

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 14, 2016

SAVE THE DATE

Saturday, June 11, at 2 p.m.

The 11th anniversary of Symphony in the Flint Hills will be here before you know it! This year's Symphony Signature Event will take place on private land in Chase County Saturday, June 11, 2016.

Edward Bass, a rancher with extensive interests in Texas and Kansas, will host the 11th annual event on his "South Clements Pasture." The theme of the 2016 Signature Event is "Future of the Flint Hills." As in past years, the Governor of Kansas will serve as honorary chair and the Kansas City Symphony will perform the sunset concert. Reserved seats and transportation have been secured. All you need are comfortable shoes and a desire to hear beautiful music in a gorgeous setting. Transportation will depart from the Village Entrance at 2 p.m., allowing some time at the concert site to enjoy the festival prior to the concert at 6:45 p.m.

SYMPHONY IN THE
FLINT HILLS

Visit the instrument petting zoo, hear a discussion in one of the heritage and culture tents, listen to strolling musicians or take a covered

wagon ride. Food and beverages are available for purchase on your own. The package price offered by Meadowlark Hills, including a ticket, reserved seat and transportation, will be \$118 per person. Register by signing up in the Blue Book. Residents, Passport members, board members and their friends and families are also welcome attend. If you've attended the Symphony in the Flint Hills before, you know what a delightful experience this is. If you haven't attended previously, the signature event festival organizers have planned to celebrate the 11th anniversary promises to be a fantastic introduction.

If you have questions, please contact Monte Spiller at (785) 323-3801.

Glenda & Mike's Magic Show

Friday, April 22, at 7 p.m.

Meadowlark Hills is in for a treat! Glenda and Mike Mann are a wife-and-husband team with a unique profession. They combine illusions, ventriloquism and comedy to entertain and inform. The Manns have appeared throughout the United States at state fairs, community festivals, churches and business meetings.

Glenda is the magician and is a member of the International Brotherhood of Magicians. She studied her magic under some of the greatest magicians including Harry Blackstone Jr. She presents polished magical routines that quickly gain the attention of the adults, as well as children. Mike, the ventriloquist, humorously converses with different puppets. He not only performs comedy routines, but ad-libs throughout the program.

The couples programs are for all ages. Come and enjoy this unique and original entertainment in the Community Room at 7 p.m. Friday, April 22.



Participants needed!

The kinesiology department is seeking participants for a research study. The study requires one (or two) visits to the laboratory that lasts approximately two hours and participants will receive a health assessment, exercise test and a body composition scan.

Participants must be 60-years-old or older who are either active or not currently active. Active participants are defined as individual participating physical activity each week — 150 minutes per week. The purpose of the study is to investigate whether remaining active throughout aging is protective against oxidative stress — chemical entities that cause deleterious health effects — in the airways and systemically. Oxidative stress is associated with most pathologies, and activity level throughout aging may reduce this stress.

This protocol lasts approximately two hours and the research team will work around your schedule if you wish to participate.

Please contact Stephanie Kurti at stephkurti@k-state.edu if you are interested in participating or would like additional information.

UPCOMING EVENTS & ANNOUNCEMENTS

PIG OUT FOR PARKINSON'S

THURSDAY, APRIL 28
11 A.M. TO 8 P.M.

Don't forget to eat at Cox Bros. BBQ Thursday, April 28, to support the Parkinson's Program! Remember to purchase raffle tickets to have the chance to win some great prizes. Tickets are available at the Hospitality Desk for \$1 for one ticket or \$5 for six tickets. Free transportation is available for this event at 11:15 a.m. departing from the Village Entrance. Please sign up in the Blue Book located at the Hospitality Desk.



Vespers Services

Sunday, April 17, at 7 p.m.

The Vespers service, led by Reverend Linda Davis from First Lutheran Church, will be at 7 p.m. Sunday, April 17, in the Community Room. All are welcome.

Evening Movie Showing, April 23

There will not be a 7 p.m. movie showing Saturday, April 23, due to a private event.

Manhatter Ladies Luncheon Theme

Today, April 14, at 12:30 p.m.

The theme for the Manhatter Ladies Luncheon for today, April 14, is music by Backrow Altos (one short song) and a story titled: "Giacche Enne Binnest Aucche." See you all there!

