



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Feb. 11, 2016

## Minton's Mardi Gras Celebration a Success!

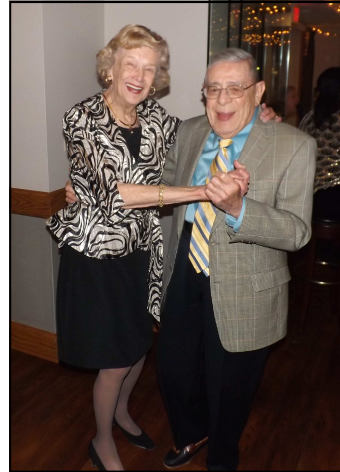
*Submitted by Jayme Minton*

Thank you, thank you, thank you to everyone who attended the Mardi Gras Party! I had an amazing time dancing, celebrating and dining with all of you. Thank you to all of the residents who allowed us to close Prairie Star Restaurant for dinner so that we could make the event happen! The restaurant staff and our fantastic Executive Chef, John Gasser, prepared a beautiful and delicious meal.

For the lucky winners who found a baby in the King Cake



[pictured above] Residents and staff members celebrating Mardi Gras in the Prairie Star Restaurant.



served at the Cajun Buffet in the Community Room, please come find me to claim your prize!

If you missed out on Mardi Gras, don't worry! We are planning on hosting many more fun nights, starting with the Valentine's Day Dinner which you can

learn more about on page 4 on this Messenger.

Once again, a big thank you to all the residents that were able to attend the Mardi Gras Celebration. Your fun spirits made the night really wonderful!

## Battle of the Bulge Reunion

### *WWII Veterans are invited to a luncheon & program*

Manhattan resident, Jim Sharp served as sergeant of the guard at German's Nuremberg prison during Adolf Hitler's notorious crime trails. Sharp was responsible for supervising guards at the prison that housed Nazi criminals during the 1945 through 1946 war crime trails.

Years later, Sharp was contacted to verify a cell door from Nuremberg prison, that now is housed at the 1st Infantry Division Museum at Fort Riley. The cell door will be displayed Saturday, Feb. 13, at the Kansas Chapter of the Battle of the Bulge reunion.

WWII veterans and friends are invited to attend the Battle of the Bulge reunion from 9 a.m. to 12 p.m. Saturday, Feb. 13, at American Legion located on 114 McCall Road in Manhattan, Kan. Registration will begin at 8:30 a.m.

The reunion will include a free lunch to WWII Battle of the Bulge veterans, courtesy of The American Legion Riders. Cost for non-veterans is \$10 a person for lunch.

Additionally, Saturday's reunion will include a presentation over the history of Nuremberg trials and the cell door. There will also be a panel discussion over the Battle of the Bulge by veterans Julian Siebert, Malcolm Strom, Wallace Jeffrey and Jim Sharp. The panel discussion will conclude with a question-and-answer session.

If transportation is needed, please contact Monte Spiller, at 785-323-3801, for possible arrangements.

## UPCOMING EVENTS & ANNOUNCEMENTS

### 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 Drifters, 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!



### Manhattan Home Life of the 1880's

This Osher Class will be exploring local life during the Victorian period, illustrated by the Wolf Museum and the collections of the Riley County Historical Society and Museum.

The group will delve into local 1880's community home life through food, fashion, families, government, buildings and work. A special tour after the class of the Wolf House Museum will illustrate the period of the 1880's.

Join the staff of the Riley County Historical Museum, as they present over Manhattan home life of the 1880's from 2 to 4 p.m. Friday, Feb. 19, in the Community Room. The second and third classes are scheduled for Friday, Feb. 26, and Friday, March 4, at the same time and location as the first class.

Cost for this class is \$45 per person. Prior registration is required. To enroll, or for more information, please go to [www.osher.ku.edu](http://www.osher.ku.edu) or by calling the UFM Community Learning Center at 785-539-8763.

