



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

April 21, 2016

## Last Chance for Grow Green Bingo

*Submitted by Becky Fitzgerald*

Wyatt Thompson, known as K-State's Voice of the Wildcats, is the celebrity caller for our third and final session of Grow Green Bingo, set for 7 p.m. Thursday, April 21, in the Community Room. Thompson, the play-by-play announcer for K-State football and men's basketball games, is donating his time to help Meadowlark Hills Foundation raise money and awareness for Grow Green Match Day, which is Friday, April 22.



During the 4<sup>th</sup> annual Match Day, donations made through the Greater Manhattan Community Foundation receive a 50% match. Meadowlark Hills Foundation is joining 44 other local not-for-profit organizations in urging our donors to participate. This event is a way for Meadowlark Hills Foundation to increase our endowment so that we can continue to develop our services and meet the future needs of our campus and community.

The fee to participate at Grow Green Bingo is a donation amount of your choice, but a minimum of \$1 per card played is encouraged. Donations between \$25 and \$1000 per individual are eligible for a matching gift, and cash or checks are accepted. Checks should be written to Greater Manhattan Community Foundation and

dated April 22, 2016.

Grow Green Bingo features out-of-the ordinary bingo games and special prizes, such as gift certificates and donations from Meadowlark Hills residents and local businesses. Bingo players of any age and skill level are welcome. The first two Grow Green Bingo sessions on April 7 and 14 raised nearly \$700 (not counting the matching gift), so let's keep the momentum going!

### Match Day Transportation

Because there are prize incentives for donations made at event headquarters, Colony Square Atrium, 555 Poyntz Ave., on Match Day, Meadowlark Hills is providing free transportation at 10 a.m. and 2 p.m. on April 22 for those who would like a ride. Please register in the Blue Book.

If you cannot visit event headquarters, either on your own or part of the Meadowlark Hills group, please leave your donation at the Hospitality Desk, and your gift will be submitted for you. The concierges will accept donations through 9 p.m. on April 21, and through 6 p.m. on Friday, April 22. If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!

## American Song

*Featuring Vocal Students of Cheryl Richt*

**Friday, April 29, at 7 p.m.**

Kansas State University's vocal students of Cheryl Richt will be performing American Song selections including works by Ned Rorem, John Duke, George Gershwin and Steven Sondheim.

Soprano Cheryl Richt is an Instructor of voice at Kansas State University teaching studio voice. Cheryl holds vocal performance degrees from the University of Illinois, and was awarded the Graduate Performance Diploma in vocal performance from the Peabody Conservatory of Music.

The performance will start at 7 p.m. Friday, April 29, in the Community Room.

## 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 and cost \$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.



## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

Have you heard the joke about the butter?  
I better not, it might spread.

How does the ocean say hello?  
It waves.

### Vespers Services

**Sunday, April 24, at 7 p.m.**

The Vespers service, led by Reverend Ben Duerfeldt, from First Christian Church, will be at 7 p.m. Sunday, April 24, in the Community Room. All are welcome.

### Eyeglass Adjustment

**Saturday, April 30, at 3 p.m.**

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, April 30, in the Community Room. They will adjust eyeglasses for residents at no charge.

### Maintenance Update, April 25

Monday, April 25, the West Elevator will be out of service due for six weeks due to a jack replacement. The main Hallway will be partially blocked while the work is being completed.

### Card Making with Michelle

**Tuesday, April 26, at 2 p.m.**

Join Michelle Lehmer at 2 p.m. Tuesday, April 26, in the Living Room. The group will be making cards for Mother's Day and all occasions!

### William Shakespeare's As You Like It!

**Thursday, April 28, at 7 p.m.**

This Osher special event is a production honoring the 400th anniversary of Shakespeare's death at 7:30 p.m. Thursday, April 28, at Nichols Hall, 702 Mid-Campus Dr. South Manhattan.

The heroine Rosalind flees persecution in her uncle's court accompanied by her cousin Celia to find safety and eventually love in the Forest of Arden. They encounter a number of memorable characters, including the court fool, Touchstone and the melancholy Jacques. Featuring some of Shakespeare's most famous and oft-quoted phrases, "All the world's a stage" and "A fool! A fool! I met fool in the forest..." this play remains a favorite romantic comedy among audiences of all ages.

As You Like It is sponsored by the KSU School of Music, Theatre and Dance and directed by David Mackay. The cost for admission fee is \$15 a person.

