



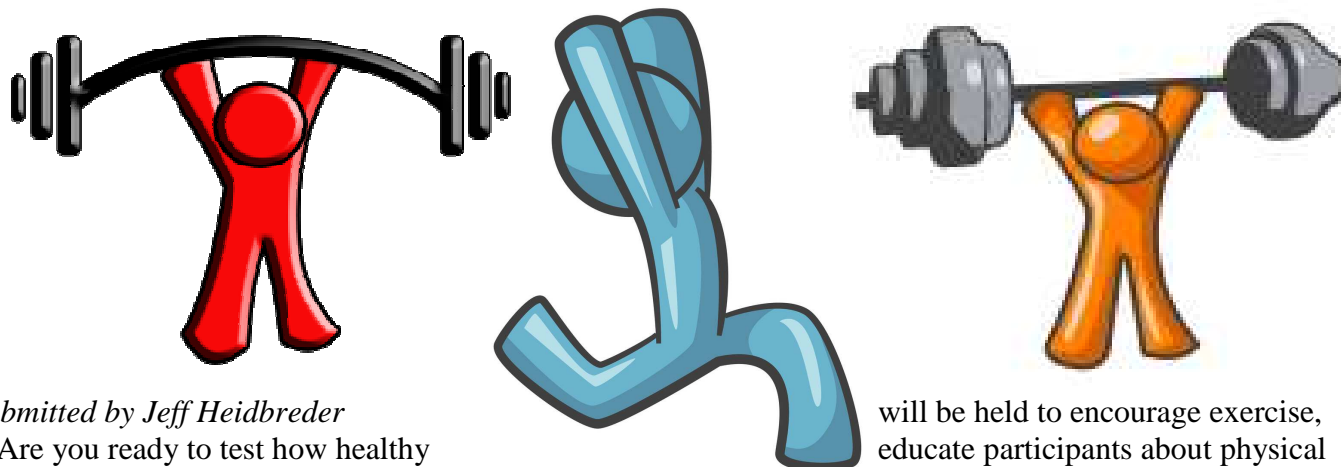
Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 26, 2015

Meadowlark Hills Movement & Health (MH²) Challenge

Are you up to the challenge?



submitted by Jeff Heidbreder

Are you ready to test how healthy your lifestyle is? Would you like to win prizes for being active and eating healthy? If you answered yes to either (or both) of those questions, the upcoming MH² Challenge is for you!

The challenge will be a fun way to get some exercise, learn healthy eating habits and possibly prizes. The eight-week challenge will run from Monday, March 30 to Sunday, May 24. The challenge will encourage participants to be active, follow healthy eating guidelines and attend special activities during that time. Participants will be divided into teams of four, with each team consisting of two residents and two employees, and each team will compete for the grand prize as the most active team. The physical activity portion will challenge every participant to be active for 30 minutes (or more) at least five days of the week. Participants completing 30 minutes of activity will earn their team one point for each of the five days they do so, plus earn a one point bonus for reaching the goal. Your point total will be added to your teammate's points to determine which team wins the prize at the end of the eight weeks.

During the eight weeks, several special activities

will be held to encourage exercise, educate participants about physical activity and nutrition, and give the

opportunity to win more prizes! The team with the most participation in these events and activities will win the Best Team award. In addition to the physical activity challenge, each week will bring a healthy eating challenge. Every participant that completes the week's goal will be entered into a drawing for a chance to win another prize. Random drawings will also be held throughout the eight week challenge, so if you haven't noticed yet, you have a lot of opportunities to win something just for working towards a healthy lifestyle!

Sign up for the MH² Challenge will be from Monday, March 2, to Friday, March 20. Registration slips have been included in this Messenger and can be turned in at the Hospitality Desk. After the registration deadline, teams will be created and announced at the MH² Challenge Kick-Off Party, which will be at 3 p.m. Friday, March 27, in the Community Room. The Kick-Off Party will be a chance to learn all the challenge rules, enjoy snacks and refreshments, collect tracking materials and ask questions. Feel free to contact me at (785) 341-2995, with any questions.



Thank you for your continued support of the MLH Foundation and its mission.

