



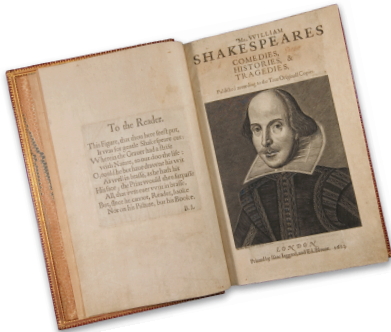
Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 4, 2016

Beach Museum Trip

“First Folio! The Book That Gave Us Shakespeare” exhibit



Meadowlark Hills will be taking a group to the Beach Museum of Art located on Kansas State University campus Tuesday, Feb. 9, visiting the exhibit, “First Folio! The Book That Gave Us Shakespeare.”

This is a collection of famous plays, including *Macbeth*, *Julius Caesar*, *Twelfth Night* and fifteen others by Shakespeare that would probably have been lost to us without the First Folio. Published in 1623, the

First Folio is the first collected edition of Shakespeare’s plays, and only 233 copies are known today. To mark the 400th anniversary of Shakespeare’s death, the Folger Shakespeare Library is sending a First Folio to every state in the United States; the Beach Museum was selected as the venue for the Folio’s display in Kansas.

Join us as K-State honors the greatest playwright of the English language with this exhibit from the world’s largest Shakespeare collection.

The cost for transportation is \$3 and will depart from the Village Entrance at 10:15 a.m. A sign-up sheet is available for this event in the Blue Book located at the Hospitality Desk.

Riley County Historical Society

A presentation on Forming a Free-State Manhattan

Allana Saenger, from Riley County Historical Society, will be presenting “Forming a Free-State Manhattan,” at 7 p.m. Friday, Feb. 26, in the Community Room.

Kansas Territory opened for settlement in 1854 under the Kansas-Nebraska Act that mandated “popular sovereignty” in the territory. This allowed settlers to decide whether slavery would be allowed within the borders of Kansas. Seeking to establish Kansas as a Free-State, anti-slavery settlers such as Isaac and Ellen Goodnow and Reverend Charles and Julia Lovejoy traveled with the New England Emigrant Aid Company to settle in Manhattan in the spring of 1855.

In this presentation, she will look at Bleeding Kansas history through the dairies of these early Manhattan pioneers and their determination to form a free-state.

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!

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

What did the pickle say to his girlfriend?
You mean a great dill to me.

What did the elephant say to his valentine?
I love you a ton!

Doug “Chappie” Chapman Performance

Meadowlark Hills invites you to a Chappie Chapman performance at 7 p.m. Friday, Feb. 19, in the Community Room.

Chappie currently lives in Manhattan and has been playing for over 40 years. His shows are intended to bring back memories of the past through music. Chappie has toured with the Driffters, Martha and the Vandellas, The Ronettes, The Shirelles, and the Marvelettes in the late 60's. In March of 2013, Chappie was inducted in the Kansas Hall of Fame!

Don't miss out on a Motown hits show from the 60's!

Manhatter 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 Regan and Jimmy Carter! Cost is \$10 per person. Be sure to sign up in the Blue Book located at the Hospitality Desk.

MLH Singers Valentine's Day Concert

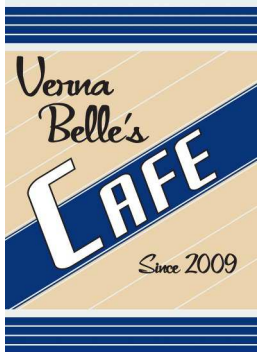
Come listen to the Meadowlark Hills Singers perform beautiful love songs at the Valentine's Day Concert at 7 p.m. Friday, Feb. 12, in the Community Room. Refreshments will be served.

