



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 31, 2016

Kansas City, here we come!

Art, show tunes and history in the mix for May trip

Submitted by

Becky Fitzgerald

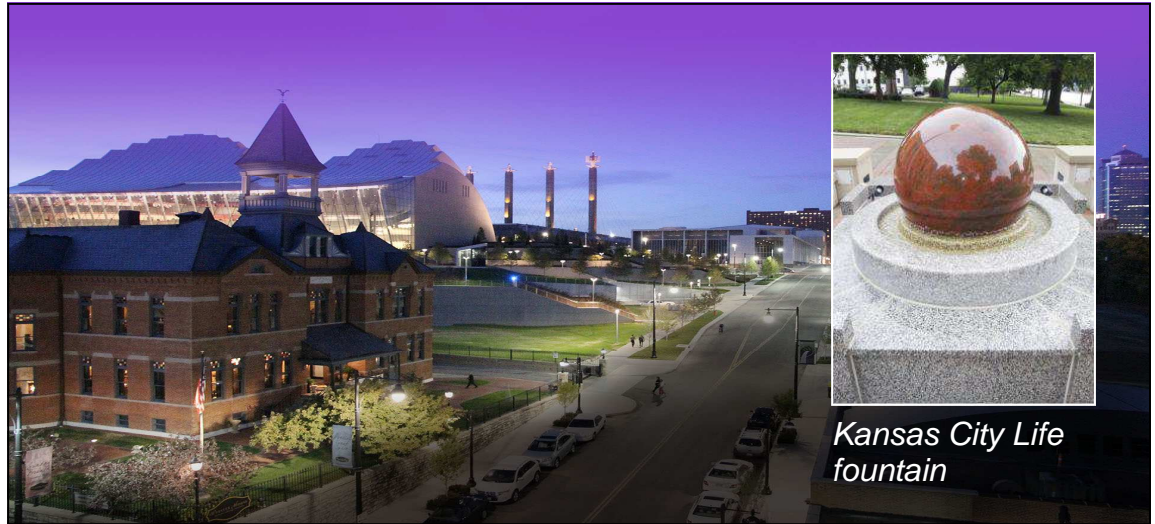
Kemper Museum of Contemporary Art, "A Grand Night of Singing" at Quality Hill Playhouse and lunch/shopping at Webster House. Kansas City, Mo., has much to entice visitors, so plan now to join Monte Spiller and Becky Fitzgerald when we travel in May to the City of Fountains.

A three-day, two-night adventure is planned for Tuesday, May 10 through Thursday, May 12, and speaking of water features, a guided tour of some of the city's fountains is on our itinerary, too!

In addition to sites in the downtown and Country Club Plaza areas of Kansas City, we'll spend some of our time in nearby Independence, with guided tours at the Harry S. Truman Museum and an architectural wonder: Community of Christ Temple.

Our home base during our stay is the Embassy Suites Plaza, offering complimentary cooked-to-order breakfast and an evening Manager's Reception, featuring adult beverages and snacks. The hotel also offers free shuttle service to the plaza and Westport areas.

Monte and Becky carefully read your surveys, and this trip has been planned with our Meadowlark Hills Travelers in mind. Tours at museums and the temple will range in length from thirty minutes to an hour, and seating is available along the way for those with difficulty standing for long periods. Our group, depending on the size, will be divided into smaller groups, increasing our ability to hear our docents.



Travelers will eat lunch at Webster House, located in a former school building.

Kansas City Life fountain

During the fountain tour, we'll be viewing those landmarks from the comfort of our motor coach, with docents on board to explain what we're seeing. Sitting in our reserved seats at downtown's Quality Hill Playhouse, we'll be swept away by an enchanting Tony Award®-nominated musical, featuring songs by two of the theatre's greatest songwriters – Rodgers and Hammerstein.

Cost is \$395 per person (double occupancy) with 20 paid travelers. The single rate is \$545. This trip fee includes hotel suite with complimentary amenities, motor coach transportation, two hot breakfasts, three lunches and all activity fees (museums, tours and Playhouse performance). A \$100 deposit, payable by check or credit card, is due with your reservation. Residents may add this fee to their April statement. Please note, the cost may vary, depending on the number of travelers.

Complete itineraries will be available soon; Becky and Monte are working to firm up a few tour stops. If you have questions, please contact either tour leader.

Monte: (785) 323-3801

Becky: (785) 323-3843

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

If April showers bring May flowers, what
do May flowers bring?
Pilgrims.

How many tickles does it take to make an
octopus laugh?
Ten-tickles.

Let's play Grow Green Bingo

Thursday, April 7, 14 & 21, at 7 p.m.

Thursday night bingo sessions will have a different twist for the first three weeks in April. Whether or not you are a regular bingo player, plan now to try your luck at 7 p.m. Monday, April 7, 14 and 21 in the Community Room for Grow Green Bingo, sponsored by Meadowlark Hills Foundation. All proceeds from these sessions will be combined to benefit the Good Samaritan Fund on Grow Green Match Day, which is Friday, April 22. On that Friday, a local philanthropist is offering a 50 cent match to each dollar donated.

Grow Green Bingo nights will feature celebrity callers, out-of-the ordinary bingo games and special prizes, such as gift certificates to be used at Meadowlark Hills or local businesses. The fee to participate is a donation amount of your choice, but a minimum of \$1 per card is encouraged. Cash or check will be accepted. See next week's Messenger for more information.

8th Annual Tulip Time Festival

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.

Little Apple Chorus: Our Americana

Saturday, April 9, at 3 p.m.

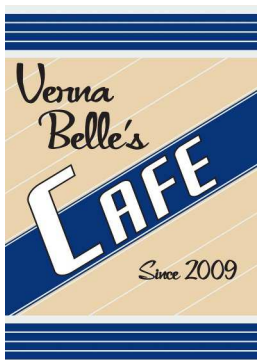
Transportation will be available for \$3 per person by signing up in the Blue Book located in the Hospitality Desk. The first shuttle will depart from the Village Entrance at 2:15 p.m. and second shuttle will depart at 2:45 p.m.

Lunch Specials

April 3 – April 9

Hours: Monday–Friday, 8 a.m. to 5 p.m.

Saturday–Sunday, 9 a.m. to 3 p.m.



Sunday, April 3 – Chicken Salad Sandwich with Soup or Chips

\$3.75/\$5.50

Monday, April 4 – BBQ Chicken Pizza

\$3.75/\$5.50

Tuesday, April 5 – Meatloaf Sandwich with Soup or Chips

\$3.75/\$5.50

Wednesday, April 6 – Steak Fajita Quesadilla with Corn Salad

\$3.75/\$5.50

Thursday, April 7 – Avocado BLT with Soup or Chips

\$3.75/\$5.50

Friday, April 8 – Grilled Chicken Sandwich with Broccoli Salad

\$5.50

Saturday, April 9 – Ham Salad Sandwich with Soup or Chips

\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Wellness Olympiad Kick Off!

Registration is open until Tuesday, April 5

The registration window is nearing the deadline, the fun is about to begin, so be sure to create a team and join in. Registration forms can be found at the Hospitality Desk and must be turned in by Tuesday, April 5. Each team will have three participants; you can form your own team, or let us know if you need help in finding a team to join.

The most creative team name will win the first prize up for grabs during the six-week wellness challenge. Each participant will be encouraged to get thirty minutes or more of physical activity each day. Also, physical, mental and creative challenges will be held during the Olympiad, with points being awarded for activity and participation. A lot of prizes will be awarded, so you may win something just for working towards better health!

The Olympiad will be held from Monday, April 11 through Tuesday, May 20, with the kickoff party from 3 to 4 p.m. Tuesday, April 8, in the Community Room. Please contact Jeff Heidbreder, Fitness Leader at (785) 341-2995 with any questions about the Meadowlark Hills Wellness Olympiad.

The Generals who Became President **Tuesday, April 5, 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 from 6:30 to 8:30 p.m. Tuesday, April 5, in the Community Room. The third class will be Tuesday, April 12, at the same time and location. No prior registration is necessary to attend.

Newlyweds Game Show Night **Friday, April 8, at 7 p.m.**

Friday, April 8, the anthropology students will be hosting the Newlyweds Game Show Night. This will resemble the classic American TV game show we all know and love!

The night will include putting students and residents to the test of how well they know each other. Participants will be asked revealing questions in the multiple rounds trying to match their partner's answer. Come join us for a night filled with laughter and good memories to come at 7 p.m. in the Community Room!