*The Meadowlark Hills Messenger is proudly sponsored by **The Trust Company**.*

UPCOMING EVENTS & ANNOUNCEMENTS

Welcome to the team!

submitted by Sarah Duggan

A new employee will be joining the Community Relations team Monday, March 2. Monte Spiller will start as the new Resident Services Leader. On Monday, Monte will attend the Independent Living Resident Council meeting and Town Meeting. In his position as Resident Services Leader, Monte will be a resource to independent living residents and their families. He will also provide leadership to the Hospitality team and manage the programming of events, activities and trips. Please join me in welcoming Monte Spiller!

KSU Men's Basketball Watch Parties

Enjoy refreshments and watch the KSU Men's basketball games in the Game Room at:

- 3 p.m. Saturday, Feb. 28, against Iowa State
- 3 p.m. Saturday, March 7, against the University of Texas

Wine and Cheese Party

You are invited to sign up for a Wine & Cheese Party at 7 p.m. Friday, March 6, in the Community Room. Join us for good conversation, great wines and flavorful cheeses! The cost to attend is \$8. Please sign up in the Blue Book at the Hospitality Desk. Our guest of the evening will be Support Services Director, Annie Peace.

Lutheran Communion Service

St. Luke's Lutheran Church will host a Communion Service the first Monday of every month. The service is scheduled from 11 a.m. to 12 p.m. Monday, March 2, in the Living Room.

Parkinson's Caregiver Support Group Meeting Canceled

The normally schedule Parkinson's Caregiver Support Group is canceled on Friday, Feb. 27.



Lunch Specials

March 1-7

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

Sunday, March 1 – Mexican Lasagna with Soup or Chips	\$5.50
Monday, March 2 – Bacon Tomato Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Tuesday, March 3 – BBQ Chicken Pizza	\$3.75/\$5.50
Wednesday, March 4 – Turkey Club Panini with Soup or Chips	\$3.75/\$5.50
Thursday, March 5 – Open Face Roast Beef with Potatoes & Gravy	\$3.75/\$5.50
Friday, March 6 – Quesadilla	
Cheese	\$3.00
Chicken	\$4.00
Steak	\$5.00
Saturday, March 7 – Loaded Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Red Hatters Luncheon

With the arrival of March and St. Patrick's Day on the 17th, the co-hostesses for the next Manhattatters luncheon are thinking "green" thoughts. All Red Hat Society members are invited to join Rae Stamey and Becky Fitzgerald at 12:30 p.m. Thursday, March 12, in the Manhattan Room for an Irish-inspired meal and program. Watch next week's Messenger for more information.

Ladies, if you're new to Meadowlark Hills and would like to join this fun group, please register for this event in the Blue Book at the Hospitality Desk. Attendees wear red hats and purple attire. If you don't have a red hat, we likely have one you can borrow.

Meadowlark Hills Got Talent!

It's that time of year again to show your friends and neighbors just how talented you really are at the Meadowlark Hills Talent Show! The show will start at 7 p.m. Friday, March 20, in the Community Room.

Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented. Bring your songs, poetry, artwork, comic routine or unique talent to share with the crowd. Acts are limited to a five-minute maximum.

A panel of judges will decide who the most talented Meadowlarkian is! The top three winners will receive a prize. Residents, employees and family members are invited to sign up to compete in the show. Sign up in the Blue Book at the Hospitality Desk if you would like to compete. Notify Mary Irsik at the Hospitality Desk of any set-up needs for your performance by Monday, March 16. Good luck!

Attention Mentors

Mentors for Gayle Doll's class on aging will meet from 2:30 to 3:45 p.m. today, Feb. 26, in the Community Room. The letter from your mentee had the incorrect date for the first meeting. If you have questions, contact Gayle Doll at 532-5945.

Parkinson's Vision Webinar

This webinar will include information about vision symptoms of Parkinson's Disease. The webinar is set for 12 p.m. Tuesday, March 3, in the West Conference Room. All are welcome to attend.

March Leader of the Pack



The Leader of the Pack for March is cook, Kade Pulliam! Kade has worked at Meadowlark Hills for almost a year and is a member of the Prairie Star Restaurant team. He is known for always having a positive attitude, working hard and being a great team player.

