



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 26, 2015

Tulip Time Festival

If you want to raise your spirits after the winter blues, "Tulip Time" in Topeka will do just that! Join us for a day trip to Topeka's 7th Annual Tulip



Time Festival! Thursday, April 16, we'll tour and relish the thousands of tulips along the Ted Ensley Garden at Lake Shawnee.

Ted Ensley Gardens are located on the west side of scenic Lake Shawnee. The gardens span nine and a half acres with 60,000 tulips and daffodils in the spring, surrounded by a covered bridge, rock gardens, gazebo, pergola, pagoda, waterfalls, streams and several ponds. Visitors are welcome to enjoy the splendor of tulips and daffodils in the beautifully,

landscaped parks followed by a picnic lunch.

The bus will depart from the Village Entrance for Topeka at 8:45

a.m. Thursday, April 16. The group will go on a tour of the gardens, followed by a picnic lunch at a shelter nearby. The lunch menu includes: a sandwich, chips, fruit and a cookie, water and soda. The group plans to return to Meadowlark Hills around 2 p.m.

Please sign up in the Blue Book at the Hospitality Desk if you would like to come along. The cost for the trip is \$27 per person and includes the tour, lunch and transportation. Please Contact Monte Spiller at (785) 323-3801 with any questions.

Wellness Challenge Kicks Off

Lets hit the ground running!

The MH² Challenge Kick-Off Party begins at is 3 p.m. Friday, March 27, in the Community Room. Teams will be announced at the party. The Kick-Off Party will be a chance to learn all the challenge rules, enjoy snacks and refreshments, prize drawings, collect tracking materials and ask questions.

The challenge will begin Monday, March 30, so be sure you are ready to hit the ground running!

A group walk will be held Monday, March 30, and Wednesday, April 1, at 1 p.m. Join the group in the Main Lobby if you are interested. Lisa Schwarz R.D., will lead a nutrition seminar on Wednesday, April 1, from 2 to 3 p.m. in the KSU Classroom. This week,

the seminar topic will be about portion sizes. Be sure to look for more events scheduled throughout the eight week wellness challenge.

Contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995 with any questions.



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

UPCOMING EVENTS & ANNOUNCEMENTS

Photography with Kelly & Katherine

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 30, in the KSU Classroom. This class will be taught by two of the students currently living at Meadowlark Hills for their digital ethnography class. Sign up in the Blue Book at the Hospitality Desk to register for this class.

Meadowlark Hills Got Talent!

Meadowlark Hills Got Talent was another success. Thank you to the judges, Jayme Minton, Orris Kelly and Pam Oehme for doing a wonderful job. Congratulations to our three winners, with First Place going to Bella Musselman (daughter of Tracy Musselman), Second Place going to Shaelynn Miller (daughter of Kelly Miller) and Third Place going to Nyle and Norma Larson! A special thank you goes out to Kinzie Zimmerman, who did an amazing job of hosting!

Free Breakfast On Us!

There may be no such thing as a free lunch, but a free breakfast is planned for Wednesday, April 1.

No foolin'!

If you've moved to Meadowlark Hills in recent months or have joined the Passport program in 2014 or early 2015, you are invited to be guests of honor at an egg-citing Welcome Breakfast hosted by Lonnie Baker, Meadowlark Hills CEO, and Becky Fitzgerald, Development Director with the Meadowlark Hills Foundation. A hot breakfast buffet, featuring eggs, pancakes and other morning favorites, will be served at 9 a.m. that Wednesday at Prairie Star Restaurant.

As for the definition of "recent," we'll let you decide. If you'd like to know more about life at Meadowlark Hills or haven't yet had the chance to get to know Lonnie, Becky or some of your Meadowlark Hills neighbors, then this opportunity is for you no matter how long you've had a Meadowlark Hills address or a Passport membership. A few of our resident Ambassadors also will attend, and look forward to visiting with you. Please register in the Blue Book at the Hospitality Desk.



Lunch Specials March 29– April 4

Sunday, March 29–	Tuna Noodle Casserole w/ Soup or Chips	\$5.50
Monday, March 30–	Avocado BLT w/ 3 Bean Salad	\$3.75/\$5.50
Tuesday, March 31–	Steak Sandwich w/ Soup or Chips	\$3.75/\$5.50
Wednesday, April 1–	Grilled Veggie Sandwich w/ Soup or Chips	\$3.75/\$5.50
Thursday, April 2–	Garlic Chicken Pizza	\$3.75/\$5.50
Friday, April 3–	Cheeseburger w/ Potato Salad	\$5.50
Saturday, April 4–	Chicken Salad Sandwich w/ Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Service of Remembrance

The Service of Remembrance for March is canceled. There will not be a service on Friday, March 27.

Vespers Services

The Vespers service, led by Reverend Larry Fry and String Group, will begin at 7 p.m. Sunday, March 29, in the Community Room. All are welcome.

First Friends on the First

It is time again for "First Friends on the First" (FFF). Our next meeting will be at 4:30 p.m. Wednesday, April 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.

Little Apple Barbershop Chorus

Little Apple Barbershop Chorus show "These Happy Moments" is set for 3 p.m. Saturday, April 11, in the McCain Auditorium. Barefoot Dixieland Band will be performing 30 minutes prior to the show. If you would like to purchase a ticket for this performance, contact Monte Spiller at 323-3801. Advance tickets are \$15. Transportation will depart from the Village Entrance at 1:45 p.m. The cost for transportation is \$3. Sign up in the Blue Book at the Hospitality Desk for transportation.



Brownbag Lunch Lecture Series

If you or a loved one has been diagnosed with Alzheimer's or a related Dementia, you are not alone. Bring a lunch and watch a televised class presentation on "What You Need to Know About Alzheimer's", at noon Wednesday, April 1, in the West Conference Room. No registration necessary.

Meadowlark Hills Travelers

Its time to decide the destination for the BIG trip with the Meadowlark Hills Travelers!

Options for the 2015 trip include:

- San Antonio, Texas
- River Cruise & President Lincoln Tour - Iowa
- National Treasures Tour - South Dakota & Wyoming
- New Orleans, Louisiana



Pick up a ballot from the Hospitality Desk or call Monte Spiller at (785) 323-3801 to have a ballot delivered to your apartment. All ballots should be turned in by the end of the day today, March 26. Ballots can be turned into the Hospitality Desk or to Monte in the Resident Services Office.

The War of 1812: America's Forgotten War

This Osher course will examine The War of 1812 from both American and British perspectives, the origins of war and significant naval actions. The first class of this course is Tuesday, March 31, from 6:30 to 8:30 p.m. in the Community Room. The second and third classes of this course will be held Tuesday, April 7, and Tuesday April 14. Prior registration is required to attend this course.

Meadowlark Manhatters in April

The Manhatters will be meeting Thursday, April 9, at 12:30 p.m. in the Manhattan Room. A party is promised, but the theme of it is a secret! So put on your red hats and have your purple attire ready! To attend, sign up in the Blue Book at the Hospitality Desk and join in the fun.

Trash Pick-Up

Howie's Trash Service truck comes early on Monday mornings to pick up trash from those who live outside the main building. Please place your trash cans out on Sunday evenings so we can ensure that your trash is picked up.

UPCOMING EVENTS & ANNOUNCEMENTS

Sweet Cat Looking for a New Home



Maggie is a 12-year-old white domestic short hair cat that is up-to-date on all her vaccines. She is litterbox trained, very loving and can be shy at first. Her owner, a resident of Sloan House, is ready to find her a new home. If you are interested in this cat, please call one of the following phone numbers (646) 552-4030 or (785) 302-2256 or send an email to jwhirlwind@aol.com.

April Focus Group

The Focus Group scheduled for April 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 April Focus Group will be Human Resource Leader, Jayme Minton. Come meet Jayme at 10 a.m. Thursday, April 9 in the KSU Classroom.

Phone Books

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

Outdoor Encounters—Muskrat & Deer

While near Bayer Pond, watch for a muskrat that dens in the east and south banks. He is responsible for the mounds of wood chips and sticks found in the woods to the northwest. He is most often seen swimming across the pond.

