



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 12, 2015

SAVE THE DATE SYMPHONY IN THE FLINT HILLS

2015 marks the 10th anniversary of Symphony in the Flint Hills, and Meadowlark Hills again has secured a block of reserved seats, which are near the stage. This year's event is set for Saturday, June 13, at the Tallgrass Prairie National Preserve in Chase County, which was the location when the event debuted in 2006. Performing with the Kansas City Symphony in honor of this milestone year is special guest artist Lyle Lovett, a four-time Grammy award winner.

Concert tickets are again \$90 for adults, so the package price offered by Meadowlark Hills is expected to be between \$125 and \$130 per person, depending on the number of participants. The

package includes a ticket, reserved seat and transportation. Food and beverages will be available at the event, but it is unknown at this time if a meal package, as we've had in years past, will be offered to our group. Register for this event by signing up in the Blue Book, located at the Hospitality Desk. Packages will be offered on a first-come, first-serve basis. Residents, Passport members, board members and their friends and families will have first priority.

A departure time and schedule of events will be announced as soon as the Symphony staff release more information, so watch future Messengers for details. If you have questions, please contact Monte Spiller at 323-3801.

Office Open House

Meet and Greet Staff!

Residents and Passport Members are invited to explore Meadowlark Hills at the Office Open House from 3 p.m. to 5 p.m. Wednesday, March 25.

Stop by all service areas in the Community Center, beginning at the Hospitality Desk and continuing through the halls to the Finance office. This is an opportunity for residents and Passport members to familiarize themselves with staff, service areas and office locations!

Refreshments will be provided throughout the Community Center, so be sure to stop by each one!

Fill the 'Ville 2015

Support the Flint Hills Breadbasket



For the month of March, the Jeans Day will benefit the Flint Hills Breadbasket. There will be a Fill the 'Ville Food Drive hosted by K-State Health and Nutrition Society. Non-perishable items and cash donations are accepted in the Human Resources Office, across from Verna Belle's Café. If you wish to donate to the cause, please drop food items off by Wednesday, March 18.

There will be a Fill the 'Ville Food Drive hosted by K-State Health and Nutrition Society. Non-perishable items and cash donations are accepted in the Human Resources Office, across from Verna Belle's Café. If you wish to donate to the cause, please drop food items off by Wednesday, March 18.



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

Brownbag Lunch Lecture Series

Bring a lunch and watch a televised class presentation on "Hospice or Palliative Care" by Dolores Kitchen at noon Wednesday, March 18, in the West Conference Room. No registration necessary.

Photography 101

A new class about photography has started. This photography class will be taught from 11 a.m. to 12 p.m. every Monday through May 4. The next class is Monday, March 16, in the KSU Classroom. This class will be taught by two of the students currently living at 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.

Lunch Outing — Cracker Barrel in Junction City

This lunch outing to Cracker Barrel in Junction City is planned for Thursday, March 26. Transportation will depart from the Village Entrance at 11 a.m. Transportation cost is \$7 and lunch is pay on your own. Sign up in the Blue Book at the Hospitality Desk to enjoy a fun lunch out!

Nurses Night Out

Meadowlark Hills is hosting a Nurses Night Out for all Meadowlark Hills nurses and nurses from the greater Manhattan Community. Our goal for the night is to show nurses just how wonderful working in a retirement community, especially Meadowlark Hills, can be.

This event will be from 5 to 8 p.m. Thursday, March 12, in the Manhattan Room, Kansas Room Pub and Game Room and will include an appetizer buffet in the game room. All nurses will receive a special Meadowlark Hills goodie bag. We encourage residents to join in the festivities and show the nurses how wonderful Meadowlark Hills is.



Lunch Specials

March 15-21

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

Sunday, March 15 – Baked Spaghetti with Soup or Chips	\$5.50
Monday, March 16 – Chicken Bacon Ranch Quesadilla with Soup or Chips	\$3.75/\$5.50
Tuesday, March 17 – Meatball Sub with Soup or Chips	\$3.75/\$5.50
Wednesday, March 18 – Pesto Chicken Panini with Broccoli Salad	\$3.75/\$5.50
Thursday, March 19 – Grilled Ham & Cheese with Soup or Chips	\$3.75/\$5.50
Friday, March 20 – Chili with Cinnamon Rolls	\$3.75/\$5.50
Saturday, March 21 – Egg Salad sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

All-Campus Saint Patrick's Day Party



The Collins House Life Enhancement Team is hosting a Saint Patrick's Day Party! You're invited to attend the Irish celebration with food, fun and bingo at 3 p.m. Friday, March 13, in the Community Room.

Join the entire campus in this festive celebration! And don't forget to wear green!

Red Hatters Luncheon

Erin go Bragh! Or is it Eirinn go Brach? Rae Stamey and Becky Fitzgerald invite all Manhatters to delve into Irish lore and green foods at the March meeting of the Meadowlark Hills Red Hat Society chapter. Please wear your red hats and a bit 'o green, if you like, and meet Rae and Becky in the pub at 12:30 p.m. Thursday, March 12. You'll stop there to draw your seat assignment before proceeding to the Manhattan Room.

Meadowlark Hills's Red Hat chapter, known as the Manhatters, was formed about 10 years ago by a group of residents who wanted to join this social organization started in 1998 by a woman of a certain age in California. There are more than 40,000 chapters in the U.S. and 30 other countries. Participants generally wear red hats and purple outfits, and new members are always welcome. Please register in the Blue Book if you'd like to attend.

The Kanza Indians and Their Last Homeland, 1846-1873

This Osher course traces the tragic story of the Kanza Indians, for whom our state is named. It covers the tribe's most prominent events, personalities, customs, and subsistence strategies from their days in their Kansas River Valley homeland. The first class of this course is Wednesday, March 25, from 6:30 to 8:30 p.m. in the Community Room. The second and third classes of this course will be held Wednesday, April 1, and Wednesday, April 8. Prior registration is required to attend this course.

Sunset Zoo Ambassador Presentation

Animals from around the world will come to visit at 7 p.m. Friday, March 13, in the Community Room. All are welcome to attend.

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!

Day Trip to Barnes — Lunch and Antiquing

Join Monte and Sarah for lunch at Our Daily Bread in Barnes, Kan.! This local bake shop brings the wonderful taste of home baked goods and meals in a warm environment. After our meal, we spend some time exploring a couple local antique shops nearby. Transportation will depart from the Village Entrance at 10:30 a.m. Thursday, March 19. The group plans to return to Meadowlark Hills by 3 p.m. Please sign up in the Blue Book if you are interested in participating. Cost of lunch will be on your own and transportation will be \$8 per person.

Chocolate & Tea

The 12th Annual Chocolate & Tea event is scheduled at 2 p.m. Sunday, April 12, at the Houston Street Ballroom (427 Houston Street, Manhattan). This event benefits the Manhattan Area Habitat for Humanity.

Enjoy an afternoon of fun including: silent and live auctions, chocolate fountain, coffee, tea, and treats.

Meadowlark Hills has 10 tickets to giveaway for this awesome event. If you are interested in attending, stop by the Hospitality Desk to get a ticket. The tickets will be first come.

Phone Books

New 2015 Flint Hills phone books are available at the Hospitality Desk if you would like one.

UPCOMING EVENTS & ANNOUNCEMENTS

Vespers Services

The Vespers service, led by the Rev. Larry Fry, will begin at 7 p.m. Sunday, March 15, in the Community Room. All are welcome.

Center on Aging Lecture Series— K-State Salina: Unmanned Aircraft Systems (UAS) Project

This Center on Aging next lecture series will be at 4 p.m. on Thursday, March 12, in the KSU Classroom. Trevor Witt is a student at K-State Salina majoring in an aviation program. His presentation will cover a brief history of our program, history of the technology, terminology (drone vs. UAS), different types of aircraft, different types of sensors, types of data collected and regulations.

Outdoor Encounters

Is it too early for birdwatching? No, not at all. The bird population increases in March. The absence makes for easier detection.

House Finches have been seen in the bird feeders recently. A group of robins were seen in the leafless trees when snow was on the ground. Not long ago a neighbor asked, “Did you hear all those noisy geese overhead? Couldn’t see them, but sure heard them!” Two of the noisy geese landed on Bayer Pond, swam around and then flew off.

Last summer at least 21 species of bird were seen around pond area. Blue Heron and Yellow Crown heron were seen in summer and fall.

Get your humming bird feeders out on April 15. The humming birds will start coming back from their winter homes in southern Texas and Mexico.

The benches have been strategically placed along the trails. Bird watching aficionados tell us we have an unusual number of species. Lets go “birding”!

Continued from last week’s Messenger the following people have volunteered to promote continued development of various areas of outdoor interest.

- Trees & Shrubs — Maintenance
- Trails — Maintenance
- Bird Feeding — Maintenance

Bleeding Kansas

This Osher course will examine the social and political aspects of the period that came to be known as Bleeding Kansas. The first class of this course is Monday, March 23, from 2 to 4 p.m. at the Manhattan Arts Center. The second and third classes of this course will be held Monday, March 30, and Monday April 6. Prior registration is required to attend this course. Transportation will be provided at no charge and will depart from the Village Entrance at 1:30 p.m.

St. Patrick’s Day Music

Come to the Game Room and Kansas Room & Pub at 4:45 p.m. Tuesday, March 17, to enjoy live music from instruments including bagpipes, fiddle, whistle, guitar, hammered dulcimer, bass, accordion and drums with songs and stories. Grab a drink and enjoy the holiday!

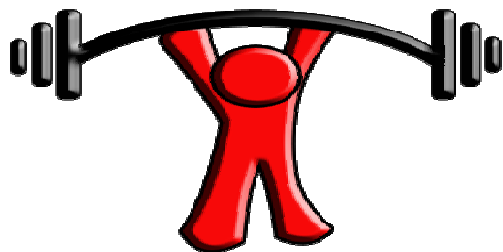


Sandra Emley’s 80th Birthday Party

You are invited to the
Community Room from 1 to 4
p.m. on Sunday, March 15, to
celebrate Sandra Emley’s 80th
birthday. This celebration is
hosted by Sandra’s family. Stop
by and celebrate Sandra’s
birthday! No gifts please.
Refreshments will be served.

UPCOMING EVENTS & ANNOUNCEMENTS

MH² Challenge Rules & Scoring



The Meadowlark Hills Movement & Health 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.

- Register to join teams of four consisting of two residents and two employees.
 - ♦ Registration slips can be found at the Hospitality Desk, Caul Fitness Center and Human Resources
 - ♦ Place completed registrations in the drop box at the Hospitality Desk
 - ♦ Teams will be formed randomly
- Activity Challenge
 - ♦ Complete 30 minutes (or more) of activity on at least five days in a week
 - ♦ Earn your team one point for each of the five days you reach the 30 minute goal
 - ♦ Earn your team one bonus point for achieving the five days of activity goal
 - ♦ The team with the most points after eight weeks is the winner
 - ♦ Winning team will earn \$100 per team member
- Best Team Challenge
 - ♦ Special activities will be held during the eight week challenge
 - ♦ The team with the most special activity points at the end of the eight weeks is the winner
 - ♦ Winning team will earn \$50 per team member
 - ♦ Special activities:
 - ♦ Weekly walking groups
 - ♦ Physical activity & nutrition seminars
 - ♦ Physical activity & nutrition quiz questions
 - ♦ Participating in local road races
- Healthy Eating Challenge
 - ♦ Each week, participants will be given a healthy eating goal to follow
 - ♦ A prize drawing will be held each week for participants that successfully meet the goal

- Additional Prize Opportunities (Optional)
 - ♦ Biggest Positive Change in Body Composition
 - ♦ We will measure body composition at the kick-off party & post-party
 - ♦ Winner will earn \$50
 - Most Active Employee
 - ♦ Meadowlark Hills employee with the most active time during the eight week challenge will win \$50
 - Most Active Resident
 - ♦ Meadowlark Hills resident with the most active time during the eight week challenge will win \$50
 - Random Drawings
 - ♦ Drawings will be held for all participants throughout the eight week challenge
 - ♦ Meadowlark Hills Apparel
 - ♦ Jawbone Activity Trackers
 - ♦ Footballs signed by Coach Bill Snyder
- Contact Fitness Leader, Jeff Heidbreder, at 341-2995 with questions.

My Mouse Has No Tail!

A free four part basic computer class will be held from 6:30 to 8 p.m. Wednesday, April 1, 15, 22 and 29, in the KSU Classroom. Meadowlark Hills Information Systems Leader, Will Gold, will be leading each class. The following are topics that will be discussed in the classes throughout the course:

- Learn the parts of a computer and how they work together
- Learn how to set up a computer and monitor
- Open and close programs
- Format and use basic Excel spreadsheets
- Format a new document in Microsoft Word (using templates, inserting pictures, making a poster)
- Using web browsers and search engines
- Getting around in Windows 7 and Windows 8
- Downloading and organizing documents
- Learn basic computer maintenance
- Understanding internet safety and security
- Tips for avoiding scams and what to do if you think your computer is infected
- Create folders and directories
- Customize your desktop

The class size is limited, so please registered in the Blue Book at the Hospitality desk by Friday, March 20, to reserve your spot.

ASK ANNIE

Q: We had a day that our trash did not get picked up?

submitted by Annie Peace

I spoke with Mike Davis, our Environmental Services Leader, and he assures me this was a random occurrence. He has spoken to our trash providers and the situation remedied. Our Environmental Services team picked up the trash in the meantime on the missed day. Regular trash pick

-ups are every Monday morning, and you are encouraged to place your trash on the curbs the night before. Thanks for another great question and please keep them coming.



LETTER TO THE MESSENGER

Interesting Fact

submitted by Ivan Tompkins

February was a square month this year – it started on a Sunday and ended on a Saturday. This won't happen again for another 823 years.

Thank you

submitted by Warren Walter

Thanks a million for the memories, gifts and cards from friends and relatives. Life is quite a journey. Thanks again for everything and enjoy life!

DRINK SPECIAL



March 16 to 21 Kiss Me I'm Irish

1 1/2 oz Jameson Irish Whiskey
1 oz Peach Schnapps
2 oz Orange Juice
Top off with Ginger ale

\$3.75

Joke of the Week

The elevator in our building malfunctioned one day, leaving several of us stranded. Seeing a sign that listed two emergency phone numbers, I dialed the first and explained our situation. After what seemed to be a very long silence, the voice on the other end said, "I don't know what you expect me to do for you; I'm a psychologist." "A psychologist?" I replied. "Your phone is listed here as an emergency number. Can't you help us?" "Well," he finally responded in a measured tone. "How do you feel about being stuck in an elevator?"

PRAIRIE★STAR RESTAURANT

St. Patty's Day Brunch Buffet



March 15
11 a.m. & 12:30 p.m.



Menu

Hot Carving Station

Prime Rib au jus and Horseradish

Entrée

Stuffed Chicken Breasts with Andouille Sausage
Fried Shrimp Pieces with Cocktail Sauce
Pork & Chicken Stir Fry
Baked Scrod with Sun Dried Tomato Sauce

Sides

Roasted Vegetable Penne Salad with Balsamic Vinaigrette
Marinated Asparagus & Artichoke Hearts
Potato Crab Salad with Tarragon Vinaigrette
Watermelon Shell with Fresh Fruit
Broccoli Soufflé & Green Beans
Garlic Mashed Potatoes
Poached Salmon
Parmesan & Green Onion Scallop
Red Potatoes
Jello Molds
Ambrosia
Biscuits and Gravy
Medley of Vegetables
Salad Waterfall
Seafood Salad
Waldorf Salad

Omelet and Waffle Bar

Eggs, Ham, Green and Red Peppers, Bacon, Cheddar and Swiss Cheese, Jalapenos, Salsa,
Green Onions, Tomatoes, Black Olives, Strawberry Sauce, Maple Syrup

Breads and Desserts

Cinnamon Rolls, Wheat Rolls, Sweet Potato Biscuits, Zucchini Muffins, Apple Muffins, Bran Muffins,
Blueberry Muffins, Banana Pineapple Muffins, Lemon Poppy Seed Muffins, Raspberry Walnut Torte, Lemon
Chiffon Pie, Tiramisu, Cream Pie, Pecan Pie, Citrus Cheesecake, Ice Box Pie, Chocolate Opera Cake,
Chocolate Mousse Cake, Strawberry Pie, Dutch Apple Pie

Make your reservations by signing up in the Blue Book located at the Hospitality Desk.

Cost: \$16.50 adults, \$8.25 children

PRAIRIE STAR



RESTAURANT

March 15 – March 21

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 15 ~ Lunch \$16.50	Dinner \$12
	St. Patty's Day Brunch <i>Sign-up in the Blue Book.</i> (Children \$8.25)	Chicken Fried Steak Mashed Potatoes Vegetable of the Day
MONDAY	March 16 ~ Lunch \$10	Dinner \$13
	Beer Steamed Brats Steak Fries Choice of Vegetable	Bourbon Chicken Steamed Rice Vegetable of the Day
TUESDAY	March 17 ~ Lunch \$7	 Dinner \$13 
	Fajita Bar (does not include drink, starter or dessert)	Corned Beef and Cabbage Boiled Parsley New Potatoes Green Beans Irish Soda Bread
WED.	March 18 ~ Lunch \$10	Dinner \$12
	Philly Sandwich Potato Salad Choice of Vegetable	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day
THURSDAY	March 19 ~ Lunch \$8	Dinner \$14
	Salad Bar (does not include drink, starter or dessert)	Herb Crusted Pork Tenderloins with Red Wine Vinaigrette Risotto Vegetable of the Day
FRIDAY	March 20 ~ Lunch \$10	Dinner \$15
	Crab Salad Roll Coleslaw French Fries	Roast Salmon with Couscous Crust Roasted Red Potatoes Vegetable of the Day
SATURDAY	March 21 ~ Lunch \$10	Dinner \$15
	Ham and Cheese Turnover Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

Grosh Cinema Movies

Sunday, March 15 - Saturday, March 21
Show Times: 1, 4 and 7 p.m., Monday – Saturday
2 and 6 p.m., Sunday

Sunday, March 15 – Stand By Me (1986)

After the death of a friend, a writer recounts a boyhood journey to find the body of a missing boy.

Co-Starring: Will Wheaton, River Phoenix & Corey Feldman

Rated R for adult situations/language and violence; 1 hr. 29 min.

Monday, March 16 – The Invisible Woman (2013)

At the height of his career, Charles Dickens meets a younger woman who becomes his secret lover until his death.

Co-Starring: Ralph Fiennes, Felicity Jones & Kristin Scott Thomas

Rated R for some sexual content; 1 hr. 51 min.

Tuesday, March 17 – P.S. I love you (2007)

A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life.

Co-Starring: Hilary Swank, Gerard Butler & Harry Connick Jr.

Rated PG-13; 2 hrs. 1 min.

Wednesday, March 18 – Munich (2005)

Recounts the dramatic story of the secret Israeli squad assigned to track down and assassinate 11 Palestinians believed to have planned the 1972 Munich massacre.

Co-Starring: Eric Bana, Daniel Craig & Marie-Josée Croze

Rated R for strong graphic violence, some sexual content, nudity and language; 2 hrs. 44 min.

Thursday, March 19 – My Left Foot (1989)

Christy Brown, born with cerebral palsy, learns to paint and write with his only controllable limb—his left foot.

Co-Starring: Daniel Day-Lewis, Brenda Fricker & Alison Whelan

Rated R for adult situations/language; 1 hr. 43 min.

Friday, March 20 – The Change-Up (2011)

Dave is a married man with two kids and a loving wife, and Mitch is a single man who is at the prime of his life. One fateful night, lightning strikes and they switch bodies.

Co-Starring: Jason Bateman, Ryan Reynolds & Olivia Wilde

Rated R for crude sexual content & language, some graphic nudity & drug use; 1 hr. 52 min.

Saturday, March 21 – The Book of Life (2014)

Manolo, a young man who is torn between fulfilling the expectations of his family and following his heart, embarks on an adventure that spans three fantastic worlds where he must face his greatest fears.

Co-Starring: Diego Luna, Zoe Saldana & Channing Tatum

Rated PG; 1 hr. 35 min.

This Week's Opportunities March 15 - March 21

SUNDAY • MARCH 15

Breakfast at Verna Belle's—Omelets with Fruit

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

11:00 a.m. ~ St. Patty's Day Brunch, MR, GR, CON, & KSU CR

1:00 p.m. ~ 80th Birthday Reception for Sandra Emley, CR

6:00 p.m. ~ Movie, GC

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

MONDAY • MARCH 16

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

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

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

11:00 a.m. ~ Photography with Kelly & Katherine, KSU CR

11:15 a.m. ~ Sit and 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 CR

2:45 p.m. ~ MLH Singers Practice, CR

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

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

TUESDAY • MARCH 17

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

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. ~ Life Story, LR

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

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

5:30 p.m. ~ 2nd Floor Supper, CR

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



WEDNESDAY • MARCH 18

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. ~ Church Service, KSU CR

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

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

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

12:00 p.m. ~ Brownbag Series (Hospice or Palliative Care), CON

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

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

1:30 p.m. ~ Pitch, GR

2:30 p.m. ~ Lutheran Communion, LR

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

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

5:30 p.m. ~ Unitarian Universalist Book Discussion, MR

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

THURSDAY • MARCH 19

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

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

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

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 • MARCH 20

Breakfast at Verna Belle's—Waffle or Pancake

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

10:00 a.m. ~ Veterans Group, GC

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

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

7:00 p.m. ~ Meadowlark Hills' Got Talent! Talent Show/Resident Program, CR

SATURDAY • MARCH 21

Breakfast at Verna Belle's—Omelets with Fruit

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

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

7:00 p.m. ~ Movie, GC

• 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