



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 10, 2016

Saint Patrick's Day Celebrations

Two great parties to attend!

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!

Saint Patrick's Day Party at the Hills

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.

Study Session

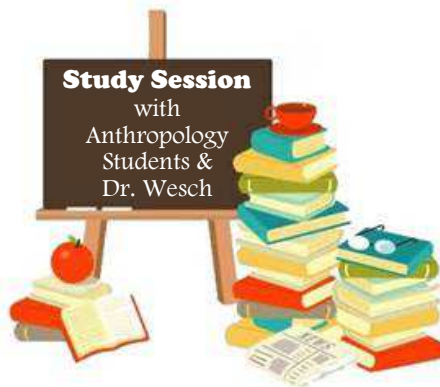
Would you like to study the Anthropology Students?

Tuesday, March 22, from 1 to 2:20 p.m.

Professor Michael Wesch will be offering basic training in anthropology and storytelling from 1 to 2:20 p.m. Tuesday, March 22, in the KSU Classroom.

You will then be paired with one of the anthropology students to see how they live (go to their dorm room or sorority house, attend classes or parties with them, etc.)

The student will then work with you to produce a story about every day lives.



Golden Prairie Honey Farm

Friday, March 18, at 7 p.m.

We have the pleasure of having Mr. Gary LaGrange with Golden Prairie Honey Farm join Meadowlark Hills at 7 p.m. Friday, March 18, in the Community Room. Gary manages the hives on the MLH campus.

Gary is a retired U.S. Army Colonel who served three tours of duty in combat in Vietnam. He commanded Fort Riley and retired just after the first war in Iraq. He is also working toward opening a farm near Manhattan for soldiers with Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).

The farm will train soldiers and veterans on the fundamentals of farming so that they can then join a mentor farmer and learn skills to either manage or own a farm. One of the things they will learn is beekeeping.

Gary agreed to become the trainer for them so he enrolled in Master Beekeeping Program with the University of Montana where the nation's premier course is offered. As part of the farm effort, he began bee-keeping training for soldiers with PTSD and TBI last June. He has placed beehives in various locations surrounding Fort Riley so that they can be readily accessible for soldier training.

UPCOMING EVENTS & ANNOUNCEMENTS

Parkinson's Presentation — Living Well with Parkinson's Disease: Today!

Thursday, March 17, from 1 to 2:30 p.m.

The Parkinson's Program invites you to a presentation entitled, "Living Well with Parkinson's Disease: Today!" from 1 to 2:30 p.m. Thursday, March 17, in the Community Room.

Davis Phinney Foundation regional ambassador, Edie Anderson will be present. Edie was diagnosed with PD at the age of 60 and initially experienced a year-long 'pity party' but soon found the benefits of exercise and engagement with other living with PD. "I want to give hope to people living with Parkinson's and their caregivers by telling my story," Edie shared.

This event is free and open to all who would like to learn more.

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 Jayne Minton at 323-3829.

Resident Focus Group room rescheduled Thursday, March 10, at 10 a.m.

The Focus Group scheduled for March will now be in the Kansas Pub instead of the KSU Classroom highlighting another great staff member. Come by and meet Hospitality Staff, Robin Irvin at 10 a.m. today, March 10.

Outdoor Encounters

Submitted by Velma Skidmore

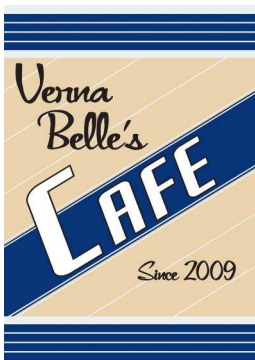
"Spring is just around the corner," so the saying goes. That means the worm farm at Bayer Pond will soon be ready to use again which is the reason an article about earthworms caught my eye in Smithsonian Magazine (March 2016, pg 112):

"Earthworms are native to the United States...(did you know that, I didn't) but the earthworms in some northern parts of the country (including Vermont) aren't indigenous. Thousands of years ago, glaciers that covered North America and reached as far south as present-day Illinois, Indiana and Ohio wiped out native earthworms. Species from Europe and Asia, most likely introduced internationally in ship ballast or the roots of imported plants, have spread throughout America."

Interesting but, oh well, what's important is that fish like worms from our worm farm. There are lots of fish in Bayer Pond right now.

Lunch Specials March 13 – March 19

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



Sunday, March 13 - Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, March 14 - White Chicken Chili with Cornbread Muffin	\$3.75/\$5.50
Tuesday, March 15 - Pesto & Tomato Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Wednesday, March 16 - Bierocks with Soup & Chips	\$5.50
Thursday, March 17 - Turkey Club with Ramen Salad	\$3.75/\$5.50
Friday, March 18 - Hot Dogs with Baked Beans & Potato Chips	\$3.75/\$5.50
Saturday, March 19 - Tuna Melt with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

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. Fourteen 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.

Vespers Services

Sunday, March 13, at 7 p.m.

The Vespers service, led by College Avenue Methodist Church with string quartet, will be at 7 p.m. Sunday, March 13, in the Community Room. All are welcome.

Meadowlark Hills *Got 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!

Meadowlark Hills Wellness Olympiad

Registration is now open until Tuesday, April 5

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.

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.

Parkinson's Voice Class canceled

Parkinson's Voice Class is canceled Monday, March 14, but will continue Monday, March 21, and will meet every Monday through Wednesday, May 4.

DRINK SPECIAL



March 14 to March 19
Kiss Me I'm Irish

1 1/2 oz. Jameson Irish Whiskey
1 oz. Peach Schnapps
2 oz. Orange Juice

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Sunset Zoo Presentation

Friday, March 25, at 7 p.m.

An ambassador from the Sunset Zoo will be visiting Meadowlark Hills at 7 p.m. Friday, March 25.

The presentation will be "Animals around the World" and is sure to be quite entertaining. This event will take place in the Community Room.



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 are now available in Prairie Star Restaurant.

Center on Aging Lecture Series rescheduled

Thursday, March 31, at 4 p.m.

The Center on Aging Lecture Series has been rescheduled from Thursday, March 10, to Thursday, March 31. The lecture series will start at 4 p.m. in the KSU Classroom.

Memory Activities Class

Wednesday, March 16, at 10 a.m.

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 in the KSU Classroom.

Chocolate & Tea tickets

Sunday, April 10, at 2 p.m.

Meadowlark Hills no longer has tickets left to giveaway for this event. If you are interested in attending, please call go to www.mahfh.org for \$15 tickets. \$20 tickets will be available at the door.

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.

Royals Games?

If you are interested in attending a spring and/or fall Royals game this year with Meadowlark Hills, please visit the Blue Book at the Hospitality Desk and indicate whether you are interested in one or both of the games.

This information will be used to help design a trip package to the K that accommodates all interested parties. If you have questions, please contact Monte Spiller at 323-3801. Let's play ball!

Eastside Supper

Monday, March 28, at 5:30 p.m.

A friendly reminder that The Eastside Supper will be held in the Manhattan Room as usual at 5:30 p.m. Monday, March 28.

Acrylic Watercolor Painting for Fun

Saturday, March 12, 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!

Memory Care Partner Support Group

Wednesday, March 16, at 10 a.m.

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.

The next scheduled support group will at 10 a.m. Wednesday, March 16, in the Tranquility Room.

Meadowlark Hills Singers Practice rescheduled

Friday, March 25, at 3 p.m.

The Meadowlark Hills Singers practice has been moved from Monday, March 21, to Friday, March 25. The rescheduled practice will be at 3 p.m. in the Community Room.

Card Making with Michelle

Tuesday, March 22, at 2 p.m.

Join Michelle Lehmer at 2 p.m. Tuesday, March 22, in the Living Room for card making inspired by spring. The group will be making cards for Easter and all-occasions!

Mending Angel

The Mending Angel will be gone until Friday, April 15. She will not be here Friday, March 18, or Friday, April 1.

ASK SARAH

Live Well Communication, what does it mean?

Submitted by Sarah Duggan

For those of you who attended Town Meeting on Monday, you heard me speak about a letters from Brewster Place in Topeka regarding their Live Well at Home Program. It's my understanding that this communication went out to many people in the Manhattan community, including residents of Meadowlark Hills.

First, I want to make sure everyone understands that Meadowlark Hills did not provide a mailing list to Brewster Place for this letter, nor were we aware it was being distributed. While we have spoken with Brewster in December 2015 about providing services through their Live Well Program, nothing formal has been identified.