Outdoor Encounters

Submitted by Don Rasmussen

Spring is in the air! Well, at least pollen is, and all of God's creatures and plants are readying themselves for another life cycle. Daffodils, crocus, forsythia, bradford pear, redbud and crab apple are in full bloom while tulips and azalea are not far behind. Within days the openness of the woods will close in as chlorophyll fills the voids. Frogs and turtles have come out of partial hibernation. The first substantial rain (badly needed) will prompt the deep booming mating call of bull frogs. That same rain will unleash a plethora of wild flowers from seeds scattered by Sue Hunt. The corn feeder (on the dam) has sustained deer, squirrel and quail over the winter. The fact that some of the corn now remains uneaten speaks to the growing abundance of natural foods.

Geese and ducks have for several weeks now, been returning through the Midwest flyway to fatten, nest and raise their chicks in faraway Canada. I'd like to be able to ask the two geese that have stayed behind on the KSU pond why they have done so. Are they too elderly to make the trip? Or do they enjoy showing off for Meadowlark residents. Birds of many kinds are busy building nests, each with their own techniques.

Speaking of the ponds, the Bayer Pond has recently come alive with bluegill and a few bass. Catfish should be biting soon...including Big Carl, who at 33 inches remains the subject of our traveling trophy. Upon catching Carl, simply measure his length to be sure it is Carl (as there are other large catfish in the pond) and report your success to Monte Spiller. A picture would be nice to go with your engraving on the trophy. Please catch and release all fish until we can be sure we have a productive fishery. Also please help yourself to the worm farm near the East shelter. Be sure the trays and lid fit tightly to prevent a worm exodus.

I could go on and on as much is happening outdoors. Instead, I encourage you to observe the above and much more first hand by taking a walk or golf cart ride to the pond area. Share your observations by writing in the journal on the table in the East shelter.

Personhood & Dementia

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

The K-State Center on 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.

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

DRINK SPECIAL



**April 4 to April 9
Royal Margarita**

2 oz. Tequila
1 oz. Blue Curacao
Margarita Mix

\$3.75

Memory Activities Class

Wednesday, April 6, 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, April 6, in the KSU Classroom.

Vespers Services

Sunday, April 3, at 7 p.m.

The Vespers service, led by Linda Davis from First Lutheran Church, will be at 7 p.m. Sunday, April 3, in the Community Room. All are welcome.

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.

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.

Memory Luncheon

Wednesday, April 6, at 11 a.m.

Those with memory changes and those caring for individuals with memory/cognition changes are welcome to attend this monthly informal Memory Luncheon immediately after the MAC and Memory Care Partners Support Group on the first Wednesday of each month from 11 a.m. to noon in the West Conference Room. This luncheon series begins Wednesday, April 6, at 11 a.m. in the West Conference Room.

Mary Roberts Memorial Parkinson's Party — Tuesday, April 5

Submitted by Michelle Haub

For the fourth consecutive year, the State of Kansas has proclaimed April as *National Parkinson's Awareness* month. Recognizing the growing number of individuals affected by Parkinson's disease, the City of Manhattan made its inaugural proclamation for April as Parkinson's Awareness Month.

The celebration of Parkinson's Awareness Month begins **Tuesday, April 5**, at the **Holiday Inn Campus Ballroom** with the Mary Roberts Memorial Parkinson's Party. The evening will start with a cash bar Happy Hour from **6:30 to 7 p.m.** featuring the Mary Margarita and two types of beer (with the option of tomato juice) — two of Mary's favorite drinks. At **7:15 p.m.**, John Baumann, nationally recognized author and inspirational speaker with Young Onset PD, will present "Positively Un-Shake-Able." Individuals with and without PD will benefit from John's powerful expression of living your life to the fullest!

Although Mary did not have PD, her husband of 65 years, John, was diagnosed with PD at the age of 86. John and Mary were active beneficiaries of the PD resources provided by the Meadowlark Hills Parkinson's Program. Mrs. Roberts instructed that the memorial left in her name be directed to the Parkinson's Program so that residents with PD could benefit even more from the program's care and services. More specifically, she wanted to support efforts to educate and assist those with Parkinson's disease and their caregivers. Her fervent desire was that others be extended a hand just as she and John had been helped through the kindness of others.

If you have questions about the Parkinson's Program please contact Michelle Haub, at 323-3899 or email michelle.haub@meadowlark.org.

Safety Procedure Instruction Handouts

Safety Procedure instruction handouts for severe weather (tornado, storms, etc.) and fires are available at the Hospitality Desk. The handout addresses procedures for each residence area and community space at Meadowlark Hills. If you have any other questions that are not addressed within the handout please contact Monte Spiller, Residents Service Leader at (785) 323-3801.

Memory Care Partner Support Group

Wednesday, April 6, at 10 a.m.

Memory Care Partners Support Group will be taking a tour of the Meadowlark Hills campus Wednesday, April 6, to learn about adult day services during the meeting.

The group will still start out in the Tranquility Room at 10 a.m. and will finish by 11 a.m. No RSVP is required. All are welcome to attend.

April BIRTHDAYS

Residents

Health Care

4/8	Vernon Larson
4/9	Curtis "Monty" Walker
4/9	Hilda Zerfas
4/16	Vivian Olsen
4/27	Shirley Sanders
4/29	Rix Shanline
4/30	Gavona Hardin

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Assisted Living

4/2	Betsy Sager
4/9	Florence Schwab

Independent Living

4/2	Una Allen
4/5	Pete Beck
4/6	Evelyn Brown
4/6	Esther Sobering
4/6	Fred Sobering
4/7	Marlis Mann
4/9	Cameron Beatty
4/12	Evelyn Lady
4/12	Bill Durkee
4/17	Jeanne Lundin
4/18	Stephanie Upson
4/22	Wilma Hafenstein
4/22	Susan Scott
4/22	Dorothy Tompkins
4/27	Dorothy Bitler
4/30	Betty Jameson

Employees

4/3	Eldean Ebeling	4/15	Vicki Williams
4/3	Kilynn Elliott	4/15	Monte Spiller
4/5	Patty Brown-Barnett	4/16	Ursula Hagstrand
4/5	Autum DeLettera	4/19	Beth Cash
4/6	Tabitha Edwards	4/19	Gabby Howell
4/6	Jen Schoenhofer	4/20	Chris Loehr
4/8	Dee Renner	4/22	Miranda Miller
4/8	Liz Dudley	4/22	Steph Oldehoeft
4/9	Mark Morton	4/23	John Shapel
4/10	Greg Brown	4/24	Cassia Russell
4/10	Allison Dewees	4/25	Larry Miller
4/11	Bob Speer	4/25	Jessie Minick
4/11	April Ascher	4/26	Isolde Mauga
4/11	Sydney Edmisten	4/27	Maddie Epp
4/12	Elizabeth Shirley	4/28	Marina Pecar-Krstic
4/13	Mike Bribiesca	4/28	Alyssa Cruz
4/14	Karen Evinger-Irvine	4/29	Brook Niehues
4/14	Rita Harsch	4/29	Debbie Murrell
4/14	Katherine Stewart		

PRAIRIE★STAR

RESTAURANT

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

April 3 — April 9

Includes beverage, starter and dessert.

A minimum of one hour notice is requested 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	April 3 ~ Lunch \$10	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Spaghetti & Meatballs Vegetable of the Day Garlic Toast
MONDAY	April 4 ~ Lunch \$9	Dinner \$14
	Chicken Pot Pie Choice of Vegetable	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
TUESDAY	April 5 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Baked Turkey & Wild Mushroom Tetrazzini Vegetable of the Day
WED.	April 6 ~ Lunch \$11	Dinner \$12
	Hamburger Steak with Caramelized Onions Mashed Potatoes Choice of Vegetable	Grilled Pork Chop with Apple Cornbread Dressing Vegetable of the Day
THURS.	April 7 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Chicken Breast Masala Wild Rice Cake Vegetable of the Day
FRIDAY	April 8 ~ Lunch \$9	Dinner \$14
	Tomato Cheddar Strata with Broccoli Choice of Vegetable	Herb Crusted Cod Scalloped Potatoes Vegetable of the Day
SAT.	April 9 ~ Lunch \$10	Dinner \$15
	Chicken Melt Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

Grosh Cinema Movies

Sunday, April 3 - Saturday, April 9

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

Sunday, April 3 – Remember the Titans (2000)

Denzel Washington stars as an African American coach who heads a newly integrated football team—despite the locals' objections—in 1971 Virginia.

Co-Starring: Denzel Washington, Will Patton & Wood Harris

Rated PG; 1 hr. 56 min.

Monday, April 4 – An Officer and a Gentleman (1982) **Resident Request*

Dreams of being a Navy pilot prompt Zack to enroll in officer training school, where he runs afoul of a drill instructor who aims to change his ways.

Co-Starring: Richard Gere, Debra Winger & David Keith

Rated R for adult situations, language, nudity, and violence; 2 hrs. 4 min.

Tuesday, April 5 – Grumpy Old Men (1993)

The decades-long feud of two neighbors and former friends erupts into a full-blown, high-stakes rivalry when an attractive widow moves in nearby.

Co-Starring: Jack Lemmon, Walter Matthau & Ann-Margaret

Rated PG-13; 1 hr. 44 min.

Wednesday, April 6 – The Quiet Man (1952)

An Americanized ex-boxer returns to his Irish home. When he falls for a fiery neighbor, you can bet on more fighting.

Co-Starring: John Wayne, Maureen O'Hara & Barry Fitzgerald

Not Rated; 2 hrs. 9 min.

Thursday, April 7 – Meet Me in St. Louis (1944) **Resident Request*

Judy Garland stars as Esther Smith, who just can't ignore the boy next door, in director Vincente Minnelli's musical masterpiece about the trials and tribulations of a tight-knit family living in St. Louis on the eve of the 1904 World's Fair.

Co-Starring: Judy Garland, Margaret O'Brien & Mary Astor

Not Rated; 1 hr. 53 min.

Friday, April 8 – Mission: Impossible—Ghost Protocol (2011)

Super-agent Ethan Hunt and his team take on another deadly mission...to prove their innocence when they are framed for bombing the Kremlin.

Co-Starring: Tom Cruise, Jeremy Renner & Simon Pegg

Rated PG-13; 2 hrs. 13 min.

Saturday, April 9 – Charlie St. Cloud (2010)

Charlie's brother, Sam dies in a car crash that Charlie survives. Charlie is given the gift of seeing his dead brother but when the life of the girl he fell in love with is at risk he must choose between his girlfriend and his brother.

Co-Starring: Zac Efron, Kim Basinger & Charlie Tahan

Rated PG-13; 1 hr. 39 min.

This Week's Opportunities April 3 - April 9

SUNDAY • APRIL 3

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Miller Worship Service, MFR
10:00 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
2:30 p.m. ~ Pond Ride, VE
7:00 p.m. ~ Vespers, Linda Davis of First Lutheran Church, CR

MONDAY • APRIL 4

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. ~ Resident Council, KSU CL
9:30 a.m. ~ Town Meeting, CR
11:00 a.m. ~ Sit & Be Fit, CR
11:00 a.m. ~ St. Luke's Communion, LR
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
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ Tuttle Creek Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 5

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
10:30 a.m. ~ Reality Check, TR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
12:00 p.m. ~ Kimball Luncheon, MR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Writing Group, LR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
6:30 p.m. ~ Osher Class: The Generals, CR

WEDNESDAY • APRIL 6

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. ~ Memory Care Partners Support Group, TR
10:00 a.m. ~ Worship Service led by First United Methodist Church, 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
11:00 a.m. ~ Memory Luncheon, CON
11:30 a.m. ~ 1st Men's Club Luncheon, MR

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. Tran's Foot Clinic, CR
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, KSU CL
6:30 p.m. ~ Osher Class: Worker Heritage, CR

THURSDAY • APRIL 7

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
2:00 p.m. ~ Parkinson's Education Group, CR
2:30 p.m. ~ Pond Ride, VE
5:30 p.m. ~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ Grow Green Bingo, CR

FRIDAY • APRIL 8

Breakfast at Verna Belle's—Waffle or Pancake

9:00 a.m. ~ Depart for Osher Event: Underground Railroad, VE
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 & 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 Wellness Olympiad Kick-off Party, CR
7:00 p.m. ~ Resident Program: Newlyweds Game Show Night, CR

SATURDAY • APRIL 9

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