Kentucky Derby

Saturday, May 7, at 4 p.m.

Meadowlark Hills is celebrating the Kentucky Derby in true country style! Join us in the Community Room at 4 p.m. Saturday, May 7, to have a delicious family-style dinner, sip on a complimentary mint julep, compete in a 'Best Hat' contest, and watch the race.

Some of the delicious country-style foods that will be on the menu for dinner are Baby Hot Browns, Pan Fried Chicken, Corn Pudding, Collard Greens and Derby Pie.

The complete menu, cost, and sign-up sheets are available in the Blue Book at the Hospitality Desk.

Hale Library Concert Series

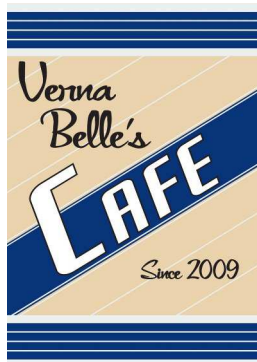
Friday, April 22, at 7 p.m.

The Ascendo3 Trio will present fresh and bold interpretations of works by Vivaldi, Beethoven, Rachmaninoff and others at 7:30 p.m. Friday, April 22, on Hale Library's fifth floor.

Free transportation is available and will depart at 7 p.m. from the Village Entrance. Please sign up in the Blue Book for transportation. A ticket is required to attend the concert. There are two free tickets available. If you are interested in the free tickets, please contact Magye Loya at (785) 323-3890 or by email at magye.loya@meadowlark.org.

Jokes of the Week

What did the painter say to the wall?
I got you covered.



Lunch Specials

April 17 – April 23

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

Saturday–Sunday, 9 a.m. to 3 pm.

Sunday, April 17 – Tuna Salad Sandwich with Soup or Chips

\$3.75/\$5.50

Monday, April 18 – Philly Cheesesteak with Broccoli Salad

\$3.75/\$5.50

Tuesday, April 19 – California Chicken Pizza

\$3.75/\$5.50

Wednesday, April 20 – Quesadilla Day!

Cheese – \$3

Chicken – \$4

Steak – \$5

Thursday, April 21 – BBQ Pork Sandwich with Cheesy Potatoes

\$5.50

Friday, April 22 – Chicago Dogs with Baked Beans & Chips

\$5.50

Saturday, April 23 – Egg Salad Sandwich with Soup or Chips

\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Outdoor Adventurer

Submitted by Sue Hunt

It was one of those days when the wind wasn't blowing a gail; so I took a walk to the pond to see if there was any evidence of early wild flowers. There were many small sprouts, so we should have many blooms in May. On the way back I cut through the stillman trail to the quarry trail on a path which is mowed and easily walked. There were purple blooming ground plum and prairie parsley (a fern plant with small yellow flower). Both these plants are safe to eat, the parsley tastes like celery and when the plum appear they are good in salads.

I am planning another slow walk with rests today **Thursday, April 14**, if the weather stays nice. We'll be able to examine the meadow, pond and gazebos. I will be glad to have any walkers join me. Meet me at the **Hospitality Desk at 10 a.m.**

Memory Care Partner Support Group

Wednesday, April 20 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. This group will be meeting at 10 a.m. Wednesday, April 20, in the Tranquility Room.

Low Vision Support Group

Thursday, April 21 from 2 to 3 p.m.

Jennifer Brantley, Ph.D., Manager of Public Education for Envision, Inc. will give a presentation about Envision and its services for individuals with low vision. The mission of Envision is to improve the quality of life and provide inspiration for the blind and visually impaired through employment, outreach, rehabilitation, education and research. Join Jennifer as she presents over Envision and its services from 2 to 3 p.m. Thursday, April 21, in the KSU Classroom.

Wellness Olympiad Update

Week One tracking sheets will be due by 5 p.m. Tuesday, April 19. They can be dropped off at the Hospitality Desk or in the Caul Fitness Center.

The next challenges will be Tuesday, April 19, with the Flexibility Tests taking place from **3:30 to 5 p.m.** in the **KSU Classroom**. The Poker Walk will be that same day from **4 to 5 p.m.** and teams will start at the **Village Entrance**. Teams can complete in both challenges in any order, so feel free to start with the Poker Walk if the Flexibility Testing is busy.