Center on Aging Lecture Series

Join Mike Apley, from Veterinary Medicine, for the Center on Aging Lecture Series at 4 p.m. Thursday, Feb. 11, in the Community Room. Mike's presentation is titled "Antibiotic Use in Animals: Does it Cause Antibiotic Resistance in Humans." During his presentation, Mike will discuss issues of antibiotic resistance in both humans and animals.

Special Valentines Meal

Enjoy a romantic Valentine's Day Dinner at 5:30 p.m. Sunday, Feb. 14, in the Manhattan Room. Prairie Star will have a special Valentine's Day meal that will be served to each couple. The Manhattan Room will be set up with exclusively two-person tables to create a romantic environment for you and your loved one. Dinner will be accompanied by a special guest violinist. You must make a reservation for this special dinner. Sign-up sheets will be available in Prairie Star Restaurant starting on Friday, Feb. 5.



Lunch Specials **Feb. 7 – Feb. 13**

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

Sunday, Feb. 7 – Chicken Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, Feb. 8 – Creamy Tortellini Soup with Soup or Chips	\$3.75/\$5.50
Tuesday, Feb. 9 – Monte Cristo with Soup or Chips	\$3.75/\$5.50
Wednesday, Feb. 10 – Chili with Cinnamon Rolls	\$3.75/\$5.50
Thursday, Feb. 11 – Chicken Caesar Sandwich with Soup or Chips	\$3.75/\$5.50
Friday, Feb. 12 – Quesadilla Day!	
Saturday, Feb. 13 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

Cheese – \$3

Chicken – \$4

Steak – \$5

EVENTS & ANNOUNCEMENTS



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.

Memory Activities Class

Memory Activities Class (MAC) focuses on education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks are provided. The next scheduled class is at 10 a.m. Wednesday, Feb. 10, in the Living Room.

Hearing Aid Doctor

Dr. Ruggle, the audiologist that assists with hearing aids, will be in Living Room instead of the West Conference Room at 1:30 p.m. Monday, Feb. 8.

Vespers Services

The Vespers service, led by Father Frank Coady from St. Thomas More Catholic Church, will begin at 7 p.m. Sunday, Feb. 7, in the Community Room. All are welcome.

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.

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.

KSU Men's Basketball Watch Parties

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

- 5 p.m. Saturday, Feb. 6, against Oklahoma University on channel ESPNU (244)
- 7:15 p.m. Wednesday, Feb. 10, against Baylor University on channel ESPNEWS (245)
- 12 p.m. Saturday, Feb. 13, against Oklahoma State on channel ESPNEWS (2032 HD/32)

Refreshments will be served.

Ash Wednesday Services

The season of Lent begins earlier than usual this year, with Ash Wednesday falling Wednesday, Feb. 10. Meadowlark Hills will be offering two Ash Wednesday services. One will be held at 10 a.m. in the KSU Classroom and the other will take place at 2 p.m. in the Community Room. Both services will be led by Chaplain Patty Brown-Barrett, with assistance from Retired Chaplain Orris Kelly.

Receiving ashes (either on the forehead or on the back of a hand) is always optional, and all are welcome!

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! No registration needed.

UPCOMING EVENTS & ANNOUNCEMENTS

Woodwinds Anonymous Performance

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.

William Shakespeare's *As You Like It*

This Osher class is just in time for Kansas State's spring production of the Shakespeare classic, *As You Like It*. The class will dive into selected scenes and discuss artistic and historical issues involved in the play.

During one session of the class, the group will visit the Beach Museum's exhibit of a rare 400-year-old "*First Folio*" one of the William Shakespeare's plays. First assembled by two actors in 1623, the folio is an original printing of the first collected edition of Shakespeare's plays.

Join Sally Bailey, professor of Theatre at Kansas State University, as she teaches about Shakespeare's classic production from 6 to 8 p.m. Tuesday, Feb. 16, at the Beach Museum of Art. The second and third classes are scheduled for Tuesday, Feb. 23, and Tuesday, March 1, at the same time and location as the first class.

Transportation is provided and will depart from the Village Entrance at 5:30 p.m. Please sign up in the Blue Book located at the Hospitality Desk.

February Birthday corrections

Two errors were found on the February birthday list. Betty Grubb's birthday is Thursday Feb. 25, and Harriette Janke's is Saturday, Feb. 27. Staff apologizes for the error!

Friedman's Fables x Two

The next scheduled book discussions are Tuesday, Feb. 9. 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.

Video Worship Service

You are invited to watch a televised worship sermon by Reverend Dr. Lawrence Rast, titled "Jesus Changes Everything," at 4 p.m. Wednesday, Feb. 10, in the Living Room. All are welcome.

ASK SARAH

Culture Story Contest entries

Submitted by Sarah Duggan

It's not too late to get your submissions in for the 2016 Culture Story Contest. You don't have to be a seasoned writer to enter the contest and be in the running for a cash prize of \$100 (third), \$250 (second) or \$500 (first)!

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.

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 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.



FOUNDATION NEWS

In Honor of Those Living & Passed

Feb. 2016

In Memory of:

Ed Call

LaVonne Greene

Diana Kay Whittlesey Ring

Stephen Krug

Irene Scruggs

In Honor of:

Bramlage House Staff and Therapists

Donations were made to Parkinson's Program, Sloan House, Bramlage House, Good Samaritan Fund and Helping Hands.

UPCOMING EVENTS & ANNOUNCEMENTS

Beach Museum of Art Discussion

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, Feb. 10, in the KSU Classroom to learn and discuss images from Shakespeare's play, *Hamlet*. All residents who are interested are invited to participate.

Acrylic Watercolor Painting for Fun

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 6, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

Meditation Group

Starting Monday, Feb. 15, a Meditation Group will be meeting every Monday and Wednesday at 1:10 p.m. for 30 minutes in the Living Room.

On Monday's the group will have the *Mindfulness & Mantras* (seated, guided meditation + spoken positive affirmations) and on Wednesday's the *Movement & Meditation* (meditation techniques combined with gentle movement, seated or standing). The group will meet in the Living Room for the first week and possibly move to the Tranquility Room based on attendance. The group will be led by Laurie Pieper. If you have questions, contact Monte Spiller, Resident Services Leader, at 323-3801.



Outdoor Encounters

Submitted by Nathan Bolls

The following lines are taken from one of the songs that Johnny Cash sings, on his CD album entitled *Bitter Tears*, in celebration of American Indians:

There are drums beyond the mountains,
Indian drums that you can't hear.
There are drums beyond the mountains,
and they're getting mighty near.

Although borrowing these lines for another cause, and ultimately, to honor some of our own, I hope they lead all of us to realize emotionally, amidst our penchant for trashing our planet—our only home—that there are drums beyond the mountains that **are** getting mighty near.

How much polluted soil and water, how much habitat loss, how many changing weather patterns, how many demands from a growing world population will prove to be too much? We never know beforehand how much is too much until too late.

Because of that blind spot, we need to begin to think seriously about the concept of limits, and on a wide variety of human activities. That is one reason why the protected NW corner of our MLH Campus is so important, so special. And it is time to pause and thank those who made possible the funds that fueled the work of the Natural Area Restoration Team.

So, to members of the Meadowlark administration, to those individuals who funded particular projects, and also to those who planned the structures and trails within our Natural Area, a sincere thank you.

Our Natural Area—safe now—rests in the stillness of winter, but it waits through the cold, snow, and ice for the next season of growth and reproduction. Then it will again burst forth into its exuberant, mysterious, and beautiful displays of new life.

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.

DRINK SPECIAL



Feb. 8 to Feb. 13
Hurricane

1 oz. White Rum
1 oz. Jamaican Dark Rum
1 oz. 151 Rum
3 oz. Orange Juice
3 oz. Pineapple Juice
1/2 oz. Grenadine

\$3.75

RESIDENT COUNCIL MINUTES

Meeting Date: Jan. 4, 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, Jo Call and Alice Roper.

Staff present: Lonnie Baker, Sarah Duggan and Monte Spiller

Sandra Emley welcomed all meeting attendees.

Updates

1. General Update: Lonnie shared the Honstead and Sloan renovations should be completed toward the end of May 2016. Renovations for the third floor will start around February 5 and last through approximately March 25. The fourth floor renovation will start around March 7 and last through April 15. The fifth floor renovation will start around March 28 and last through May 6. During the month of March, all three floors will experience some type of construction or activity. Meetings will be held to allow residents that are affected by the construction and renovation to meet with the Project Manager, Jon Bechtel, to give their input and feedback on their particular floor. The meetings will take place prior to February 4. The chairs by the elevator on the second floor of independent living were removed due to the size of the chairs. They do not meet the four-foot egress that is required. The chairs have been replaced with smaller ones and the two larger chairs are being utilized in Stolzer house.
2. Ambassadors Update: Monte Spiller explained the Ambassadors have been busy around campus with different groups from the community. During the month of October, they helped escort several groups of trick-or-treaters around campus. They also helped with two different groups that came to sing Christmas carols during the month of December. On January 20, they will assist with the New Resident and Passport Member Breakfast with Lonnie Baker and Becky Fitzgerald.
3. Board of Trustees: There were no reports from the committees and the next meeting will be February 2016.

Approval of December Minutes:

Motion to approve minutes was moved and passed.

New Business:

1. In following up of the Pet Policy, the question was raised about visiting pets and specific guidelines that applied. After discussion, it was determined that visiting pets need to follow the guidelines set in place for residents. A motion was also moved for the pet policy be amended to state "visiting dogs may stay a maximum of 30 days." The motion to approve amendment after corrections was moved, and passed.

Old Business:

1. Don Rasmussen explained after looking at different options for golf cart usage and parking, safety is one of the biggest concerns. The committee decided to take a step back and take a low key approach. Don stated research, surveys and looking at options dealing with parking and cost effectiveness will continue.

Additional Discussion Topics:

1. The slides on Touchtown (channel 1960) are not matching up with the recorded audio. The concern of keeping the slides "up to date" was expressed as residents stated some slides reflected seasons that have passed.

	Brief Description	Action to be Taken	Leader	Status
1.	Touchtown	Follow Up	Sarah Duggan	Completed

LETTER TO THE MESSENGER

On Trying to Predict John Q. Public

Submitted by Helen Roser

Years ago, I took a course from a wonderful tough New York editor. It was called "Writing for Publication." On the first day, she roared at the class: "I don't ever want to hear anyone say this is a class for 'creative writing.' It is a course in how to write what gets published. Publishers are not in the business to save the world. They are in business to make money!" At that point, several women students, offended, got up and exited.

She had proven in New York that a woman knew how to get published. Now she has come to California where men in the tough new television business sneered that a woman would never crack their tough new business.

She answered by creating and writing scripts for what became the three most favorite, enduring soap operas on television.

But sometimes creative souls forget that it must be about

making money to make production possible.

My friend was a staff writer of scripts for a major movie studio. He had written his masterpiece that was shelved because production would be so high and "the time wasn't right." Meanwhile, he was given a little story to adapt for low-budget production. Glancing at the story, he cringed, but did the screen-play and didn't put his real name on it.

His masterpiece was never produced, but the little screen-play that made him cringe became a cult classic, adored to this day. Its' name: "The Creature From the Black Lagoon."

Even with all their scientific studies, publishers' goofs pile the Clearance tables, as they try to recover a pittance of their loss.

It's all about trying to predict John Q. Public. You say you know from that great study last week? That is history. This is today! In fact, what time is it?

TOWN MEETING MINUTES

Feb. 1, 2016 Cajun buffet dinner at 4:45 p.m. in the Community Room.

Welcome, Monte Spiller

Monte welcomed the Town Meeting attendees. Rachel Nyhart and Matt Rogers, Meadowlark Hills' newest residents and anthropology students, introduced themselves. Rachel and Matt are two of eleven students living on the Meadowlark Hills campus during their duration of their anthropology project.

Campus Update, Lonnie Baker

Lonnie shared about the level of engagement in today's generation—the millennials. Meadowlark Hills has over 400 employees with most of those employees categorizing in the millennial generation. Meadowlark Hills employees are connected to their work and constantly growing with experience.

Lonnie and the board are beginning the budgeting process and are looking to expand parking options on campus.

Health Services Update, Annie Peace

Annie announced that a surveyor from KDADS made a brief visit to Meadowlark Hills last week. There were no deficiencies.

Annie introduced Meadowlark Hills' new Social Services Leader, Bridget Larkin. Welcome to Meadowlark Hills, Bridget!

Support Services Update, Jayme Minton

Jayme reminded residents about Mardi Gras Celebration dinner and party for Tuesday, Feb. 9. The event will start at 6:45 p.m. in Prairie Star Restaurant. There will be a separate

Verna Belle's catering is still available. Catering options include: cookie tray on decorative platter, Verna Belle's Famous Sticky Buns (take and bake or fresh baked on decorative platter), and Quick breads. Stop by Verna Belle's or call 323-3818 to place an order.

Jayme introduced Chaplain, Patty Brown-Barnett. Patty announced that Meadowlark Hills will be offering two worship services on Ash Wednesday, Feb. 10. The Ash Wednesday services will be at 10 a.m. in the KSU Classroom and 2 p.m. in the Community Room. Patty introduced Michael Gugel, Chaplain intern for this spring.

Osher Registration Update, Charlene Brownson

Charlene presented the 2016 Spring Osher Brochure and UFM catalog. Osher is a collaboration between KU and KSU to provide education to citizens 55 years and older. Meadowlark Hills residents are able to attend any Osher class free of charge.

Kansas Day Celebration Winner, Polly Ferrell

The Kansas Day Celebration event had a wonderful response. Polly provided copies of a word game and 30 copies were picked up. The winner with 21 words was Mary Ann McCoy. Mary Ann received a prize.

Announcements, Monte Spiller

Monte highlighted the upcoming events for the month of February. For more details and information on those events, please check the weekly Messenger.

PRAIRIE★STAR RESTAURANT

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

Feb. 7 - Feb. 13

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	Feb. 7 ~ Lunch \$10 Roasted Pork Loin Balsamic Cherry Sauce Au Gratin Potatoes Vegetable of the Day	Dinner \$14 Coconut Shrimp Baked Potato Vegetable of the Day
	Feb. 8 ~ Lunch \$10 Meatloaf Sandwich German Potato Salad Choice of Vegetable	Dinner \$13 Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day
MONDAY	Feb. 9 ~ Lunch \$6 Taco Bar (does not include drink, starter or dessert)	Dinner \$14 Fat Tuesday Cajun Buffet (hosted in the Community Room) Prairie Star is closed for Mardi Gras Celebration
	Feb. 10 ~ Lunch \$10 Ham & Cheese Quiche Wild Rice Choice of Vegetable	Dinner \$12 Grilled Raspberry Chicken Baked Potato Vegetable of the Day
TUESDAY	Feb. 11 ~ Lunch \$7 Salad Bar (does not include drink, starter or dessert)	Dinner \$12 Lasagna Garlic Toast Vegetable of the Day
	Feb. 12 ~ Lunch \$10 Penne with Meat Sauce Garlic Toast Choice of Vegetable	Dinner \$14 Grilled B.B.Q. Shrimp Warm Corn Relish Scalloped Potatoes Vegetable of the Day
WED.	Feb. 13 ~ Lunch \$10 Chicken Ala King Egg Noodles Choice of Vegetable	Dinner \$15 Steak Night Green Chili Mashed Potatoes Vegetable of the Day
THURS.		
FRIDAY		
SAT.		

