving!** I enjoy giving gifts to my family and friends, whether it is something small or large. The opportunity to pick something special out for someone you love and watching the joy on their face when they receive it is priceless.

**#2: Food!** I could go on for *days* about the awesome holiday treats that we enjoy each year. I love Christmas morning breakfast the most – egg casserole, potatoes, cinnamon rolls and hot chocolate. What's not to love?!

**#1: Christmas morning at home!** This will be our first year to have Christmas morning in our house with just the three of us. Since Murphy hasn't reached the age to fully grasp the concept that Christmas is a special day with great food, music, family time and gifts, I am more anxious than she is to wake up early and start the festivities.

Whether you celebrate Christmas, another holiday or none at all – I hope your 2015 has been full of happy times, great learning opportunities and love. Happy whatever makes you smile. Thanks for stopping by – see you next week!

# PRAIRIE★STAR RESTAURANT

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

## Dec. 13 - Dec. 19

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	Dec. 13 ~ Lunch \$10	Dinner \$12
	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Lasagna Garlic Toast Vegetable of the Day
MONDAY	Dec. 14 ~ Lunch \$10	Dinner \$12
	Italian Sausage Fettuccine Garlic Toast Choice of Vegetable	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day
TUESDAY	Dec. 15 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Short Ribs Ranch Roasted Reds Potatoes Vegetable of the Day
WED.	Dec. 16 ~ Lunch \$10 **	Dinner
	Chicken Ala King Ham & Cheese Quiche Rice Pilaf Peas & Carrots	Closed for Christmas Carousel
THURS.	Dec. 17 ~ Lunch \$6	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Grilled Pork Tenderloin with Balsamic Demi Glaze Anna Potatoes Vegetable of the Day
FRIDAY	Dec. 18 ~ Lunch \$11	Dinner \$12
	Fried Catfish with Tartar Sauce French Fries Cole Slaw	Chicken Cordon Bleu Roasted Red Potatoes Vegetable of the Day
SAT.	Dec. 19 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Trout Almondine Scalloped Potatoes Vegetable of the Day

\*You may substitute an extra vegetable for the starch on any special for no additional charge.

\*\*Buffett style to go and only served at the pub.



## Grosh Cinema Movies

Sunday, December 13 - Saturday, December 19

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

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

### **Sunday, December 13 – Because of Winn-Dixie (2005)**

An inseparable bond develops between a lonely 10-year-old girl and an orphaned dog, Winn-Dixie, who helps her make friends in a small Florida town.

**Co-Starring: AnnaSophia Robb, Jeff Daniels & Eva Marie Saint**

**Rated PG; 1 hr. 46 min.**

### **Monday, December 14 – A Christmas Story (1983)**

In this wistful look at Christmas in 1940s Indiana, a 9-year-old boy who desperately wants a Red Ryder BB gun must convince his parents it's safe.

**Co-Starring: Peter Billingsly, Melinda Dillon & Darren McGavin**

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

### **Tuesday, December 15 – It's a Wonderful Life (1946) \**Resident Request***

When a guardian angel finds a dejected George Bailey poised to jump off a bridge, he shows George what life would've been like had he never been born.

**Co-Starring: James Stewart, Donna Reed & Lionel Barrymore**

**Not Rated; 2 hrs. 12 min.**

### **Wednesday, December 16 – No Movie**

There will not be a movie today due to Christmas Carousel.

### **Thursday, December 17 – White Christmas (1954) \**Resident Request***

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

**Co-Starring: Bing Crosby, Danny Kaye & Rosemary Clooney**

**Not Rated; 2 hrs. 1 min.**

### **Friday, December 18 – Extraordinary Measures (2010)**

After their two young children are diagnosed with a rare genetic disease, John and Aileen pin their hopes on the work of an unconventional scientist.

**Co-Starring: Harrison Ford, Brendan Fraser & Keri Russell**

**Rated PG; 1 hr. 46 min.**

### **Saturday, December 19 – The Philadelphia Story (1940) \**Resident Request***

Socialite Tracy Lord prepares to remarry, but her ex and a tabloid reporter have other ideas as they converge on her home for a fateful visit.

**Co-Starring: Cary Grant, Katharine Hepburn & James Stewart**

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

# This Week's Opportunities December 13 - December 19

## SUNDAY • DECEMBER 13

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

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

4:00 p.m. ~ Cuz'n Jed Musical Performance, CR

7:00 p.m. ~ Vespers, First Christian Church, CR

## MONDAY • DECEMBER 14

*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

11:30 a.m. ~ Meadowlark Valley Luncheon, LR

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

1:30 p.m. ~ Hearing Aid Doctor, CON

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

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

## TUESDAY • DECEMBER 15

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

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

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

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. ~ KSU Gerontology Club Holiday Party, LR

## WEDNESDAY • DECEMBER 16

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

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

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

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

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

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

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

3:30 p.m. ~ Christmas Carousel Goes to the Movies

*(Please refer to your reservation reminder card for your group number and starting time)*

## THURSDAY • DECEMBER 17

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

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

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

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

11:00 a.m. ~ Parkinson's Webinar, CON

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

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

2:00 p.m. ~ Low Vision Support Group, KSU CL

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 • DECEMBER 18

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

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

10:00 a.m. ~ Veterans Group, KSU CL

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

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

12:30 p.m. ~ Mending Angel, GR

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

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

1:15 p.m. ~ Parkinson's Care Partner Support Group, CON

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

2:00 p.m. ~ Household LE Holiday Party, CR

3:30 p.m. ~ Catholic Rosary, KSU CL

7:00 p.m. ~ Resident Program: Christmas Classics with Tommy Lee, CR

## SATURDAY • DECEMBER 19

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

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

## 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