Be sure to congratulate Kade if you see him. We appreciate all he does!

First Friends on the First

It is time again for "First Friends on the First" (FFF). Our next meeting will be at 3 p.m. Sunday, March 1, in the Community Room. All members and friends of First United Methodist Church are invited to come and enjoy Food, Fellowship and a First Connection in Five by Betty Banaka.

Betty is one of the leaders in the FUMC Food Pantry project. We can help supply the Pantry if each person attending FFF brings a contribution. Some suggested items are canned fruits and vegetables, canned tuna and chicken, boxed cereals, jelly and crackers. The donated items need to be in unopened. Verna Belle's Café has many of these types of items available.

The coordinating committee is Kay Shanks, Polly Ferrell and Marilyn Ray.

Candidate for City Commissioner

Lieutenant General (Retired) Mike Dodson is a candidate for City Commissioner. He will speak at 3 p.m. Friday, March 6, in the KSU Classroom. He will be exchanging views on Manhattan issues for those who can attend.

Orris and Charlotte Kelly are sponsoring this event. Coffee and cookies will be served. All are welcome to attend.

Chair Yoga Canceled

Chair Yoga at 11:15 a.m. Tuesday, March 3, is canceled.

UPCOMING EVENTS & ANNOUNCEMENTS

Day Trip to Hutchinson

Residents and Passport members are invited to come on a day trip to Hutchinson, Kan., for a tour of the Strataca Kansas Underground Salt Museum and lunch at Jillian's Italian Grill.

Transportation will depart for Hutchinson at 8 a.m. Tuesday, March 10, from the Village Entrance. After arriving, we will take a self-guided walking tour and then hop on the handicap-accessible tram Dark Ride.

The following items are not allowed underground: firearms, knives, pets, tobacco products or drinks. The following items are you can take underground: flashlights, cameras, purses, medicine & medical equipment, jackets, walkers, canes, scooters and wheelchairs. It will be 68 degrees underground so be sure to dress to stay warm.

After departing the museum, we will head to lunch at Jillian's Italian Restaurant and enjoy a lunch combo of soup or salad and choice of half a sandwich, half a pizza or half a calzone.

The cost of the trip will be between \$58 and \$65 per person depending on the number of people in attendance. This cost will include admission to the salt museum, lunch at Jillian's Italian Grill (including lunch combo, a beverage and gratuity) and transportation.

If you would like to come on this day trip, register by signing up in the Blue Book at the Hospitality Desk. The cost of the trip will be added to your March finance statement that you will receive at the beginning of April.

Techniques to Make Your Writing Memorable

This Osher course will focus on discovering techniques to make your writing come to life through the use of sense details, pacing, clarity, and choosing just the right topic. The third and last class of this course will be held Wednesday, March 4. Prior registration is required to attend this course.

Woodwinds Anonymous Concert & Tapas



Woodwinds Anonymous' program is called *Musical Tapas* in part, because they will perform a collection of Spanish music and, in part, because tapas come in small bites -- just like their music.

Woodwinds Anonymous began in 1975 as a clarinet trio. The group has expanded since to a wind quartet, a wind quintet (its present form), and even a wind octet. Although the membership has changed over the years, one constant has been the dedication of the group to performing music from woodwind ensembles.

The repertoire ranges from Baroque to Modern, with an emphasis on 18th and 19th century music.

Come listen to Spanish music performed by Woodwinds Anonymous at 7 p.m., Friday, Feb. 27, in the Community Room and enjoy some tapas.

DRINK SPECIAL



March 2 to 7 Irish Apple Sour

1 oz Jameson Irish Whiskey
1.5 oz Sour Apple Schnapps
Ginger Ale

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

March Focus Group

The Focus Group scheduled for March will once again spotlight a staff member. Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The staff attendee for the March Focus Group will be Resident Services Leader, Monte Spiller. Come meet Monte at 10 a.m. Thursday, March 5, in the KSU Classroom.

Kansas City Symphony at the Kauffman Center

Come travel to Kansas City's beautiful Kauffman Center for the Performing Arts to attend the Kansas City Symphony performance with Michael Stern, music director, conducting in the Helzberg Hall. You will arrive in time to attend the director's 1 p.m. pre-performance talk. After the symphony enjoy dinner on your own at your choice of three restaurants in the nearby historic converted Fright House: Lidia's (Italian); Jack Stack BBQ; and Grunauer (German).

