



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 16, 2016

## Cally Krallman Art Presentation

*"Living the Creative Life"*

**Friday, June 24, at 7 p.m.**

Cally Krallman, fine artist and lyricist, will be at Meadowlark Hills to speak about living a creative life with paint and words at 7 p.m. Friday, June 24, in the Community Room.

Cally has been a full-time artist for 22 years and exhibits her work at various galleries in the Midwest. She loves painting the Flint Hills and landscapes from all over! Her work has been exhibited internationally — first in Tblisi, Georgia and most recently in Moscow with "Arts in the Embassies Program." Cally is a member of several national art organizations including Oil Painters of America, American Women Artists and National Oil

and Acrylic Painters Society.

Cally also spends her time writing songs. She has managed to bring many songs to life even though she is not a musician herself. She has worked with various musicians in the Midwest, collaborating to create six CDs with a wide variety of music genres, including Americana, Bluegrass, Country, Jazz/Blues and even a bit of Irish! Cally has performed on two different albums herself.

Cally will be presenting over "fits and starts" of the creative process such as giving yourself down time to refuel ideas and inspiration. Join her Friday, June 24, for a very special presentation!

## Rolling Hills Zoo

*Join us on a trip to  
Salina, Kansas!*

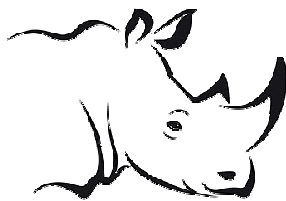
**Tuesday, June 21, at 8:50 a.m.**

Meadowlark Hills will be taking a trip to the Rolling Hills Zoo in Salina, Kan. Tuesday, June 21.

The group will have the opportunity to see a rare white camel, an Indian rhino, a curious orangutan, an ornery aardvark or 100 plus species of wildlife! The group will also explore the beautifully landscaped park with a comfortable tram ride!

Transportation will depart from the Village Entrance at 8:50 a.m. and lunch is on your own at the Zoo's "Overlook Restaurant." The cost is \$31 per person, which includes transportation, entry into the zoo and the tram ride around the zoo. A sign-up sheet is located at the Hospitality Desk in the Blue Book.

The trip is currently full, unless someone cancels. If you have any questions please address them to Monte Spiller at (785) 232-3801.



# MARK

*your calendars*

**FOR OUR**

# Big Reveal

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

Come on down for a special "meal" in the hallway, starting at the Hospitality Desk and ending in Honstead and Sloan Houses to see their beautiful new space. Full details to come next week!



## UPCOMING EVENTS & ANNOUNCEMENTS

### Jane Boys Piano Performance

**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.

### Manhattan Municipal Band

**Tuesday, June 21, 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 21.

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.

### Jokes of the Week

What did that one penny say to the other penny?  
We make perfect cents.

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

Where does Friday come before Monday?  
In the dictionary.

### Fourth of July Celebration

**Monday, July 4, at 8:30 p.m.**

Join Meadowlark Hills, as we celebrate Independence Day Monday, July 4. There will be cold drinks available while you enjoy some hot music from our special guest "Michael B. and the Bolts" starting at 8:30 p.m. on the Lyle House Patio. Following the performance, stick around for the firework display beginning at sundown in the West Parking Lot. Residents, staff and family members are welcomed to come out! We look forward to see you there!

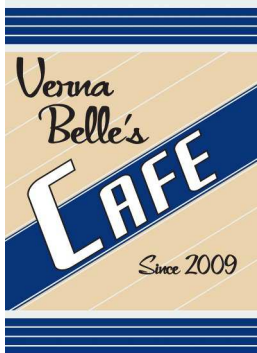


### Men's II Club

Calling all men! The Meadowlark Hills, Men's II Club are looking for new members to add to the current group of great personalities.

If you are a resident or Passport Member why not give us a try. If you decide this is the group for you, then invite a friend! The men meet every second Wednesday of the month at noon, have lunch and a great conversation over the chosen topic of the day.

There will be a guest speaker at each meeting and will take place on Meadowlark Hills campus. If you have any questions, please contact the Hospitality Desk at (785)-537-4610.



