



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 9, 2016

## Jane Boys Piano Concert

*Performance to celebrate the lives of  
Shorty Kahler & Brett Boys*

**Friday, June 17, at 7 p.m.**

Meadowlark Hills is in for a treat! Jane Boys will be presenting "In Celebration" in honor of Shorty Kahler and Brett Boys Friday, June 17, at 7 p.m. in the Community Room.

Jane will be celebrating the lives of Shorty Kahler and Brett Boys with a piano concert. Enjoy the very talented Jane as she plays a heartfelt tribute through music.



## Osher Class

*Black Settlements in America*

**Thursday, June 16, from 2 to 4 p.m.**

This Osher Class will focus on methods of documenting obscure landscapes and historic sites, using Nicodemus, Kansas and other ethnic settlements around the country as precedents. The class will highlight the reference town sites, villages and urban neighborhoods established between 1865 and 1920.

Additionally, the class will examine important local and national historical events that shaped these obscure places, identify pertinent archival resources, support the historical narrative of a place and reconstruct a familiar community history.

Please Join La Barbara James Wigfall, as she presents over the Black Settlements in America: Nicodemus Preserves its Heritage from 2 to 4 p.m. Thursday, June 16, in the Community Room.

The second and third classes will be Thursday, June 23, and Thursday, June 30 at the same time and location as the first class.

## HEALTHY MENU Sampling

**Monday, June 13, from 2:30 to 3:30 p.m.**

Summer is here! To celebrate the season, Prairie Star Restaurant will be adding four healthy entrée options to the menu. These items will be on the menu throughout the summer, and may be a permanent addition based on popularity. Our talented Executive Chef, John Gasser, has hand crafted each of these recipes to offer the greatest amount of flavor without impacting our waistlines.

### *Poached Salmon*

with a Low Calorie Dijon Lemon Vinaigrette  
Steamed Rice  
Choice of Vegetable

### *Asian Turkey Lettuce Wrap*

Vegetable Medley

### *Grilled Chicken Tabouli Salad*

### *Black Bean Burger*

on a bed of Guacamole topped with pico  
Choice of Vegetable

Prairie Star Restaurant will be hosting a Sampling Session for residents and guests to try out the new options from 2:30 to 3:30 p.m. Monday, June 13, at Prairie Star Restaurant. The event is free of charge and no sign up is required.



UPCOMING EVENTS & ANNOUNCEMENTS

Craig Plotner Performance

Friday, June 10, at 7 p.m.

Coming to you from Lucas, Kansas...Craig has been singing and playing guitar for groups throughout the United States for many years. Growing up in southern California and Arizona, Craig has found Kansas to contain everything he wants.

Sharing his music throughout many Kansas communities for the past 8 years, he will be here to take your requests from his extensive song list and introduce you to some of his own music creations.

For a fun night of great music and interaction, join us at 7 p.m. Friday, June 10, in the Community Room.

Manhattatters Ladies Luncheon

Today, June 9, at 12:30 p.m.

Everyone likes a good story with a new twist and that is just what Pat Edwards and Polly Ferrell have planned for the Manhattatters Ladies Luncheon at 12:30 p.m. Thursday, June 9, in the Manhattan Room. The theme is “A Good Yarn.”

A tasty summer lunch menu is planned and will surely please your palate. It takes “two to tango” and also takes two — or more — to spin a good yarn. You don’t want to miss this one — a bargain at \$8.

Vespers Services

Sunday, June 12, at 7 p.m.

The Vespers service, led by Marie Amthauer from First United Methodist Church, will be at 7 p.m. Sunday, June 12, in the Community Room. All are welcome.

Manhattan Municipal Band

Tuesday, June 14, at 7 p.m.

Manhattan Municipal Band is sharing their music for free and they want you there! Bring your lawn chairs and enjoy the music of the Municipal Band Tuesday, June 14. The event begins at 7:30 p.m. at Larry Norvell Band Shell at City Park. Transportation will depart at 7 p.m. from the Village Entrance and costs \$3 per person. Sign up in the Blue Book located at the Hospitality Desk.

Memory Care Partner Support Group

Wednesday, June 15, at 10 a.m.

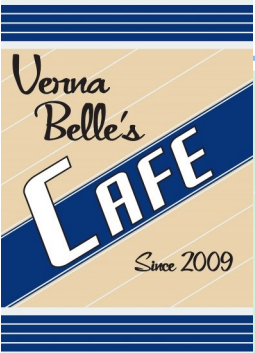
Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes. This group will meet from 10 to 11 a.m. Wednesday, June 15, in the Tranquility Room

Jokes of the Week

Why do bananas use sunscreen?  
Because they peel.