This OSHER special event will depart from the Village Entrance on Sunday, March 8, at 9:30 a.m. and return around 9:30 p.m. The fee for the trip is \$70 which includes transportation, lunch and Upper Grand Tier tickets. Dinner is not included in the cost. Prior registration through Osher is required to attend this event.

Photography 101



Do you have an eye for photography? Want to learn more about what it takes to make beautiful prints? A new class about photography will be starting next week from 11 a.m. to 12 p.m. Monday, March 9, in the KSU Classroom. This photography class will be taught 11 a.m. to 12 p.m. every Monday through May 4. This class will be taught by two of the students currently living in Meadowlark Hills for their digital ethnography class. They will cover the fundamentals of photography, familiarize you with what it takes to create a good photograph, as well as become familiar with a camera. Each week, you will have the opportunity to get hands-on experience with cameras and take pictures to share with the class. You will learn a lot, and more importantly, have fun while doing so! Sign up in the Blue Book at the Hospitality Desk to register for this class.

Outdoor Encounters

Learn about outdoor opportunities and share your experiences by reading and contributing to a weekly article in the Messenger entitled, "Outdoor Encounters". We wish to encourage everyone to share your outdoor experiences by submitting them to the Community Relations Assistant, recording observations in the journal located at the shelter near the pond or by relaying them to one of the volunteers listed in next week's Outdoor Encounters article.

What is available now?

- Hike the trails encircling our campus
- Relax and contemplate on strategically placed benches
- Observe birds and other wildlife
- Observe wildflowers and native vegetation
- Enjoy visiting, games or journal entries in a shelter
- Picnic on the dam or in the shelter.
- Fish Bayer Pond using loaner rods and tackle boxes from the shelter cabinet
- Limited mobility? Ride in our new wheelchair adapted shuttle

We are grateful for the donors who have made developing these opportunities possible and for the volunteers.



UPCOMING EVENTS & ANNOUNCEMENTS

Brownbag Lunch Lecture Series

Bring a lunch and watch a televised class presentation on “The Benefits of Alternative Therapies” by Jennifer Cuscino, RN, Kathy Finney, Licensed Touch Therapist and Luna, pet therapy dog at noon Wednesday, March 4, in the West Conference Room. No registration necessary.

Trash Chute

Don’t forget when you put trash in the chute that it needs to be in a trash bag. Be sure that the bag is securely tied shut so no trash will be thrown from the bag on its way down the chute. Thank you for your help in keeping trash from scattering as it goes down.

Vespers Services

The Vespers service, led by the Rev. Larry Fry, will begin at 7 p.m. Sunday, March 1, in the Community Room. All are welcome.

National Do Not Call Registry

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint. You can register your home or mobile phone for free. Call the following number to be added to the Do Not Call Registry 1-888-382-1222.

Joke of the Week

Hilarious Real-Life Teacher Stories

Lost in Translation

After a coworker had finished his English lecture and his class had filed out, a tenth grader stayed behind to confront him.

“I don’t appreciate being singled out,” he told his teacher.

The teacher was confused. “What do you mean?”

“I don’t know what the ‘oxy’ part means, but I know what a ‘moron’ is, and you looked straight at me when you said it.”

Hey, You!

My sixth-grade class would not leave me alone for a second. It was a constant stream of “Ms. Osborn?” “Ms. Osborn?” “Ms. Osborn?” Fed up, I said firmly, “Do you think we could go for just five minutes without anyone saying ‘Ms. Osborn’?!”

The classroom got quiet. Then, from the back, a soft voice said, “Um ... Cyndi?”

Thanks for the Help

On the last day of the year, my first graders gave me beautiful handwritten letters. As I read them aloud, my emotions got the better of me, and I started to choke up.

“I’m sorry,” I said. “I’m having a hard time reading.”

One of my students said, “Just sound it out.”

Why, Thank You

As I welcomed my first-grade students into the classroom, one little girl noticed my polka-dot blouse and paid me the ultimate first-grade compliment: “Oh, you look so beautiful—just like a clown.”