## Lunch Specials

**June 19 – June 25**

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

Saturday–Sunday, 9 a.m. to 1 pm.

Sunday, June 19 – Egg Salad Sandwich with Side	\$3.75/\$5.50
Monday, June 20 – Sloppy Joe's with Ambrosia Salad	\$3.75/\$5.50
Tuesday, June 21 – Chicken Bacon Ranch Panini with Pasta Salad	\$3.75/\$5.50
Wednesday, June 22 – Reuben with Fruit Salad	\$3.75/\$5.50
Thursday, June 23 – Turkey Bruschetta Panini with Cottage Cheese	\$3.75/\$5.50
Friday, June 24 – Bratwurst topped with Peppers & Onions with Melon Salad	\$5.50
Saturday, June 25 – Napa Valley Chicken Salad Sandwich with Side	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### **Mattie's Going Away Party**

**Friday, June 24, at 3 p.m.**

Mattie King, Receptionist, will be leaving Meadowlark Hills for a new venture in life. Let's wish her well as she experiences new opportunities and moves to the next chapter of her life with her family by stopping by from 3 to 4 p.m. Friday, June 24, in the Community Room. Light refreshments will be served.

### **Window Washing**

The window washing company will be coming to Meadowlark Hills the week of **Monday, June 20**, to wash exterior windows for Independent Living residents. Maintenance and Housekeeping staff will be working ahead of the window cleaners by removing screens where needed. They will also be escorting the window cleaners into apartments with balconies. Then they will return to reinstall the screens. Dates are contingent on the weather.

### **Piano Recital**

**Wednesday, June 22, at 7 p.m.**

Spend your evening listening to beautiful and gleaming melodies played by Tammy Yeager's students. Tammy will have nine students perform for Meadowlark Hills at 7 p.m. Wednesday, June 22, in the Community Room.

### **Arts in the Park Transportation**

**Friday, June 17, at 7:30 p.m.**

Arts in the Park will be hosting The Howlin' Brothers, a Nashville-based blues and bluegrass band at 8 p.m. Friday, June 17, at the Larry Norvell Band Shell in City Park.

The Howlin' Brothers consist of singer/songwriters Ian Craft, Jared Green and JT Huskey. The string band have been described "an Americana string band, but a configured 21st century version incorporating rock, pop, gospel, jazz, R&B, Dixieland and country blues. Enjoy a nice relaxing night of old-time country blues and string 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.

### **Black Settlements in America**

**Thursday, June 23, from 2 to 4 p.m.**

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 23, in the Community Room. The last class will be Thursday, June 30, at the same time and location as the first class.

### **Meadowlark Chaplain Goes to Portland**

*Submitted by Jayme Minton*

Later this week Chaplain Patty Brown-Barnett heads to Portland, OR to attend the General Assembly of the Presbyterian Church (USA). Patty was chosen by the Presbytery of Northern Kansas to participate in this biennial meeting of her denomination as the clergy alternate delegate representing the body which ordained her and holds her membership. If, for some reason, the clergy delegate is unable to fulfill his obligations, she will step up and become the clergy delegate for this Assembly. However, if all goes according to plan, she will serve as an observer and become the clergy delegate to the next General Assembly in two years.

While our chaplain is away, worship services will continue to take place with the following times, locations, and leaders:

Sunday, June 19, Chaplain Amy Bowers from Homecare & Hospice will lead Sunday services at 9 a.m. in the Miller Friendship Room and at 10 a.m. in the Community Room. Refreshments for worshipers will be provided by the Prairie Star Restaurant following the 10 a.m. service. Then at 2 p.m., our very own Greg Brown from Transportation will lead a worship service for the Wroten and Bramlage households in the Wroten Library.

On Wednesday, June 22, we welcome Ms. Natalie Barnes to lead services at 10 a.m. in the Library and at 1:30 p.m. in Collins House. Natalie has led Vesper services at Meadowlark Hills in the past and has also filled in for our chaplain at other times.