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

Grosh Cinema Movies

Sunday, February 7 - Saturday, February 13

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

Sunday, February 7 – National Treasure (2004)

Modern treasure hunters search for a chest of riches rumored to have been stashed away by George Washington, Thomas Jefferson and Benjamin Franklin.

Co-Starring: Nicholas Cage, Diane Kruger & Justin Bartha

Rated PG; 2 hrs. 11 min.

Monday, February 8 – The Wedding Pact (2013)

You know how some friends say they'll marry each other if they can't find anyone else? He's come to collect on that.

Co-Starring: Leslie Easterbrook, Haylie Duff & Alison Becker

Not Rated; 1 hr. 30 min.

Tuesday, February 9 – The Shawshank Redemption (1994)

Framed for murder, upstanding banker Andy Dufresne begins a new life at the Shawshank prison and gradually forms a close bond with older inmate Red.

Co-Starring: Tim Robbins, Morgan Freeman & Bob Gunton

Rated R for language and prison violence; 2 hrs. 22 min.

Wednesday, February 10 – The Bucket List (2007)

Two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.

Co-Starring: Jack Nicholson, Morgan Freeman & Sean Hayes

Rated PG-13; 1 hr. 37 min.

Thursday, February 11 – Roman Holiday (1953)

She's a princess in hiding. He's a journalist hungry for a big scoop. And then their worlds collide...

Co-Starring: Gregory Peck, Audrey Hepburn & Eddie Albert

Rated TV-G; 1 hr. 58 min.

Friday, February 12 – One Small Hitch (2013)

So what if the last one to hear about the engagement is the bride? She's got her whole life to catch up.

Co-Starring: Shane McRae, Aubrey Dollar & Daniel J. Travanti

Not Rated; 1 hr. 45 min.

Saturday, February 13 – The Terminal (2004)

After a coup d'état explodes in his homeland, Viktor Navorski is stranded at Kennedy Airport, where he's holding a passport that nobody recognizes.

Co-Starring: Tom Hanks, Catherine Zeta-Jones & Chi McBride

Rated PG-13; 2 hrs. 8 min.

This Week's Opportunities February 7—February 13

SUNDAY • FEBRUARY 7

Breakfast at Verna Belle's—Omelets with Fruit

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

5:00 p.m. ~ Super Bowl Party, GR

7:00 p.m. ~ Vespers, Father Frank Coady, CR

MONDAY • FEBRUARY 8

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, LR

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

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

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

7:00 p.m. ~ PEO Meeting, LR

TUESDAY • FEBRUARY 9

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

4:45 p.m. ~ Mardi Gras Buffet, CR

6:45 p.m. ~ Mardi Gras Dinner & Party, KR, MR & PS

WEDNESDAY • FEBRUARY 10

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. ~ Ash Wednesday Service, KSU CL

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

10:15 a.m. ~ Depart for Beach Museum of Art Exhibit, VE

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

2:00 p.m. ~ Ash Wednesday Service, CR

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

7:15 p.m. ~ KSU vs. Baylor Men's Basketball Watch Party, GR

THURSDAY • FEBRUARY 11

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, CON

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

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

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

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

4:00 p.m. ~ Center on Aging Lecture Series, CR

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

FRIDAY • FEBRUARY 12

Breakfast at Verna Belle's—Waffle or Pancake

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

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

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

3:00 p.m. ~ All-Campus Valentine's Day Party, CR

7:00 p.m. ~ Resident Program: MLH Singers Valentine's Day Concert, CR

SATURDAY • FEBRUARY 13

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ LWV Meeting: Financing Public Education, CR

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

12:00 p.m. ~ KSU vs. Oklahoma 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

*Touchtown can be viewed on channel 1960