



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Jan. 28, 2016

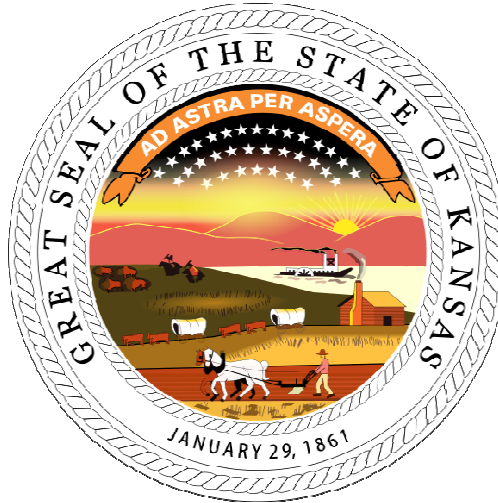
Kansas Day Celebrated

Submitted by Polly Ferrell

Our 7th Annual Kansas Day Celebration was a grand success with ninety persons attending to honor 155 years of Kansas as a state. Music from The Haymakers welcomed everyone with a few toe tappin', hand clappin' tunes, with the audience singing along on "You Are My Sunshine." Polly Ferrell shared some Kansas history and refreshed our knowledge about official state symbols. Special guest, Fred Atchison, was recognized for his poetic contributions about Kansas.

Polly ready one of his best, "Foundation of the Prairie." Music continued by The Haymakers to cap the evening. Take home goodies included Sunflower Cookies, the 2016 Kansas Travelers Guide and the latest Kansas Road Map.

For those who missed the program there is still time to



celebrate Kansas. The actual birthday is Jan. 29, 1861. You make pick up copies of the handouts (sorry the cookies are gone) from the Game Room round table.

Now to test your knowledge —Think about the letters in **CELEBRATE KANSAS** and find as many words as you can that say something about our great state. Just to start you off, how about "trees" and

"beans." Beans? Well, we do rank 11th in soybean production. Pick up a report page from the GGRT (Game Room Round Table). Is there a prize? Of course. Turn in your answers to Polly's Cubby Box #442 by Saturday, Jan. 31 to be eligible. **HAPPY KANSAS DAY!**

NATIONAL Senior League BOWLING

Are you interested in joining a bowling team to compete in the Senior Wii Bowling Championships? If so, the internet based video game bowling league will begin Monday, Feb. 15, and

will continue weekly until Monday, April 25. Teams will be made up of four participants and each team will be placed in a division based on ability. The league is open to participants (50+) nationwide, with the winning teams advancing on to play in a regional tournament and eventually to the National Championships.

The bowling is completed on a video game, using a swinging motion with your arm/hand, so anybody is able to participate. The only requirement for participation is a once per week commitment so your team's score can be registered online.

Contact Monte Spiller (785) 323-3801 or Jeff Heidbreder (785) 341-2995 with any questions, or to sign up.

Woodwinds Anonymous Performance

Polkas, Waltzes & Marches

Come and enjoy music from Woodwinds Anonymous as they present "Polkas, Waltzes & Marches," a collection of our favorite dances for Woodwind Quintet. The group will be performing at 7 p.m. Friday, Feb. 5, in the Community Room.

Woodwinds Anonymous was organized in 1975 originally as a woodwind trio. Although the membership has increased over the years, one constant has been the dedication of the group to performing music for wind ensembles.

Woodwinds Anonymous will be playing music by composers including Mozart, Josef Strauss, Johann Strauss Sr., Korsakoff, Johann Strauss Jr, Jansons and Liadov.

UPCOMING EVENTS & ANNOUNCEMENTS

All-Campus Valentine's Day Party

Let's celebrate the day of love with a party and surrounded by good company. Please join Tinklin Pointe at the campus-wide Valentine's Day party at 3 p.m. Friday, Feb 12, in the Community Room.

We will have a surprise group from Kansas State University who will be putting on a special performance during the party. We hope to see you there!

Osher Class Registration

UFM Coordinator, Charlene Brownson, will attend the Meadowlark Hills Town Meeting Monday, Feb. 1, to make announcements about fall Osher classes, special events and the UFM catalog of classes.

She will be in the KSU Classroom after Town Meeting until 12 p.m. if you would like to register for the Osher courses. Sign-up sheets for Osher transportation are now available in the Blue Book located the Hospitality Desk.

Memory Care Partner Support Group

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

This group meets the first and third Wednesday of every month from 10 to 11 a.m. in the Tranquility Room (coincides with MAC). The next scheduled support group is at 10 a.m. Wednesday, Feb. 3, in the Tranquility Room.

Jokes of the Week

What is a vampire's sweetheart called?
His ghou-friend.

Why did Mozart kill all his chickens?
Because when he asked them who the best composer was, they'd all say "bach bach bach!"

Winter Ball 2016—Black Tie Affair

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."

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!

First Friends on the First

"First Friends on the First" (FFF) is here again! All members and friends of the First Methodist Church are invited to come and gather at 4:30 p.m. Monday, Feb. 1, in the Community Room. The docents from Hale Library, Beth Kisinger and Susan Bradley, will be bringing a volume from St. James Bible.

You won't want to miss this first-of-the-year gathering at 4:30 p.m. Monday, Feb. 1!



Lunch Specials

Jan. 31 – Feb. 6

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

Sunday, Jan. 31	Egg Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, Feb. 1	Sloppy Joe with Soup or Chips	\$5.50
Tuesday, Feb. 2	Chicken Bacon Ranch Pizza	\$3.75/\$5.50
Wednesday, Feb. 3	Cranberry Turkey Panini with Soup or Chips	\$3.75/\$5.50
Thursday, Feb. 4	Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, Feb. 5	Italian Beef Sandwich with Soup or Chips	\$3.75/\$5.50
Saturday, Feb. 6	Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50

EVENTS & ANNOUNCEMENTS

Manhattan Ladies Luncheon

Come celebrate U.S. President's Day at 12:30 p.m. Thursday, Feb. 11, in the Manhattan Room. Hostesses are Alice Roper and Mary Dean Apel. Menu includes: JFK New England Clam Chowder, George H.W. Bush Chicken Pot Pie, and George Washington Cherry Pie. There will be a surprise honoring Ronald Reagan and Jimmy Carter! Cost is \$10 per person. Be sure to sign up in the Blue Book located at the Hospitality Desk.

Super Bowl Watch Party

You're invited to the Meadowlark Hills Super Bowl Party Sunday, Feb. 7, at 5:30 p.m. in the Game Room. The AFC champions Denver Broncos will take on the NFC champions, the Carolina Panthers in the Super Bowl 50!



Come enjoy the most anticipated NFL game of the year, pick your favorite commercials and watch the halftime show "On the Fifty," honoring the past, the present and looking ahead to the net 50 years of NFL football! Sign up in the Blue Book at the Hospitality Desk to attend the event.

League of Women Voters Meeting

All Meadowlark Hills residents are invited to attend a LWV meeting from 9 a.m. to 12 p.m. Saturday, Feb. 13, in the Community Room. The topic of discussion is Financing Public Education with guest speaker Leah Fliter, a member of the school board.

Special Valentines Meal

Prairie Star Restaurant will be offering a Special Valentine's Meal for dinner Sunday, Feb. 14. For this special event, the Manhattan Room will offer two-person tables that can be reserved in advance. More details to come.

Walmart/Dillon's Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation goes to the following locations: Walmart and Dillons.

The next trip departs at 10 a.m. Wednesday, Feb. 3, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



Outdoor Encounters

Submitted by Nathan Bolls

Last summer I had the opportunity to ask Kermit, the Muppet frog, about what frogs and toads do as winter approaches. He wasn't much help.

For the four species of toads that may be found in NE Kansas, the issue is simple: they dig down and make a burrow in loose dry dirt, a rotting log, or perhaps in behind the exposed roots of a streamside tree. Once there, bodily processes slow down, and the animal rides out the winter.

For the six species of frogs that may occur in our area, the situation is much more complicated. Speaking of American frogs in general, some do overwinter at the bottom of ponds and streams among the bottom debris or in soft mud, with the surface ice serving as an insulation layer. Some overwinter behind tree bark, a layer of leaf litter, under a rock, in a tangle of tree roots, or by burrowing into a rotting log. Some species spend the winter months in seeps and springs where the water does not freeze. Some of these overwintering spots would seem less than ideal.

Some frog species are surprisingly cold-tolerant and are aided in this tolerance by secreting natural anti-freeze compounds into their body fluids to prevent crystallization of water in their cells—the real danger from getting cold. Some frogs truly are amazing. The wood frog, e.g., (not found in our area) can withstand being frozen for up to two weeks at a temperature of 21-26 degrees Fahrenheit.

Another twist in the world of "frogdom" was revealed to me years ago when I heard a biologist read a paper at an annual meeting of the Ohio Academy of Sciences. The biologist read a paper at an annual meeting of the Ohio Academy of Sciences. The biologist had placed remote sensors on six bullfrogs living in a large pond in northern Ohio. To his surprise, the frogs moved around under the ice. Data from his weekly location readings revealed that some of the frogs—and not always the same ones—would be found at significant distances from last week's location.

This is why I exerted considerable effort to study the melted edge of the Bayer Pond ice last Saturday during that sunny 41-degree day. Saw neither frogs nor signs of frog activity—but one never knows, out there!

FOUNDATION UPDATE

Dollar-A-Day donors give Good Sam Fund a big boost

By Becky Fitzgerald

The new year has started off with a significant increase to our Good Samaritan Fund as a result of a successful Dollar-A-Day campaign. In early December, letters and donation cards were sent to nearly 600 Meadowlark Hills supporters, inviting one-time donations or regularly scheduled gifts to the Fund throughout 2016.

About 20% have accepted the invitation to date, resulting in gifts/pledges totaling \$37,295. Thank you! This amount is greater than D-A-D campaign contributions in 2014 and twice the amount donated or pledged in 2012, the year the effort was implemented and campaign details, such as the number of pieces mailed, were first tracked. Many recent gifts/pledges were for \$365, one dollar for each day of the year, or higher.

Comparing this recent campaign to the 2014 effort reveals a slight increase in the number of gifts from employees, residents and our founding churches. Gifts from Passport holders and board members also are recorded.

The Good Samaritan Fund assists residents living in

Meadowlark Hills healthcare houses who have exhausted their financial resources. About 40% of residents in healthcare benefit from this fund.

It's significant to note that giving levels to the Dollar-A-Day campaign have increased or stayed steady despite the competition for charitable dollars from other local and national not-for-profit organizations. In addition, those who support the Good Samaritan Fund have several other *timed* opportunities throughout the year to give. Grow Green Match Day is in April, the Honor a Legacy campaign kicks off in May, and HOGtoberfest occurs each October. The Fund also benefits from many unplanned contributions given in memory of a loved one.

If you'd like to support the Foundation's charitable mission during this campaign and haven't yet done so, it's not too late; several giving options are available. A one-time donation with cash, check or credit card is welcome, or gifts may be automatically deducted from a checking or savings account. Employees, your gifts may be deducted regularly from your pay checks. How convenient!

If you have questions, suggestions or would like to support the Good Samaritan Fund, please contact Becky Fitzgerald, Development Director, at 323-3843.

UPCOMING EVENTS & ANNOUNCEMENTS

Friedman's Fables x Two

The next scheduled book discussions are Tuesday, Jan. 26. The morning group will meet from 10 to 11 a.m. in the Living Room, and the afternoon group from 2 to 3 p.m. in the KSU Classroom.

Memory Luncheon

For those with memory changes and those caring for individuals with memory/cognition changes are welcome to attend this monthly informal luncheon immediately after the MAC and Care Partner Support Group on the first Wednesday of each month from 11 a.m. to noon in the West Conference Room.

The first luncheon series begins at 11 a.m. Wednesday, Feb. 3, in the West Conference Room.

Resident Focus Group

The Focus Group scheduled for February will once again spotlight a staff member. The staff attendee for February Focus Group will be receptionist, Mattie King. Come meet Mattie at 10 a.m. Thursday, Feb. 11, in the West Conference Room.

PEO Meeting

Chapter IU invites all PEO members to attend a meeting at 7 p.m. Monday, Feb. 8, in the Living Room.

The program includes guest speaker Almaz Rufael, Via Christi Hospital Dietician, speaking on new dietary guidelines. The hostesses will be Eleanor McEwen and Nancy Knopp.

KSU Men's Basketball Watch Parties

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

- 1 p.m. Saturday, Jan. 30, against Ole Miss on channel ESPNU
- 8 p.m. Wednesday, Feb. 3, against Kansas University on channel ESPN2 (2033 HD/33)
- 5 p.m. Saturday, Feb. 5, against Oklahoma University on channel ESPNU (244)

Refreshments will be served.



PARKINSON'S VOICE CLASS Spring 2016

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come join our *fun* and *interactive* group in voice and speech exercises to **improve your communication** with family and friends! Exercises are geared toward individuals with Parkinson's disease **BUT anyone** who is having difficulties communicating is welcome to attend. The classes are led by a LSVT™ & Speak Out!™ Certified Voice Clinician and KSU Graduate Students in Speech-Language Pathology.

**Meadowlark Hills Retirement Community
2121 Meadowlark Road**

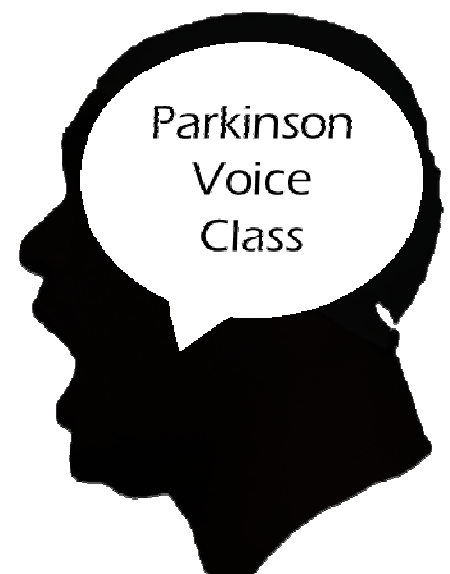
2:15 to 3:15 p.m. in the KSU Classroom

February 1, 8, 15, 22, 29

March 7, 14, 21, 28

April 4, 11, 18, 25

For more information, contact
Michelle Haub at (785) 323-3899



February BIRTHDAYS

Residents

Health Care

2/2	Virginia Keele
2/5	Gilbert Kemnitz
2/22	Lorraine Hirsch
2/26	William Quigley
2/27	Dorothy Nonamaker
2/28	Phoebe Samelson

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

Assisted Living

2/9	Robert Hammaker
2/10	Marica Wikoff
2/13	Hilda Schmidt
2/13	Paul Young
2/19	Vernon Bode

Independent Living

2/2	Kitty Cool
2/4	Edna Peterson
2/4	Marilyn Ray
2/4	Bobbie Solon
2/4	Margaret Wheat
2/11	Lois Deyoe
2/12	Carol Hoerman
2/12	Colleen Robinson
2/15	Opal Carlson
2/16	Robert Crawford
2/22	Harry Haas
2/24	Alice Roper
2/24	Betty Grubb
2/25	Harriette Janke

Employees

2/3	McKenzie Reith	2/20	William Tompkins
2/3	Danelle Cowing	2/20	April Stevens
2/4	Susan Meeker	2/20	Dustin Wedekind
2/5	Kenzie McAnulty	2/22	Sherry Smith
2/6	Ramona Major	2/23	Carissa Staley
2/7	Jessica Keeley	2/23	Berenice Flores
2/7	Mary Dowling	2/25	Roy Peters
2/9	Raymond Padel	2/25	Alyssa Brown
2/9	Kelly Miller	2/27	Daniel Weston
2/9	Lindsey Hagen		
2/11	Sarah Richter		
2/11	Cecilia Smith		
2/12	Regina Allen		
2/15	Darla Plante		
2/17	Darin Pelfrey		
2/17	Sara Nutsch		
2/19	Shelby Fowler		

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



**Feb. 1 to Feb. 6.
Cosmopolitan**

2 oz. Vodka
1/2 oz. Triple Sec
3/4 oz. Cran Juice
1/4 Lime Juice

\$3.75

Minton's Mardi Gras Celebration

Jayme Minton, Support Services Director, will be hosting a Mardi Gras Dinner and Celebration on Tuesday, Feb. 9. The event will begin at 6:45 p.m. in the Kansas Room & Pub with appetizers and drinks. Guests will then move into Prairie Star Restaurant at 7 p.m. for an elegant dinner and entertainment.

Performer Betti O. will be joining the celebration and there will be plenty of room for dancing. Cost is \$18 per person. Sign-up sheets are available in Prairie Star Restaurant or by calling 323-3820. Spots are limited, so be sure to sign up early. The full menu for the event is available in Prairie Star. Due to the event, Prairie Star Dining Room will be closed after lunch.

For those not attending the late evening celebration, join us for a delicious Cajun Buffet, at 4:45 p.m. the Community Room. No sign up required. The buffet is \$14 per person.

Prairie Star Writers: Looking Back

The Prairie Star Writers of Meadowlark Hills Retirement Community, invite you to spend some time with people and events by purchasing *Looking Back*, a 2015 holiday edition filled with stories written by residents of Meadowlark Hills.

Copies of *Looking Back* are now available at Verna Belle's Café for \$4.50 each. Stop by the Café from 8 a.m. to 5 p.m. on weekdays or 9 a.m. to 3 p.m. on weekends to purchase a copy!

Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Jan. 30, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

Vespers Services

The Vespers service, led by Reverend Cam McConnell from First Presbyterian Church, will begin at 7 p.m. Sunday, Jan. 31, in the Community Room. All are welcome.

Hale Library Concert Series

Meadowlark Hills is a sponsor of the Hale Library Concert Series. The second concert will be at 7:30 p.m. Friday, Jan. 29, in the Hemisphere Room in Hale Library.

The Friends of the K-State Libraries will be hosting The Atma Trio, a chamber group that.

Free transportation is available and will depart at 7 p.m. from the Village Entrance. Sign up in the Blue Book located at the Hospitality Desk to attend this event.

Closings for Winter Ball

The following classes and events are canceled Friday, Jan. 29, due to preparation for Winter Ball.

- Hand & Foot Card Games
- Mending Angel
- Parkinson's Exercise Class
- A movie will not be shown in the Grosh Cinema
- Prairie Star Restaurant will be closed after lunch

Ask Sarah



Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or directly to Sarah via phone, e-mail or stopping by her office!

Sarah is located in the Community Center next to Monte Spiller and across from the Sales team.

Thanks for stopping by!

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

Jan. 31 - Feb. 6

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 323-3820.1

SUNDAY	Jan. 31 ~ Lunch \$10	Dinner \$12
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Spaghetti & Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	Feb. 1 ~ Lunch \$10	Dinner \$12
	Grilled Pork Chop with Apple Glaze Rice Choice of Vegetable	Chicken Marsala Wild Rice Vegetable of the Day
TUESDAY	Feb. 2 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Beef Stroganoff with Noodles Vegetable of the Day
WED.	Feb. 3 ~ Lunch \$9	Dinner \$14
	Beer Steamed Brats Potato Salad Choice of Vegetable	Crab & Shrimp Cakes with Remoulade Sauce Rice Pilaf Vegetable of the Day
THURS.	Feb. 4 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter or dessert)	Glazed Meatloaf Scalloped Potatoes Vegetable of the Day
FRIDAY	Feb. 5 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Potato Salad Choice of Vegetable	Apple & Leek Stuffed Pork Tenderloin Baked Sweet Potato Vegetable of the Day
SAT.	Feb. 6 ~ Lunch \$10	Dinner \$14
	B.B.Q Chicken Sandwich Coleslaw French Fries	Sautéed Orange Roughy Picata Wild Rice Cake 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 31 - Saturday, February 6

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

Sunday, January 31 – The Wizard of Oz (1939)

There's no place like home for a girl who's swept away from farm life to a wonderland of munchkins, flying monkeys, and different-colored horses.

Co-Starring: Judy Garland, Frank Morgan & Ray Bolger

Rated G; 1 hr. 43 min.

Monday, February 1 – Bewitched (2005)

An actor starring in a remake of "Bewitched" finds the perfect leading lady. Maybe a little too perfect.

Co-Starring: Nicole Kidman, Will Ferrell & Shirley MacLaine

Rated PG-13; 1 hr. 42 min.

Tuesday, February 2 – Good Will Hunting (1997)

When professors discover that an aimless janitor is also a math genius, a therapist helps the young man confront the demons that are holding him back.

Co-Starring: Robin Williams, Matt Damon & Ben Affleck

Rated R for strong language, including some sex-related dialogue; 2 hrs. 6 min.

Wednesday, February 3 – The Physician (2013)

An aspiring doctor won't let discrimination stop him from practicing medicine. Even if it means practicing deceit.

Co-Starring: Tom Payne, Stellan Skarsgard & Olivier Martinez

Rated R for some violent content, sexuality/nudity and brief language; 2 hrs. 35 min.

Thursday, February 4 – That Touch of Mink (1962)

When sparks fly between an old-fashioned girl and a consummate playboy, will they ignite a marriage...or a hot fling?

Co-Starring: Cary Grant, Doris Day & Gig Young

Not Rated; 1 hr. 39 min.

Friday, February 5 – Man of Steel (2013) **Resident Request*

Reporter Clark Kent must keep his powers hidden from the world, but when an evil general plans to destroy Earth, the Man of Steel springs into action.

Co-Starring: Henry Cavill, Amy Adams & Michael Shannon

Rated PG-13; 2 hrs. 23 min.

Saturday, February 6 – The Rookie (2002)

Jim Morris strikes an intriguing bargain with the high school baseball team he coaches: If they make the playoffs, he'll try out for the big leagues.

Co-Starring: Dennis Quaid, J.D. Evermore & Rachel Griffiths

Rated G; 2 hrs. 8 min.

This Week's Opportunities January 31 - February 6

SUNDAY • JANUARY 31

Breakfast at Verna Belle's—Omelets with Fruit

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

7:00 p.m. ~ Vespers, Rev. Cam McConnell, CR

MONDAY • FEBRUARY 1

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

8:30 a.m. ~ IL Resident Council, KSU CL

9:30 a.m. ~ Town Meeting, CR

10:00 a.m. ~ Osher Registration, KSU CL

11:00 a.m. ~ St. Luke's Communion, LR

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

12:00 p.m. ~ Weights 101, CR

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

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

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

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

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

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

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

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

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

TUESDAY • FEBRUARY 2

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

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

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

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

11:30 a.m. ~ Manhattan Book Club, KSU CL

12:00 p.m. ~ Kimball Luncheon, MR

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

2:00 p.m. ~ Writing Group, LR

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

3:30 p.m. ~ Ambassadors Committee Meeting, CON

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

WEDNESDAY • FEBRUARY 3

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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

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

10:00 a.m. ~ Memory Care Partners Support Group, TR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

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

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

11:00 a.m. ~ Memory Luncheon, KSU CL

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

12:00 p.m. ~ Yoga, LR

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

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

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

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

8:00 p.m. ~ KSU vs. Kansas Men's Basketball Watch Party, GR

THURSDAY • FEBRUARY 4

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

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

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

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

FRIDAY • FEBRUARY 5

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

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

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

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

3:00 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Resident Program: Woodwinds Anonymous Performance, CR

SATURDAY • FEBRUARY 6

Breakfast at Verna Belle's—Omelets with Fruit

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

5:00 p.m. ~ KSU vs. Oklahoma 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