March BIRTHDAYS

Residents

Health Care



3/2	Evelyn Schoeff
3/3	Minnie Rivers
3/7	Marcelle Boyd
3/7	Mary Newsome
3/10	Doris Givens
3/10	Helen Snell
3/12	Riley Pope
3/13	Patricia Fee
3/17	Lois Thierolf
3/18	Barbara Harlan
3/23	Marion Boydston
3/24	Margaret Walker

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

Employees

3/1	Shannon Hill
3/2	Jeanette Wagner
3/3	Will Gold
3/4	Kenzie George
3/7	Chanta-Leiana Davis
3/7	Paige Lovelace
3/8	Hope Cole
3/9	Sara Snell
3/10	Kristen Martin
3/10	Amber Hopkins
3/11	Renay Anderson
3/11	Anastasia Brown
3/11	Joshua Clark
3/11	Gilvia Shaffer
3/12	Shirley Escamilla
3/16	Kathy Ross
3/16	Sarah Truman
3/17	Danielle Dobratz
3/19	Lynn Roberts
3/20	Kayla Spare

Assisted Living

3/7	Carol Barnett
3/21	Wilma Erbe

Independent Living

3/1	Jean Beatty
3/1	Pauline Norby
3/2	Warren Walter
3/5	Patricia Murray
3/9	Pat Hartman
3/10	Helen Janes
3/12	Charles Deyoe
3/14	Penny Socolofsky
3/15	Don Davis
3/17	Mildred Lindholm
3/19	Sherry Andres
3/20	Betty Braaten
3/22	Sue Bayer
3/22	Donis Vaughn
3/23	Marion Boydston
3/23	Sandra Emley
3/24	Donald Fallon
3/25	Ruth Friedmann
3/29	Dorothy Frazee

PRAIRIE STAR

RESTAURANT

March 1 – March 7

Includes beverage, starter and dessert.

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

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	March 1 ~ Lunch \$12	Dinner \$11
	Braised Pork Butt with Carrots, Onions, and Celery Mashed Potatoes Green Chili	Chicken & Broccoli Casserole Vegetable of the Day
MONDAY	March 2 ~ Lunch \$10	Dinner \$13
	Beef Burgundy Crepes Wild Rice Blend Choice of Vegetable	Honey Grilled Shrimp Rice Pilaf Vegetable of the Day
TUESDAY	March 3 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Baked Ham with Pineapple Sauce Au Gratin Potatoes Vegetable of the Day
WED.	March 4 ~ Lunch \$10	Dinner \$12
	Italian Sausage & Sweet Pepper Penne Garlic Toast Choice of Vegetable	Pot Roast with Carrots, Onion, and Celery Roasted Red Potatoes
THURSDAY	March 5 ~ Lunch \$8	Dinner \$14
	Pizza Bar (does not include drink, starter or dessert)	Chicken Piccata with Soft Polenta Vegetable of the Day
FRIDAY	March 6 ~ Lunch \$10	Dinner \$15
	Fish and Chips Coleslaw	Potato Crusted Halibut with Red Wine Sauce Potatoes Anna Vegetable of the Day
SATURDAY	March 7 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich Mashed Potatoes Choice of Vegetable	Sautéed Pork Tenderloin with Pears and Shallots Cheddar Scalloped Potatoes Vegetable of the Day

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

Grish Cinema Movies

Sunday, March 1 - Saturday, March 7

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

Sunday, March 1 – Adventurer: The Curse of the Midas Box (2013)

Ancient mysteries. Powerful evil. And a fearless hero's quest through a fantastical realm of steam-powered wonders and sinister magic... Seventeen-year old Mariah Mundi's life is turned upside down when his parents vanish and his younger brother is kidnapped.

Co-Starring: Michael Sheen, Lena Headey & Sam Neill

Rated PG; 1 hr. 40 min.

Monday, March 2 – Boyhood (2014)

The life of a young man, Mason from age 5 to age 18.

Co-Starring: Ellar Coltrane, Patricia Arquette & Ethan Hawke

Rated R for language, sexual references, and for teen drug and alcohol use;

2 hrs. 45 min.

Tuesday, March 3 – Saving Private Ryan (1998)

Following the Normandy Landings, a group of U.S. Soldiers go behind enemy lines to retrieve a paratrooper whose brothers have been killed in action.

Co-Starring: Tom Hanks, Matt Damon & Tom Sizemore

Rated R for graphic sequences of war violence, and for language; 1 hr. 49 min.

Wednesday, March 4 – RED (2010)

When his peaceful life is threatened by a high-tech assassin, former black-ops agent Frank Moses reassembles his old team in a last ditch effort to survive and uncover his assailants.

Co-Starring: Bruce Willis, Helen Mirren & Morgan Freeman

Rated PG-13; 1 hr. 51 min.

Thursday, March 5 – Good Will Hunting (1997)

Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life.

Co-Starring: Robin Williams, Matt Damon & Ben Affleck

Rated R for strong language, including some sex-related dialogue; 2 hrs. 6 min

Friday, March 6 – Eat Pray Love (2010)

A married woman realizes how unhappy her marriage really is and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

Co-Starring: Julia Roberts, Javier Bardem & Richard Jenkins

Rated PG-13; 2 hrs. 13 min

Saturday, March 7 – Robin Hood: Prince of Thieves (1991)

When Robin and his Moorish companion come to England and the tyranny of the Sheriff of Nottingham, he decides to fight back as an outlaw.

Co-Starring: Kevin Costner, Morgan Freeman & Mary Elizabeth Mastrantonio

Rated PG-13; 2 hrs. 23 min.

This Week's Opportunities March 1 - March 7

SUNDAY • MARCH 1

Breakfast at Verna Belle's—Omelets with Fruit

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

3:00 p.m. ~ First Friends on the First, CR

6:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers, Rev. Larry Fry, CR

MONDAY • MARCH 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. ~ IL Resident Council, KSU CR

9:30 a.m. ~ Town Meeting, CR

11:00 a.m. ~ St. Luke's Communion, LR

11:15 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ Weights 101, CR

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

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

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

1:30 p.m. ~ Ladies Pool Table Time, BP

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

5:30 p.m. ~ Tuttle Creek Supper, MR

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

TUESDAY • MARCH 3

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

12:00 p.m. ~ Kimball Luncheon, MR

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

12:00 p.m. ~ Parkinson's Vision Webinar, CON

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

2:00 p.m. ~ Life Story, LR

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

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

WEDNESDAY • MARCH 4

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Centering Prayer, TR

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

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

10:00 a.m. ~ Wal-Mart/Dillon's Shopping Trip, VE

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

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

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

11:15 a.m. ~ Sit and Be Fit, CR

11:30 a.m. ~ 1st Men's Club, MR

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

12:00 p.m. ~ Brownbag Lunch Series (The Benefits of Alternative Therapies), CON

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

1:15 p.m. ~ Dr. Tran Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Osher Class, (Writer's Workshop-Techniques to Make Your Writing Memorable), KSU CR

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

7:00 p.m. ~ Woodwinds Anonymous, LR

THURSDAY • MARCH 5

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

10:00 a.m. ~ Resident Focus Group, KSU CR

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

12:00 p.m. ~ Domestic Science Club Luncheon, CR

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

2:00 p.m. ~ Parkinson's Education Group, CR

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

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

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

FRIDAY • MARCH 6

Breakfast at Verna Belle's—Waffle or Pancake

9:00 a.m. ~ Men's Coffee Group, MR

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

9:30 a.m. ~ Art Committee, LR

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

11:15 a.m. ~ Sit and Be Fit, CR

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

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

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

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

3:00 p.m. ~ Speaker for City Commissioner, KSU CR

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

7:00 p.m. ~ Wine and Cheese Party, with Annie Peace, CR

SATURDAY • MARCH 7

Breakfast at Verna Belle's—Omelets with Fruit

8:00 a.m. ~ Daughters of the American Revolution, CR

9:00 a.m. ~ Acrylic/Watercolor Painting for Fun, KSU CR

1:00 p.m. ~ Movie, GC

3:00 p.m. ~ K-State Watch Party (K-State vs Texas), 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 CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop