



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 7, 2016

Parkinson's Program & Memory Program Update

Submitted by Michelle Haub

Happy New Year! For some this greeting is cliché, others heartfelt and yet, for those living with memory challenges, Parkinson's disease or another degenerative disease this greeting could be ominous. The future for all of us is unknown, however when a disease enters our lives we need to look for supports to help us optimize our quality of life and enhance our 'new year'. Meadowlark Hills is committed to residents and the Manhattan community to increase their level of support to families living with memory changes and Parkinson's disease.

This commitment is being executed in the revitalization of the Parkinson's Core Team and the creation of the Memory Leadership Team; two groups made up of staff and residents/community members living with the disease respectfully. Both groups have met several times already and are making great additions to support these populations.

The Memory Leadership Team created a mission statement, *An innovative team of trained professionals working together to provide programs and services associated with memory and cognition,* and is developing programs to fulfill this mission. The Memory Activities Class (MAC) meets every Wednesday from 10 to 11 a.m. in the West Conference for education, discussion and activities geared towards memory & cognition for all levels of abilities. On the first and third Wednesdays, also from 10 to 11 a.m., care partners for those living with memory & cognition challenges are encouraged to participate in the Care Partners Support Group in the Tranquility Room. In order to increase the opportunities for socialization and further education and discussion, a new opportunity titled Memory Luncheon will be held in the West Conference Room from 11 a.m. to 12 p.m. the first Wednesday of each month. This program begins on Wednesday, Feb. 3. The Memory Leadership Team hopes you will share these

opportunities with us.

The Parkinson's Program continues to offer on-campus bi-weekly exercise classes, weekly voice classes (starting again on Feb. 1), monthly education group meetings, bi-monthly care partner support group meetings and consultations. All of these opportunities are free for those affected by Parkinson's disease. A group geared towards those diagnosed with PD before the age of 55 also meets monthly off-campus. In the last couple of months, the Program started providing Fit 2 Fight PD -Boxing classes every Wednesday from 3 to 4 p.m. in the KSU Classroom. We also created a community partnership with Body First Wellness and provide the Fit 2 Fight PD class at their location on Tuesdays from 3 to 4 p.m. and Saturdays from 10 to 11 a.m. These boxing classes are also free to those with PD. A small fee is charged to those without PD who attend the class at Body First. Another addition to the services provided is the Partners in Parkinson's Luncheon which will meet the 4th Friday of each month from 12 to 1 p.m. in the Living Room, beginning Friday, Jan. 22. The Parkinson's Core Team also hopes you will take advantage of our efforts to improve the quality of life for those affected by PD.

I look forward to the 'new year' and all the exciting opportunities to grow with you! I encourage those with memory difficulties or Parkinson's to take advantage of our program activities and/or share this information with others that you know who are living with these challenges to help us better reach out in our community. Our services are free and open to everyone, not only those living at Meadowlark Hills. If you have questions, please contact Michelle Haub, Director of the Parkinson's Program & the Memory Program, at 323-3899 or email: michelle.haub@meadowlark.org.

Stay tuned for more additions in 2016...

Black Tie Affair Winter Ball 2016 set for January 29

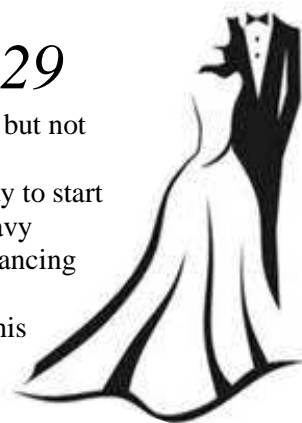
The Meadowlark Hills 2016 Winter Ball is set for Friday, Jan. 29, from 6 to 9 p.m. in the Community Room, Game Room and Prairie Star Restaurant. The Community Center will be transformed into an elegant ballroom to host Winter Ball. All residents and staff are invited, with this year's theme being a "Black Tie Affair."

Attendees will have the opportunity to enjoy music provided by two live bands! Beginning at 6 p.m. the live music will play in Prairie Star Restaurant.

Formal attire is highly suggested, but not required.

Winter Ball is always a great way to start off the new year! Come enjoy heavy appetizers, a cash bar, ballroom dancing and time with your friends.

No registration is required for this free event. We look forward to seeing you there!



UPCOMING EVENTS & ANNOUNCEMENTS

Manhattan Ladies Luncheon

Manhattan's Luncheon will be held Thursday, Jan. 14, at 12:30 p.m. in the Manhattan Room. Judy Cattell and Yvonne Crawford will be your hostesses. We would like you to bring a copy of a favorite family recipe to share (optional). If you will be able to attend please sign up in the Blue Book located at the Hospitality Desk.

All ladies of Meadowlark Hills are invited. Let's start the New Year out with a bang! The more the merrier!

Hats are not required but fun to wear.

Jean Kennedy Musical Performance

Jean Kennedy, will be showcasing a Big Band and Broadway musical performance at 7 p.m. Friday, Jan. 8, in the Community Room. Jean will be highlighting 30's and 40's big band music as well as some favorite Broadway show tunes. You will be snapping your fingers in your seat to her delightful show tunes!

Konza Winds Woodwind Quintet

The Konza Winds is a marvelous woodwind quintet from Kansas State University. They will be performing at 7 p.m. Friday, Jan. 15, in the Community Room. Come out and enjoy the unique sounds of the flute, oboe, clarinet, bassoon and French horn blending together in harmony. Don't miss out on an hour of very talented musicians!

Pizzaz Salon Prices

A friendly reminder that prices at Pizzaz Salon have increased effective Monday, Jan. 4, 2016.

Beach Museum of Art Discussion

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, Jan. 13, in the KSU Classroom to learn and discuss American Folk artist "Grandma Moses." All residents who are interested are invited to participate.

Center on Aging Lecture Series

Join Dr. Mike Wesch for the Center on Aging Lecture Series at 4 p.m. Thursday, Jan. 14, in the KSU Classroom. Dr. Wesch will discuss the lessons of a lifetime and what college students have learned while living with elders.

Friedman's Fables x Two

Beginning Tuesday, Jan. 12, two discussion sessions on *Friedman's Fables* by Edwin Friedman will be offered for six weeks. Chaplain Patty Brown-Barnett will be leading a morning group from 10 to 11 a.m. in the Living Room and an afternoon group from 2 to 3 p.m. in the KSU Classroom (for most sessions). You may sign-up for either the morning or afternoon session in the Blue Book at the Hospitality Desk. Additional copies of *Friedman's Fables* should be available by Friday, Jan. 8.

Jokes of the Week

Why did the angry Jedi cross the road?
To get to the dark side.

What football team cooks gourmet meals
together?
The Kansas City Chefs.

Lunch Specials Jan. 10 – Jan. 16

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



Sunday, Jan. 10 – Chicken Salad Sandwich with Soup or Chips	\$5.50
Monday, Jan. 11 – Turkey Italian Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, Jan. 12 – Pizza Grilled Cheese with Cottage Cheese & Fruit	\$3.75/\$5.50
Wednesday, Jan. 13 – Quesadilla Day!	
Cheese – \$3 Chicken – \$4 Steak – \$5	
Thursday, Jan. 14 – Grilled Ham and Cheese with Tomato Soup	\$3.75/\$5.50
Friday, Jan. 15 – Crispy Chicken and Potato Bowl	\$3.75/\$5.50
Saturday, Jan. 16 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Brown vs. Board of Education Trip

Meadowlark Hills will be taking a group to Topeka, Kan. to visit the Brown vs. Board of Education National Historic Site Tuesday, Jan. 12. The historic location commemorates the U.S. Supreme Court decision in the case of *Oliver L. Brown et al. v. the Board of Education of Topeka et al.* The Story of Brown vs. Board of Education is one of hope and courage. When people agreed to be plaintiffs in the case, they never knew they would change history.

After visiting the site, the group will head over and have lunch at Red Lobster Restaurant. Cost for transportation is \$7 and lunch will be responsibility of each resident. The group will depart from the Village Entrance at 9:15 a.m. and will return to Manhattan around 2:30 or 3 p.m.

A sign-up sheet is available in the Blue Book located at the Hospitality Desk. For any questions, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

Vespers Services

The Vespers service, led by the Cam McDonnell from Frist Presbyterian Church, will begin at 7 p.m. Sunday, Jan. 10, in the Community Room. All are welcome.

ASK SARAH

Third Annual Culture Story Contest

Submitted by Sarah Duggan

Happy New Year! Meadowlark Hills kicked off 2016 with the annual Culture Story Contest beginning on Jan. 4. The purpose of this contest is to gather resident, family, staff and stakeholder's stories that speak to the uniqueness of Meadowlark Hills and how person-directed care has changed their thoughts on what it means to age.

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$500 (first), \$250 (second) and \$100 (third). Story submissions will be due by 5 p.m. Friday, Feb. 19, and must be submitted with a completed entry form. Winners will be announced at the March Town Meeting on Monday, March 7, and printed in the March 10 edition of the Meadowlark Hills Messenger.

Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark Hills website (www.meadowlark.org). If you have questions regarding the contest, please visit the Community Relations office or give me a call at (785) 323-3860. All submissions can be dropped off to me in the Community Relations office (next to Monte Spiller and across from Kinzie Jo Zimmerman) or via e-mail at sarah.duggan@meadowlark.org.

I hope you all will be motivated to share your story about the culture of Meadowlark Hills and how person-directed care has changed your perception on aging. Thanks for stopping by – see you next week!

Outdoor Encounters

Submitted by Nathan Bolls

Now, even in the-dead-of-winter, the great blue heron frequently is seen standing and stalking its prey for long periods of time in shallow water along the edges of lakes, streams and ponds, even Bayer pond.

The bird withstands this cold-water wading with what we call “regional heterothermy” and by using a vascular “counter-current mechanism.” In the field of study of how animals adapt to adverse conditions, the standard mantra is: an adaptation need not be elegant, only adequate.

In the long thin legs of the great blue heron, the vein (or veins) bringing blood back from extremities toward the heart lies alongside of (or many venous branches wrap around) the artery taking warm oxygenated blood to the extremities. This close proximity allows much of the arterial blood heat to move into the venous blood and be carried directly back toward the body's deep core. Maintaining the deep core body temperature is important for birds just as for us. The normal body temperature for many birds is in the 102-104 Fahrenheit range. Some are higher.

These adaptations for cold-water work are seen in many wading birds, in gulls, in the European rook, a member of the crow and raven family, and probably in other bird species not yet studied.

The result is that various areas of the bird's body are allowed to become much colder: regional heterothermy. Leg muscles, other tissues, and enzyme systems become acclimatized to work at the low winter water temperatures of such as Bayer Pond. The fish population is reduced with each heron visit.

Kansas Day Celebration

Although Kansas Day is Friday, Jan. 29, Meadowlark Hills will be celebrating a week early Friday, Jan. 22, in the Community Room.

Resident Polly Ferrell will be the MC for the night as she will be presenting several pieces which include verses, stories and poetry. Polly will also be reading poetry written by resident Fred Atchison. Along with Polly, the “Haymakers” will be performing some of their soulful bluegrass/gospel combo music. Come out and celebrate 155 years of Kansas!

Meadowlark Hills Traveler Meeting

A sign-up sheet and copies of the New Orleans trip itinerary are available in the notebook labeled “New Orleans Trip” at the Hospitality Desk. The sign up deadline is Saturday, Jan. 23, which includes a \$200 deposit per person. If you have any questions or need a copy of the itinerary please contact Monte Spiller, at 323-3801. Registration forms will be available Friday, Jan. 8, which can also be found in the New Orleans Trip book.

TOWN MEETING MINUTES

January 4, 2015 Desk.

Welcome, Monte Spiller

Monte welcomed the Town Meeting attendees. Two new residents introduced themselves: Bill and Doris Phillips.

Campus Update, Lonnie Baker

Lonnie discussed projects that have been completed or are near completion, including Sloan and Honstead house sunroom. Sloan and Honstead house renovations are transitioning into the front designs of each house that includes kitchen and living room areas. Sloan and Honstead renovations will be completed by the end of May. Within the next few weeks, third and fourth floor renovations will begin.

Lonnie reported that Kari Bruffett, secretary of the Kansas Department for Aging and Disability services has resigned. KDADS newest Secretary of Aging is Tim Beck. As KDADS secretary, Beck will oversee a \$1.6 billion agency responsible for the state's Older American's Act programs, behavioral health programs, and home and community-based services, such as Meadowlark Hills.

Two chairs located on second floor have been removed due to fire codes. The chairs can now be found in Stolzer house.

Support Services Update, Jayme Minton

Jayme announced that Meadowlark Hills will be hosting a Mardi Gras party Tuesday, Feb 9, at Prairie Star Restaurant. There will be great entertainment, food and dancing! Seating is limited. Sign up will begin Monday, Jan. 18, in Prairie Star Restaurant. More details to come in the upcoming Messenger.

Patty Brown-Barnett announced that they have added a second book discussion in the afternoon. If residents would like to sign-up for the afternoon session, there is a sign-up sheet available in the Blue Book located at the Hospitality

Community Relations Update, Sarah Duggan

Sarah announced that the third annual Meadowlark Hills Culture Story Contest has started up again as of Monday, Jan. 4. Entry forms and topic packets can be picked up at the Hospitality Desk or in the Human Resources Office. The stories/essays should reflect person-directed care and the mission of Meadowlark Hills. All entries are due to Sarah Duggan by 5 p.m. Friday, Feb. 12. There will be a category for staff and residents, and three cash prizes for each category. First place will win \$500, second place will win \$250, and second place wins \$100. The staff winners will be announced at the Feb. 26 employee recognition event. Resident winners will be announced at the March Town Meeting. All culture story winners will be published in the March 10 edition of the Meadowlark Hills Messenger.

Memory Program & Parkinson Program Update, Michelle Haub

Michelle recognized Don, Robert, Kay and others out side of campus for their leadership through the last few months of her full-time transition. Michelle announced new information about Memory & Parkinson classes. Please see front of page to see the information.

IL Update/Upcoming Events, Monte Spiller

Monte announced upcoming events including: Brown vs. Board of Education Trip, Konza Winds Woodwind Quintet, Kansas Day Celebration, Winter Ball and K-State Basketball Watch parties. Please see upcoming Messengers for more details.

Adjourn

Submitted by Magye Loya

RESIDENT COUNCIL MINUTES

December 7, 2015

Members present: Sandra Emley, Don Rasmussen, Orris Kelly, Sharon Smith, Ed Lindly, Ed Skidmore, Polly Ferrell, Janice Parsons, Marilyn Ray, Jean Beatty, Ivan Tompkins, Pat Vogt, Jo Call and Alice Roper .

Staff present: Lonnie Baker, Sarah Duggan and Monte Spiller

Updates

1. General Update: Lonnie shared that in November he was in Boston for the LeadingAge National Conference. He was part of a presentation along with CliftonLarsonAllen and Dr. Floresch on the integration of the medical practice

into a continuing care retirement community (CCRC). Lonnie explained having the opportunity to give the presentation is a reflection on how change is happening with healthcare in living environments. Overall it was a good conference, with the opportunity to meet with several individuals gaining informative knowledge.

2. Gift Committee Update: Pat Vogt thanked the committee members for a job well done. The process went smoothly and the committee is appreciative of staff that assisted, including Chuck Henry and Jon Thompson. It was a learning experience and they are looking forward to next year with ideas being utilized to improve distribution and

RESIDENT COUNCIL MINUTES CONT.

organization from feedback gained this year.

3. Fifth floor representative—Ed Lindly introduced Alice Roper as the new Fifth Floor representative.

Approval of November Minutes:

Motion to approve minutes after corrections was moved and passed.

New Business:

1. Review of Smoking Policy: In discussion of the Smoking Policy, the question was raised about smoking on patios or by the garden apartments. It appears this has occurred on a limited basis when visitors possibly were unaware of the smoking policy. The question was brought up about revisiting the idea of a wall being built to help prevent smoke, leaves and wind coming into the back entrance by the electric door. Lonnie expressed it never made into the capital budget that he was aware of, but followed up with the fact there is a capital budget coming up soon. The next policy to be reviewed will be the Pet Policy.

Old Business:

1. A committee was formed to address the possibility of golf carts being used on campus by residents. The committee consists of Sarah Duggan, Don Rasmussen, C. G. Schinstock and Charles Deyoe. Don presented three potential locations where golf carts could possibly be parked on campus. At this point, there is a lot more discussion that needs to take place which will include the Building and Grounds Committee.

Additional Discussion Topics:

1. Pat Vogt thanked Brad Olson for heading up the recovering of the pool table.
2. The question of when the Third Floor renovation would begin. Lonnie stated he would check with Mike and inquire on a start date.

Adjourn

Submitted by Monte Spiller

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



Jan. 11 to Jan. 16
Old-School Daiquiri

4 oz. Rum
1.5 oz. Fresh Lime Juice
2 teaspoons of sugar

\$3.75

KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at:

- 3:30 p.m. Saturday, Jan. 9, against the University of Oklahoma on channel ESPNEWS
- 7 p.m. Tuesday, Jan. 12, against Texas Tech on channel Fox Sports Kansas City
- 3 p.m. Saturday, Jan. 16, against Iowa State on channel ESPNU

Refreshments will be served.

Resident Focus Group

The staff attendee for the January Focus Group will be Verna Belle's Café Leader, Brook Niehues. Come meet Brook at 10 a.m. Thursday, Jan. 14, in the KSU Classroom.

Exercise Classes, Jan. 14

The following classes are canceled Thursday, Jan. 14:

- Steady Yourself—10:30 a.m.
- Chair Yoga—11:15 a.m.
- Tai Chi—1 p.m.

Video Worship Service

You're invited to watch a televised worship sermon by Reverend Paul Shoemaker, titled "One Hand Washes the Other," at 4 p.m. Wednesday, Jan. 13, in the Living Room. All are welcome.

LETTER TO THE MESSENGER

A Third Floor Mystery

Submitted anonymously

During the Christmas and Holiday season, there has been a very strange thing happening up on the third floor. They had a cute little Santa that kept moving around. No one seemed to know who or what was doing it.

Mr. Claus would appear on chairs, door knobs, tables, on the back of the sofa and at someone's door. It was strange! Everytime you went into the hall, you could expect to see him way down in the tower hall way or next he would appear down in the east side addition. No one has seemed to be able to solve this mystery as no one has ever seen him move. Did we have a little Christmas Elf that was playing with our minds?

Santa has been stored for the Season, but will this mystery continue next year? We can hardly wait!

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.

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

Jan. 10 - Jan. 16

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	January 10 ~ Lunch \$10	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes with Gravy Vegetable of the Day	Ham & Beans White Cornbread Vegetable of the Day
MONDAY	January 11 ~ Lunch \$10	Dinner \$12
	Meatloaf Sandwich French Fries Choice of Vegetable	Sautéed Chicken Veronique Oven Brown Potatoes Vegetable of the Day
TUESDAY	January 12 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Pork Tenderloin with Andouille Sausage Dressing Andouille Gravy Dirty Rice Vegetable of the Day
WED.	January 13 ~ Lunch \$10	Dinner \$11
	Turkey Burger Coleslaw Sweet Potato Tator Tots	Shepard's Pie Vegetable of the Day
THURS.	January 14 ~ Lunch \$9	Dinner \$12
	Macaroni & Cheese Bar (does not include drink, starter or dessert)	Grilled Kiebasa German Potato Salad Steamed Cabbage with Bacon & Onions
FRIDAY	January 15 ~ Lunch \$11	Dinner \$13
	Baked Cajun Catfish Fried Okra Choice of Vegetable	Fish & Chips Cole Slaw French Fries
SAT.	January 16 ~ Lunch \$10	Dinner \$15
	Meatball Sub Potato Salad Choice of Vegetable	Steak Night Baked Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, January 10 - Saturday, January 16

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

2 p.m. and 6 p.m., Sunday

Sunday, January 10 – Forever Strong (2008)

A rebellious rugby star is on the road to ruin...until he meets the coach who will put him on the path to victory.

Co-Starring: Sean Faris, Penn Badgley & Gary Cole

Rated PG-13; 1 hr. 49 min.

Monday, January 11 – And So It Goes (2014) *Resident Request

A grandkid he never knew lands in a widower's lap. Is it enough to bring him back to the land of the living?

Co-Starring: Michael Douglas, Diane Keaton & Sterling Jerins

Rated PG-13; 1 hr. 33 min.

Tuesday, January 12 – Fried Green Tomatoes (1991)

Flashbacks reveal the remarkable story of soul mates Idgie and Ruth, whose antics cause an uproar in their rural Southern town in the 1920s.

Co-Starring: Kathy Bates, Jessica Tandy & Mary Stuart

Not Rated; 2 hrs. 16 min.

Wednesday, January 13 – Bad Day at Black Rock (1954) *Resident Request

John Macready discovers the town of Black Rock has a dark secret when he goes to deliver an award for heroism to a man whose son died in World War II.

Co-Starring: Spencer Tracy, Robert Ryan & Anne Francis

Not Rated; 1 hr. 22 min.

Thursday, January 14 – The Bridge on the River Kwai (1957)

This sweeping epic is set in a World War II Japanese prison camp, where British prisoners are forced to build a bridge as a morale-building exercise.

Co-Starring: William Holden, Alec Guinness & Jack Hawkins

Rated PG; 2 hrs. 41 min.

Friday, January 15 – August: Osage County (2013) *Resident Request

A patriarch goes missing, a dysfunctional family collides. Fiery accusations and secrets heat up an Oklahoma summer.

Co-Starring: Meryl Streep, Dermot Mulroney & Julia Roberts

Rated R for language including sexual references, and for drug material; 2 hrs. 1 min.

Saturday, January 16 – Up (2009) *Resident Request

After a lifetime of dreaming about traveling the world, 78-year-old homebody Carl flies away on an unbelievable adventure with a little boy in tow.

Co-Starring: Edward Asner, Jordan Nagai & John Ratzenberger

Rated PG; 1 hr. 36 min.

This Week's Opportunities January 10 - January 16

SUNDAY • JANUARY 10

Breakfast at Verna Belle's—Omelets with Fruit

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

7:00 p.m. ~ Vespers, Cam McDonnell, CR

MONDAY • JANUARY 11

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

8:30 a.m. ~ Dental Hygiene Clinic, MS

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

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

11:00 a.m. ~ Sit & Be Fit, CR

11:30 a.m. ~ Meadowlark Valley Luncheon, LR

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

12:00 p.m. ~ Yoga, KSU CL

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

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

1:30 p.m. ~ Hearing Aid Doctor, CON

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

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

TUESDAY • JANUARY 12

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:00 a.m. ~ Friedman's Fables, LR

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. ~ Friedman's Fables, KSU CL

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

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

5:30 p.m. ~ 4th Floor Supper, MR

7:00 p.m. ~ KSU vs. Texas Tech Men's Basketball Watch Party, GR

WEDNESDAY • JANUARY 13

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:00 a.m. ~ Building and Grounds Meeting, LR

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

10:00 a.m. ~ Worship Service, KSU CL

10:00 a.m. ~ Memory Activities Class, CON

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

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ 2nd Men's Club Luncheon, LR

12:00 p.m. ~ Yoga, KSU CL

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

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

1:30 p.m. ~ Pitch, GR

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

3:00 p.m. ~ Fit 2 Fight PD, KSU CL

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

6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

7:00 p.m. ~ LWV Board Meeting, CON

THURSDAY • JANUARY 14

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

10:00 a.m. ~ Great Decisions, LR

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

12:30 p.m. ~ Manhatters Ladies' Luncheon, MR

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

3:30 p.m. ~ Dementia Care Giver Support Group, CON

4:00 p.m. ~ Center on Aging Lecture Series: Lessons of a Lifetime—What College Students Learn Living with Their Elders by Dr. Mike Wesch, KSU CL

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

FRIDAY • JANUARY 15

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

11:00 a.m. ~ Sit & 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. ~ Resident Program: Konza Woodwind Quintet, CR

SATURDAY • JANUARY 16

Breakfast at Verna Belle's—Omelets with Fruit

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

3:00 p.m. ~ KSU vs. Iowa State Men's Basketball Watch Party, GR

ROOM ABBREVIATIONS

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop