



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 7, 2016

## Whirl-Wind Experience

### *Tornado Presentation by Mary Knapp*

**Friday, July 15, at 7 p.m.**

After a tornado leaves town, Mary Knapp knows her phone will ring. Knapp, an associate agronomist with Kansas State University Research and Extension, is also the states climatologist. Knapp will be at Meadowlark Hills to present over the tornadoes that have touched down in Manhattan, Kansas at 7 p.m. Friday, July 15, in the Community Room.

The presentation will discuss the 50th anniversary of the 1966 tornado that touched down north of the Amherst neighborhood, Jardine complex, a married student housing at the time, and St. Mary's Hospital,



which is now Via Christ Health. The storm that caused nearly 40 injuries, but no deaths, has marked Manhattan's history for a lifetime.

Additionally, Knapp will present over the 2008 "Miller Ranch" Tornado, that left behind damage in the Miller Ranch neighborhood, the Little Apple Toyota building, crossed its way through Anderson Avenue and headed north east towards Denison Road and College Heights Road. Join

Mary Knapp as she presents over Manhattan's whirl-wind experience!

## FOUNDATION NEWS

### In Honor of Those Living & Passed

June 2016

#### *In Memorial and Honor of:*

*Dorothy Buller*

*Florence Day*

*Michelle Haub*

*Bill Michel*

*Ralph & Dorothy Miller*

*Kent & Sharon Smith*

*Helen Toburen*

*Dan Upson*

*Meadowlark Hills Foundation has gratefully accepted gifts in June benefitting the Good Samaritan Fund and the Parkinson's Program.*

## Charles Burchfield

### *Beach Museum Art Discussion*

**Wednesday, July 13, at 6:30 p.m.**

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, July 13, in the KSU Classroom to learn and discuss American Painter and visionary artist, Charles Burchfield.



Charles E. Burchfield is known for his passionate watercolors of nature scenes and townscapes. The largest collection of Burchfield's paintings, archives and journals are in the collection of the Burchfield Penney Art Center in Buffalo. His paintings are in the collections of many major museums in the United States and have been the subject of exhibitions at the Metropolitan Museum of Art, the Whitney Museum of American Art, The Hammer Museum, as well as other prominent institutions!

All who are interested are invited to participate.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Vespers Services

**Sunday, July 10, at 7 p.m.**

The Vespers service, led by Marie Amthauer from First United Methodist Church, will be at 7 p.m. Sunday, July 10, in the Community Room. All are welcome.

### Yard Classic Car Show

**Friday, July 8, at 6 p.m.**

Attention car lovers of all ages! You're invited to a car show starting at 6 p.m. Friday, July 8, at Prairie Star Patio to see display cars from past decades!

Verna Belle's Café will be providing lemonade and limeade drinks served by our very own Meadowlark Ambassadors, to help you beat the heat! We will also have popcorn available to enjoy while you listen to music from the 1950s and 1960s provided by Gary Kramer.

Due to the amount of cars entered into the show, Meadowlark Road will be closed from the fork to the beginning of the covered circle drive at the main entrance from 4 to 7 p.m. Please remind visitors not to park in these visitor sections.

If you have any questions, please contact Monte Spiller, at 323-3801.

### Manhattan Ladies Luncheon

**Thursday, July 14, at 12:30 p.m.**

Welcome to the July meeting of the Manhattan Ladies Luncheon. Marla Bugbee and Jeanne Lundin are your hostesses with an interesting story about the Marlow Woodcuts at 12:30 p.m. Thursday, July 14, in the Manhattan Room.

Lunch will be grilled chicken breast — come for the rest of the menu! Please sign up in the Blue Book located at the Hospitality Desk to attend.

### Jokes of the Week

What has one eye but cannot see?  
A needle.

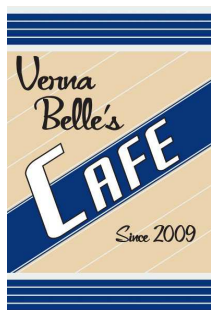
What does a clock do when its hungry?  
Goes back 4 seconds.

What did one flag say to the other flag?  
Nothing, it just waved.

What did the frog order for lunch?  
French fries and a diet croak.

## Lunch Specials July 10 – July 16

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



<b>Sunday, July 10 – Tuna Salad Sandwich with Side</b> (Tuna salad on white or wheat bread)	<b>\$3.75/\$5.50</b>
<b>Monday, July 11 – Ultimate Grilled Cheese with Tomato Soup</b> (Bacon, mushrooms, tomatoes & onions on Italian Bread with American, Swiss & Cheddar cheese)	<b>\$3.75/\$5.50</b>
<b>Tuesday, July 12 – Triple Meat Pizza</b> (Sausage, bacon & pepperoni on Flat Bread with Marinara sauce and Mozzarella cheese)	<b>\$3.75/\$5.50</b>
<b>Wednesday, July 13 – BBQ Chicken &amp; Potato Foil Packet</b> (Chicken & diced potatoes topped with cheddar cheese, bacon & BBQ sauce wrapped in aluminum foil & grilled)	<b>\$3.75/\$5.50</b>
<b>Thursday, July 14 – Beef Fajita Quesadilla with Melon Salad</b> (Shredded beef with onions & peppers in a grilled tortilla with shredded cheddar cheese)	<b>\$3.75/\$5.50</b>
<b>Friday, July 15 – Cowboy Dog with Macaroni &amp; Cheese</b> (Grilled hotdog on a bun topped with shredded cheddar cheese, caramelized onion, bacon & BBQ sauce)	<b>\$5.50</b>
<b>Saturday, July 16 – BLT with Side</b> (Bacon, lettuce & tomatoes on white or wheat bread)	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### Outdoor Encounters

*Submitted by Nathan Bolls*

The top-rank poet, Maxine Kumin, while cleaning out her horse barn one day, got the idea for her "Excrement Poem." Basically, she honors what drops from us because it means "we go on." This is true for all animals, but that could develop into a problem.

The surface of our Natural Area could grow to look and smell quite differently than it does. Several processes keep that area relatively clear of "undesirable" materials. Some processes are common knowledge. One process, much under-appreciated, is accomplished by that large group of insects known as dung beetles. More than 5,000 species are recognized worldwide.

Some dung beetles live in dung, some use it for food, and other rolls it into balls and bury them. Eggs are laid in the balls that then serve as food for the larvae. A lotta buryin' is goin' on; some species can bury, in one day, an amount equal to 250 times that beetle's body weight.

Those who study these sorts of things estimate that, without dung beetles, some parts of our Earth's crust would be buried beneath 3-4 feet of dung. Need a topic for your next discussion group meeting?

We are aware of and appreciate a few of the millions of known species of insects. True, some are pests, and we deal with them in a confrontational manner. But who does not thrill to the beauty of butterflies, moths, and metallic beetles; the anatomy of walking sticks and mantids; the very long antennae of certain beetles; the exquisite, fragile, and ephemeral nature of mayflies; the flying ability of dragonflies; or the exceedingly long ovipositors found in some species of ichneumon wasps? A certain scarab beetle was sacred to the Ancient Egyptians.

The beetles (Order Coleoptera) constitute the largest and most varied group within Class Insecta. Their size--for insects--ranges from very small to quite large, and their colors range from whitish through dull gray and black to various bright metallic shades of green, yellow, orange, and red. Most have wings, and their forewings (elytra) are thick and leathery, which surely helps explain the relatively slow and laborious flight patterns seen in most beetles.

Perhaps the dung beetle's public image could be helped if it became generally known that, other than humans, they currently are the only known animals that navigate and orient themselves by using the Milky Way. Wonder what a good public relations firm could do with that? Hey, any port in a storm!

### Potawatomi Ghost Towns of the Oregon Train in Kansas

**Wednesday, July 13, from 6:30 to 8:30 p.m.**

This Osher class will examine Uniontown, Kansas, a ghost town on the Oregon-California Trail near Topeka, Kansas Wednesday, July 13.

The class will highlight the little trace of the town that exists today, but will illuminate the enigmatic history of this ill-fated community founded in 1848.

The precursors to the Uniontown story reflect the influence of Kansa Indians, French traders and ardent missionaries. Uniontown was also the federal government's last effort to unify separate bands of the Potawatomi people in to a single community at a commercially essential location on the Oregon-California Trail.

The first class will be from 6:30 to 8:30 p.m. Wednesday, July 13, in the Community Room. The second and third classes will take place Wednesday, July 20, and Wednesday, July 27, at the same time and location as the first class.

Join instructor Tom Ellis, writer and historian that focuses on 19th century Kansas, as he presents over the Potawatomi Ghost Towns of the Oregon Train in Kansas.

### Shopping Carts missing

Uh oh, Meadowlark Hills is missing shopping carts! Please return shopping carts promptly after use so the next person can utilize them. Carts can be returned to the West Entrance, located underneath the West Village Apartments staircase or near the East Elevator next to the Community Room. Thank you!

### Video Worship Series

**Wednesday, July 13, at 4 p.m.**

You are invited to watch a televised worship sermon by Reverend Dr. Thomas R. Ahlersmeyer, titled "Who's Your Neighbor?" at 4 p.m. Wednesday, July 13, in the Living Room. All are welcome.

### July Focus Group

**Thursday, July 14, at 10 a.m.**

The Focus Group scheduled for July will highlight another great staff member at 10 a.m. Thursday, July 14.

The staff attendee for July Focus Group will be Parkinson's & Memory Program Leader, Michelle Haub. Come meet Michelle in the KSU Classroom!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Newspaper and Bible canceled

First Presbyterian Church will not be conducting Newspaper and Bible classes during the month of July.

### Memory Café

**Wednesday, July 13, at 10 a.m.**

Memory Café will meet in the West Conference Room from 10 to 11 a.m. Wednesday, July 13. This new group features story sharing, reminiscing, and social engagement. It will be facilitated by Bridget Larkin, Licensed Social Worker and Arlene Lundberg, Companion. All are welcome to participate in this informal setting where snacks are provided.

### 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:

- 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.

Questions? Please contact Michelle Haub, Parkinson's Program Leader at (785) 323-3899 or via email [michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org).

### Grief Support Group

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

Join Bridget Larkin, LMSW, Social Services Leader, and Chaplain Patty Brown-Barnett, DMin, in a Grief Support Group from 10:30 to 11:30 a.m. Tuesday July 12, in the Living Room.

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.

### Exercise Classes Update

**Monday, July 11**

Due to Town Meeting, the following exercise classes are canceled or rescheduled for a different time Monday, July 11:

- **Seated Strength** — canceled
- **Weights 101** — moved from 10:20 a.m. to 12 p.m.
- **Beginner Tai Chi** — canceled

### Osher Special Event — Exploring the Wonders of Kansas

**Friday, July 15, at 9 a.m.**

This Osher special event will be taking a tour from Manhattan to Council Grove Friday, July 15. The group will visit the Kaw Mission and the Last Chance Store, Hermits Cave, the Old Bell Monument and Custer Elm. The group will enjoy a fried chicken lunch at the Hays House Restaurant and do some shopping downtown. After lunch, you will see the Council Oak, Post Office Oak, Madonna of the Trail, the Guardian of the Grove and stop at the Trail Days Museum.

Osher transportation will be available and will depart from the Village Entrance at 9 a.m. \$90 fee includes transportation, museum admissions and lunch. A refund must be requested by Friday, July 8, minus a \$15 administrative fee. Please go to <http://www.continuinged.ku.edu/osher/special-events.php> to register to attend.

### Manhattan Municipal Band

**Tuesday, July 12 & Wednesday, July 13, 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, July 12, and Wednesday, July 13.

Both events begin 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. Please sign up in the Blue Book located at the Hospitality Desk for transportation.

### Arts in the Park

**Friday, July 8, at 7:30 p.m.**

Arts in the Park will be hosting Muzizi, our hometown reggae rockers at 8 p.m. Friday, July 8, at the Larry Norvell Band Shell in City Park. Muzizi is a favorite local band featuring American Reggae 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.

### Card Marking with Michelle

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

Join Michelle Lehmer at 2 p.m. Tuesday, July 26, in the Living Room for card making. The group will be making cards for all-occasions!

