



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 24, 2016

8th Annual Tulip Time Festival

Day trip to visit Ted Ensley Gardens



Thursday, April 14, at 8:45 a.m.

Experience the beauty of the Ted Ensley Gardens at Lake Shawnee in Topeka, Kan. in full bloom.

Meadowlark Hills will be taking a group to visit the 8th Annual Tulip Time Festival Thursday, April 14. The group will tour and relish the thousands of tulips along the Ted Ensley Garden at Lake Shawnee.

Ted Ensley Gardens spans nine and half acres with 60,000 tulips and daffodils in the spring. The bright beauties are surrounded by a covered bridge, rock gardens, gazebo, pergola, pagoda, waterfalls, streams and several ponds.

Visitors are welcome to enjoy the splendor of the tulips and daffodils in the great landscaped parks followed by a picnic lunch. The lunch menu includes: a sandwich, chips, fruit, a cookie, water and soda.

Transportation will depart from the Village Entrance at 8:45 a.m. and will return to Meadowlark Hills around 2 p.m. Please sign up in the Blue Book located at the Hospitality Desk to attend this day trip.

The cost of the trip is \$27 per person and includes the tour, lunch and transportation.

Please contact Monte Spiller, Resident Services Leader at (785) 323-3801 with any questions.

Personhood & Dementia

The K-State Center of Aging Presents

Power of the Person: Using Stories to Connect

Thursday, April 7, from 9 to 11 a.m. and 1 to 3 p.m.

Each individual has a unique story and these stories have the power to connect us regardless of the experience, ability and stage in life. The K-State Center of Aging presents: *Personhood & Dementia* Thursday, April 7, with two different showing times: 9 to 11 a.m. and 1 to 3 p.m. at the KSU Alumni Center located at 1120 Alumni Center.

This workshop will focus on storytelling techniques you can use to unlock the stories of those you care for and how to tell your caregivers story to support others. The storytelling exploration will be guided by internationally acclaimed Irish storyteller, Clare

Murphy. Clare will help us understand the art and craft of storytelling and why it is imperative to maintain the personhood in those with dementia.

Other highlights include Kim Richards, of the Beach Museum, who will share her work using visual thinking strategies to discuss artwork with individuals with dementia and teach us how to facilitate this type of activity.

The *Personhood & Dementia* event is free and open to the public. No prior registration is necessary to attend this event. All are welcome to attend.

UPCOMING EVENTS & ANNOUNCEMENTS

Healthcare Workers Appreciation Night Wednesday, April 6, from 5 to 7:30 p.m.

Meadowlark Hills wants to say thank you to all of our healthcare workers, as well as the healthcare workers in the surrounding area. The Meadowlark Hills Human Resources staff will be hosting a Healthcare Workers Appreciation Night from 5 to 7:30 p.m. Wednesday, April 6, in the Manhattan Room, Kansas Pub, and on the Prairie Star Patio. If you'd like to come out and say thank you to the men and women who work so hard in the healthcare field, feel free to do so!

The Generals who Became President Tuesday, March 29, from 6:30 to 8:30 p.m.

This Osher Class will focus on three of America's most significant and influential military men. The class will examine the life and military leadership of George Washington during the American Revolution, review the life and military genius of Ulysses Grant, and Kansas' own Dwight D. Eisenhower's history as a battlefield commander and how his role played a significant part of a war-winning coalition of fractious allies during the Second World War.

Join Robert Smith, Director of the Fort Riley Museum and doctorate in history from KSU, as he presents over the well-known generals who became Presidents.

The first class is from 6:30 to 8:30 p.m. Tuesday, March 29, in the Community Room. The second class will be Tuesday, April 5, and third class will be Tuesday, April 12 at the same time and location as the first class. No prior registration is necessary to attend.

Easter Services at Meadowlark Hills

On Sunday, March 27, you are invited to take part in the following Easter services as well as a time of fellowship following the 10 a.m. service:

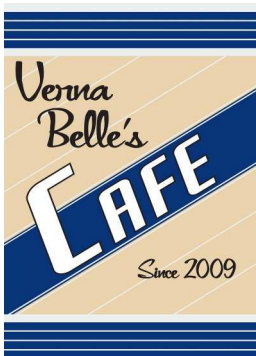
Easter Sunday

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

Wishing you peace and joy this Holy Week.

Lunch Specials March 27 – April 2

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



Sunday, March 27 – Chicken Caesar Salad with Soup or Chips	\$5.50
Monday, March 28 – Turkey & Avocado Wrapini with Cottage Cheese	\$3.75/\$5.50
Tuesday, March 29 – Chicken Alfredo Pizza	\$3.75/\$5.50
Wednesday, March 30 – Italian Beef Panini	\$3.75/\$5.50
Thursday, March 31 – Pizza Grilled Cheese with Soup or Chips	\$3.75/\$5.50
Friday, April 1 – Bratwurst with Macaroni Salad	\$5.50
Saturday, April 2 – Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50

EVENTS & ANNOUNCEMENTS

Meadowlark Hills Wellness Olympiad

Registration is 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 or be placed on a team.

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.

Worker Heritage: Homesteaders, Farmers, Miners and Women! **Wednesday, April 6, from 6:30 to 8:30 p.m.**

This Osher Class will discuss how the homestead era in Kansas provided an environment for labor and farmer organization such as the Grange and Knights of Labor. The class will review the forgotten Cloud County town of Minersville, a coal mining community with a rich labor cooperative movement. Additionally, the class will examine how women helped change labor in America, including stories of Mother Jones, Frances Perkins, Lucy Parsons, Susan B. Anthony and other women past and present. Join local Manhattan educators: Greg Stephens, Tom Fleming, Debi Aaron, Dee Boyd, Bob Storer and Joan Ratzlaff as they present the heritage of workers in Kansas.

The first class is from 6:30 to 8:30 Wednesday, April 6, in the Community Room. The second and third classes are scheduled Wednesday, April 13, and Wednesday, April 20, at the same time and location as the first class.

Jokes of the Week

What is a cheetah's favorite food?
Fast food!

Have you heard about the new
broom?
It's sweeping the nation.

Sweet, Sweet Honey for Sale

Verna Belle's Café is now selling 12 oz. bear bottles of honey for \$6 until Friday, April 1.

Due to limited honey, purchasers will be limited to three bottles per person. Happy shopping!



Parkinson's Program Party **Tuesday, April 5, at 6:30 p.m.**

The Meadowlark Hills Parkinson's Program invites you to an after hours reception and featured speaker Tuesday, April 5.

Those affected by Parkinson's disease can gain more understanding that with the right support, they can live well with Parkinson's Disease. Any individual can benefit from the inspirational and motivational presentation.

The Parkinson's Party will take place at the Holiday Inn Campus Ballroom starting at 6:30 p.m. Appetizers and Cash bar will run from 6:30 to 7 p.m., with the presentation starting at 7:15 p.m. The presentation "Positively Un-shake-able," will be delivered by inspirational speaker and nationally recognized & critically acclaimed author, John Baumann, BBA, JD.

This event is sponsored by the Mary Roberts Meadowlark Hills Parkinson's Memorial Fund. If you have questions about the Parkinson's Program, please contact Michelle Haub, Parkinson's Program Leader, at 323-3899.

A sign up sheet for transportation is available in the Blue Book located at the Hospitality Desk. The cost for transportation is \$3.

Relay For Life — Virtual Survivor forms

Relay for Life of K-State honors cancer survivors and patients at the annual event Friday, April 1. The committee has had a busy year fundraising for cancer research and would like to invite any cancer survivors who cannot attend the event to sign up as "virtual survivors."

Virtual survivors will be represented by a committee member in the Survivors' Lap of the ceremony, since they will not be present the night of the event.

Virtual survivor forms are now available at the Hospitality Desk. Forms will need to be filled out by Wednesday, March 30.

If you have any questions please contact Abby Cambiano, Outreach and Virtual Survivor Chair, at (816) 830-9423.

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Travelers

Attention Meadowlark Travelers! Thank you to those of you who took time to complete a travel survey. After reviewing your responses, Monte Spiller and Becky Fitzgerald have begun planning trips to Kansas City and the Grapevine, Texas, area. It's possible we'll be going to Kansas City in early or mid-May, and as the survey indicated, the Grapevine, Texas, tour will likely be scheduled for early December. Please stay tuned!

Underground Railroad Sites in Riley and Wabaunsee Counties

Friday, April 8, from 9 a.m. to 2 p.m.

This Special Osher Event will be taking a group to the Underground Railroad sites in Riley and Wabaunsee Counties Friday, April 8.

The Underground Railroad was a lifeline for slaves yearning to be free, even in Kansas, the Free State. On this journey, the group will visit significant sites and learn who played important roles during this period and explore the famous Beecher Bible and Rifle Church, Strong Farm, and meet Captain Mitchell, Reverend Blood and others who helped make Kansas a Free State. This adventure will place you in the shoes of the enslaved Africans, slave owners and abolitionists as you learn the true meaning of strength, courage and endurance experienced.

Join Executive Director of the Wonder Workshop and Executive Producer of the documentary "The Kansas Underground Railroad," Richard Pitts for day trip to the Underground Railroad sites. Osher transportation will depart from the Village Entrance at 9 a.m. and will return to Manhattan, Kan. at approximately 2 p.m. A \$75 fee includes transportation, presentation, admission and lunch. A refund must be requested by Friday, April 1, minus a \$15 administrative fee.

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, Senior Pastor at First Presbyterian Church. All are welcome.

Meadowlark Hills Got Talent

Friday, April 1, at 7 p.m.

Come out for this annual event hosted by Kinzie Jo Nelson and Monte Spiller at 7 p.m. Friday, April 1, in the Community Room. Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented.

Sign-up in the Blue Book located at the Hospitality Desk if you are wanting to perform.

DRINK SPECIAL



March 28 to April 1 Easter Egg Cocktail

1 oz. Blue Curacao
1 oz. White Crème De Cacao
Half-n-Half

\$3.75

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. Only four free tickets are left and are available at the Hospitality Desk.

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.

Center on Aging Lecture Series

Thursday, March 31, at 4 p.m.

Join Dr. Sergio Curto, Electrical and Computer Engineer, for the Center on Aging Lecture Series at 4 p.m. Thursday, March 31, in the KSU Classroom.

Dr. Curto will discuss Hyperthermia and Ablation Technology in Cancer Treatment. Abstract: Surgery chemotherapy and ionizing radiotherapy are worldwide established conventional cancer treatments, however specific patient conditions and tumor complexion may compromise the prognosis with these therapies.

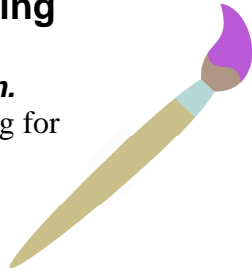
This discussion will highlight an overview of thermal therapy and some of the recent outcomes of the research we are performing at the Biomedical Computing Devices Lab, Department of Electrical and Computer Engineering, KSU.

UPCOMING EVENTS & ANNOUNCEMENTS

Acrylic Watercolor Painting for Fun

Saturday, March 26, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, March 26, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint way!



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.

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.

Memory Activities Class

Wednesday, March 30, 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 30, in the KSU Classroom.

Vespers Services

Sunday, March 27, at 7 p.m.

The Vespers service, led by College Avenue Methodist Church Choir, will be at 7 p.m. Sunday, March 27, in the Community Room. All are welcome.

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

ASK SARAH

It's all about communication!

Submitted by Sarah Duggan

Communication is important for any relationship, professional or personal, to be successful. However, in our fast-paced world, it is sometimes hard to communicate as often or thoroughly as is required.

Sometimes, things are changed throughout the day at Meadowlark Hills – usually due to circumstances out of anyone's control. The movie that is supposed to be shown may not come in or the program might be moved to another room at the last minute. When these changes happen, the Hospitality Team is very diligent at utilizing flyers, the welcome signs and Touchtown TV to alert the residents.

- Touchtown TV is an internal television channel is managed by the Hospitality Team. This can be found on channel 1960. The channel is available 24 hours a day, seven days a week. If there is a cancellation for an activity, there will be a slide placed on Touchtown.
- Flyers – The Hospitality Team posts flyers in the elevators, Game Room and the bulletin board at the



west side entrance advertising events and activities. Cancellations and changes are communicated on flyers in these areas.

- Welcome Signs – Every day, the Hospitality Team puts out the Welcome Sign for the day in the main lobby. This sign lists the daily meal specials, the movie for the day and a list of the day's events. If there is a cancellation, the event will be marked out with a note that says "canceled" next to it. If there is change, it will be indicated on the Welcome Sign.

Of course, if there is ever a question about an activity or event, please inquire with any of the following people:

- Monte Spiller, Resident Services Leader, (785) 323-3801
- Hospitality Team, (785) 537-4610
- Sarah Duggan, Community Relations Director, (785) 323-3860
- Magye Loya, Community Relations Assistant, (785) 323-3890

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.

March 27 — April 2

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.

SUNDAY	March 27 ~ Lunch \$18	Dinner \$11
	Easter Brunch	Chili Cinnamon Roll Vegetable of the Day
MONDAY	March 28 ~ Lunch \$9	Dinner \$12
	Chicken & Noddle Over Mashed Potatoes Choice of Vegetable	Baked Chicken Thighs Mashed Sweet Potatoes Vegetable of the Day
TUESDAY	March 29 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Fog City Mac Garlic Toast Vegetable of the Day
WED.	March 30 ~ Lunch \$10	Dinner \$13
	Grilled Chicken with Lemon Tarragon Sauce Rice Pilaf Choice of Vegetable	Swiss Steak Garlic Mashed Potatoes Vegetable of the Day
THURS.	March 31 ~ Lunch \$7	Dinner \$12
	Sweet Potato & Potato Bar (does not include drink, starter or dessert)	Braised Pork Butt with Carrots, Celery & Onion Roasted Red Potatoes
FRIDAY	April 1 ~ Lunch \$10	Dinner \$14
	Grilled Cheese Tomato Soup Choice of Vegetable	Sole with Dill Sauce Mushroom Risotto Vegetable of the Day
SAT.	April 2 ~ Lunch \$10	Dinner \$12
	Tortellini with Italian Sausage Marinara Garlic Toast Choice of Vegetable	Chicken Newbury in Puff Pastry Shell Wild Rice 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 27 - Saturday, April 2

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

2 p.m. and 6 p.m., Sunday

Sunday, March 27 – The Lightkeepers (2009)

Richard Dreyfuss stars as a solitary lighthouse keeper who thinks he no longer needs women—until well-kept Ruth and her housekeeper arrive.

Co-Starring: Bruce Dern, Mamie Gummer & Richard Dreyfuss

Rated PG; 1 hr. 36 min.

Monday, March 28 – 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 29 – The Blind Side (2009)

In this sports drama based on a true story, an affluent couple takes in a homeless teenager and nurtures his growth into a football powerhouse.

Co-Starring: Quinton Aaron, Sandra Bullock & Tim McGraw

Rated PG-13; 2 hrs. 6 min.

Wednesday, March 30 – For the Boys (1991)

On the eve of receiving a presidential medal, aging USO performer Dixie Leonard reflects on the events of her 50-year career.

Co-Starring: Bette Midler, James Caan & George Segal

Rated R for language; 2 hrs. 24 min.

Thursday, March 31 – Jeremiah Johnson (1972)

A loner seeks isolation in the mountains, but he's forced to battle nature's inconstancy and nearly every Indian in the vicinity to survive.

Co-Starring: Robert Redford, Will Geer & Delle Bolton

Not Rated; 1 hr. 46 min.

Friday, April 1 – Life As We Know It (2010)

Holly and Eric discover reciprocal hatred during their first date, but must put their feelings aside after becoming guardians of their friends' baby.

Co-Starring: Katherine Heigl, Josh Duhamel & Josh Lucas

Rated PG-13; 1 hr. 45 min.

Saturday, April 2 – Larry Crowne (2011)

An unemployed middle-aged man tries college for the first time. Is it ever too late to start over?

Co-Starring: Tom Hanks, Julia Roberts & Sarah Mahoney

Rated PG-13; 1 hr. 38 min.

This Week's Opportunities March 27 - April 2

SUNDAY • MARCH 27

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Miller Worship Service, MFR
10:00 a.m. ~ Worship Service, CR
11:00 a.m. & 1:00 p.m. ~ Easter Brunch, PS, MR & CR
2:00 p.m. ~ Wroten Worship Service, WL
2:30 p.m. ~ Pond Ride, VE
7:00 p.m. ~ Vespers, College Avenue Methodist Church Choir, CR

MONDAY • MARCH 28

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. ~ 1st Pres. Men's Luncheon, MR
12:00 p.m. ~ Yoga, KSU CL
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
2:15 p.m. ~ Parkinson's Voice Class, KSU CL
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • MARCH 29

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR
10:30 a.m. ~ Reality Check, TR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
2:00 p.m. ~ Writing Group, LR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Coffee Corner, CR
3:30 p.m. ~ Ambassadors Committee Meeting, CON
4:00 p.m. ~ Newspaper & Bible, LR
6:30 p.m. ~ Osher Class: The Generals, CR

WEDNESDAY • MARCH 30

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 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
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Pitch, GR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ Fit 2 Fight PD, CR

THURSDAY • MARCH 31

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, LR
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. ~ Pond Ride, VE
4:00 p.m. ~ Center on Aging Lecture Series, KSU CL
7:00 p.m. ~ IL Bingo, CR

FRIDAY • APRIL 1

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Art Committee Meeting, LR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
2:30 p.m. ~ Pond Ride, VE
3:30 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Resident Program: MLH Talent Show, CR

SATURDAY • APRIL 2

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	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
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	WL, Wroten Library
	WS, Woodshop

*Touchtown can be viewed on channel 1960