



Meadowlark Hills Messenger

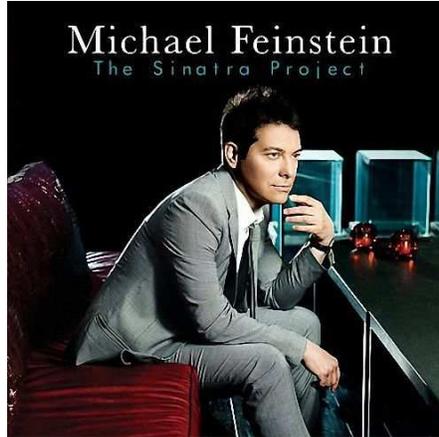
Meadowlark Hills Retirement Community

April 23, 2015

The Sinatra Project

Friends of McCain to Host a Happy Hour!

K-State's McCain Auditorium has had a long association with Meadowlark Hills, and Friends of McCain would like to recognize residents and the organization for your patronage and sponsorship of the annual Performance Series. To say "thank you," a Happy Hour (and a half) is planned for residents prior to the last show of the 2014-15 season, "Michael Feinstein: The Sinatra Project". Please join Todd Holmberg, McCain Auditorium director, other McCain staff and Friends of McCain board members, including Becky Fitzgerald, from 4:30 to 6 p.m. Sunday, May 10, in the Game Room, Kansas Room Pub and Manhattan Room. Michael Feinstein's show begins at 7:30 p.m. that evening at McCain Auditorium, and transportation is available from the Village Entrance on Sunday, May 10.



beloved classics, such as "New York, New York," "The Lady is a Tramp" and "All the Way." Feinstein's 200-plus shows a year have included performances at Carnegie Hall, Sydney Opera House and the Hollywood Bowl as well as the White House and Buckingham Palace. More than simply a performer, Feinstein has received national recognition for his commitment to celebrating America's popular song and preserving its

legacy for the next generation. 2015 is a perfect year to see The Sinatra Project, as the fellow we call the Chairman of the Board would have celebrated his 100th birthday later this year. Francis Albert Sinatra, born Dec. 12, 1915, in Hoboken, N.J., died in 1998.

If you have questions about this event, please contact Becky Fitzgerald at (785) 323-3843.

Light snacks and beverages will be offered at the event. Upon arrival, guests will receive a ticket that may be traded in the pub or at a station in the game room for complimentary wine, beer or a specialty cocktail worthy of Ol' Blue Eyes himself. Non-alcoholic beverages also will be available. Guests who'd like more than one alcoholic drink may purchase those.

Show tickets to The Sinatra Project or Friends of McCain membership is not required to enjoy the fun. All residents are welcome, but space is limited, so please register in the Blue Book. If you'd like a chance to win two show tickets, please complete an entry form at the Hospitality Desk by 5 p.m. Thursday, May 7. The winner will be notified on Friday, May 8, so you'll have time to sign up for transportation and/or the Happy Hour event.

Considered one of the premier interpreters of American standards, Michael Feinstein will pay tribute to Frank Sinatra by performing some of Sinatra's most

Pig Out for Parkinson's!

Don't forget to eat at Cox Bros. BBQ today, April 23, to support the Parkinson's Program!



UPCOMING EVENTS & ANNOUNCEMENTS

Touchtown—Up and Running

Good News! Touchtown is now officially back up and running. A couple of reminders: if the television is plugged directly into the wall, use channel 20. If the television is plugged into a box, use channel 1960.

Diabetes Support Group

The Diabetes Support Group will be meeting Thursday, April 30, at 10 a.m. in the Classroom. Join guest speakers Penny Garber and Kelly Miller, Home Health Leaders as they speak about Complications of Controlled Diabetes.

Brownbag Lunch Lecture Series

Bring a lunch and watch a televised class presentation of “Medicare Benefits: What You need to Know” presented by KU Medical—Legal Clinic at noon Wednesday, April 22, in the West Conference Room. No registration necessary.

Campus Wide Movie Day

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



Hale Library Concert Series

Meadowlark Hills is a sponsor of the Hale Library Concert Series. The third concert will be at 7:30 p.m. on Friday, May 1, in the Hemisphere Room in the Hale Library. The Friends of the K-State Libraries will be presenting a very special piano performance by Dr. Slawomir Dobrzanski. Following the event will be a wine and dessert reception.

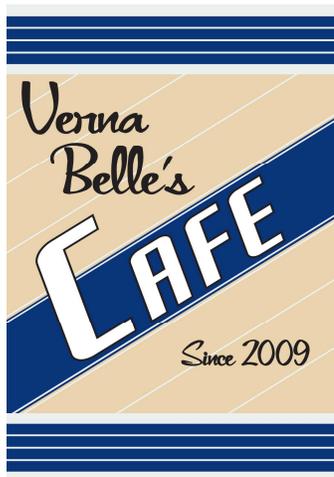
Transportation will depart at 6:45 p.m. from the Village Entrance, and there will be no charge. Sign up in the Blue Book for transportation. A ticket is required to attend this concert. For further information, questions, or special needs please contact Darchelle Martin, Public Relations Officer, at Hale Library, at (785) 532-7442.

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.

Joke of the Week

Why was the broom late?
He over swept.



Lunch Specials

April 26 – March 2

Sunday, April 26 - Ham and Potato Casserole with Soup or Chips	\$5.50
Monday, April 27 - Triple Meat Flatbread Pizza	\$3.75/\$5.50
Tuesday, April 28 - Ultimate Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Wednesday, April 29 - Chicken Kabobs with Wild Rice	\$3.75/\$5.50
Thursday, April 30 - Sloppy Joes with Soup or Chips	\$5.50
Friday, May 1 - Hotdogs with Waldrof Salad	\$5.50
Saturday, May 2 - Napa Valley Chicken Salad with Soup or Chips	\$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 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.

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 is 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.

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!

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation will be heading to the following locations: Hy-Vee and Walmart. The next trip departs at 10 a.m. Wednesday, April 29, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Meadowlark Hills Travelers Update

The MLH Travelers are set to embark on the Land of Lincoln and the Mighty Mississippi trip from August 23 through August 28. The cost of the trip (including bus transportation) is \$1,533.80 for a single and \$1,266.80 for a double. If you would like to sign up for this trip, pick up a registration form from the Hospitality Desk. Completed registration forms are due to Monte by Friday, June 5.

For residents who register for the trip, a 25 percent non-refundable deposit will be charged to your Meadowlark Hills finance statement for June. The remaining balance will be charged to your Meadowlark Hills finance statement for July.

Passport members, family members, board members and community members may request a registration form by contacting Monte Spiller at (785) 323-3801, or picking up a non-resident registration form at the Hospitality Desk. All non-residents are responsible for the 25 percent non-refundable deposit to the Meadowlark Hills Finance Office. The first payment will be due Friday, June 5, and the remaining balance will be due Friday, June 19. Questions regarding payments can be directed to Nick Lundeen at (785) 323-3819.

McCain Series—Don Quixote

Don Quixote: National Russian Ballet Theatre, will be showing Sunday, April 26, at 4 p.m. at McCain Auditorium. Don Quixote is a spectacular, full length ballet set in imperial Spain and packed with stories of heroic bullfighters, mysterious gypsies, and other intriguing and often silly tales of romance, betrayal, fantasy and chivalry. Transportation will be available for the event and will depart from the Village Entrance Sunday, April 26, at 3:15 and 3:30 p.m. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend.



Canvas & Cork Party

You're invited to a Canvas & Cork Party with Straight Upp Creative Studio! Thursday, May 7, at 6 p.m. in the Community Room, an instructor will lead the group in painting a canvas with a preselected image. Light snacks and wine will be served. The cost to attend is \$30 per person. This includes all painting supplies and refreshments. If you are interested in attending, please sign up in the Blue Book at the Hospitality Desk. Contact Monte Spiller, at (785) 323-3801 if you have any questions.

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



**April 27 to May 2
George's Jungle**

1.5 oz Grand Marnier
1.5 oz Triple Sec
1.5 oz Peach Schnapps
1.5 oz Cranberry Juice

\$3.75

K-State Alumni Association Event

The K-State Alumni Association will be holding their annual event at Meadowlark Hills at 3 p.m. Wednesday, April 29, 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.

KSU Technology Class

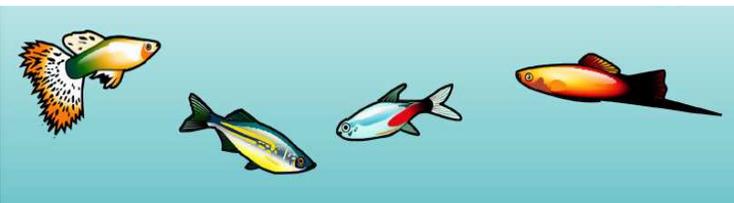
Need technology help? A group of K-State Gerontology students will be available in the KSU Classroom on Tuesdays and Thursdays from 6 to 7 p.m. to assist with any technology issues associated with computers, cellphones or tablets.

Service of Remembrance

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

Outdoor Encounters—When to Fish

Can we keep and eat the fish caught in Bayer Pond? For the first year or so please exercise “catch release” practices. Once a natural balance of species and sizes is reached we expect to open for eating. A marine biologist tells us that quality should not be an issue.



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.

Vespers Services

The Vespers service, led by Linda Davis, Lay Speaker, will begin at 7 p.m. Sunday, April 26, in the Community Room. All are welcome.

KSU Vocal Students Performance

Join KSU vocal performance and music education students of Cheryl Richt, at 7 p.m. Friday, May 1, in the Community Room as they present an all German evening featuring selections from Franz Schubert's "Die Schöne Müllerin" and Robert Schumann's "Frauenliebe und leben." The students will be accompanied by Dr. Robert Edwards on piano.

UPCOMING EVENTS & ANNOUNCEMENTS

MH² Challenge Update

Week Four, the halfway point of the challenge, is upon us! Teams have been working hard, so be sure to keep it up as the finish line will be here before we know it. Continue tracking your physical activity on your Week Four tracking sheet and turn them into the Hospitality Desk, Human Resources, or the Caul Fitness Center by 5 p.m. next Tuesday, April, 28. Congratulations to Rae Stamey for being the prize winner of the Week Two healthy eating challenge. Rae won a \$25 gift certificate to the Eastside/Westside Market.



Next week's events include the Group Walks and a Nutrition Seminar over "Increasing Fruits & Vegetables in your Diet." The Group Walks will be at 1 p.m. Monday, April 27, and Wednesday, April 29. and we will meet at the Village Entrance to start. The Nutrition Seminar, "Increasing Fruits & Vegetables in your Diet" will be at 2 p.m. Wednesday, April 29, in the KSU Classroom. Quiz Questions will be posted in the Game Room Monday, April 27. Please place completed slips in the drop box located at the Hospitality Desk by Friday, April 24.

Last Week's Quiz Answers:

1.) How much sleep does a 65 (+) year old person need per night?

Answer is seven to eight hours. According to the National Sleep Foundation, each person's needs vary, but the general recommendation is for seven to eight hours of sleep for individuals 65(+). Sleep experts say most adults need between seven and nine hours of sleep each night for optimum performance, health and safety. When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to "pay back" if it becomes too big. The resulting sleep deprivation has been linked to health problems such as obesity and high blood pressure, negative mood and behavior, decreased productivity, and safety issues in the home, on the job, and on the road.

2.) Skipping breakfast is a recommended way to lose weight?

Answer is false. When looking strictly at weight loss, studies have been mixed on the effects of eating or skipping breakfast. However, if you dig a little deeper and look at health and weight loss, skipping breakfast can have several negative effects. A study of 27,000 men found that those who skipped a morning meal were 27% more likely to develop heart disease. Another study of 30,000 participants found that not eating breakfast lead to a 21% increase in type 2 diabetes. The American Journal of Clinical Nutrition published an article stating that people who ate breakfast were more physically active in the morning hours, than those who do not. Scientists at the University of Milan (Italy) found that eating breakfast might enhance memory, attention, the speed of processing information, reasoning, creativity, learning, and verbal abilities in both adults and children.

Ask Annie

Q: How often do we check alarm pull cords?

submitted by Annie Peace

Great question! We are fortunate to have wonderful technology and support staff for our call system. The technology checks itself every four hours. The pull cords and personal responders send a signal to the server that receives calls and sends a page every 240 minutes to verify the technology is still functioning and communicating. Additionally it checks the battery life of the devices. In the event a pull cord or personal responder fails a test and the signal is not detected, a page is sent so that the device can be serviced. The system works the same for monitoring the life of the battery, if the battery is low the staff receive a page to alert them to service the device. The Information Technology team is alerted for this system any time service is needed. Thank you for your question and please keep them coming.



Spring Spruce Up

The Meadowlark Hills Spring Spruce Up is right around the corner! Be on the look out for spring cleaning on Saturday, May 2, at 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!



PRAIRIE STAR

RESTAURANT

April 26 – May 2

Includes beverage, starter and dessert.

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

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	April 26 ~ Lunch \$12	Dinner \$12
	Roasted Pork Loin Au Gratin Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	April 27 ~ Lunch \$10	Dinner \$13
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Pecan Crusted Trout with Orange Rosemary Butter Couscous Vegetable of the Day
TUESDAY	April 28 ~ Lunch \$7	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Grilled Raspberry Chicken Breast Soft Polenta Vegetable of the Day
WED.	April 29 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich French Fries Coleslaw	Pork Piccata Rissoto Vegetable of the Day
THURSDAY	April 30 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Braised Cajun Chicken Wild Rice Vegetable of the Day
FRIDAY	May 1 ~ Lunch \$10	Dinner \$15
	Steamed Brats Waffle Fries Choice of Vegetable	Seared Scallop Roasted Red Potatoes Vegetable of the Day
SATURDAY	May 2 ~ Lunch \$10	Dinner \$15
	Chicken Quesadilla Black Beans Mexican Rice	Steak Night Baked Potato Vegetable of the Day

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

Grish Cinema Movies

Monday, April 26 - Sunday, May 2

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

Sunday, April 26 – The Divine Secrets of the Ya-Ya Sisterhood (2002)

After years of mother-daughter tension, Siddalee receives a scrapbook detailing the wild adventures of the "Ya-Yas", her mother's girlhood friends.

Co-Starring: Sandra Bullock, Ellen Burstyn & Fionnula Flanagan

Rated PG-13; 1 hr. 46 min.

Monday, April 27 – Gran Torino (2008)

Disgruntled Korean War veteran Walt Kowalski sets out to reform his neighbor, a Hmong teenager who tried to steal Kowalski's prized possession: a 1972 Gran Torino.

Co-Starring: Clint Eastwood, Bee Vang & Christopher Carley

Rated R for language and some violence; 1 hr. 46 min.

Tuesday, April 28 – The Music Never Stopped (2011)

Almost 20 years after their teenage son Gabriel ran away from home, Henry and Helen Sawyer learn that he has turned up in a hospital. Although benign, a brain tumor has damaged his memory, rendering past and present indistinguishable.

Co-Starring: Lou Taylor Pucci, J.K. Simmons & Julia Ormond

Rated PG; 1 hr. 45 min.

Wednesday, April 29 – The Iron Lady (2011)

An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene.

Co-Starring: Meryl Streep, Jim Broadbent & Richard E. Grant

Rated PG-13; 1 hr. 40 min.

Thursday, April 30 – The King's Speech (2010)

The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.

Co-Starring: Colin Firth, Geoffrey Rush & Helena Bonham Carter

Rated PG-13; 1 hr. 48 min.

Friday, May 1 – Parkland (2013)

A recounting of the chaotic events that occurred at Dallas' Parkland Hospital on the day U.S. President John F. Kennedy was assassinated.

Co-Starring: Zac Efron, Tom Welling & Billy Bob Thornton

Rated PG-13; 1 hr. 33 min.

Saturday, May 2 – On Golden Pond (1981)

The loons are back again on Golden Pond and so are Norman Thayer, a retired professor, and Ethel who have had a summer cottage there since early in their marriage.

Co-Starring: Katharine Hepburn, Henry Fonda & Jane Fonda

Rated PG; 1 hr. 49 min.

This Week's Opportunities April 19 - April 25

SUNDAY • APRIL 26

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 for McCain Series, (Don Quixote-Russian National Ballet Theater), VE
- 7:00 p.m. ~ Vespers, Linda Davis, Lay Speaker, CR

MONDAY • APRIL 27

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
- 11:00 a.m. ~ Photography with Kelly & Katherine, KSU CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 11:30 a.m. ~ Meadowlark Valley Lunch, LR
- 12:00 p.m. ~ 1st Presbyterian Men's Luncheon, MR
- 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
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 28

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 9:30 a.m. ~ Ride to the Pond, VE
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 11:30 a.m. ~ AAUW Lunch, CON
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ Ride to the Pond, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR
- 6:00 p.m. ~ Technology Workshop, KSU CR

WEDNESDAY • APRIL 29

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. ~ Wal-Mart/Hyvee 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 (Medicare Benefits: What You Need to Know, CON
- 1:00 p.m. ~ Pitch, GR
- 1:00 p.m. ~ Wellness Challenge Walk, VE

- 1 to 2 p.m. ~ Fitness Center Office Hour, FC
- 2:00 p.m. ~ Ride to the Pond, VE
- 2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Alumni Association Reception, CR
- 6:30 p.m. ~ Computer 101 With Will, KSU CR
- 7:00 p.m. ~ Woodwinds Anonymous, LR

THURSDAY • APRIL 30

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:30 a.m. ~ Depart for Day Trip to Council Grove Kansas, VE
- 9:00 a.m. ~ Messenger Ladies, KSU CR
- 9:30 a.m. ~ Ride to the Pond, VE
- 10:00 a.m. ~ Meadowlark Bible Study, MR
- 10:00 a.m. ~ Diabetic Support Group, KSU CR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Ride to the Pond, VE
- 3:30 p.m. ~ Dementia Support Group, CON
- 6:00 p.m. ~ Technology Workshop, KSU CR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • MAY 1

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Ride to the Pond, VE
- 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
- 2:00 p.m. ~ Ride to the Pond, VE
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Bus Departs for Hale Library Concert Series, VE
- 7:00 p.m. ~ KSU Vocal Performance, (Night of German Lieder), CR

SATURDAY • MAY 2

Breakfast at Verna Belle's—Omelets with Fruit

- 8:00 a.m. ~ Spring Spruce Up, PS Patien
- 9:30 a.m. ~ Ride to the Pond, VE
- 9:30 a.m. ~ Painting for Fun, KSU CR
- 2:00 p.m. ~ Ride to Pond, VE

ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MCR, Miller Craft Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CR, KSU Classroom	WS, Woodshop