

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 16, 2015

Grow Green Match Day

Meadowlark Hills Foundation to Participate in Community Event

Submitted by Becky Fitzgerald

Meadowlark Hills Foundation has enthusiastically accepted an invitation to grow our "green" by participating in the 3rd annual Grow Green Match Day on Wednesday, April 22. This event holds incredible opportunity for Meadowlark Hills Foundation. On that day, the Greater Manhattan Community Foundation will match donations made to an endowment fund we have with GMCF — our long-term savings — and we could potentially receive more than a \$10,000 match. The match money

earned by each of the nearly 40 participating non-profit headquarters in person, either on your own or as part groups is an outright grant and may be used as each organization wishes. Phil Howe, a former Meadowlark Hills board member and the 2004 Legacy Award winner, is providing the matching funds. If you see Phil, please thank him for his great generosity.

Here's how the event works:

Although gifts of any amount are welcome and encouraged, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match. Already, two Meadowlark Hills residents have each pledged to make a \$1000 donation, meaning at least \$3000 will be added April 22 to an endowed Meadowlark Hills Foundation fund.

Gifts may be made by cash, check, or online between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online from a remote location. Because there are prize incentives for donations made at event headquarters, Meadowlark Hills is providing transportation at 10 a.m. and 4 p.m. departing from the Village Entrance Wednesday, April 22, who are willing and able to donate in person. Please register in the Blue Book if



GREATER MANHATTAN COMMUNITY FOUNDATION

...inspiring healthy communities

you'd like a free ride to the event.

Donors who attend the event will be entered for a chance to win \$100 for the participating charity of their choice. (A winner will be chosen every hour from that hour's donations!) And, the three participating not-for-profits with the most donors coming in person to the event will win extra prize money; \$500 for 1st place, \$300 for 2nd place, and \$200 for 3rd place.

If you cannot visit event

of a Meadowlark Hills group, please leave your donation at the Hospitality Desk, and your gift will be submitted for you. The concierges will accept donations beginning April 21 through 5 p.m. on April 22. Checks should be made payable to Greater Manhattan Community Foundation and dated April 22, 2015, no matter which day they are submitted.

Donations are tax-deductible. Donations made by cash or check will receive a receipt letter after the event. Cash gifts will receive a hand-written receipt that day and a tax receipt by mail. Online gifts will generate a receipt at the time of the donation; an additional receipt will not be mailed.

Grow Green Match Day is an opportunity to increase our endowment so that we can enrich our programs for even greater impact for years to come. Our endowment with Greater Manhattan Community Foundation is one way we can continue to develop our services and meet the future needs of our campus and community.

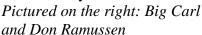
If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!



UPCOMING EVENTS & ANNOUCEMENTS

Outdoor Encounters— When to Fish

When tis the best time to fish? During winter months fish congregate in the deeper portions of the pond and are not easily tempted to bite. Activity picks up as the water warms, culminating in spawning in April and May. Bottom feeding gives way to feeding in the shallows and rip rap. Morning or evening is generally better than mid-day.





Severe Weather Presentation

Mr. Myron Calhoun will be providing an in-depth look of severe weather Friday, April 17, at 7 p.m. in the Community Room. All are welcome!

Emergency Water Shut Off

Today, April 16, at 2:30 p.m. water will be shut off for an hour due to maintenance. This will affect the West Tower, main kitchen, Sloan House and the West Community Center Hallway.

Vespers Services

The Vespers service, led by St. Thomas More Service, will begin at 7 p.m. Sunday, April 19, in the Community Room. All are welcome.

Brownbag Lunch Lecture Series

Technology has drastically changed over the last 50 plus years. Find out more about these advancements and how they are potentially shaping the mental and physical health of older adults. Bring a lunch and watch a televised class presentation of "Technology: Advancements Affecting Older Adults" at noon Wednesday, April 22, in the West Conference Room. No registration necessary.