Transportation is available for this event and will depart for the Village Entrance at 7 p.m.. Please sign up in the Blue Book looked at the Hospitality Desk.

### April All-Campus Party

**Friday, April 29, at 2 p.m.**

Join us on the Prairie Star Patio for the April All-Campus Party at 2 p.m. Friday, April 29. Activities will include a hat decorating contest, in which you can submit pre-decorated hats, music and spring inspired snacks!

If weather permits, the party will be moved into the Community Room. See you all there!

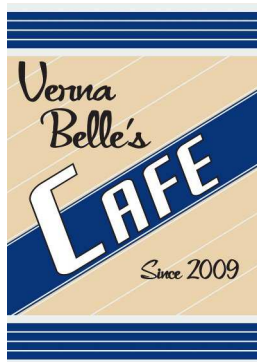
## Lunch Specials

**April 24 – April 30**

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

Saturday–Sunday, 9 a.m. to 3 p.m.

Sunday, April 24 – Egg Salad Sandwich with Soup or Chips	\$3.75/\$5.50
Monday, April 25 – Pesto Chicken Panini with Soup or Chips	\$3.75/\$5.50
Tuesday, April 26 – Ham & Swiss with Cottage Cheese and Fruit	\$3.75/\$5.50
Wednesday, April 27 – Reuben with Fruit Salad	\$3.75/\$5.50
Thursday, April 28 – Grilled Cheese & Tomato Soup	\$3.75/\$5.50
Friday, April 29 – Cheeseburger with Pasta Salad	\$5.50
Saturday, April 30 – Chicken Salad Sandwich with Soup or Chips	\$3.75/\$5.50



## UPCOMING EVENTS & ANNOUNCEMENTS

### Meadowlark Hills Travelers Update

**Friday, April 29, at 11 a.m.**

May is only a couple weeks away, which means the Kansas City adventure is fast approaching! A Meadowlark Hills Travelers meeting is planned for 11 a.m. Friday, April 29, in the Living Room.

The group will be going over several details including departure dates and times, scheduled tours and events. The full itinerary will also be available also. For those who have registered and cannot attend the meeting, please contact Becky Fitzgerald at 323-3843, or Monte Spiller at 323-3801.

A deposit of \$100 was required with your registrations. The remaining balance — \$295 per person if sharing a room, \$445 for singles — is due by **Friday, May 6**. Cash, check or credit card is accepted; residents are welcome to add this fee to their May statements. We look forward to seeing everyone at the meeting!

### 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.

### Memory Activities Class

**Wednesday, April 27, 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 27, in the West Conference Room.

## Wellness Olympiad Update

The Olympiad has been a lot of fun so far, with teams showing their competitive spirit in an attempt to earn points!

Continue tracking your physical activity on the Week Two tracking sheets, which will be due at the Hospitality Desk or Caul Fitness Center by 5 p.m. Tuesday, April 26.

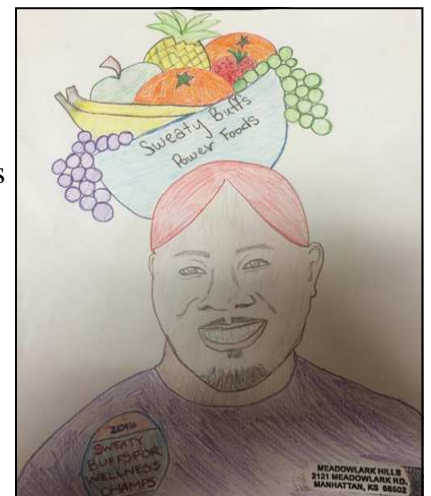
The Sudoku Puzzle Challenge will be **Monday April 25**. Puzzles can be picked up at the **Hospitality Desk**. Each participant can complete a puzzle, with one point being earned per puzzle. The resident and employee who correctly complete their puzzle in the fastest time will earn a prize!

On **Tuesday, April 26**, participants can complete a **Nutrition Quiz**. The quiz will also be available at the **Hospitality Desk**, just stop by anytime the desk is staffed to pick one up. Each participant will be able to complete a quiz, with one point being awarded for each correct answer. The free throw challenge will be **Thursday, April 28, from 4 to 5 p.m.** in the **Community Room**. Each participant will get ten shots, with one point being awarded for a shot made.

The group walks will be Wednesday, April 27, at 1 p.m., and Thursday, April 28, at 4 p.m. The Nutrition Seminar will be at 2 p.m. Wednesday, April 27, in the KSU Classroom, discussing the 2015 food guidelines.

Thank you to all the teams for your wonderful works of art! We truly have some talented artists among us.

**1<sup>st</sup> Place:** The Sweaty Buffaloes  
**2<sup>nd</sup> Place:** The Chipettes  
**3<sup>rd</sup> Place:** Dude, Where's My Gut?



[Above:] First place winning drawing in the Wellness Challenge: Picture Contest. Drawing done by The Sweaty Buffalos: Kristen Martin, Bridget Larkin & Magye Loya.



## UPCOMING EVENTS & ANNOUNCEMENTS

### 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, April 27, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### 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](mailto:magye.loya@meadowlark.org).

### Kinesiology Research — 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](mailto:stephkurti@k-state.edu) if you are interested in participating or would like additional information.

### Video Worship Service

**Wednesday, April 27, at 4 p.m.**

You are invited to watch a televised worship sermon by Reverend Dr. Thomas R. Ahlersmeyer titled "Spotlight on Joy" at 4 p.m. Wednesday, April 27, in the Living Room. All are welcome.

### 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.

### Parking Walkers

A friendly reminder to please be mindful of where walkers are parked. We have recently had a piece of art compromised when a walker was parked in the art nook near Prairie Star Restaurant. If you are dining at Prairie Star, servers are available to assist you in finding a parking spot for your walker.

### Acrylic Watercolor Painting for Fun

**Saturday, April 30, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, April 30, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away! See you all here!

**DRINK SPECIAL**



**April 25 to April 30  
April Showers**

2 oz. Hennessy  
1/2 oz. Benedictine  
1 1/2 oz. Orange Juice

**\$3.75**

## LETTER TO THE MESSENER

### An Observation

*Submitted by Alice Roper*

I see this from my fifth floor window. A flash of white material bounces across the pasture. The wind picks it up and pushes it across the grass. It waves merrily in the breeze, twisting this way and that. It rests on the grass. Now it is loose. Rising in the air, it travels farther, then settles down again. Another gust of wind tears it into two pieces. One sails away; the other stays. The free piece keeps rising as it travels over one draw, on to the next. As the wind dies down, the plastic settles in the tree tops. Rain comes as night falls. The plastic droops; by morning it can't be seen.

Did it move on? Is it caught on the lower branch? Is it smothering the plants below? The other fragment has ripped apart. It breaks away, rolling in several directions. These pieces are smaller. They scatter across the grass and I can no longer see them. There are other plastic pieces to watch. Where did they come from? How far will they travel? How much harm can they cause? After all, they are just plastic bags.

# Ask Sarah



Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or directly to Sarah via phone, e-mail or stopping by her office!

Sarah is located in the Community Center next to Monte Spiller and across from Kinzie Jo Zimmerman.

*Thanks for stopping by!*

## SAVE THE DATE

### SYMPHONY IN THE FLINT HILLS

**Saturday, June 11, at  
2 p.m.**

The 11<sup>th</sup> 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 11<sup>th</sup> 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.

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 11<sup>th</sup> anniversary promises to be a fantastic introduction.

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

# PRAIRIE STAR RESTAURANT

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

## April 24 - April 30

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 323-3820.1

SUNDAY	April 24 ~ Lunch \$10	Dinner \$12
	Roast Turkey Breast Mashed Potatoes Sausage Sage Dressing with Gravy Vegetable of the Day	White Lasagna Garlic Toast Vegetable of the Day
MONDAY	April 25 ~ Lunch \$10	Dinner \$12
	Grilled Ham & Cheese Sandwich Tomato Soup	Roasted Pork Loin with Balsamic Cherry Sauce Wild Rice Cake Vegetable of the Day
TUESDAY	April 26 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes Vegetable of the Day
WED.	April 27 ~ Lunch \$9	Dinner \$12
	Quiche Lorraine Choice of Vegetable	Ham Loaf Scalloped Potatoes Vegetable of the Day
THURS.	April 28 ~ Lunch \$8	Dinner \$13
	Caesar Salad Bar (does not include drink, starter or dessert)	Roast Brisket Potato Pancakes Vegetable of the Day
FRIDAY	April 29 ~ Lunch \$10	Dinner \$13
	B.L.A.T. Potato Salad Choice of Vegetable	Shrimp with Penne Roasted Red Pepper Pesto Alfredo Sauce Garlic Toast Vegetable of the Day
SAT.	April 30 ~ Lunch \$11	Dinner \$12
	Fish & Chips Coleslaw French Fries	Grilled Marinated Chicken Breast Garlic Mashed Red 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, April 24 - Saturday, April 30

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

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

### **Sunday, April 24 – The Princess Bride (1987)**

True love is stronger than treacherous cliffs, fire pits, and giant rats. But how does it stack up against death?

**Co-Starring: Cary Elwes, Mandy Patinkin & Robin Wright**

**Rated PG; 1 hr. 38 min.**

### **Monday, April 25 – 5 Flights Up (2015) \**Resident Request***

Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together—most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

**Co-Starring: Diane Keaton, Morgan Freeman & Cynthia Nixon**

**Rated PG-13; 1 hr. 32 min.**

### **Tuesday, April 26 – No God, No Master (2012) \**Resident Request***

In 1919, federal agent William Flynn is assigned to track down those responsible for mailing packet bombs to prominent citizens and politicians.

**Co-Starring: David Strathairn, Ray Wise & Sam Witwer**

**Rated PG-13; 1 hr. 34 min.**

### **Wednesday, April 27 – The Man From Snowy River (1982)**

After his father dies, cowboy Jim struggles to keep his father's farm going by taking a job breaking wild horses and falls in love along the way.

**Co-Starring: Kirk Douglas, Tom Burlinson & Terence Donovan**

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

### **Thursday, April 28 – The Agony and the Ecstasy (1965)**

When the pope commissions a monumental artist, passion looks a lot like war. Rome wasn't built in a day.

**Co-Starring: Charlton Heston, Rex Harrison & Diane Cilento**

**Not Rated; 2 hrs. 19 min.**

### **Friday, April 29 – Dallas Buyers Club (2013) \**Resident Request***

Refusing to accept a death sentence from his doctor after being diagnosed with AIDS in 1986, Ron Woodroof smuggles medications from abroad.

**Co-Starring: Matthew McConaughey, Jennifer Garner & Jared Leto**

**Rated R for pervasive language, some strong sexual content, nudity, and drug use; 1 hr. 57 min.**

### **Saturday, April 30 – The Princess Diaries (2001)**

The life of gawky social outcast Mia Thermopolis changes drastically after learning that she's the heir to a tiny European principality's throne.

**Co-Starring: Julie Andrews, Anne Hathaway & Hector Elizondo**

**Rated G; 1 hr. 55 min.**

# This Week's Opportunities April 24 - April 30

## SUNDAY • APRIL 24

*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, Rev. Ben Duerfeldt, CR

## MONDAY • APRIL 25

*Trash pick-up day*

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

*Dental Hygiene Clinic (By Appointment Only), Miller Spa*

8:00 to 5:00 ~ Wellness Olympiad Sudoku Puzzle, VE

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. ~ 1st Pres. Men's Luncheon, MR

12:00 p.m. ~ Yoga, LR

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, LR

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 • APRIL 26

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

8:00 to 5:00 ~ Wellness Olympiad Nutrition Quiz, VE

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

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

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

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

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

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

## WEDNESDAY • APRIL 27

*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. ~ Pond Ride, VE

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

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

10:00 a.m. ~ Memory Activities Class, CON

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Yoga, LR

12:00 p.m. ~ Beginner Tai Chi, CR

1:00 p.m. ~ Wellness Olympiad Group Walk, VE

1:10 p.m. ~ Meditation Group, LR

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

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Collins Worship Service, CH

2:00 p.m. ~ Fitness/Nutrition Seminar, 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

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

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

## THURSDAY • APRIL 28

*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

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

11:15 a.m. ~ Depart to Pig Out for Parkinson's, VE

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

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

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

4:00 p.m. ~ Wellness Olympiad Group Walk, VE

4:00 p.m. ~ Wellness Olympiad Free Throw Contest, CR

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

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

7:00 p.m. ~ Depart for Osher Event: As You Like It!, VE

## FRIDAY • APRIL 29

*Breakfast at Verna Belle's—Waffle or Pancake*

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

11:00 a.m. ~ MLH Travelers Meeting, LR

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

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

2:00 p.m. ~ April All-Campus Party, PS Patio

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

7:00 p.m. ~ Resident Program: American Song, CR

## SATURDAY • APRIL 30

*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

3:00 p.m. ~ Alex's Affordable Eyewear, CR

## ROOM ABBREVIATIONS

BP, Billiards Parlor

CH, Collins House

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

MFR, Miller Friendship Rm

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library