



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 17, 2016

## Meadowlark Hills Wellness Olympiad

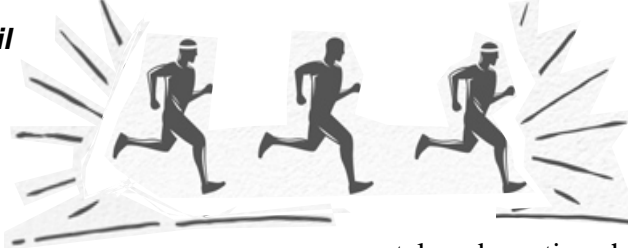
*Have you chosen your teams of three yet?*

**Registration is now open until Tuesday, April 5**

Registration is open for the upcoming Meadowlark Hills Wellness Olympiad, so form a team of three participants and join the challenge!

Registration forms can be found at the Hospitality Desk, and the deadline to enter is Tuesday, April 5. All residents, employees and Passport members are welcome to participate and you can create teams of your choosing.

The Olympiad will run for six weeks, lasting from Monday, April 11, through Friday, May 20. Participants



will be encouraged to be physically active for at least 30 minutes per day. Group activities and challenges will be held throughout the six weeks, ranging from physical, mental, and creative challenges. Being active and participating in the challenges will earn you points for your team, with a lot of prizes up for grabs during the six weeks. The first prize will be awarded to the team with the most creative name! Contact Jeff Heidbreder, Fitness Leader, at (785) 341-2995, or stop by the Fitness Center with questions about the Olympiad.

## Pig Out for Parkinson's

*Order your t-shirt today!*

**Sign-up sheet available until Tuesday, March 22**

The sixth annual Pig Out for Parkinson's, which benefits the Meadowlark Hills Parkinson's Program, is soon approaching!

You can now order your Pig Out for Parkinson's t-shirt by signing up at the Hospitality Desk until Tuesday, March 22.

There are two options of shirts to choose from: short-sleeve and a baseball-style t-shirt. Short-sleeve t-shirts are \$10 each and baseball-style t-shirts are \$14 each (additional cost will apply on order sizes 2x or larger).

If you have additional questions regarding the t-shirt style, size or color, there are sample t-shirts available to try on and see at the Hospitality Desk.

T-shirts can be paid for via cash, check, card or by billing your account. If you would like to see a copy of the t-shirt design, it is also located on the back page of the sign-up sheet.

If you have any questions or concerns, please notify Mattie King, Receptionist, at 323-3832 or by stopping by at the Hospitality Desk.

## Holy Week Services

On Easter and during Holy Week (leading up to Easter Sunday), you are invited to take part in a variety of worship services and fellowship times:

### **Palm Sunday** (Sunday, March 20)

- **9 a.m.** — Chaplain Intern Michael Gugel preaches in the Miller Friendship Room
- **10 a.m.** — Chaplain Intern Michael Gugel preaches in the Community Room, followed by fellowship time & refreshments
- **2 p.m.** — Chaplain Intern Michael Gugel preaches in the Wroten House Library
- **7 p.m.** — College Ave. United Methodist Church Youth in the Community Room

### **Wednesday of Holy Week** (March 23) (Maundy Thursday themes)

- **10 a.m.** — Chaplain Patty Brown-Barnett preaches in the Living Room

### **Easter Sunday** (Sunday, March 27)

- **9 a.m.** — Chaplain Patty Brown-Barnett preaches in the Miller Friendship Room

**Holy Week Services continues, page 3**

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

When is an Irish potato not an Irish potato?  
When it's a French Fry!

Why did the cow cross the road?  
To get to the udder side.

### Video Worship Service

**Wednesday, March 23, at 4 p.m.**

You are invited to watch a televised worship sermon by Reverend William Mueller, titled "Palms & Grain Kernels" at 4 p.m. Wednesday, March 23, in the Living Room. All are welcome.

### 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.

### Saint Patrick's Day Party

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

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

### Easter Brunch Update

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

It's that time again for our annual Easter Brunch! The 11 a.m. lunch is currently full. If you would like to attend Easter Brunch and haven't signed up yet, the 1 p.m. sign up sheet is still available at Prairie Star Restaurant.

### Golf Cart rides are back!

**Monday, March 21, at 2:30 p.m.**

Lets welcome the beautiful weather by taking an afternoon golf cart ride to Bayer Pond! Afternoon rides will depart from the Village Entrance at 2:30 p.m. starting Monday, March 21.

Morning rides will be available at 10 a.m. starting Friday, April 15.

Please sign-up in the Blue Book located at the Hospitality Desk if you are interested in riding down to Bayer Pond.



### Prairie Star Specials Menu change

**Today, March 17, dinner special**

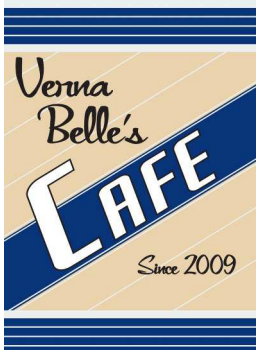
Prairie Star Restaurant has made a change to Thursday, March 17, dinner special menu. The new St. Patrick's Day special is:

- Corned Beef & Cabbage
- Boiled New Potatoes
- Carrots
- Irish Soda Bread

## Lunch Specials

**March 20 – March 26**

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



**Sunday, March 20 – Tuna Salad Sandwich with Soup or Chips** \$3.75/\$5.50

**Monday, March 21 – Triple Meat Pizza** \$3.75/\$5.50

**Tuesday, March 22 – Quesadilla Day!**

Cheese – \$3

Chicken – \$4

Beef – \$5

**Wednesday, March 23 – Chicken and Mac & Cheese Bowl** \$5.50

**Thursday, March 24 – Grilled Ham and Cheese with Soup or Chips** \$3.75/\$5.50

**Friday, March 25 – French Onion Burger with Potato Salad** \$5.50

**Saturday, March 26 – Egg Salad Sandwich with Soup or Chips** \$3.75/\$5.50

## EVENTS & ANNOUNCEMENTS

### **Life Reimagines: Facilitation the Transition for the Next Great Adventure** **Tuesday, March 22, at 4 p.m.**

Individuals either approaching retirement age or currently retired are encouraged to enroll in this five-week course that starts Tuesday, March 22. Classes are held on Tuesdays from 4 to 5:30 p.m. at UFM and the fee is \$9. Instructors are former and present faculty from KSU, including Drs. Fred Newton, Dan Wilcox and Arthur Rathbun.

The course will introduce strategies to plan, adapt and maintain personal well-being during the autumn years of life. The following objectives will be explored: (1) Managing transitions. Finding ways to adapt, make changes, re-imagine, and re-define a changing life situation. (2) Reflection and recapitulation. Utilizing stories of importance in one's life to define strengths, interests, and meaning that in turn identify attributes that can be used in the future. (3) Increasing and sustaining happiness. Engaging in activities that maintain physical, psychological, and social well-being. (4) Openness and Creativity. Learning to create and take advantage of serendipity and the chance opportunities that are available in every day experience. (5) Overcoming perceived barriers. The opposite of action in life is fear. Fear is most often a paralysis of the unknown; how to break those barriers. (6) Maintaining social support. How we can maintain human connections with opportunities to converse and share thoughts and feelings with other people. (7) Creating a life of meaning. We all leave the planet, so what is the most important legacy that we would like to leave behind?

The activities to achieve these objectives will include readings and brief presentations, demonstration of activities to exemplify the concepts, and group discussions and interactions to personalize these ideas to our own lives.

Enroll through UFM Community Learning Center online here <http://bit.ly/1RhYVuA> or via phone by calling 539-8763. If you are interested in this event and would like transportation set up, please contact Monte Spiller at 323-3801.

### **Continued from page 1, Holy Week Services**

#### **Easter Sunday (March 27)**

- **10 a.m.** — Chaplain Patty Brown-Barnett preaches in the Community Room, followed by fellowship time & refreshments
- **2 p.m.** — Chaplain Patty Brown-Barnett preaches in the Wroten House Library
- **7 p.m.** — College Ave. UMC Choir sings Easter Music in the Community Room

### **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.

### **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.

## ASK SARAH

### **The fire alarm is sounding... now what?**

*Submitted by Sarah Duggan*

Fire alarm testing and procedure drills fall into the category of things that are super inconvenient and irritating – that is until the day comes that it is not a drill. Then we appreciate the fine-tuned, functioning and loud alarm for alerting us to an emergency.

This week the fire alarms went off and it was not a drill – yikes! The issue turned out to be minor and easily resolved; however, this incident prompted the question of what happens if there *is* a real fire?

If the fire alarms sound and you are on the first floor, find the nearest exit and move outside. If, at the time of the alarm, you are in your apartment and it is located on the second, third, fourth or fifth floor, remain in your apartment with the door shut. Should a fire occur in your apartment, move to an exit and activate the alarm system by using the pull station, which is located at each exit door.

The building systems have been designed to avoid "really bad" fires. There is no way to determine when there will be an actual emergency or where it might occur. The Fire Department will decide who to evacuate, the sequence it is to occur, how to contain and fight the fire.

The most important step in a fire is activating the alarm system. The Fire Department will respond and they are fully trained to deal with all aspects of a fire situation, including evacuation. They are the only ones that can activate and use elevators during the fire and they have the necessary equipment for evacuation. Of course, our dedicated team of maintenance professionals will also respond to assist.

See you next week and thanks for stopping by!



## UPCOMING EVENTS & ANNOUNCEMENTS

### Vespers Services

**Sunday, March 20, at 7 p.m.**

The Vespers service, led by College Avenue Methodist Church Youth Group, will be at 7 p.m. Sunday, March 20, in the Community Room. All are welcome.

### 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.

### Memory Activities Class

**Wednesday, March 23, 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. Wednesday, March 23, in the KSU Classroom.

### Talent needed for Meadowlark Hills *Got Talent!*

**Sign-up by Thursday, March 24**

A quick reminder, we are less than two and a half weeks away from the Meadowlark Hills *Got Talent* show and we have only had two acts signed up. Don't be shy! Take that leap of faith and share your talent with the rest of Meadowlark Hills.

Bring your songs, poetry, and artwork, comic routine or unique talent to share with the crowd. We ask that acts last no longer than five-minute maximum.

You can sign up to perform (in the Blue Book at the Hospitality Desk) or just 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. on Friday, April 1, in the Community Room.

### Verna Belle's Café & Prairie Star

#### Restaurant hours on Easter

**Sunday, March 27**

Verna Belle's Café will be open from 10 a.m. to 2 p.m. and Prairie Star Restaurant will be open from 5 to 7 p.m. Sunday, March 27.

### Parkinson's Presentation

**Today, 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. today, March 17, in the Community Room. This event is free and open to all who would like to learn more.

### Card Making with Michelle

**Tuesday, March 22, at 2 p.m.**

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

### Acrylic Watercolor Painting for Fun

**Saturday, March 19, 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!

### Good Friday Service

**Friday, March 25, at 4 p.m.**

First Presbyterian Church will be hosting a Good Friday Service at 4 p.m. Friday, March 25, in the Living Room. The service will be led by Reverend Cam McConnell. All are welcome.

DRINK SPECIAL



### March 21 to March 26 Shamrock Shaker

1 1/2 oz. Kahlua  
2 1/2 oz. Milk (half-n-half)  
1/2 oz. Amaretto

**\$3.75**





*Omelet Bar*

*Carved Prime Rib*

*Carved Baked Ham*

*Shrimp & Crab Cakes*

*Skillet Chicken*

*with Creamy Cilantro Lime Sauce*

*Italian Sausage Tortellini*

*Asparagus Quiche*

*Macaroni & cheese*

*Fried Drumsticks*

*Oven Roasted Potatoes*

*Dijon Scalloped Potatoes*

*Fresh Green Beans*

*Spinach Soufflé*

*Biscuits & Gravy*

*Bacon & Sausage*

*Fresh Fruit*

*Green Salad*

*Poached Whole Salmon*

*Duck & Wild Rice Salad*

*Marinated Asparagus*

*Seafood Salad*

*Potato Salad Pasta Salad*

*Deviled Eggs*

*Waldorf Salad*

*Roasted Cauliflower & Beet Salad*

*Ambrosia Salad*

*Roasted Vegetables*

*Blueberry Muffins*

*Bran Muffins*

*Cranberry Muffins*

*Zucchini Bread*

*Banana Bread*

*Cinnamon Rolls*

*Apple Cheddar Crumble*

*Chocolate Banana Bread Pudding*

*with Jack Daniels Sauce*

*Boston Cream Pie*

*Lemon Meringue Pie*

*Pecan Pie*

*Ice Box Pie*

*Strawberry Pie*

*Chocolate Almond Chiffon*

*German Chocolate Cake*

*Apple Cake*

*Citrus Cheesecake*

*Carrot Cake*



# PRAIRIE★STAR RESTAURANT

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

## March 20 - March 26

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 20 ~ Lunch \$10	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	March 21 ~ Lunch \$10	Dinner \$13
	Sweet & Sour Pork Chinese Noodles Choice of Vegetable	Shrimp & Chicken Fettuccini with Roasted Red Pepper Cream Sauce Garlic Toast Vegetable of the Day
TUESDAY	March 22 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Sautéed Pork Medallions with Balsamic Honey Glaze Roasted Red Potatoes Vegetable of the Day
WED.	March 23 ~ Lunch \$12	Dinner \$12
	London Broil Loaded Mashed Potatoes Choice of Vegetable	Roast Turkey with Sausage Sage Dressing Mashed Potatoes & Gravy Vegetable of the Day
THURS.	March 24 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter or dessert)	Wild Mushroom Chicken Roulades with Sherry Sage Sauce Wild Rice Vegetable of the Day
FRIDAY	March 25 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy French Fries Coleslaw	Baked Tilapia Twice Baked Potato Vegetable of the Day
SAT.	March 26 ~ Lunch \$10	Dinner \$15
	Pecan Crusted Chicken Rice Pilaf Choice of Vegetable	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 20 - Saturday, March 26

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

### **Sunday, March 20 – The Water Horse (2007)**

His tiny pet turns into a towering beast. The friendly kind, fortunately—but where do you hide a monster?

**Co-Starring: Emily Watson, David Morrissey & Alex Etel**

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

### **Monday, March 21 – The Greatest Show on Earth (1952) \**Resident Request***

Jealousy, secrets and lies. The circus is coming to town, and it's bringing plenty of drama along with it.

**Co-Starring: James Stewart, Charlton Heston & Betty Hutton**

**Not Rated; 2 hrs. 32 min.**

### **Tuesday, March 22 – Flyboys (2006)**

A farm boy becomes one of the world's first fighter pilots when he volunteers to join the French military at the dawn of World War I.

**Co-Starring: James Franco, Jean Reno & Jennifer Decker**

**Rated PG-13; 2 hrs. 20 min.**

### **Wednesday, March 23 – Invincible (2006)**

A devoted Philadelphia Eagles fan who's just lost his wife and his job impresses the team's coach in open tryouts and wins a place on the field.

**Co-Starring: Mark Wahlberg, Greg Kinnear & Elizabeth Banks**

**Rated PG; 1 hr. 44 min.**

### **Thursday, March 24 – Paper Moon (1973) \**Resident Request***

A con man and his precocious "daughter" grift their way across depression-era America in director Peter Bogdanovich's nostalgic look at the 1930s.

**Co-Starring: Ryan O'Neal, Tatum O'Neal & Madeline Kahn**

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

### **Friday, March 25 – The Martian (2015) \**Resident Request***

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment—despite having only 28 days of supplies left.

**Co-Starring: Matt Damon, Jessica Chastain & Kristen Wiig**

**Rated PG-13; 2 hrs. 10 min.**

### **Saturday, March 26 – Must Love Dogs (2005)**

She's not ready to get back out there—but her family's pushing the reluctant divorcee into the romance ring again.

**Co-Starring: Diane Lane, John Cusack & Elizabeth Perkins**

**Rated PG-13; 1 hr. 37 min.**

# This Week's Opportunities March 20 - March 26

## SUNDAY • MARCH 20

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

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

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

## MONDAY • MARCH 21

*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

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

2:30 p.m. ~ Pond Ride, VE

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

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

## TUESDAY • MARCH 22

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

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

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

11:30 a.m. ~ AAUW Serendipity Luncheon, CON

12:00 p.m. ~ Seven Dolors Book Discussion, LR

1:00 p.m. ~ Tai Chi, CR

1:00 p.m. ~ Study Session with Anthropology Students and  
Dr. Mike Wesch, KSU CL

2:00 p.m. ~ Card Making with Michelle, LR

2:30 p.m. ~ Pond Ride, VE

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

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

5:30 p.m. ~ 3rd Floor Supper, CR

## WEDNESDAY • MARCH 23

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

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

9:00 a.m. ~ Depart to Overland Park for NEW Theater  
Restaurant Trip, VE

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

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

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. ~ 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

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

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Diabetic Support Group, KSU CL

2:30 p.m. ~ Pond Ride, VE

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

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

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

4:00 p.m. ~ Video Worship Service, LR

5:30 p.m. ~ 1st Floor Supper, MR

## THURSDAY • MARCH 24

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

9:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, LR

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

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

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

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

2:30 p.m. ~ Pond Ride, VE

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

## FRIDAY • MARCH 25

*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

12:00 p.m. ~ Parkinson's Partners Luncheon, CR

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

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

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

2:30 p.m. ~ Pond Ride, VE

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

4:00 p.m. ~ Good Friday Service, LR

7:00 p.m. ~ Resident Program: Sunset Zoo Presentation,  
CR

## SATURDAY • MARCH 26

*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

2:30 p.m. ~ Pond Ride, VE

## 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