### Re-register to Vote

If you are a resident who has just moved to Meadowlark Hills or moved to a new apartment or cottage on campus, you will need to re-register in order to vote in the upcoming election. Meadowlark Hills has the forms located at the Hospitality Desk and can assist you in getting this re-registration completed.

Please see Robin at the Hospitality Desk or give her a call at 323-3847, for necessary paperwork. Residents can also call Kay Shanks at 341-7981, for questions or concerns.

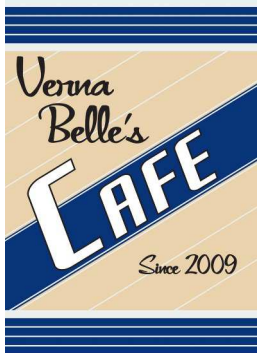
When you have completed the forms, please turn them in to Robin, at the Hospitality Desk, and they will be delivered for you to the court house. Or if you'd rather, you can mail them to the court house.

### Jokes of the Week

What did one oar say to the other?  
Can I interest you in a little row-mance?

What happens when you fall in love with a French chef?  
You get buttered up.

Do skunks celebrate Valentines Day?  
Sure, they're very scent-imental.



## Lunch Specials

### Feb. 14 – Feb. 20

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

Sunday, Feb. 14 – Ham Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, Feb. 15 – Turkey Club Panini Soup with Soup or Chips	\$3.75/\$5.50
Tuesday, Feb. 16 – Chicken Pesto Panini with Soup or Chips	\$3.75/\$5.50
Wednesday, Feb. 17 – Triple Meat Pizza	\$3.75/\$5.50
Thursday, Feb. 18 – Grilled Ham and Cheese with Soup or Chips	\$3.75/\$5.50
Friday, Feb. 19 – Cuban with Soup or Chips	\$3.75/\$5.50
Saturday, Feb. 20 – Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## EVENTS & ANNOUNCEMENTS

### Book Discussion on *Being Mortal*

*Submitted by Chaplain Patty Brown-Barnett*

Pastor Caela Simmons-Wood will be leading a book study on *Being Mortal: Medicine and What Matters in the End*, at 9:30 a.m. from Sunday, Feb. 14 to Sunday, March 13, at First Congregational Church. “Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures — in his own practices as well as others’ — as life draws to a close. And he discovers how we can do better. He follows a hospice nurse on her rounds, a geriatrician in his clinic, and reformers turning (long-term care facilities) upside down. He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about. Riveting, honest and humane, *Being Mortal* shows that the ultimate goal is not a good death but a good life — all the way to the very end.”

If you are interested in participating in this study and would like to use Meadowlark Hills transportation to and from First Congregational Church, please contact Monte Spiller at 323-3801.

### 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.

### Vespers Services

The Vespers service, led by Reverend John Wright from First United Methodist Church, will begin at 7 p.m. Sunday, Feb. 14, in the Community Room. All are welcome.

### Outdoor Encounters

*Submitted by Nathan Bolls*

The poet Ogden Nash touches some of our perplexity concerning turtles and tortoises with the following ditty:

The turtle lives ’tween fixed plates,  
which practically conceal its sex.  
Me thinks it clever of the turtle,  
in such a fix to be so fertile.

The topic for both this week and next week is that set of strategies that turtles use to overwinter and survive. Tortoises, e.g., the desert tortoise, are found, in North America, only in arid parts of our Southwest and northern Mexico. But we have two mostly terrestrial turtles species: the ornate box turtle, found throughout Kansas; and the eastern box turtle, that reaches barley into extreme eastern and SE Kansas.

Box turtles really exemplify what Nash is describing. Both the front and back portions of the plastron (floor of shell) are hinged, and in a protective mode, the animal can fold both front and back upward to where they touch the carapace (roof of shell, highly domed in box turtles and tortoises) and completely hide legs, head and neck, and other soft parts behind bony plates.

Our beautiful ornate box turtle typically is active from late February until late December. To overwinter, it will burrow down into soft or sandy soil, in under a rotting log, or seek sanctuary in dens and burrows of other animals.

Some turtles may secrete anti-freeze chemicals into their body fluids that increase freeze tolerance. Many years ago an Ohio biologist friend, who studied the eastern box turtle, found one “overwintering” with the back one-third of its body protruding out from the forest soil and litter. Ambient temperatures were such that the exposed portion must have been frozen. The researcher built a sturdy lattice-like structure around the animal to protect it from predators. Come early spring the turtle was gone, with no sign that any predator/prey interaction had occurred.

### 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.



## UPCOMING EVENTS & ANNOUNCEMENTS

### Prairie Star Restaurant Closing Early, Feb. 26

Prairie Star Restaurant will be closing at 6 p.m. Friday, Feb. 26, so employees can attend the Annual Employee Recognition Event.

### Three Minute Thesis Competition

For the first time at K-State, graduate students will be part of a unique and innovative event—a Three Minute Thesis Competition, at 7 p.m. Wednesday, Feb. 17, in Fiedler Auditorium, Engineering Complex at Kansas State University.

Graduate students will be presenting a compelling oration on their thesis or dissertation topic and its significance in just three minutes. The Graduate school invites you to witness this entertaining competition made by research students that develops their academic, presentation and research communication skills.

Transportation is available and will depart from the Village Entrance at 6:30 p.m. Please sign-up in the Blue Book located in the Hospitality Desk.

### Mortified Event hosted by Anthropology Students

Anthropology students will be hosting a Mortified Event, a comedy show where residents, students and friends have the opportunity to share old diaries, journals and letters in front of a crowd. If you would like to provide any of these materials, please contact Monte Spiller at 323-3801. The deadline to turn these in is Friday, Feb. 26.

Please contact Kenzie McAnulty, anthropology student, by email at [kenziem@ksu.edu](mailto:kenziem@ksu.edu) or phone at (316) 734-8483, with any questions.

### Special Valentines Meal

Enjoy a romantic candlelit Valentine's Day Dinner accompanied by a special guest violinist at 5:30 p.m. Sunday, Feb. 14, in the Manhattan Room and Kansas Room Pub. Prairie Star Restaurant will have a special Valentine's Day meal that will be served.

There will be two-person tables if you'd like an intimate setting with just your loved one. If you'd rather share the night with another couple, four-person tables are available upon request. Stop by Prairie Star Restaurant today to take a look at the menu and make your reservation before spots fill up!

### 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. 17, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### Riley County Historical Society

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.

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.

### Memory Activities Class

Memory Activities Class (MAC) focuses on education, activities and discussions about memory & 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. 19, in the West Conference Room.

### Exercise Classes canceled

Yoga is canceled Monday, Feb. 15. Steady Yourself and Chair Yoga are both canceled Tuesday, Feb. 18.

### Construction Update

*Submitted by Jon Bechtel, Project Manager*

The final voting for the third, fourth and fifth floor remodeling project has been completed. The winning selection on each floor has been posted on the wall in front of the west elevators.

We will start construction on the third floor starting Monday, Feb. 22. We plan on six weeks of construction per floor with a completion date of all floors by Sunday, May 15.

The contractors are aware that the hallways are still open so they will maintain a clear pathway in the hallways. Residents will be notified when work will be done around their doorways in these hallways.

We are looking forward to get this project started and thank you in advance for your patience while the work is being done.

## UPCOMING EVENTS & ANNOUNCEMENTS

### 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.

### Friedman's Fables x Two

The next scheduled book discussions are Tuesday, Feb. 16. 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 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 will meet from 10 to 11 a.m. Wednesday, Feb. 17, in the Tranquility Room (coincides with MAC).

### 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:

- 12 p.m. Saturday, Feb. 13, against Oklahoma State on channel ESPNEWS (2032 HD/32)
- 7 p.m. Tuesday, Feb. 16, against Texas Christian University on channel ESPNEWS (channel 245)
- 5 p.m. Saturday, Feb. 20, against Kansas University on channel ESPN/2 (2032 HD/32 or 2033 HD 33)

Refreshments will be served.

DRINK SPECIAL



**Feb. 15 to Feb. 20**

### Valentines Cocktail

3 oz. Pineapple Juice  
1/2 oz. Vodka  
1/2 oz. Crème de Cassis

**\$3.75**

### Pond trail walks

The Building and Grounds meeting would like to remind residents to please clean up after their dogs when they walk them down the pond trail. Thank you!

### ASK SARAH

#### Love & Lo Mein

*Submitted by Sarah Duggan*



I love Valentine's Day. Mostly because I love to *send* Valentine's to my family and friends – this holiday makes for a great excuse to show the ones you love that you are thinking about them.

The Duggan family has a great tradition for Valentine's Day. For the past three (going on four!) years, we have enjoyed Chinese food for our Valentine's Day meal. It started in February 2013 when both Edward and I neglected to make a much-needed dinner reservation for our Valentine's Day date. Of course, most restaurants in Manhattan were very busy – some with a two-hour wait! So we decided to see what the crowd was like at our favorite spot for Chinese food and to our delightful surprise, there were many open tables. Ever since, we have looked forward to our special Valentine's dinner at Tasty China House. And this year we'll be taking along our cutest Valentine – Murphy Rose!

I hope you all have one – or many – Valentine's this year. Everyone could always use a little more love. See you next week and 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.

## Feb. 14 - Feb. 20

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. 14 ~ Lunch \$10	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Chicken Gorgonzola Roulades Wild Rice Vegetable of the Day
MONDAY	Feb. 15 ~ Lunch \$10	Dinner \$14
	Three Cheese Tortellini with Grilled Chicken Garlic Toast Choice of Vegetable	Grilled Maple Salmon Twice Baked Potato Vegetable of the Day
TUESDAY	Feb. 16 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Ham Loaf Au Gratin Potatoes Vegetable of the Day
WED.	Feb. 17 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Chinese Noodles Choice of Vegetable	Stewed Cajun Chicken Hash Brown Casserole Vegetable of the Day
THURS.	Feb. 18 ~ Lunch \$7	Dinner \$14
	Sweet Potato & Baked Potato Bar (does not include drink, starter or dessert)	Braised Short Ribs Gorgonzola Mashed Potatoes Vegetable of the Day
FRIDAY	Feb. 19 ~ Lunch \$11	Dinner \$14
	Baked Orange Roughy Roasted Ranch Potatoes Choice of Vegetable	Stuffed Rainbow Trout with Shrimp & Crab Lemon Couscous Vegetable of the Day
SAT.	Feb. 20 ~ Lunch \$10	Dinner \$15
	Meatball Sub French Fries Coleslaw	Steak Night Baked Potato Vegetable of the Day

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

## Grosh Cinema Movies

Sunday, February 14 - Saturday, February 20

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

### **Sunday, February 14 – Waiting for Forever (2010)**

For the one that got away, true love never fades. But it will follow you obsessively around the country.

**Co-Starring: Rachel Bilson, Tom Sturridge & Richard Jenkins**

**Rated PG-13; 1 hr. 34 min.**

### **Monday, February 15 – Flashdance (1983)**

By day she welds metal. At night she's an exotic dancer. Her dreams of becoming a ballet dancer are on fire.

**Co-Starring: Jennifer Beals, Michael Nouri & Lilia Skala**

**Rated R for adult situations and language; 1 hr. 34 min.**

### **Tuesday, February 16 – Bird on a Wire (1990)**

An attorney and her former fiancé who's been in the Witness Protection Program since ratting out drug runners go on the run after she blows his cover.

**Co-Starring: Mel Gibson, Goldie Hawn & David Carradine**

**Rated PG-13; 1 hr. 50 min.**

### **Wednesday, February 17 – American Graffiti (1973)**

On the night before two of them leave for college, four high school pals cruise around town finding love and mischief in this coming-of-age classic.

**Co-Starring: Richard Dreyfuss, Ron Howard & Paul Le Mat**

**Rated PG; 1 hr. 42 min.**

### **Thursday, February 18 – Night Train to Munich (1940)**

A British secret service man poses as a Nazi to rescue an inventor and his daughter—and may find love in the bargain.

**Co-Starring: Margaret Lockwood, Rex Harrison & Paul Henreid**

**Not Rated; 1 hr. 34 min.**

### **Friday, February 19 – Age of Adaline (2015) \**Resident Request***

After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself, until she meets a man who changes her life.

**Co-Starring: Blake Lively, Michiel Huisman & Harrison Ford**

**Rated PG-13; 1 hr. 42 min.**

### **Saturday, February 20 – We are Marshall (2006)**

After a plane crash takes the lives of most of Marshall University's football team, new coach Jack Lengyel must rally the surviving players.

**Co-Starring: Matthew McConaughey, Matthew Fox & Anthony Mackie**

**Rated PG; 2 hrs. 11 min.**

# This Week's Opportunities February 14 - February 20

## SUNDAY • FEBRUARY 14

*Breakfast at Verna Belle's—Omelets with Fruit*

10:00 a.m. ~ Church Service, CR  
5:00 p.m. ~ Valentine's Day Dinner, MR (Please call Prairie Star to make reservations)  
7:00 p.m. ~ Vespers, Rev. John Wright,



## MONDAY • FEBRUARY 15

*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  
12:00 p.m. ~ Beginner Tai Chi, CR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
1:10 p.m. ~ Meditation Group, LR  
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 Class, KSU CL  
3:00 p.m. ~ MLH Singers Practice, CR  
5:00 p.m. ~ 5th Floor Supper, MR  
7:00 p.m. ~ Community Bingo, CR

## TUESDAY • FEBRUARY 16

*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  
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  
5:30 p.m. ~ 2nd Floor Supper, CR  
5:30 p.m. ~ Depart for Osher Class: "As You Like It!", VE  
7:00 p.m. ~ KSU vs. TCU Men's Basketball Watch Party, GR

## WEDNESDAY • FEBRUARY 17

*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

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  
1:10 p.m. ~ Meditation Group, LR  
1:30 p.m. ~ Pitch, GR  
2:30 p.m. ~ General Support Group, CON  
3:00 p.m. ~ Call Hall Ice Cream, KR  
3:00 p.m. ~ Fit 2 Fight PD, CR  
6:30 p.m. ~ Depart to Fiedler Auditorium for Three Minute Thesis, VE

## THURSDAY • FEBRUARY 18

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

9:00 a.m. ~ Messenger Ladies, CON  
10:00 a.m. ~ Meadowlark Bible Study, LR  
11:00 a.m. ~ Parkinson's Webinar, CON  
1:00 p.m. ~ Blood Pressure Clinic, GR  
2:00 p.m. ~ Low Vision Support Group, KSU CL  
5:30 p.m. ~ Meadowlark Circle Supper, MR  
7:00 p.m. ~ IL Bingo, CR  
7:30 p.m. ~ Sons of the American Revolution, CON

## FRIDAY • FEBRUARY 19

*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, KSU CL  
2:00 p.m. ~ Osher Class: Manhattan Home Life in the 1880s, CR  
3:30 p.m. ~ Catholic Rosary, KSU CL  
7:00 p.m. ~ Resident Program: Chappie Chapman—Motown Hits, CR

## SATURDAY • FEBRUARY 20

*Breakfast at Verna Belle's—Omelets with Fruit*

9:30 a.m. ~ Painting for Fun, KSU CL  
10:00 a.m. ~ Fit 2 Fight PD, CR  
5:00 p.m. ~ KSU vs. Kansas Men's Basketball Watch Party, GR

## ROOM ABBREVIATIONS

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

\*Touchtown can be viewed on channel 1960