The Wednesday, April 20, Fitness Seminar will discuss the fear of falling at 2 p.m. in the KSU Classroom. The group walks will be at 1 p.m. Wednesday, April 20, and Thursday April 21. Meet at the Village Entrance to join the walk.

Grow Green Match Day Transportation

Friday, April 22, at 10 a.m. & 2 p.m.

Meadowlark Hills is providing transportation at 10 a.m. and at 2 p.m. on Match Day for those who are willing and able to donate in person. Gifts may be made by cash, check, or online between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online from a remote location. There are prize incentives for donations made at event headquarters. Please register in the Blue Book if you'd like a free ride to the event.

Board of Trustee Nominations

The Meadowlark Hills Board of Trustees is accepting nominations for a new member. Loren Alexander, one of the current three resident board members, will be ending his commitment at the close of June 2016. Independent Living residents are invited to nominate a resident for this open position. Nomination forms are included in today's edition of the Meadowlark Hills Messenger (Thursday, April 14). All nominees must be aware of their nomination and willing to serve the three-year term with the Board of Trustees. If you have questions regarding the commitment (meeting frequency, time devoted) please contact one of the following people: Sandra Emley, Orris Kelly, Jean Beatty and/or Loren Alexander.

Nominations will be due by 9 p.m. Wednesday, April 20. The forms can be submitted at the Hospitality Desk in the designated collection box. Nominees will be introduced at Town Meeting scheduled for 9:30 a.m. Monday, May 2. If you have questions, please contact Monte Spiller, at 323-3801 or Sarah Duggan at 323-3860.

DRINK SPECIAL



April 18 to April 23
Boulevardier

1 oz. Rye Whiskey
1 oz. Campari
1 oz. Sweet Vermouth

\$3.75

ASK SARAH

I need a new doc!

Submitted by Sarah Duggan

When I moved to Manhattan nearly ten years ago, it was the first time I had lived anywhere other than the town I grew up in. Of course, I had my “regular” places established. I got my nails done every two weeks at Main Attraction located on Main Street. (I see what they did there!) My family took our animals to Doc Smith for their shots, check-ups and emergencies. I worked out at the locally-owned gym, had my regular family doctor that I had seen for years – and I even parked in the employee parking when I went to visit my mother at her place of work. (I’m a rebel, I know.)

But when I moved here, I didn’t know where to start! I needed a dentist, a hair stylist, a nail salon, a gym, a favorite coffee place, a vet, a doctor, a grocery store and the list goes on and on! Luckily, I started working at Meadowlark Hills a couple years after arriving to town and was delighted to know many of the things I needed to be my “regular” places were available right here. Stefanie can cut my hair in Pizazz Salon during my lunch time or after work, Brooke can make my morning coffee and breakfast sandwich in Verna Belle’s Cafe, Jeff makes sure I get my exercise in at the Caul Fitness Center and Dr. Matt and his excellent nurse practitioners help me stay well and up to date on my wellness and urgent appointments at the Meadowlark Hills Medical Professionals clinic.

While other switches can come easily, the process of moving to a new doctor can be overwhelming – especially if you have seen your primary care physician



for many years. If you find yourself in a situation where your doctor is retiring, moving away or you are finding it harder to travel to their office – consider making my doc your doc, too!

Dr. Matthew Floersch is accepting new patients at the Meadowlark Hills Medical Professionals clinic. This clinic is located right here on our campus, just east of the Maintenance Shop. Dr. Matt and his staff offer quality coordination of care, case management, timely appointments, on-call access for after-hours needs, close proximity and an on-site lab and x-ray. There is a provider in the clinic between the hours of 8 a.m. and 5 p.m. Monday through Friday. Jennifer Ellifritt and Allison Gonzalez are two nurse practitioners that work closely with Dr. Matt to provide high-quality care to their patients.

If you decide you’d like to make the switch to Dr. Matt, you will need to have your records transferred. To do this, a consent form will need to be signed. The consent form can be picked up at the clinic or delivered to your mailbox. Once your records are received by the staff at the clinic, they will review them and determine if you need any lab or testing brought up to date. A Medicare Wellness exam will be scheduled with a nurse and any lab work or testing will be completed at that appointment. Approximately a week later, you will be scheduled for a new patient appointment with Dr. Matt.

Meet-and-greet appointments are available if you would like to be introduced to Dr. Matt prior to making the decision to switch. If you have any questions about the clinic, please contact Physician’s Practice Leader, Mary Jo Eichman, RN, at 537-1900.

See you next week and thanks for stopping by!

UPCOMING EVENTS & ANNOUNCEMENTS

Kraner Karaoke Night

Friday, April 15, at 7 p.m.

At 7 p.m. Friday, April 15, the Game Room and Pub is the place to be! Gary and Jaccie with Kraner Karaoke will be in the Game Room with a huge selection of songs for your singing pleasure. Enjoy drinks, social hour and good-enough singing from residents and staff.

Memorial Service for Rosemary Carroll

Friday, April 15, at 1:30 p.m.

A memorial service will be held for Rosemary Carroll at 1:30 p.m. Friday, April 15, in the Community Room. Refreshments will be served. All are welcome.

April Focus Group

Friday, April 15, at 10 a.m.

The staff attendee for the April Focus Group will be Social Worker, Bridget Larkin. Come meet Bridget at 10 a.m. Friday, April 15, in the KSU Classroom.

Worker Heritage

Wednesday, April 20, from 6:30 to 8:30 p.m.

The last Osher class for the Worker Heritage is from 6:30 to 8:30 Wednesday, April 20, in the Community Room.

A decorative illustration in the top left corner featuring yellow daisy-like flowers, grey leaves, and a small teal bird perched on a branch. The title 'Mother's Day Menu' is written in a large, elegant, grey cursive font, with the teal bird perched on the letter 'y' of 'Day'.

Mother's Day Menu

Sunday, May 8 in Prairie Star Restaurant

\$16 per person

First Seating at 11:30 a.m.

Second Seating at 1:30 p.m.

Sign up in Prairie Star Restaurant or visit Jayme Minton

Choice of Salad

Citrus Salad with Honey Lime Dressing

Mixed Greens with Choice of Dressing

Boston Lettuce, Artichokes, Asparagus and Tomatoes
with Roasted Yellow Pepper Ranch Dressing

Choice of Entrée

Roast Prime Rib Au Jus with Horseradish Sauce

Grilled Raspberry Chicken

Herb Crusted Cod with Sundried Tomatoes

Choice of Starch

Smoked Gouda Scalloped Potatoes

Wild Rice

Choice of Vegetable

Haricots Verts

Medley of Vegetables

Choice of Dessert

Mixed Berry Tart

Tropical Carrot Cake

Éclair Cake with Chocolate Ganache

Sugar Free Option Available

A decorative illustration in the bottom right corner featuring yellow daisy-like flowers, grey leaves, and a teal bird perched on a branch, mirroring the top left design.

PRAIRIE★STAR

RESTAURANT

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

April 17 - April 23

Includes beverage, starter and dessert.

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 17 ~ Lunch \$10	Dinner \$11
	Baked Chicken with Honey Glaze Au Gratin Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	April 18 ~ Lunch \$10	Dinner \$12
	Meat Loaf Sandwich French Fries Choice of Vegetable	Chicken Breast Ala Orange Wild Rice Vegetable of the Day
TUESDAY	April 19 ~ Lunch \$6	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Stuffed Pork Tenderloin with Andouille Sausage Dressing Red Beans & Rice Vegetable of the Day
WED.	April 20 ~ Lunch \$10	Dinner \$12
	Fried Chicken Sandwich Potato Salad Choice of Vegetable	Baked Chicken Drumsticks Baked Sweet Potatoes Vegetable of the Day
THURS.	April 21 ~ Lunch \$9	Dinner \$11
	Salad Bar (does not include drink, starter or dessert)	Beef Stew Garlic Toast Vegetable of the Day
FRIDAY	April 22 ~ Lunch \$11	Dinner \$13
	Baked Sole with Lemon Butter Rice Pilaf Choice of Vegetable	Seafood Salad in Avocado Shell with Hard Boiled Egg, Tomato Wedges, Black Olives & Lemon Wedges
SAT.	April 23 ~ Lunch \$10	Dinner \$12
	Grilled Ham & Cheese Tomato Soup	Chicken Milanese Pesto Linguini 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 17 - Saturday, April 23

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

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

Sunday, April 17 – Chicken Little (2005)

A misunderstood chicken knows something everyone else doesn't. Can he get the world to listen before it's too late?

