



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 3, 2016

## Meadowlark Hills Wellness Olympiad

### *2016 Wellness Challenge registration and deadline*

#### **Registration opens Monday, March 7**

The time has come to get ready for our next wellness challenge! Like last year, teams will be competing for the top prize and many other awards. This year's contest will be a six-week Olympiad, encouraging 30 minutes of physical activity each day, with physical, creative and mental challenges being held throughout.

The challenge will start Monday, April 11, and end Friday, May 20. It is open to all Meadowlark Hills residents, employees and Passport members.



Participants will form teams of three and are free to create teams of their choosing. The first challenge will be to create a team name and a prize will be awarded for best team name. Registration

will open Monday, March 7, with the sign-up deadline scheduled Tuesday, April 5.

Look for more Olympiad information to come, or contact Jeff Heidbreder, Fitness Leader, at (785) 341-2995 with any questions.

## Meadowlark Hills *Got Talent!*

### *Show off your unique talent*

#### **Friday, April 1, at 7 p.m.**

It's that time of year again to show your friends and neighbors just how talented you really are at the Meadowlark Hills Talent Show! Come out for this annual event, hosted by Kinzie Jo Zimmerman and Monte Spiller.

Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented. Bring your songs, poetry, artwork, comic routine or unique talent to share with the crowd. We ask that acts be no longer than five-minute maximum.

Please sign up to perform in the Blue Book located at the Hospitality Desk, or just to come see the best talent Meadowlark Hills has to offer.

Residents, staff, family members of residents and staff, and students are encouraged to sign up by Thursday, March 24.

The top three winners will receive a prize. The show will begin at 7 p.m. Friday, April 1, in the Community Room — and that's no fooling!

## FOUNDATION NEWS

In Honor of Those  
Living & Passed

Feb. 2016

*Ed Call  
Stephen Krug  
Irene Scruggs  
Frances Siegel*

*Donations were made to the Good  
Samaritan fund, Parkinson's Program  
and Sloan House.*

## UPCOMING EVENTS & ANNOUNCEMENTS

### Mortified Comedy Show

**Friday, March 4, at 7 p.m.**

Mortified is a storytelling event where adults share the strange and embarrassing artifacts they saved from childhood. These artifacts include old diaries, journals, letters, etc.

The anthropology class will be hosting this intergenerational event where college students and teachers share these old memories in hopes for residents and staff at Meadowlark Hills to do the same.

The event is at 7 p.m. Friday, March 4, in the Community Room.

If residents have materials they would like to share please contact Monte Spiller at 323-3801 or Kenzie McAnulty by email [kenziem@ksu.edu](mailto:kenziem@ksu.edu) or by phone at (316) 734-8483. All are welcome to attend!

### Bunco Night

**Friday, March 11, at 7 p.m.**

Meadowlark Hills invites you to a Bunco Night filled with fun and prizes at 7 p.m. Friday, March 11, in the Community Room.

Jayne Minton, Support Services Director, will be hosting this Bunco Night for anyone who would like to attend. Along with Bunco, you can expect snacks, prizes, and beer and wine for purchase.

Sign-up sheets are available in the Blue Book located at the Hospitality Desk. Any questions can be directed to Jayme, at 323-3829.

### Manhattan Ladies Luncheon

**Thursday, March 10, at 12:30 p.m.**

All ladies---quilters and non-quilters---are invited to Manhattan Ladies Luncheon at 12:30 p.m. Thursday, March 10, in the Manhattan Room. Hostesses are Norma Larson and Mary Lou Gibbs. Our theme is "Quilts," and you'll see some beautiful examples.

Since we will be gathering seven days before St. Patrick's Day our luncheon menu is Irish, and includes: smoky cheese and potato soup, corned beef and cabbage, carrots, Irish soda bread, and for dessert a warm Guinness brownie with pistachio ice cream. The cost is \$11.

Be sure to sign up in the Blue Book located at the Hospitality Desk.