The Live Well at Home Program is essentially an insurance policy. You are assigned a Wellness Coordinator who helps you navigate and set up services such as transportation, emergency responder system, home health and long-term care. Participants pay an entrance fee and a monthly fee to be a part of the program. Brewster's interest in Meadowlark Hills is to use us as a service provider in the Manhattan area.

Chris Nelson, Financial Services Director, and I will be meeting with the Live Well Program Director this month to discuss how to better work together and communicate about the services to those in the community.

Please contact me or Chris if you have questions regarding the Live Well Program or the letter that was mailed out. See you next week and thanks for stopping by!

TOWN MEETING MINUTES

March 7, 2016

Welcome, Monte Spiller

Monte welcomed the Town Meeting attendees. New residents Lucy Mulroney and Jo Lyle (for both herself and husband Ken) introduced themselves.

Renovation Update, Jon Bechtel

John announced that third, fourth and fifth floor renovations are currently delayed due to the trim. Light fixtures are coming in and other areas of the renovations are making progress.

Culture Story Contest, Sarah Duggan

Sarah introduced the winners for both the non-staff and staff categories of the Culture Story Contest. For the Staff category, the winners of the Culture Story Contest were as follows: Third Place, Christina Strange; Second Place, Mattie King, and First Place, Robin Irvin. For the Non-staff category, the winners are as follows: Third Place, Bill Stamey, Second Place, Carol Hoerman; and First Place, Polly Ferrell.

Sarah spoke about Brewster Place in Topeka, Kan. regarding their Live Well at Home Program. It has come to Meadowlark Hills attention that this communication went out to many people in the Manhattan community, including residents of Meadowlark Hills. For more details please see the Ask Sarah article above for more details.

Support Services Update, Jayme Minton

Jayme recognized John Gasser, Executive Chef at Prairie Star Restaurant, for celebrating five years of service at Meadowlark Hills and for his hard work these past few months.

Mark your calendars for two exciting events:

- Seafood Boil scheduled for Friday, May 20, more details will be available closer to the event.
- Kansas City Royals game scheduled for Thursday, Sept. 29, against the Minnesota Twins.

Easter service will remain in the Community Room, while Easter Brunch will take place at Prairie Star Restaurant.

Fitness Challenge, Jeff Heidbreder

Jeff announced this year's wellness challenge: Meadowlark Hills Wellness Olympiad for residents, staff and Passport members. This will be a six-week challenge, encouraging 30 minutes of physical activity each day, with physical, creative and mental challenges held throughout to encourage exercise as well as educate participants about physical activity and nutrition. The challenge will begin Monday, April 11, to Friday, May 20.

Registration opened Monday, March 7. Registration slips can be filled out and turned in at the Hospitality Desk before Tuesday, April 5. There will be a Kick-Off Party at 3 p.m. Friday, April 8, in the Community Room.

Bayer Pond, Don Rasmussen

Don announced that the fish are out and ready to be caught. Don has caught two fish and has heard of other catches. Big Carl is now 33 inches long!

Announcements, Sarah Duggan

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

RESIDENT COUNCIL MINUTES

February 1, 2016

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

Staff present: Lonnie Baker, Sarah Duggan and Monte Spiller

Sarah welcomed all meeting attendees.

Updates:

1. **General Update:** Lonnie stated it's a busy time for Meadowlark Hills as we are looking into next year's budget cycle. He addressed the project concerning parking issues and the possible option that will be used. The Executive Committee and Long Range Planning committee will start presenting with the potential plan to remedy the parking problem and office space, specifically the doctor's office.
2. **Resident Council:** Monte Spiller stated he will provide an updated list of the Resident Council members with contact information in the upcoming months. He explained the reason for the delay is due to the fact there are floor representative elections coming up and possible changes will need to be made to the list.

Approval of January Minutes:

Motion to approve minutes was moved and passed.

New Business:

1. A question about an outdoor therapy area next to Bramlage House was brought up. Lonnie explained it ultimately was looked to be an extension of the Home Health and Therapy Department, but at this point there are second thoughts. With so many changes and the shift of rehabilitation services happening in Manhattan and statewide, the decision at this point is to hold off until things are clearer in the rehabilitation service area.

Old Business:

1. The Pet Policy needs to be updated and sent back for the approval process.

2. The previously reported Touchtown issues have been fixed. In the future, when problems arise, please let Monte, Sarah or Mattie know and they will address those issues immediately.
3. Don Rasmussen provided the council with a copy of the study committee recommendations and information concerning resident owned golf carts. The report gave a detailed breakdown of cart use, liability and insurance, qualifications to operate a cart, full separation of cart related costs, long range cart parking and other miscellaneous golf cart information. After much discussion and reaching out, at this point there is not a lot of current interest for personal golf cart use, outside of a couple residents. The recommendation going forward is if you want to get a golf cart for personal use, please do so. If the number of residents with personal golf carts increases, then we will address the potential need for designated golf cart parking.

Additional Discussion Topics:

1. The question about snow removal was brought up. Residents inquired why snow was not removed between and around cars when other when crews would clean the roads and parking lots.
2. Jean Beatty provided council members with an updated copy of the Board of Trustees Members and their responsibilities.
3. The question for feedback concerning capital projects was brought up. Council member stated the doors for the cottages on Meadowlark Valley Road need re staining. Also, the driveways in Meadowlark Circle are in need of concrete work. Lastly, the question of when the speed bump signs would come down.

	Brief Description	Action to be Taken	Leader	Status
1	Snow Removal	Follow Up	Monte Spiller	Completed
2	Speed Bump Signs	Follow Up	Monte Spiller	Pending

LETTER TO THE MESSENGER

Thank you!

Submitted by Warren Walter

Thank you for the phone calls, the cards and mementos. Happy 29th birthday to me!

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.” – Mahatma Gandhi

On Remembering My Friend Nancy

Submitted by Helen Roser

My invitation to have “Breakfast With Nancy” at the Hollywood Roosevelt Hotel was a chance to see her first foray in the political world on behalf of her beloved Ronnie Reagan. He was seeking his first elected office as governor of California. Rumor had it that the party planned to run him president later.

Her speech before a room of thirty women whom the invitation had identified as “Influencers of Public Opinion” was a far different kind of speaking than she had experienced as a movie actress. She worked with a script, under a director who could call for re-takes and an editor who could cut anything considered unworthy to offer the public. This was a whole new experience for her and no one was more aware of it than Nancy.

After a nice lunch, she gave her little speech before 30 raptly attentive women who drilled her with probing stares while others took notes. Next on the agenda was supplying us with cocktails while Nancy roamed among us to receive our comments on her speaking style.

I was the last one she spoke to and she looked as if she had been through a war. To say “she looked frazzled” would have been an understatement. Her voice was gone and she nearly whispered: “I was scared to death.” I told her: “I know. That was good.” She looked surprised and asked: “How can you say it was good that I looked scared?” I told her that she probably thought of many times in later years. I told her: “It was good that it showed you were scared because it was convincing. You came across as natural and that is very good.”

She looked relieved and her face bloomed as she spoke: “Oh, I am sincere about Ronnie! He has such

wonderful ideas about what he wants to do in office! I smiled at her and nodded as she spoke and said:

“That’s it. Just be yourself. That is how you will most help him. Just be yourself.”

In his years as governor, then president, the press and the public were not always kind to Present Reagan’s beloved Nancy and I sent a little note reminding her to “Just be yourself.”

Later, after he had left the presidency, I was surprised to receive a letter from California that was franked “Ronald Reagan.” Inside was a copy of his handwritten letter that began: “Dear Friend,” telling us that he was ill. I had never had any contact with him but I guess Nancy had mentioned me, and any friend of his beloved Nancy’s was a friend of his. He died a few years later. His wife, whose adoration and support never wavered, my friend Nancy, died March 6, 2016.

A note of appreciation

Submitted by Sharon

A note of appreciation to the residents that help keep our campus tidy by picking up litter that falls or blows unto our grounds. One example is Karen and John Trail filling trash bags as they are walking along side Kimball Avenue. Thank you!

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, March 16, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Jokes of the Week

What kind of music do leprechauns like to listen to?
Sham-rock and roll.

What do you get when you cross a karate expert with a pig?
A porkchop.

PRAIRIE★STAR RESTAURANT

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

March 13 - March 19

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 13 ~ Lunch \$10	Dinner \$12
	Grilled Chicken with Raspberry Sauce Wild Rice Vegetable of the Day	Roasted Pork Loin Garlic Mashed Potatoes Vegetable of the Day
MONDAY	March 14 ~ Lunch \$10	Dinner \$12
	Meatloaf Sandwich French Fries Cole Slaw	Stewed Lemon Chicken Mashed Sweet Potatoes Vegetable of the Day
TUESDAY	March 15 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Chicken Cordon Bleu Rice Pilaf Vegetable of the Day
WED.	March 16 ~ Lunch \$10	Dinner \$14
	Chicken Crepes Rice Pilaf Choice of Vegetable	Shrimp Scampi Roasted Red Potatoes Vegetable of the Day
THURS.	March 17 ~ Lunch \$8	Dinner \$12
	Caesar Salad Bar (does not include drink, starter or dessert)	Roast Turkey Sausage Sage Dressing Gravy Vegetable of the Day
FRIDAY	March 18 ~ Lunch \$11	Dinner \$14
	Fried Catfish Fried Potatoes Choice of Vegetable	Trout Almandine Twice Baked Potato Vegetable of the Day
SAT.	March 19 ~ Lunch \$9	Dinner \$15
	Tamale Pie Black Beans Spanish Rice	Steak Night Baked Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, March 13 - Saturday, March 19

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

Sunday, March 13 – Becoming Jane (2007)

When a would-be literary legend meets a cute but impoverished lawyer, love—and inspiration—blossom.

Co-Starring: Anne Hathaway, James McAvoy & Julie Walters

Rated PG-13; 2 hrs. 1 min.

Monday, March 14 – Singin' in the Rain (1952)

Gene Kelly and Debbie Reynolds combine their talents for this film that includes the songs “Good Morning” and the iconic title tune.

Co-Starring: Gene Kelly, Donald O'Connor & Debbie Reynolds

Rated G; 1 hr. 43 min.

Tuesday, March 15 – The Flying Scotsman (2006)

An amateur cyclist designs and builds his own bike from washing machine parts and other scrap—and then goes on to break a world speed record.

Co-Starring: Jonny Lee Miller, Laura Fraser & Brian Cox

Rated PG-13; 1 hr. 36 min.

Wednesday, March 16 – 3:10 to Yuma (1957)

When the town marshal offers a bounty for outlaw Ben Wade, Dan Evans, a poor rancher hit hard by a crippling drought, takes the job.

Co-Starring: Glenn Ford, Van Heflin & Felicia Farr

Not Rated; 1 hr. 32 min.

Thursday, March 17 – The Wind That Shakes the Barley (2006)

As political tensions brew in early 1920s Ireland, two brothers abandon their civilian lives and take up arms to liberate their country.

Co-Starring: Cillian Murphy, Padraic Delaney & Liam Cunningham

Not Rated; 2 hrs. 7 min.

Friday, March 18 – The Bounty Hunter (2010)

Bounty hunter Milo Boyd finds his latest assignment downright satisfying as he learns that the bail-jumper he must chase down is his ex-wife, Nicole.

Co-Starring: Jennifer Aniston, Gerard Butler & Gio Perez

Rated PG-13; 1 hr. 50 min.

Saturday, March 19 – Robin Hood: Prince of Thieves (1991)

The legend is back, doing what he does best: robbing from the rich, giving to the poor and fighting tyranny.

Co-Starring: Kevin Costner, Morgan Freeman & Mary Elizabeth Mastrantonio

Rated PG-13; 2 hrs. 23 min.

This Week's Opportunities March 13 - March 19

SUNDAY • MARCH 13

Breakfast at Verna Belle's—Omelets with Fruit

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

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

MONDAY • MARCH 14

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, CON

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. ~ Hearing Aid Doctor, CON

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

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

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

TUESDAY • MARCH 15

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

3:30 p.m. ~ Ambassadors Committee Meeting, KSU CL

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

5:30 p.m. ~ 2nd Floor Supper, CR

WEDNESDAY • MARCH 16

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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

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

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

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, LR

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

2:30 p.m. ~ All-Campus St. Patrick's Day Party, CR

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

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

THURSDAY • MARCH 17

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

11:00 a.m. ~ Parkinson's Webinar, CON

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

1:00 p.m. ~ Presentation: Living Well with Parkinson's
Today, CR

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

4:30 p.m. ~ St. Patrick's Day Party at the Hills, GR

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

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

7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • MARCH 18

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

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

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

3:30 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Resident Program: Golden Prairie Honey
Farms, CR

SATURDAY • MARCH 19

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Fit 2 Fight PD, 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