What is funny and makes dogs itch?  
The Flea Stooges.

Why do cows go to New York?  
To see the moosicals.



Lunch Specials  
June 12 – June 18

Hours: Monday–Friday, 8 a.m. to 5 p.m.  
Saturday–Sunday, 9 a.m. to 1 pm.

Sunday, June 12 – Tuna Salad Sandwich with Side	\$3.75/\$5.50
Monday, June 13 – Jayme’s Famous Grilled Cheese with Fruit Salad	\$3.75/\$5.50
Tuesday, June 14 – Triple Meat Pizza	\$3.75/\$5.50
Wednesday, June 15 – Philly Cheesesteak with Ramen Salad	\$3.75/\$5.50
Thursday, June 16 – Quesadilla Day!	
Cheese – \$3      Chicken – \$4      Steak – \$5	
Friday, June 17 – French Onion Burger with Potato Salad	\$5.50
Saturday, June 18 – Egg Salad with Side	\$3.75/\$5.50



## UPCOMING EVENTS & ANNOUNCEMENTS

### Grief Support Group

**Starting Tuesday, July 12, at 10:30 a.m.**

Join Bridget Larkin, LMSW, Social Services Leader, and Patty Brown-Barnett, Chaplain, in a Grief Support Group from 10:30 to 11:30 a.m. on Tuesday's starting July 12 through Sept. 27.

The Grief Support Group provides the opportunity to discuss grief and healing in a supportive environment. The group discussion will be guided by "Understanding Your Grief" by Alan D. Wolfelt, Ph.D. The cost of the book is \$11. To RSVP or request additional information, please contact Bridget at (785) 323-3837 or at [bridget.larkin@meadowlark.org](mailto:bridget.larkin@meadowlark.org).

### Legislative Wrap-up

**Saturday, June 11, at 9:30 a.m.**

With the regular business of the Kansas Legislature now concluded, the League of Women Voters has planned a public meeting featuring local legislators, who will give their wrap-up comments on the 2016 session. All are welcome.

The meeting will be held in the Community Room. Coffee and donuts will be available at 9:30 a.m. and the presentations will begin at 10 a.m. Invited are Senator Tom Hawk and Representatives Ron Highland, Susie Swanson, Sydney Carlin and Tom Phillips.

### French & Indian War

**Wednesday, June 15, at 6:30 p.m.**

The last class of French & Indian War is from 6:30 to 8:30 p.m. Wednesday, June 15, in the Community Room.

### Memory Activities Class

**Wednesday, June 15 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 at 10 a.m. Wednesday, June 15, in the KSU Classroom.

### Arts in the Park Transportation

**Friday, June 10, at 7:30 p.m.**

Arts in the Park will be hosting "Artageous! The interactive Art and Music Experience" at 8 p.m. Friday, June 10, at the Larry Norvell Band Shell in City Park. Enjoy a nice relaxing night of interactive art with a twist of music!

Transportation is available and will cost \$3, but admission is free! Transportation will depart from the Village Entrance at 7:30 p.m. Please register in the Blue Book located at the Hospitality Desk for transportation.

DRINK SPECIAL



**June 13 to June 18**  
**Lime-A-Rita**

12 oz. Budlight Lime

**\$2.00**

### Speedy PD Art Workshops

Individuals with Parkinson's disease are invited to attend art workshops to make the age-group awards for the 8th Annual Speedy PD Race for Parkinson's. Kathrine Schlageck, the Marianna Kistler Beach Museum Education Director, will lead the classes and provide the materials and inspiration for each event. The following are dates and times for the art workshops in the KSU Classroom:

- Wednesday, June 15, from 1:30 to 3 p.m.
- Tuesday, July 12, from 11 a.m. to 12:30 p.m.
- Tuesday, July 19, from 11 a.m. to 12:30 p.m.
- Tuesday, August 9, from 11 a.m. to 12:30 p.m.

### Rides to the Pond

The path to Bayer Pond has been repaired and rides to the pond are now available. Please sign up in the Blue Book located at the Hospitality Desk if you are interested in enjoying a nice ride to the pond.

### Japanese-American Internment Camps

**Tuesday, June 14, at 5:45 p.m.**

Join Russ Hutchins, as he presents over the Japanese-American Internment Camps from 6 to 8 p.m. Tuesday, June 14, at the Beach Museum of Art. The last class will be Tuesday, June 21, at the same time and location as the first class. Transportation will depart from the Village Entrance at 5:45 p.m. Please sign up in the Blue Book located at the Hospitality Desk.

### Acrylic Watercolor Painting for Fun

**Saturday, June 12, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, June 12, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

## RESIDENT COUNCIL MINUTES

May 2, 2016 **New Business:**

**Members present:** Sandra Emley, Jean Beatty, Orris Kelly, Loren Alexander, Pat Vogt, Marilyn Ray, Polly Ferrell, Janice Parsons, Don Rasmussen, Jo Lyle, Ivan Tompkins, Alice Roper and Sharon Smith

**Staff present:** Lonnie Baker, Sarah Duggan, Monte Spiller and Jayme Minton

Sandra welcomed all meeting attendees.

### Updates

1. **General Update:** Lonnie explained since the completion of Honstead and Sloan renovations are near, census count is a lot closer to the budgeted numbers. Renovations on the floors in the tower are going smoothly and progress continues. Meadowlark Hills is looking at next year's capital budget and have asked for lists from service leaders for input. Projects that are being targeted for upgrades are common spaces around the village, which includes new carpet. Verna Belle's has the opportunity to create more space. Part of that vision is to install a full hood range system.

Lonnie informed council members that he recently learned that Senate Bill 457, which allows states to receive Medicaid Federal dollars, was passed by the legislature. The bill will increase a "bed tax" on nursing homes and use the proceeds to draw down more federal Medicaid funds, which will go back to the nursing homes in the form of payments for services provided to residents utilizing Medicaid. Meadowlark Hills is working hard to position ourselves for the future, as changes within our industry are occurring.

2. **Support Services Update:** Jayme Minton, Support Services Director, followed up with feedback concerning Prairie Star Restaurant. Jayme explained that specials now include a starter and dessert. Addressing the splitting of specials, the restaurant staff will continue to provide an extra plate if someone wants to share a special. Jayme also stated that servers will receive more training on assisting residents who request that staff divide the portion sizes for them.

### Approval of April Minutes:

Motion to approve minutes was moved and passed.

1. Bea Rasmussen will be the new Meadowlark Valley Representative effective June 1, 2016.
2. Jean Beatty received a unanimous "YES" vote to remain on the Board of Trustees.

### Old Business:

1. Updated Member Lists were provided to all in attendance.

### Additional Discussion Topics:

1. **Building and Grounds Update:** There was discussion on taking a census of the number of trees we have on campus. Also talks of looking at trees to see if any need work or maintenance along with identifying what type of trees they are.
2. **Finance Committee Update:** Jean Beatty stated there were several motions that were approved, which included to approve additions to the fiscal year 2016 capital budget, to approve the fiscal year 2017 operating budget and to approve fiscal year 2017 capital budget.

## ASK SARAH

### Trees need love, too!

*Submitted by Sarah Duggan*

For those of you who have been following my article for the past year (Yes, a whole year since we transitioned from Ask Annie to Ask Sarah! Wow!), you may remember my tale about growing grass at the house my husband and I purchased in April 2015 just east of town. And you are recalling correctly that we struggled a bit at growing grass, however, by the end of the season we had a beautiful, green yard.

It didn't go so well for our little tree. When we moved in a small baby tree was planted in the front yard. This spring Edward began to make comments that our tree had something wrong with it because every other tree on the block was beginning to bud. I just thought our little guy was a late bloomer.

Wrong. The Duggan's tree was dead, dead, dead. After some extensive research we learned what you all probably already know – growing a tree requires a lot of love and WATER. It turns out that the grass around it is greedy grass (Remember that awesome lawn I mentioned before? It killed my tree!) that takes all the water. So, upon planting two new trees we have been watering those plants directly and daily. Let's hope these trees stick with us!

A couple questions have come through the box regarding a tree and some shrubbery that need tending to or replacing here on our Meadowlark Hills campus. Rest assured, these projects are on our list for fixing.

See you next week – and thanks for stopping by!

## TOWN MEETING NOTES

June 6, 2016

### **Welcome, Sarah Duggan**

Sarah announced that window washing will be occurring soon — details will be available in an upcoming Messenger. There were no new residents in attendance.