We will look forward to hearing some of the highlights from Portland when Chaplain Patty returns to Meadowlark Hills, in time ("God willing and the creek don't rise") for Sunday services on June 26.

### **Maintenance Update**

Maintenance will be checking fire extinguishers in all garden apartments and duplexes **Wednesday, June 21**, and **Thursday, June 22**. Maintenance work will not affect any other apartments.

**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, June 22, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

## LETTER TO THE MESSENGER

Dear Meadowlark Hills Foundation,

Thank you for the beautiful award that Meadowlark was so kind and generous to give. I appreciate it very much. It is now prominently displayed in my office. Again, sorry I was unable to be there, but my absence did not diminish the honor or your thoughtfulness. Thank you again. All the best, Cam (McConnell)  
P.S. Thank you for the great work you do!

*Editor's note: Rev. Cam McConnell, winner of the Johanna Lyle Excellence in Service Award for 2016, was unable to attend the 14<sup>th</sup> annual Legacy Society Banquet on May 23.*

### On Hardware and Me

*Submitted by Helen Roser*

The excitement was breath-taking. I had hired to work in a store! I would earn twenty cents an hour working at S.S. Kresge 5 and 10 on Saturdays.

Saturday store hours were from 9 a.m. to 9 p.m., with an hour off for lunch and another hour off for supper, for which we were not paid. We reported for work at 7 a.m., for an hour of counter preparation and an hour of Salesmanship class. It was usually 10:30 p.m. before we could leave. Rules were that we could not take down the signs, cover the counters, or take the cash out of the registers for pick up nor leave our counter as long as one prospective customer was in the store. It was during the

Depression and you did not turn away possible cash customers.

On Saturdays nights, I received two whole dollars in my pay envelope. I had only had to work ten hours (that counted) for it and I had a job and I was learning hardware.

On the exciting day I was hired, the manager told me: "Miss Newman, report to Hardware." I said; "Yes, sir" and, when he had left, I asked one of the older girls: "What is hardware?" She groaned and said: "Oh, you poor thing!" and pointed at the counter at the back of the store.

An angelic, warm, cheerful young widow was in charge of Hardware. She told me: "You will love it! Hardware is fun! If there is anything you don't know, just ask me! There is your first customer now!"

Courteously, I asked: "May I wait on you, sir?" Loudly, he replied: "Yes. I want a rasp." I turned to the angel: "Miss Boycourt....?" The next customer wanted a turn-buckle.

As the angel has predicted, I came to love hardware and knew every item and how to use it on our counter from reading every box and card and asking the angel copious questions.

One Saturday night, an old-timer who had been hanging around the counter, watching me, finally approached me and smiled and said: "You know, I believe you could sell an Eskimo an ice box." Maybe! And why not? I loved hardware and I was earning twenty cents an hour (that counted).

## UPCOMING EVENTS & ANNOUNCEMENTS

### Eyewear Adjustments

**Saturday, June 25, at 3 p.m.**

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, June 25, in the Community Room. They will adjust eyeglasses for residents at no charge.

### Memory Activities Announcement

**Wednesday, June 22, at 10 a.m.**

The Memory Program is pleased to announce a new partnership with the Marianna Kistler Beach Museum of Art. Kim Richards, Education Assistant, will conduct a session of Visual Thinking Strategies (VTS) during the Memory Activities Class from 10 to 11 a.m. Wednesday, June 22, in the KSU Classroom. This will be a facilitated discussion of three different Art images with joint participation by memory care receivers and caregivers.

### Japanese-American Internment Camps

**Tuesday, June 21, 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 21, 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.

**DRINK SPECIAL**



**June 20 to June 25  
Tanqueray & Tonic**

2 oz. Tanqueray Gin  
3 oz. Tonic

**\$3.75**



## LETTER TO THE MESSENGER

### 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).

### Vespers Services

**Sunday, June 19, at 7 p.m.**

The Vespers service, led by Reverend Jim Reed from First United Methodist Church, will be at 7 p.m. Sunday, June 19, in the Community Room. All are welcome.

### Kansas City Royals Game

**Monday, July 18, at 7:15 p.m.**

Meadowlark Hills currently has a tentative trip scheduled to the Kansas City Royals vs. the Cleveland Indians game at 7:15 p.m. Monday, July 18. This game should not be confused with the trip we are taking Thursday, Sept. 29, to the Royals vs. Minnesota Twins. Both trips include residents, staff and families.

If you are interested in attending the game in July, please sign up in the Blue Book located at the Hospitality Desk. In order to keep the group price of \$29 per ticket, we will need at least 20 people signed up.

Cost for transportation will be based on the number of people we have attending as we will be using Meadowlark Transportation for this particular game. A decision to go forth with the trip or cancel will be based on the number of people signed up by Friday, July 1.

## ASK SARAH

### The Tube

*Submitted by Sarah Duggan*

The first time I lived alone was my last semester in college. I had a quaint one-bedroom apartment on the west side of the K-State campus. It was part of an old house that was converted into four apartments – two in the basement and two on the main level. My stove had one temperature (hot – I could bake chicken in ten minutes and cookies in five or less) and featured push buttons. I won't even venture a guess to its age. The apartment was not only the perfect size, it was also the perfect price. Even though I had found an affordable apartment at the last minute that wasn't in a gloomy, outdated basement, I still had to take a good hard look at my budget and cut as many expenses as I could. The first thing to go was television.

For the next four years, I "survived" without cable or basic TV channels. If I was watching something, it was on a DVD I owned and could quote every single line in the movie. It wasn't until Edward and I were married and living in our first apartment together that he said enough is enough, we're getting television.

Like Meadowlark, our apartment building did not permit the use of a satellite service for television and/or internet – mostly due to the eye sore that a satellite is (especially hanging off a hundred balconies). Edward and



I were faced with the decision – Cox Communications or AT&T.

Residents at Meadowlark are provided basic cable as a part of their monthly fee and this service is provided by Cox. Each resident has the option of choosing to have their cable service provided by AT&T, however this option requires the resident to set up, maintain and pay for their cable service directly with the provider. Phone and internet service, no matter which company is selected, is one that the resident will set up on their own if they wish to utilize it. Internet can be purchased "in house" through the Information Technologies department and the fee can be added to the resident's monthly bill. This would be a secure internet connection. The Guest Network at Meadowlark is available to anyone, but it is not a secure network. If you have additional questions regarding internet service at Meadowlark or would like to find out the cost, please contact Monte Spiller at (785) 323-3851.

In the end, Edward and I chose Cox for our television "needs." We have since canceled our cable service and have found ourselves spending more time playing with Murphy Rose, hanging out outside, reading or going on little adventures in town (i.e. pizza at AJ's followed by a trip to the park). See you next week and thanks for stopping by!

# PRAIRIE★STAR

## RESTAURANT

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

## June 19 - June 25

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 19 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Au Gratin Potatoes Vegetable of the Day	Chicken Pot Pie Vegetable of the Day
MONDAY	June 20 ~ Lunch \$12	Dinner \$14
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable	Crab & Shrimp Cakes Roasted Red Potatoes Vegetable of the Day
TUESDAY	June 21 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Chicken Breast stuffed with Boudin Sausage Wild Rice Vegetable of the Day
WED.	June 22 ~ Lunch \$11	Dinner \$13
	Beef Tips Fettuccine Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day
THURS.	June 23 ~ Lunch \$7	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Hoisin Glazed Pork Chops Swiss & Green Onion Scalloped Potatoes Vegetable of the Day
FRIDAY	June 24 ~ Lunch \$10	Dinner \$14
	Chef's Grilled Cheese with Tomato, American, Swiss & Provolone on Vegetable Bread Coleslaw	Sautéed Rainbow Trout Rice Pilaf Vegetable of the Day
SAT.	June 25 ~ Lunch \$10	Dinner \$15
	BBQ Pork Loin Sandwich Tator Tots 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, June 19 - Saturday, June 25

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

### **Sunday, June 19 – The Color Purple (1985)**

She's been beaten and humiliated. Repeatedly. When she finally fights back, not a soul will stand in her way.

**Co-Starring: Danny Glover, Whoopi Goldberg & Oprah Winfrey**

**Rated PG-13; 2 hrs. 33 min.**

### **Monday, June 20– Silkwood (1983)**

Motivated by her union work, Karen Silkwood risks her life and job to turn over evidence of a nuclear power plant's safety violations.

**Co-Starring: Meryl Streep, Kurt Russell & Cher**

**Rated R for sexual content, language, violence & drug references; 2 hrs. 11 min.**

### **Tuesday, June 21 – Hostage (2005)**

A former hostage negotiator finds himself pulled back into the game. This time, the bad guys hit him where it hurts.

**Co-Starring: Bruce Willis, Kevin Pollak & Serena Scott Thomas**

**Rated R for strong graphic violence, language & some drug use; 1 hr. 53 min.**

### **Wednesday, June 22 – Invictus (2009)**

After the end of apartheid, newly elected President Nelson Mandela uses the 1995 World Cup rugby matches to unite his people in South Africa.

**Co-Starring: Morgan Freeman, Matt Damon & Tony Kgoroge**

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

### **Thursday, June 23 – Shall We Dance? (1937)**

A dancer boards the same ship as a celebrity with whom he's enamored, but by the end of the voyage, the gossip is that the two are secretly married.

**Co-Starring: Fred Astaire, Ginger Rogers & Edward Everett Horton**

**Not Rated; 1 hr. 49 min.**

### **Friday, June 24 – Jurassic World (2015)**

Once a popular, state-of-the-art dinosaur-themed attraction, Jurassic Park has fallen behind the times. In response, the owners decide to design a bold new exhibit, but the terror it inspires becomes all too real after the technology malfunctions.

**Co-Starring: Chris Pratt, Bryce Dallas Howard & Ty Simpkins**

**Rated PG-13; 2 hrs. 4 min.**

### **Saturday, June 25 – Maleficent (2014)**

Turning the classic fairy tale "Sleeping Beauty" on its head, this fantasy drama tells the story from the point of view of evil godmother Maleficent.

**Co-Starring: Angelina Jolie, Elle Fanning & Sharlto Copley**

**Rated PG; 1 hr. 37 min.**

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# This Week's Opportunities June 19 - June 25

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## SUNDAY • JUNE 19

*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. Jim Reed from First United Methodist Church, CR

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## MONDAY • JUNE 20

*Trash pick-up day*

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

8:30 a.m. ~ Dental Hygiene Clinic, MS (*By appointment*)  
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, TR  
1:15 p.m. ~ Parkinson's Exercise Class, CR  
1:30 p.m. ~ Ladies Pool Table Time, BP  
2:30 p.m. ~ Pond Ride, VE  
5:30 p.m. ~ 5th Floor Supper, MR  
7:00 p.m. ~ Community Bingo, CR

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## TUESDAY • JUNE 21

*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. ~ 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  
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. ~ Ambassadors Committee Meeting, CON  
4:00 p.m. ~ Newspaper & Bible, LR  
5:30 p.m. ~ 2nd Floor Supper, CR  
5:30 p.m. ~ Depart for Osher Class: Japanese-American Internment Camps, VE

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## WEDNESDAY • JUNE 22

*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. ~ Walmart/Dillons Shopping Trip, VE  
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. ~ Collins Worship Service, CH

1:30 p.m. ~ Pitch, GR

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

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

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

7:00 p.m. ~ Piano Recital, CR

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## THURSDAY • JUNE 23

*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  
1:00 p.m. ~ Blood Pressure Clinic, GR  
2:00 p.m. ~ Osher Class: Black Settlements in America—Nicodemus, CR  
2:30 p.m. ~ Pond Ride, VE  
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR  
7:00 p.m. ~ IL Bingo, CR

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## FRIDAY • JUNE 24

*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  
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  
3:00 p.m. ~ Mattie's Going Away Party, CR  
2:30 p.m. ~ Pond Ride, VE  
7:00 p.m. ~ Resident Program: Cally Krallman Art, CR

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## SATURDAY • JUNE 25

*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

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## 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

WS, Woodshop