### Video Worship Service

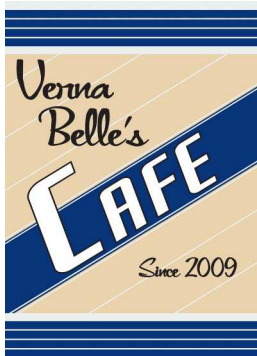
**Wednesday, March 6, at 4 p.m.**

You are invited to watch a televised worship sermon by Reverend Dr. Thomas Ahlersmyer, titled "Faith in What or Whom?" in the Living Room. All are welcome.

### Jokes of the Week

What did the baby kangaroo say to the  
mama kangaroo?  
Don't leap me hanging.

Why would you never iron a four-leaf  
clover?  
Because you shouldn't press your luck!



## Lunch Specials March 6 – March 12

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

Sunday, March 6 – Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, March 7 – Avocado BLT with Soup or Chips	\$3.75/\$5.50
Tuesday, March 8 – BBQ Pork Sandwich with Cheesy Potatoes	\$3.75/\$5.50
Wednesday, March 9 – Chicken Bacon Ranch Panini with Broccoli Salad	\$3.75/\$5.50
Thursday, March 10 – Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, March 11 – Cheeseburger with Pasta Salad	\$3.75/\$5.50
Saturday, March 12 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

## EVENTS & ANNOUNCEMENTS

### Outdoor Encounters

*Submitted by Nathan Bolls*

The world at our latitude soon will break free from the grip of cold, long nights and short days. The effects of warmth, shorter nights, and surging hormones will stimulate the exuberance of spring.

Some tree buds are showing growth; others soon will follow. The fox squirrel has completed the first of its species' two breeding seasons per year. Soon the many species of flowering plants will begin to display their reproductive structures, most of which we won't notice. Who can describe the flowers of an ash tree, of big bluestem grass, of curly dock, or of common mullein—even though the mullein flower/seed stalk may reach 6-7 feet tall? Fish, frogs, turtles, and countless species of insects and other invertebrates soon will get into the act. Mosses, and not necessarily only on the north sides of trees and rocks, will begin their complicated reproductive task.

These actions soon will be in process all over our campus, but in greater variety in the less manicured areas. This accelerating frenzy reminds me of the lines from a poem by Galway Kinnell, a top-rank American poet:

On some hill of despair  
the bonfire  
you kindle can light the great sky—  
though it's true, of course, to make it burn  
you have to throw yourself in.

When young, we probably dreamt of someday "lighting a fire." But life offered distractions we may have accepted, taking us away from that true fire smoldering in our deep psyche; that fire of true self-fulfillment; that fire that we, for whatever reasons, kept suppressed, kept from leaping into flames of reality.

Creatures in nature, to survive, whether knowingly or unknowingly, must heed the call to "throw yourself in." Knowingly or unknowingly, they live lives of great risk—and yet, they persevere. For that they deserve all honor and respect.

### Easter Brunch

**Sunday, March 27, at 11 a.m. & 1 p.m.**

It's that time again for our annual Easter Brunch! Get ready for another festive and delicious meal prepared by our wonderful Executive Chef, John Gasser. We will be serving brunch at 11 a.m. and 1 p.m. Sunday, March 27, in Prairie Star Restaurant.

More details will be published in the Messenger as event draws closer.

Sign-up sheets will be in Prairie Star Restaurant beginning Thursday, March 3.

### Saint Patrick's Day Party

**Thursday, March 17, at 4:30 p.m.**

Join us in the Game Room/Kansas Room Pub area starting at 4:30 p.m. Thursday, March 17, for the Meadowlark Hills Saint Patrick's Day Party!

The party really gets going at 4:45 p.m., when our special guest Patrick Werick and his Celtic Band will perform for us in the Game Room.

Patrick and his band are return performers and put on quite the show. Snacks will be provided and beer specials are available for purchase at the Pub.

Prior sign-up is not needed, just show up and enjoy a good time to celebrate Saint Patrick's Day. If you have any questions, please call Monte Spiller at (785) 323-3801.



### Memorial Service for Edla Freeland

**Saturday, March 5, at 3 p.m.**

The celebration of life for Edla Freeland is scheduled at 3 p.m. Saturday, March 5, at First Lutheran Church, 930 Poyntz. Snacks in the Fellowship Hall in the church will follow. All are welcome.

### Beach Museum of Art Discussion

**Wednesday, March 9, at 6:30 p.m.**

Join Kim Richards from the Beach Museum of Art in the KSU Classroom to learn and discuss American architect, painter, sculptor and muralist, Henry Varnum Poor. All residents who are interested are invited to participate.

### Manhattan Home Life of the 1880's — Special tour to Wolf House Museum

**Friday, March 11, at 2 p.m. & 3 p.m.**

One week after the Osher class concludes, the class will have the opportunity to visit the Wolf House Museum on one of the two group tours. Tour one will be at 2 p.m. and group two will be at 3 p.m.

Free transportation is provided. Please sign-up for transportation in the Blue Book located at the Hospitality Desk.

### Resident Focus Group

**Thursday, March 10, at 10 a.m.**

The Focus Group scheduled for March will highlight another great staff member at 10 a.m. Thursday, March 10. The staff attendee for March Focus Group will be Hospitality staff, Robin Irvin.

Come and meet Robin in the KSU Classroom!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Vespers Services

**Sunday, March 6, at 7 p.m.**

The Vespers service, led by College Avenue Methodist Church, will be in the Community Room. All are welcome.

### Manhattan Home Life of the 1880's

**Friday, March 4, from 2 to 4 p.m.**

The last Osher class for Manhattan Home Life of the 1800's is scheduled for Friday, March 4, in the Community Room.

### LWV Meeting

**Saturday, March 12, at 9 a.m.**

A meeting is scheduled for 9 a.m. in the Community Room — all about transparency in local and state government. Manhattan's League of Women Voters is sponsoring the program as part of its support for openness and citizens' access to public policy-making. All are invited.

### Memory Activities Class

**Wednesday, March 9, at 10 a.m.**

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. This group will meet from 10 to 11 a.m. in the KSU Classroom.

### KSU Men's Basketball Watch Party

**Saturday, March 5, at 2 p.m.**

Come on down to the Game Room to watch the KSU Men's basketball team take on Texas Tech on channel ESPW. Don't miss out the last game of the season at 2 p.m. Saturday, March 5. Refreshments will be served.

### Partner's in Parkinson's Presentation

**Tuesday, March 8, at 6:30 p.m.**

The Parkinson's Program invites you to "Parkinson's Disease: Learning More Together" presentation with Matt Wolff, MA, LCSW, AbbVie Patient Advocate, at 6:30 p.m. Tuesday, March 8, in the Community Room.

"Parkinson's Disease: Learning More Together" will help people have a better understanding of Parkinson's disease, how it affects the body and the benefits of visiting a Motor movement Disorder Specialist. You will gain a good understanding of the disease so conversations with doctors can be more beneficial.

### Little Apple Chorus presents *Our Americana*

**Saturday, April 9, at 3 p.m.**

The Little Apple Barbershop Chorus presents the 2016 Spring Show, *Our*

*Americana* featuring Crossroads Quartet. Showtime begins at 3 p.m. Saturday, April 9, at McCain Auditorium.

A special pre-show performance will be performed 30 minutes before the program at 2:30 p.m. by the Manhattan Barefoot Dixieland Band.

Tickets are now on sale and are \$15 per ticket. After Monday, April 4, tickets will be \$18 and can also be purchased at the door. Twenty free tickets are now available at the Hospitality Desk—first come first serve!

Transportation will be available for \$3 per person by signing up in the Blue Book located in the Hospitality Desk. The first shuttle will depart from the Village Entrance at 2:15 p.m. and second shuttle will depart at 2:45 p.m.

### All-Campus Saint Patrick's Day Party

**Wednesday, March 16, at 2:30 p.m.**

The Honstead House Life Enhancement Team is hosting a Saint Patrick's Day Party! You're invited to attend the Irish celebration with food, desserts and fun at 2:30 p.m. Wednesday, March 16, in the Community Room.

Join the entire campus in this festive celebration! And don't forget to wear green!

### Trip to New Theatre Restaurant

**Wednesday, March 23, at 9 a.m.**

There was a misprint in last week's edition of the Meadowlark Hills Messenger. Meadowlark Hills will be taking a group to Overland Park, Kan. to visit the NEW Theatre Restaurant at 9 a.m. **Wednesday, March 23.**

### Acrylic Watercolor Painting for Fun

**Saturday, March 5, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, March 5, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!





## UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



### March 7 to March 12 Lucky Leprechaun

1 oz. Midori Melon Liqueur  
1 oz. Malibu Rum  
6 oz. Pineapple Juice

**\$3.75**

### Chocolate & Tea tickets

**Sunday, April 10, at 2 p.m.**

Meadowlark Hills only has six free tickets left to giveaway for this event. If you are interested in attending, stop by the Hospitality Desk to get a ticket. The tickets are first come.

The 13th Annual Chocolate & Tea event is scheduled at the Houston Street Ballroom. This event which benefits the Manhattan Area Habitat, includes: silent and live auction, chocolate fountain, coffee, tea and treats.

### Exercise Classes canceled, March 3

Steady Yourself and Chair Yoga are both canceled Thursday, March 3.

### Transportation to Caucus Selection

**Saturday, March 5, at 2:30 p.m.**

If you are interested in attending the Caucus selection of the Democratic Candidate for President, transportation will depart from the Village Entrance at 2:30 p.m. to Anthony Middle School's main entrance. Transportation will return to Meadowlark Hills at 5 p.m. This is not a Meadowlark Hills sponsored event.

Please bring food, water and snacks as you wish. Water and nutrition bars will be available at the Caucus. Seating will be in folding chairs or on the stadium seating (with cushioned back and seat) in the school's gymnasium. If you use a wheelchair or require other assistance, you will be accommodated at the school entrance, throughout your time in the school and at the Caucus.

Please be aware that no one is permitted to join the registration line after 3 p.m. If you are interested in attending the event, please sign up in the Blue Book located at the Hospitality Desk. Cost is \$3 for round trip.

*\*Not sponsored by Meadowlark Hills.*

## VERNA BELLE'S CAFÉ UPDATE

### Young, Up and Coming Artists featured at Verna Belle's Café

*Submitted by  
Jayme Minton*

Every artist has to start somewhere. We are hoping that some artists may get their start at Meadowlark Hills.

Starting in March, Verna Belle's Café will feature art from students throughout USD 383 Manhattan-

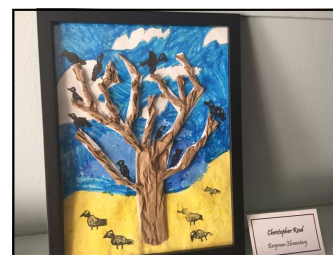
Ogden School District. The art will rotate monthly

and we have invited the artists and their families to visit Meadowlark Hills to see their featured pieces.

The wonderful painter and watercolorist, Ralph Fontenot, and his daughter, Rachel Fontenot, coordinated the student's art work for display.

**Did you know?**

We are fortunate to have 31 Ralph



[Above] USD 383 Manhattan -Ogden students art pieces.

Fontenot original watercolors on display throughout Meadowlark Hills!



# PRAIRIE STAR RESTAURANT

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

## March 6 - March 12

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	March 6 ~ Lunch \$10	Dinner \$12
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Chicken Ala King Rice Pilaf Vegetable of the Day
MONDAY	March 7 ~ Lunch \$9	Dinner \$12
	Tator Tot Casserole Choice of Vegetable	Meat & Cheese Manicotti Garlic Toast Vegetable of the Day
TUESDAY	March 8 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Pork Piccata Wild Rice Vegetable of the Day
WED.	March 9 ~ Lunch \$10	Dinner \$13
	Pork Cutlet with Cream Gravy Mashed Potatoes Choice of Vegetable	Chicken Roulade with Cornmeal Crust Stuffed with Herbed Goat Cheese Twice Roasted Sweet Potatoes with Honey Vegetable of the Day
THURS.	March 10 ~ Lunch \$7	Dinner \$11
	Breakfast Bar (does not include drink, starter or dessert)	Beef Stroganoff Buttered Egg Noodles Vegetable of the Day
FRIDAY	March 11 ~ Lunch \$9	Dinner \$15
	Cheese Quiche Tomato Soup	Grilled Swordfish with Brown Butter Sauce Carrot Risotto Vegetable of the Day
SAT.	March 12 ~ Lunch \$10	Dinner \$13
	B.B.Q Grilled Chicken Wings Macaroni Salad Choice of Vegetable	Meatloaf Mashed 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, March 6 - Saturday, March 12