### **Campus Update, Lonnie Baker**

Lonnie announced that Honstead and Sloan renovations are completed and look fantastic. Thursday, June 30, Meadowlark Hills will be hosting an Office Open House for residents and Passport members to familiarize with staff, service areas, office locations and the latest renovations.

Verna Belle's Café will be expanding in the near future. Renovations will be capturing the space of our Director of Nursing and Administrators current office space to create more seating. Jayme Minton, Support Services Leader, is currently creating menu items that provide healthier options for Verna Belle's Café and Prairie Star Restaurant.

### **Board of Trustees Candidates, Sandra Emley**

Sandra thanked everyone for voting and creating excitement in this years Council of Representative election. A total of 149 ballots were returned!

Sandra announced Bob Crawford as the newest Board of Trustee Representative. Bob thanked everyone for putting trust in him and is honored to be among great nominees.

### **Support Services Update, Jayme Minton**

This year, Summerfest went through the largest amount of food than ever before! A total of 540 hamburgers, about 500 hotdogs and 96 pounds of pasta salad were eaten.

Jayme announced that Paul Bridges has completed his notice as of Friday, June 3, as the Food and Beverage Leader. He plans to complete his degree. Jayme introduced four individuals who will be handling various responsibilities in the Food and Beverage service area:

- Mary Harness, Support Services Assistant — coordinates special events, billing and a point of contact
- Brook Niehues, Café Leader — Verna Belle's Café operations and employees
- Emma Machell, Service Manager — in charge of customer service and managing servers in Prairie Star Restaurant
- Caroline Leis, Kitchen Manager — will be overseeing cooks and food quality in both the Main Kitchen and Households.

Prairie Star Restaurant will be offering healthier options that include a Black Bean Burger, Poached Salmon dish,

Asian Turkey Lettuce Wrap and Grilled Chicken Tabouli Salad. These options will be served during summer months. Monday, June 13, Prairie Star Restaurant will be hosting a sampling event where residents and guests will be able to try the healthy options for free.

Prairie Star Restaurant will now have a host available Wednesdays, Fridays and Saturdays. The host is in charge of answering the phone, seating customers, delivering food and cleaning tables. The job description is currently being developed.

### **Grief Support Group, Bridget Larkin and Patty Brown-Barnett**

The Grief Support Group provides the opportunity to discuss grief and healing in a supportive environment Tuesdays, starting July 12, in the Living Room. The group will be guided by "Understanding Your Grief" by Alan D. Wolfelt, Ph.D. The cost of the book is \$11. If you are interested in attending the support group or would like more information, please stop by and see Bridget Larkin.

### **Osher Update, Charlene Brownson**

Registration for Summer 2016 Osher Lifelong Learning Program in Manhattan is now open. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities and quality faculty that promote lifelong learning in the community. The Osher Institute offers courses for participants age 50 and over that stress the joy of learning. Meadowlark Hills residents and Passport Members fees for the classes have been prepaid. To enroll please do one of the following:

- Complete the form included in the summer catalog
- Call KU Osher toll-free (877) 404-5823 or (785) 864-5823
- Visit the web site [www.osher.ku.edu](http://www.osher.ku.edu).

### **Events and Announcements, Sarah Duggan**

Sarah highlighted the incoming events for the month of June. For more details and information on those events, please check the weekly Messenger.

**PRAIRIE★STAR**  
**RESTAURANT**

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

**June 12 - June 18**

Includes beverage, starter and dessert.

The restaurant can accept up to four reservation per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	June 12 ~ Lunch \$10	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Chili Cinnamon Roll Vegetable of the Day
MONDAY	June 13 ~ Lunch \$10	Dinner \$14
	Grilled Chicken with Tarragon Sauce Rice Vegetable of the Day	Herb Crusted Cod Mushroom Risotto Vegetable of the Day
TUESDAY	June 14 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Roasted Pork Loin with Cherry Balsamic Sauce Twice Baked Potato Vegetable of the Day
WED.	June 15 ~ Lunch \$9	Dinner \$14
	Tator Tot Casserole Choice of Vegetable	Grilled Shrimp Caesar Salad Garlic Toast
THURS.	June 16 ~ Lunch \$7	Dinner \$12
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Chicken Parmesan Angel Hair Pasta Vegetable of the Day
FRIDAY	June 17 ~ Lunch \$10	Dinner \$13
	Fish & Chips Coleslaw French Fries	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
SAT.	June 18 ~ Lunch \$10	Dinner \$14
	Turkey Ruben Pasta Salad Choice of Vegetable	Grilled Salmon with Sundried Tomato Sauce Rice Pilaf Vegetable of the Day

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

Grosh Cinema Movies

Sunday, June 12 - Saturday, June 18

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

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

**Sunday, June 12 – A Walk to Remember (2002)**

There's no real reason they should be together. But the love this unlikely pair shares defies all logic.

**Co-Starring: Mandy Moore, Shane West & Peter Coyote**

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

**Monday, June 13– Divine Secrets of the Ya-Ya Sisterhood (2002)**

In this Southern-fried comedy, a group of lifelong female friends go through decades of ups and downs, becoming all the stronger for it.

**Co-Starring: Sandra Bullock, Ellen Burstyn & Fionnula Flanagan**

**Rated PG-13; 1 hr. 56 min.**

**Tuesday, June 14 – Black Swan (2010)**

Ambitious New York City ballet dancer Nina lands the lead in "Swan Lake" but soon thinks her dreams of stardom are threatened by a rival ballerina.

**Co-Starring: Natalie Portman, Mila Kunis & Vincent Cassel**

**Rated R for strong sexual content, disturbing violent images, language & some drug use; 1 hr. 48 min.**

**Wednesday, June 15 – In Old Kentucky (1935) \**Resident Request***

Horse trainer Steve Tapley is caught between the feuding Martingale and Shattuck families. He sides with young Nancy Martingale and her grandfather Ezra, and the feud is to be resolved by a horse race between the favorites of each family.

**Co-Starring: Will Rogers, Dorothy Wilson & Russell Hardie**

**Not Rated; 1 hr. 26 min.**

**Thursday, June 16 – Forrest Gump (1994)**

He's a war hero, a mogul, and a prophet. He's not an intelligent man, but he leads a brilliant life.

**Co-Starring: Tom Hanks, Robin Wright & Gary Sinise**

**Rated PG-13; 2 hrs. 22 min.**

**Friday, June 17 – In the Heart of the Sea (2015)**

Revisiting the incredible true tale of the whaling trip Essex, which was rammed and sunk by a sperm whale in 1820, this historical drama chronicles the crew's horrific 90-day struggle to survive amid storms, hunger and despair.

**Co-Starring: Chris Hemsworth, Cillian Murphy & Brendan Gleeson**

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

**Saturday, June 18 – Mr. Popper's Penguins (2011)**

Mr. Popper, a businessman who inherits a flock of penguins, must transform his apartment into an arctic habitat.

**Co-Starring: Jim Carrey, Carla Gugino & Angela Lansbury**

**Rated PG; 1 hr. 35 min.**

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# This Week's Opportunities June 12 - June 18

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## SUNDAY • JUNE 12

*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, Marie Amthauer, from First United Methodist Church, CR

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## MONDAY • JUNE 13

*Trash pick-up day*

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

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  
11:30 a.m. ~ Meadowlark Valley Luncheon, LR  
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. ~ Hearing Aid Doctor, CON  
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  
2:30 p.m. ~ Healthy Menu Sampling Session, PS  
7:00 p.m. ~ Community Bingo, CR

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## TUESDAY • JUNE 14

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

10:00 a.m. ~ Pond Ride, VE  
10:30 a.m. ~ Reality Check, TR  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, LR  
12:00 p.m. ~ Parkinson's Webinar, KSU CL  
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  
4:00 p.m. ~ Newspaper & Bible, LR  
5:30 p.m. ~ 4th Floor Supper, MR  
5:30 p.m. ~ Depart for Osher Class: Japanese-American Internment Camps, VE

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## WEDNESDAY • JUNE 15

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

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, 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  
1:10 p.m. ~ Meditation Group, TR  
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

1:30 p.m. ~ Speedy PD Art Workshop, KSU CL

1:30 p.m. ~ Pitch, GR

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, KSU CL

6:30 p.m. ~ Osher Class: The French & Indian War, CR

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## THURSDAY • JUNE 16

*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, KSU CL

2:00 p.m. ~ Osher Class: Black Settlements in America—Nicodemus, CR

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

5:30 p.m. ~ Meadowlark Circle Dinner, MR

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

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## FRIDAY • JUNE 17

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

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

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

10:00 a.m. ~ Veterans Group, GC

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

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

12:30 p.m. ~ Mending Angel, GR

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 Rosary, CR

7:00 p.m. ~ Resident Program: Jane Boys Piano Concert "In Celebration," CR

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## SATURDAY • JUNE 18

*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

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### 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