Coffee Corner with Coach Bill Snyder

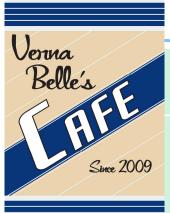
Show your K-State pride by wearing purple as Meadowlark Hills hosts special guest at coffee corner and icon of wildcat country, KSU Football Coach Bill Snyder at 2 p.m. Tuesday, April 21 in the Community Room. Come show your support as



we look forward to another great KSU Football season!

Bayer Pond Gazebo

Exciting news! The construction for the new gazebo will begin this weekend, weather permitting.



Lunch Specials April 19- April 25

Sunday, April 19- Chicken Pasta Bake with Soup or Chips

Monday, April 20- Turkey Club with Soup or Chips

Tuesday, April 21- Chicken Bacon Ranch Pizza

Wednesday, April 22- Veggie Wrapini with Fruit Salad

Thursday, April 23- Steak Fajita Quesadilla with Mexican Rice

Friday, April 24- Hawaiian Pork with Grilled Pineapple

Saturday, April 25- Egg Salad Sandwich with Soup or Chips

\$5.50

\$3.75/\$5.50

\$3.75/\$5.50

\$3.75/\$5.50

\$3.75/\$5.50

\$5.50

\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Council Grove Day Trip!



Climb aboard as we visit Council Grove, Kan. for the day! Thursday, April 30, we'll learn about an authentic old trail town at the crossroads of the Santa Fe Trail. We'll tour the Kaw Mission Historic Site, Santa Fe Trail sites and browse through Last Chance Store.

The Kaw Mission Historic Site is one of the seventeen historic properties administered by the Historic Sites Division of the Kansas Historical Society. The interior of the Kaw Mission contains exhibits telling the story of the Kaw Indians, Santa Fe Trail and early Council Grove. The exhibit discovers the culture of the Kaw (Kanza) Native American tribe, for which the State of Kansas is named after.

In the nineteen century, the Santa Fe Trail was the route used for transportation through central North America that connected Franklin, Missouri with Santa Fe, New Mexico. Pioneered in 1821 by William Becknell, it served as a vital commercial highway until introduction of the railroad began in 1880. A landmark of trail history, the Santa Fe Trail became a trail of commerce and one of the richest trade routes of our nation.

The bus will depart from the Village Entrance for Council Grove at 8:30 a.m. Thursday, April 30. The group will go on a tour of the Kaw Mission Historical Site upon arriving to Council Grove, then drive by the stores Last Chance and Custer Elm following lunch at Hays House Restaurant. After lunch, we'll tour the Santa Fe Trail River Crossing, Guardian of the Groves, Madonna of the Trail, Council Oak and the Post Office Art. The group plans to return to Meadowlark Hills around 1:45 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 \$13, and includes tours and transportation. Lunch will be paid on your own. Please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 with any questions.

Píg Out for Parkínson's!

Don't forget to eat at Cox Bros. BBQ Thursday, April 23, to support the Parkinson's Program! Remember to purchase raffle tickets to have the chance to win a \$600 bike from Big Poppi, an autographed football by Bill Snyder or autographed basketball by Bruce Weber! Tickets are available at the Hospitality Desk.



Riley Country Genealogical Society

At 2 p.m. Sunday, April 19, the Riley Country Genealogical Society will be sponsoring a presentation by Shaley George over "The Orphan Train Movement 1854-1929." The presentation will be taking place at the Manhattan Public Library Auditorium. Join Shaley to embark on the mission of the National Orphan Train Complex collection and gain knowledge over the museums collections, exhibitions, programming and research by creating an awareness of the Orphan Train Movement. 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.

Photography with Kelly & Katherine

This photography class will be taught from 11 a.m. to 12 p.m. every Monday through May 4. The next class is Monday, April 27, 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.

Eyeglass Adjustment

Alex's Affordable Eyewear will be here at 3:30 p.m. Saturday, April 25, in the Community Room. They will adjust eyeglasses for residents at no charge.

UPCOMING EVENTS & ANNOUCEMENTS

Jokes of the Week

What did the llama say when he got kicked off the farm?

Alpaca my bags.

Campus Wide Movie Day

Honstead House will be hosting a Movie Day Friday, April 24, at 3 p.m. in the Community Room. Come enjoy a Grease, munch on popcorn and indulge in some of the best candy!

A Friendly Reminder

If you use the movie theater after scheduled movie hours, please take time to turn off the projector when the movie is done. If you do not know how to turn the projector off or have any further questions, please contact Monte Spiller, Resident Services Leader, and he will gladly show you. Thanks!

K-State Alumni Association Event

The K-State Alumni Association will be holding their annual event at Meadowlark Hills on Wednesday, April 29, at 3 p.m. in the Community Room. Speakers will be Amy Button Renz, Alumni Association President and Tim Lindemuth, CEO and former editor of the K-Stater magazine. They would like to incorporate several K-State Alumni in the program. If you are a K-State Alumni or affiliated with K-State in any other way, please contact Monte Spiller, Resident Services Leader.

ITP Kansas Open Meeting

Integral Transformative Practice (ITP) invites you to experience the joy of participating in an upcoming ITP session led by Bob Doenges and Lucy Piper, ITP Tulsa Group Leaders, this Saturday, April 18, from 9 a.m. to noon in the Community Room. Bob and Lucy will be sharing their journey with ITP and will teach meditative movements, effective affirmations, exercises for balancing, peaceful communication and deep relaxation. No sign up required.

Big Brothers Big Sisters Movie Night

Friday, April 17, at 7 p.m. Meadowlark Hills will be hosting a movie night in the Grosh Cinema for Big Brothers Big Sisters. Due to this event, the 7 p.m. movie showing will be canceled.

Storytelling Festival at Wonder Workshop

This Saturday, April 18, the Wonder Workshop Children's Museum (WWCM) is hosting a Storytelling Festival for all ages at 504 S. 4th Street, just south of the A.M.E. Church. The event runs from 9 a.m. to 3 p.m. and



costs \$5, which goes to provide scholarships for elementary students for the WWCM Think Big Camp. The storytellers are Sylvia Beeman, Francisco Gonzalez, Larry Weaver, Patty Brown-Barnett, and Richard Pitts. The day will include poetry reading and a variety of musical performances, including African drumming and a community dance presentation. There will also be a food cart from RC McGraw, All are welcome!

Jordan & Oman: Fall 2014 Presentation

At 4 p.m. Saturday, April 18, Rhonda Janke will be sharing a presentation over her semester spent in Jordan and Oman. Join Rhonda in the Community Room to learn more about her experiences.

KSU Technology Class

Need technology help? A group of K-State Gerontology students will be available in the KSU Classroom on Tuesdays and Thursdays from 6 to 7 p.m. to assist with any technology issues associated with computers, cellphones or tablets.

Service of Remembrance

Join us in remembering the ones that have passed during the past month. The Service of Remembrance will be Friday, April 24, at 3 p.m. in the Living Room.



UPCOMING EVENTS & ANNOUCEMENTS

MH² Challenge Update

Week Three of the challenge is here and the teams are competing hard, so keep it up! All participants should be tracking their activity on the Week Three sheet, due by next Tuesday, April 28. Turn the tracking sheets in to the Hospitality Desk, Human Resources office, or Caul Fitness Center by 5 p.m. on Tuesday, April 21.

The K-State Gerontology Club is holding their second annual Senior Prom 5k on Friday, April 24, at 5:45 p.m. It is a fun event and a way to earn more points for your team. Transportation will be available to the event. For transportation, sign up in the Blue Book at the Hospitality Desk. The Gerontology Club is welcoming everybody to the event, so you can participate by cheering on the runners and walkers, even if you are not running yourself! Please contact Jeff Heidbreder, Fitness leader, or Monte Spiller, Resident Services Leader, with any questions. Congratulations to Ruth Wells for being the winner of the Week One Healthy Eating Prize Drawing! Ruth won a \$25 gift certificate to Prairie Star Restaurant.

Next week's events include the Group Walks and a Fitness Seminar over "Importance of Sleep." The Group Walks will be at 1 p.m. Monday, April 20, and Wednesday, April 22. Meet at the Village Entrance to start. The Fitness Seminar, "Importance of Sleep" will be

at 2 p.m. Wednesday, April 22, in the KSU Classroom. Quiz Questions will be posted in the Game Room Monday, April 20. Please place completed slips in the drop box located at the Hospitality Desk by Friday, April 24.

Last Week's Quiz Answers:

1.) Fruits, vegetables, and whole grain products are good sources of fiber?

Answer is true. Fiber is a type of carbohydrate that your body cannot digest. Unlike most carbohydrates, fiber cannot be broken down into sugar molecules, and passes through the body undigested. Fiber comes in two varieties, soluble and insoluble, which are both beneficial to health by helping to regulate the body's use of sugars, as well as helping to keep hunger and blood sugar in check. Great sources of fiber are whole fruits and vegetables, whole grains, and beans.

2.) Muscle weighs more than fat? Answer is false. This one is tricky, but one pound equals one pound. Although the size of a pound of muscle tissue is significantly smaller than a pound of fat tissue, they both equal one pound. Muscle tissue is roughly 18 percent more dense than fat tissue, which means that muscle tissue will occupy less space, giving the body a leaner look.

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.

PRAIRIE*STAR

April 19 – April 25

Includes beverage, starter and dessert. Hours: Sunday, 10:30 a.m. to 7 p.m. Monday—Saturday, 10:30 to 8 p.m.

>	April 19 ~ Lunch \$12	Dinner \$12
SUNDAY	Fried Chicken Mashed Potatoes and Gravy Vegetable of the Day	Spaghetti and Italian Meatballs Garlic Toast Vegetable of the Day
>	April 20 ~ Lunch \$10	Dinner \$13
MONDAY	BBQ Pulled Pork Sandwich Coleslaw Steak Fries	Pork Tenderloin Roulade with Artichoke and Spinach Bernie Potatoes Vegetable of the Day
>	April 21 ~ Lunch \$6	Dinner \$12
TUESDAY	Taco Bar (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes and Gravy Vegetable of the Day
WED.	April 22 ~ Lunch \$9	Dinner \$13
	Fog City Macaroni Choice of Vegetable	Meatball Mozzarella with Marsala Sauce Garlic Mashed Potatoes Vegetable of the Day
AY	April 23 ~ Lunch \$7	Dinner \$12
THURSDAY	Pizza Bar (does not include drink, starter or dessert)	Chicken Tetrazzini Garlic Toast Vegetable of the Day
	April 24 ~ Lunch \$10	Dinner \$14
FRIDAY	Crab and Spinach Quiche Choice of Vegetable	Grilled Marinated Shrimp in Cilantro Lime Pesto Mexican Coleslaw Black Beans and Rice Relish
АУ	April 25 ~ Lunch \$12	Dinner \$15
SATURDAY	Prime Rib Sandwich Potato Salad 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, April 19 - Saturday, April 25

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

2 and 6 p.m., Sunday

Sunday, April 19 – Ring the Bell (2013)

When high-powered sports agent Rob Decker arrives looking for his next major league prospect, he finds more than he bargained for at the Cooke Boys Ranch.

Co-Starring: Ryan Scharoun, Ashley Nicole Anderson & Casey Bond

Rated PG: 1 hr. 37 min.

Monday, April 20 – Amistad (1997)

About a 1839 mutiny aboard a slave ship that is traveling towards the northeastern coast of America. Much of the story involves a court-room drama about the free man who led the revolt.

Co-Starring: Djimon Hounsou, Matthew McConaughey & Anthony Hopkins

Rated R for some scenes of strong brutal violence and sexual content; 2 hrs. 35 min.

Tuesday, April 21 – The Homesman (2014)

Three women who have been driven mad by pioneer life are to be transported across the country by covered wagon by the pious, independent-minded Mary Bee Cuddy.

Co-Starring: Tommy Lee Jones, Hilary Swank & Grace Gummer

Rated R for violence and sexual content; 2 hrs. 2 min.

Wednesday, April 22 – <u>Camilla</u> (1994)

Vincent and Freda Lopez are a young married Toronto couple who both indulge in the arts, Vince as an artist and Freda as a musician/composer.

Co-Starring: Jessica Tandy, Bridget Fonda & Hume Cronvn

Rated PG-13; 1 hr. 35 min.

Thursday, April 23 – Gone Girl (2014)

With his wife's disappearance having become the focus of an intense media circus, a man sees the spotlight turned on him when it's suspected that he may not be innocent.

Co-Starring: Ben Affleck, Rosamund Pike & Neil Patrick Harris

Rated R for strong language, including some sex-related dialogue; 2 hrs. 29 min.

Friday, April 24 – A Most Wanted Man (2014)

A Chechen Muslim illegally immigrates to Hamburg, where he gets caught in the international war on terror.

Co-Starring: Philip Seymour Hoffman, Rachel McAdams & Daniel Brühl

Rated R for language; 2 hrs. 2 min.

Saturday, April 25 – <u>The Evening Star</u> (1996)

Continuing the story of Aurora Greenway in her latter years. After the death of her daughter, Aurora struggled to keep her family together, but has one grandson in jail, a rebellious granddaughter, and another grandson living just above the poverty line.

Co-Starring: Shirley MacLaine, Bill Paxton & Juliette Lewis

Rated PG-13; 2 hrs. 9 min.

This Week's Opportunities April 19 - April 25

SUNDAY • APRIL 19

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Ride to the Pond, VE

3:15 & 3:30 p.m. ~ Bus Departs to McCain (Spencers:

Theater of Illusion)

7:00 p.m. ~ Vespers, St. Thomas More Service, CR

Monday • April 20

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

9:30 a.m. ~ Ride to the Pond, VE

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

11:15 a.m. ~ Sit and Be Fit, 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. ~ Ladies Pool Table Time, BP

2:00 p.m. ~ Ride to the Pond, VE

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 • APRIL 21

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

9:30 a.m. ~ Ride to the Pond, VE

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. ~ Life Story, CON

2:00 p.m. ~ Ride to the Pond, VE

2:00 p.m.. ~ Coffee Corner with Coach Bill Snyder, CR

3:30 p.m. ~ Ambassador Committee, CON

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

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

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

6:00 p.m. ~ Technology Workshop, KSU Classroom

WEDNESDAY • APRIL 22

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

9:30 a.m. ~ Ride to the Pond, 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, CON

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

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

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

1:30 p.m. ~ Pitch, GR

2:00 p.m. ~ Ride to the Pond, VE

2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CR

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

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

4:00 p.m. ~ Video Worship Service, LR

5:30 p.m. ~ 1st Floor Supper, MR

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

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

THURSDAY • APRIL 23

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

9:30 a.m. ~ Ride to the Pond. VE

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

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

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

11;30 p.m. ~ Depart for Pig out for Parkinson's, VE

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

2:00 p.m. ~ Ride to the Pond, VE

2:30 p.m. ~ KSU Gerontology Class, CR

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

4:00 p.m. ~ St. Paul's Episcopal Church Service

6:00 p.m. ~ Technology Workshop, KSU CR

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

FRIDAY • APRIL 24

Breakfast at Verna Belle's—Waffle or Pancake

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

9:30 a.m. ~ Ride to the Pond, VE

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

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

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

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

1:15 p.m. ~ Parkinson's Caregiver Support Group, LR

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

2:00 p.m. ~ Ride to the Pond, VE

3:00 p.m. ~ All-Campus Event with Honstead House, CR

3:00 p.m. ~ Service of Remembrance, LR

7:00 p.m. ~ K-State's All-Female A Cappella Group, CR

SATURDAY • APRIL 25

Breakfast at Verna Belle's—Omelets with Fruit

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

9:30 a.m. ~ Ride to the Pond, VE

2:00 p.m. ~ Ride to Pond, VE

3:30 p.m. ~ Alex's Affordable Eyewear, CR

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