Co-Starring: Zach Braff, Joan Cusack & Garry Marshall

Rated G; 1 hr. 21 min.

Monday, April 18 – Morning Glory (2010) *Resident Request

A whiz-kid producer finds her abilities put to the test when she's charged with bringing a network morning show back from ratings purgatory.

Co-Starring: Rachel McAdams, Harrison Ford & Diane Keaton

Rated PG-13; 1 hr. 47 min.

Tuesday, April 19 – Chariots of Fire (1981)

Two very different runners—a hotshot Jewish Cambridge scholar and a rigid Presbyterian missionary—compete for Great Britain in the 1924 Olympics.

Co-Starring: Ben Cross, Ian Charleson & Nicholas Farrell

Rated PG; 2 hrs. 4 min.

Wednesday, April 20 – Atlas Shrugged: Who Is John Galt? (2014) *Resident Request

In the final part of this trilogy based on Ayn Rand's 1957 novel, the few remaining entrepreneurs in a country whose economy is on the verge of collapse rise up against a bureaucracy that's squeezing the lifeblood out of the populace.

Co-Starring: Kristoffer Polaha, Laura Regan & Rob Morrow

Rated PG-13; 1 hr. 39 min.

Thursday, April 21 – Carmen Jones (1954)

Lust can make a man do crazy things, from leaving your woman to murder. And for one soldier, that was just the start.

Co-Starring: Harry Belafonte, Dorothy Dandridge & Pearl Bailey

Not Rated; 1 hr. 44 min.

Friday, April 22 – The Intern (2015) *Resident Request

Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern—who ends up bringing his special brand of business savvy to her fashion enterprise.

Co-Starring: Robert De Niro, Anne Hathaway & Rene Russo

Rated PG-13; 2 hrs. 1 min.

Saturday, April 23 – Sixteen Candles (1984) *No 7 p.m. showing — Closed for Private Event

Samantha's family has forgotten her sixteenth birthday, a day that could be perfect if only Jake Ryan would look her way.

Co-Starring: Molly Ringwald, Anthony Michael Hall & Justin Henry

Rated PG; 1 hr. 33 min.

This Week's Opportunities April 17 - April 23

SUNDAY • APRIL 17

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 from First Lutheran Church, CR

MONDAY • APRIL 18

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
10:00 a.m. ~ Pond Ride, VE
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
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 19

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
10:00 a.m. ~ Pond Ride, VE
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
1:00 p.m. ~ Wellness Olympiad Group Walk, VE
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
3:30 p.m. ~ Wellness Olympiad Flexibility Test, KSU CL
4:00 ~ Wellness Olympiad Poker Walk, VE
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR

WEDNESDAY • APRIL 20

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ New Perspectives, GR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Pond Ride, VE
10:00 a.m. ~ Memory Care Partners Support Group, TR
10:00 a.m. ~ Worship Service led by Blue Valley 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
12:00 p.m. ~ Yoga, KSU CL

12:00 p.m. ~ Beginner Tai Chi, CR
1:00 p.m. ~ Wellness Olympiad Group Walk, VE
1:10 p.m. ~ Meditation Group, CR
1:30 p.m. ~ Pitch, GR
2:00 p.m. ~ Fitness/Nutrition Seminar, KSU CL
2:30 p.m. ~ General Support Group, CON
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
6:30 p.m. ~ Osher Class: Worker Heritage, CR

THURSDAY • APRIL 21

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, LR
10:00 a.m. ~ Pond Ride, VE
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. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Low Vision Support Group, LR
2:30 p.m. ~ Pond Ride, VE
4:00 p.m. ~ Wellness Olympiad Group Walk, VE
5:30 p.m. ~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ Grow Green Bingo, CR
7:30 p.m. ~ Sons of the American Revolution, CON

FRIDAY • APRIL 22

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR
10:00 & 2 p.m. ~ Depart to Grow Green Match Day, VE
10:00 a.m. ~ Pond Ride, VE
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
7:00 p.m. ~ Resident Program: Glenda & Mike's Magic Show, CR

SATURDAY • APRIL 23

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
10:00 a.m. ~ Pond Ride, VE
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