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

### **Sunday, March 6 – Max (2015)**

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

**Co-Starring: Thomas Haden Church, Josh Wiggins & Luke Kleintank**

**Rated PG; 1 hr. 51 min.**

### **Monday, March 7 – Hyde Park on Hudson (2012)**

Sometimes all it takes to change history is a getaway to a nice country home and a good old American hot dog.

**Co-Starring: Bill Murray, Laura Linney & Olivia Williams**

**Rated R for brief sexuality; 1 hr. 34 min.**

### **Tuesday, March 8 – Hart's War (2002)**

A black soldier in a German POW camp is charged with murder. And his de facto attorney faces a nearly impossible task.

**Co-Starring: Bruce Willis, Colin Farrell & Terrence Howard**

**Rated R for some strong war violence and language; 2 hrs. 4 min.**

### **Wednesday, March 9 – El Dorado (1966)**

Howard Hawks reunited with Rio Bravo star John Wayne in this classic Western about a hired gun who teams with a sheriff to thwart greedy ranchers.

**Co-Starring: John Wayne, Robert Mitchum & James Caan**

**Not Rated; 2 hrs. 6 min.**

### **Thursday, March 10 – An American in Paris (1951) *\*Resident Request***

Once a struggling painter, opportunistic American artist Jerry lives in the City of Light, enjoying the patronage of a well-heeled gallery owner.

**Co-Starring: Gene Kelly, Leslie Caron & Oscar Levant**

**Not Rated; 1 hr. 55 min.**

### **Friday, March 11 – War Room (2015)**

From the outside, the lives of Tony and Elizabeth Jordan appear perfect, but their marriage is in shambles. After seeking counsel from a wise older woman, Elizabeth realizes it will take a deep commitment to prayer to keep her world from crumbling.

**Co-Starring: Priscilla C. Shirer, T.C. Stallings & Karen Abercrombie**

**Rated PG; 2 hrs. 1 min.**

### **Saturday, March 12 – Hard Ball (2001)**

He's hit some fouls in life, but now he's coaching kids who've never even had a crack at the ball. Time to win.

**Co-Starring: Keanu Reeves, Diane Lane & John Hawkes**

**Rated PG-13; 1 hr. 46 min.**

# This Week's Opportunities March 6 - March 12

## SUNDAY • MARCH 6

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

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

7:00 p.m. ~ Vespers, College Avenue Methodist Church, CR

## MONDAY • MARCH 7

*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

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

1:10 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

5:30 p.m. ~ Tuttle Creek Supper, MR

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

## TUESDAY • MARCH 8

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

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

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

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

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

6:30 p.m. ~ Partners in Parkinson's Presentation, CR

## WEDNESDAY • MARCH 9

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

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

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

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

10:00 a.m. ~ Worship Service, TR

10:00 a.m. ~ Memory Activities Class, KSU CL

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

1:10 p.m. ~ Meditation Group, LR

1:30 p.m. ~ Pitch, GR

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

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

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 • MARCH 10

*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

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

2:30 p.m. ~ KSU Gerontology Class, CR

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

## FRIDAY • MARCH 11

*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

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 Partners Support Group, LR

1:30 p.m. ~ Depart for Osher Event: Wolf House Tour, VE

2:30 p.m. ~ Depart for Osher Event: Wolf House Tour, VE

7:00 p.m. ~ Resident Program: Bunco Night, CR

## SATURDAY • MARCH 12

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

9:00 a.m. ~ LWV Meeting: Transparency in Local and State Governments, CR

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

## 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