For outdoor news, five deer were seen feeding together at the deer feeder of the berm by Bayer Pond on Sunday morning, March 15 at 8 a.m. After they left squirrels were seen eating there. The five deer were also seen crossing Meadowlark Road near the entrance from Tuttle Creek Boulevard.

Don Rasmussen needs two volunteers to help tend the farm. It requires only 15 minutes, once a week. Contact Don at (785) 537-8775 to help with the worms. An old stock tank may also be outfitted with soil and table scraps and pit into work production.

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 classes of this course will be held Wednesday, April 1, and Wednesday, April 8 from 6:30 to 8:30 p.m. in the Community Room. Prior registration is required to attend this course.

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.

Joke of the Week

Knock Knock.

Who's there?

Dwayne.

Dwayne who?

Dwayne the tub I'm drowning!

UPCOMING EVENTS & ANNOUNCEMENTS

Symphony in the Flint Hills—Save the Date

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.

Riley County Historical Society

Have an interest in the historical buildings surrounding the city of Manhattan? You are in luck! At 7 p.m. Friday, April 3, the Riley County Historical Society invites all to come listen to Cheryl Collins, presentation on "A Drive Down Memory Lane: Manhattan Buildings 1917 through 1963." This presentation will take place in the Community Room.

New Community Relations Assistant!

Congratulations to Magye Loya! She accepted the Community Relations Assistant position (Pam Reding's former role) and started officially in her new role Monday, March 23. Among other tasks, Magye is responsible for creating the Messenger each week and supporting the Community Relations team. She will, at times, be at the Reception Desk to fill in for the Hospitality Team members. Her permanent work location will be in the Community Relations office (in between the KSU Classroom and Lonnie Baker's office) with Sarah Duggan.

Mail Voting Ballots

Applications are available at the Hospitality Desk for anyone who wants to request a mail voting ballot.

All registered voters are eligible and encouraged to advance vote. Advance voting by mail and in-person will begin Wednesday, March 18, and close at noon Monday, April 5. In-person advance voting is available on the second floor at the Riley County Office Building during the following times:

- Monday, March 23, through Friday, March 27, 8 a.m. to 5 p.m.
- Monday, March 30, through Friday, April 3, 8 a.m. to 5 p.m.
- Saturday, April 4, 8 a.m. to 12 p.m.
- Monday, April 5, 8 a.m. to 12 p.m.

On Tuesday, April 7, transportation will be providing free shuttle service to the voting polls. Transportation will start at 9 a.m. and will be running until 11 a.m. The bus will depart from Village Entrance. Please sign up in the Blue Book at the Hospitality Desk and remember to bring a photo ID as it is needed to vote.

Reading Recital

The third and best-ever Reading Recital will occur at 7 p.m. Friday, March 27, in the Community Room. Listen to residents read their stories written in Life Story Writing Class. The gerontology students will be helping with their pictures to illustrate the stories and reading their own stories.



DRINK SPECIAL



March 30 to April 5 Easter Egg Cocktail

1 oz Blue Curacao
1 oz White Crème De Cacao
Half & Half

\$3.75

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Spruce Clean Up

The Meadowlark Hills Spring Spruce Up is right around the corner! Mark your calendars from 8 a.m. to 1 p.m., Saturday, May 2, for this annual campus event. This year's spruce up will focus on the Healthcare household courtyards, as well as the Independent Living flowers and main entrances. Volunteers will receive a free t-shirt, donuts, lunch and will be entered into a drawing for a chance to win one of three \$100 gift certificates. More details to come as the event gets closer. Sign up in the Blue Book at the Hospitality Desk to volunteer. If you have questions, contact Support Services Assistant, Michelle Crenshaw at 323-3868. Join us to help spruce up Meadowlark Hills!

Presidential Assassins: Men and Women Driven to Kill

This Osher course will examine the 28 undocumented assassination attempts on 22 sitting or former presidents or presidents-elect. The first class of this course is Thursday, April 2, from 2 to 4 p.m. at the Manhattan Arts Center. The second and third classes of this course will be held Thursday, April 9, and Thursday April 16. 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.

Political Signage & Campaigning Policy

The Political Signage and Campaigning Policy for Meadowlark Hills has been included as an insert in today's edition of the Messenger. Since campaign and election season is upon us, please review this policy as a reminder. If you have questions regarding the policy, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801. If you do not receive a copy of the policy and would like one, please contact the Hospitality Desk.

LETTER TO THE MESSENGER

Golfing With Ida— Submitted by Charlie Hall

Ida Pieracci is a San Fran Jose Country Club Legend. At 102 years old of age, she holds the course record with eleven holes-in-one and is still regularly playing golf today. What's the key to a long, happy life? "Just being a good kid!"



Store 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.

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. This class will specifically focus on PC computers. 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, and sign-up is currently full. You can add your name to the wait list in the Blue Book at the Hospitality desk in case spot becomes available. Another computer class series will be held at a later date.

April BIRTHDAYS

Residents

Health Care

4/6	Irene Scruggs
4/8	Vernon Larson
4/9	Monty Walker
4/9	Hilda Zerfas
4/16	Marietta Morehead
4/26	Margaret Pettie
4/27	Shirley Sanders

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

Assisted Living

4/2	Betsy Sager
4/9	Florence Schwab
4/26	Bernice Schoneweis

Independent Living

4/4	Frances Siegel
4/9	Cameron Beatty
4/9	Marcia Smies
4/12	William Durkee
4/12	Evelyn Lady
4/16	Vivian Olsen
4/17	Jeanne Lundin
4/22	Wilma Hafenstein
4/22	Dorothy Tompkins
4/25	Diane Dollar
4/27	Dorothy Bitler
4/30	Gavona Hardin

Employees

4/3	Eldean Ebeling
4/3	Chase Kuchera
4/3	Kilynn Kasten
4/4	Kaysha Myhra
4/4	Angie Burton
4/4	Megan Martini
4/5	Autum DeLettera
4/5	Laura Looks
4/5	Patty Brown-Barnett
4/6	Tabitha Edwards
4/6	Jennifer Schoenhofer
4/7	Suzanna Gehrer
4/8	Delores Renner
4/8	Gabrielle Burnam
4/8	Jessica McKenzie
4/9	Mark Morton
4/10	Greg Brown
4/10	Allison Dewees
4/11	Bob Speer

4/11	Jackie Rose
4/12	Elizabeth Shirley
4/13	Mike Bribiesca
4/14	Rita Harsch
4/14	Karen Evinger-Irvine
4/14	Kristen Everett
4/14	Katherine Stewart
4/15	Vicki Williams
4/15	Joshilyn Binkley
4/15	Monte Spiller
4/19	Janet Iorger
4/19	LaTaisha Shumpert
4/19	Kelli Cockrell
4/20	Christopher Loehr
4/20	Jennifer Mogenson
4/22	Miranda Miller
4/23	John Shapel
4/24	Cassia Russell
4/25	Delores Worthington
4/26	Isolde Mauga
4/28	Marina Pecar-Krstic
4/29	Deborah Murrell
4/29	Brook Niehues

PRAIRIE★STAR

RESTAURANT

March 29 – April 4

Includes beverage, starter and dessert.

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

SUNDAY	March 29 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Celery, and Onions Roasted Red Potatoes	Chicken & Noodles Mashed Potatoes Vegetable of the Day
MONDAY	March 30 ~ Lunch \$10	Dinner \$12
	Meatball Sub Steak Fries Choice of Vegetable	Meatloaf Mozzarella Mashed Potatoes Vegetable of the Day
TUESDAY	March 31 ~ 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.	April 1 ~ Lunch \$10	Dinner \$13
	Fog City Mac Choice of Vegetable	Artichoke & Almond Stuffed Chicken Breast with Supreme Sauce Wild Rice Vegetable of the Day
THURSDAY	April 2 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Shepard's Pie Vegetable of the Day
FRIDAY	April 3 ~ Lunch \$10	Dinner \$14
	Fish Sandwich Steak Fries Coleslaw	Trout Almandine Mashed Sweet Potatoes Vegetable of the Day
SATURDAY	April 4 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich 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 29 - Saturday, April 4

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

Sunday, March 29 – Jersey Girl (2004)

After his career is sidelined from an unexpected tragedy and a personal blowup, a single man must take care of his precocious daughter..

Co-Starring: Ben Affleck, Liv Tyler, & Raquel Castro

Rated PG-13; 1 hr. 42 min.

Monday, March 30 – The Theory of Everything (2014)

A look at the relationship between the famous physicist Stephen Hawking and his wife.

Co-Starring: Eddie Redmayne, Felicity Jones & Tom Prior

Rated PG-13; 2 hrs. 3 min.

Tuesday, March 31– Second Chances (2013)

The mother Jenny is not widowed but divorced. The children's father left to run an errand and never returned.

Co-Starring: Allison Sweeney, Greg Vaughan & Edward Asner

Rated G; 1 hr. 37 min.

Wednesday, April 1 – The Color of Money (1986)

Fast Eddie Felson teaches a cocky but immensely talented protégé the ropes of pool hustling, which in turn inspires him to make an unlikely come back.

Co-Starring: Paul Newman, Tom Cruise & Mary Elizabeth Mastrantonio

Rated R for sexual content & violence; 1 hr. 59 min.

Thursday, April 2 – How About You (2007)

Tells the story of Ellie, a young woman left in charge of the residential home run by her older sister, over the Christmas period.

Co-Starring: Joss Ackland, Hayley Atwell & Orla Brady

Rated PG-13; 1 hr. 40 min

Friday, April 3 – The Judge (2014)

Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and along the way, reconnects with his estranged family.

Co-Starring: Robert Downey Jr., Robert Duvall & Vera Farminga

Rated R for violence, language & sexual content; 2 hrs. 21 min

Saturday, April 4 – Wild Horse, Wild Ride (2011)

A handful of unforgettable characters set out on a 100-day quest to tame a totally wild mustang for a Texas competition in this stunning and poignant documentary.

Co-Starring: Alex Dawson & Greg Gricus

Rated PG; 1 hr. 46 min.

This Week's Opportunities March 29 - April 4

SUNDAY • MARCH 29

Breakfast at Verna Belle's—Omelets with Fruit

Set trash out by Sunday night for Monday morning pick-up

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

2:00 p.m. ~ Movie, GC

6:00 p.m. ~ Movie, GC

7:00 p.m. ~ Vespers, CR

MONDAY • MARCH 30

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

1:00 p.m. ~ Wellness Challenge Walk, VE

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

1:30 p.m. ~ Transportation to Osher Class at Manhattan Arts Center (Bleeding Kansas), VE

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

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

TUESDAY • MARCH 31

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

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

6:30 p.m. ~ Osher Class (The War of 1812: America's Forgotten War), CR

WEDNESDAY • APRIL 1

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:00 a.m. ~ Breakfast Hosted by Lonnie & Becky, MR

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

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

10:00 a.m. ~ Wal-Mart/Hy-Vee 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

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

12:00 p.m. ~ Brownbag Series (What You Need to Know About Alzheimer's), CON

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

1:00 p.m. ~ Wellness Challenge Walk, VE

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

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

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Wellness Challenge: Nutrition Seminar, KSU CR

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

4:30 p.m. ~ First Friends on the First, CR

6:30 p.m. ~ Osher Class, (The Kanza Indians and Their Last Homeland, 1846-1873), CR

6:30 p.m. ~ Computer 101 with Will Gold, KSU CR

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

THURSDAY • APRIL 2

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

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

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

1:30 p.m. ~ Transportation to Osher Class at Manhattan Arts Center (Presidential Assassins: Men & Women Driven to Kill), VE

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

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

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

FRIDAY • APRIL 3

Breakfast at Verna Belle's—Waffle or Pancake

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

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

7:00 p.m. ~ Riley County Historical Society Program, CR

SATURDAY • APRIL 4

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