## UPCOMING EVENTS & ANNOUNCEMENTS

**DRINK SPECIAL**



### July 10 to July 16 Planter's Punch

2 oz. Dark Rum  
1 1/2 oz. Sweet & Sour  
Dash of Bitters  
Dash of Grenadine  
1/4 oz. Lime Juice

**\$3.75**

### Acrylic Watercolor Painting for Fun

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

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

### Memory Activities Class

**Wednesday, July 13, 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, July 13, in the West Conference Room.

### Aggieville Through the Years

**Sunday, July 10, from 2 to 3 p.m.**

Riley County Genealogical Society is sponsoring "Aggieville Through the Years" from 2 to 3 p.m. Sunday, July 10, at the Manhattan Public Library Auditorium, 629 Poyntz Ave. This program is opened to the public and free to attend! Join Dan Walter, Historian, Aggieville Business Association; Founder, Aggieville Archives will be presenting about Aggieville through the years.

### Pest Control rescheduled

**Monday, July 11**

Due to the Fourth of July, Pest Control is rescheduled to begin spraying inside apartments starting Monday, July 11.



## Store 2 Door

Groceries & More

Meadowlark Hills Home Health offers a grocery shopping service that is delivered to you.

If you are interested in learning more about this service, call Home Health at (785) 537-9497 to get additional information.

### Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack.

An employee is chosen each month, and they are awarded a special parking spot, a Meadowlark Hills gift certificate and a free car wash. Stop by Verna Belle's Café or the Human Resource office to fill out a nomination form with information about an outstanding employee.

### ASK SARAH

#### House Warming Party

*Submitted by Sarah Duggan*

Last week we had a great turnout at the Hallway Party – A Small Meal with a Big Reveal! The big reveal was the *official* unveiling of the newly renovated Honstead and Sloan Houses in our long-term care living area at Meadowlark. These two houses are the oldest houses at Meadowlark – they turned 36-years-old in June!



Today, July 7, residents and staff of Honstead and Sloan Houses will be hosting a House Warming Party between 4:30 and 6:30 p.m. for Meadowlark Board members and folks from the greater Manhattan community. Invitations were sent out a couple weeks ago – so you'll see an influx of visitors in the hallway today – and we hope to tour several guests through the houses.

See you next week, 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.

## July 10 - July 16

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	July 10 ~ Lunch \$11	Dinner \$11
	Short Ribs Green Chili Mashed Potatoes Vegetable of the Day	White Lasagna Garlic Toast Vegetable of the Day
MONDAY	July 11 ~ Lunch \$9	Dinner \$12
	Ham & Cheese Quiche Macaroni Salad Choice of Vegetable	Grilled Cilantro Lime Chicken Warm Corn Relish Vegetable of the Day
TUESDAY	July 12 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Roast Brisket Garlic Mashed Red Potatoes Vegetable of the Day
WED.	July 13 ~ Lunch \$10	Dinner \$13
	Chicken Crepes Wild Rice Choice of Vegetable	Stuffed Green Pepper Rice Vegetable of the Day
THURS.	July 14 ~ Lunch \$7	Dinner \$14
	Pizza Bar (does not include drink, starter or dessert)	Stuffed Orange Roughy with Crab Lemon Couscous Vegetable of the Day
FRIDAY	July 15 ~ Lunch \$10	Dinner \$12
	BBQ Wings Sweet Potato Fries Coleslaw	Grilled Marinated Pork Tenderloin Sweet Potato Cakes Vegetable of the Day
SAT.	July 16 ~ Lunch \$10	Dinner \$14
	B.L.A.T. Potato Salad Choice of Vegetable	Coconut Shrimp 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, July 10 - Saturday, July 16

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

### **Sunday, July 10 — Stuart Little (1999)**

The Little family adopt a charming young mouse named Stuart, but the family cat wants to get rid of him.

**Co-Starring: Michael J. Fox, Geena Davis & Hugh Laurie**

**Rated PG; 1 hr. 24 min.**

### **Monday, July 11 — Jane Got A Gun (2016)**

A woman asks her ex-lover for help in order to save her outlaw husband from a gang out to kill him.

**Co-Starring: Natalie Portman, Joel Edgerton & Ewan McGregor**

**Rated R for violence and some profanity; 1 hr. 38 min.**

### **Tuesday, July 12 — American Sniper (2014)**

Navy S.E.A.L. sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind.

**Co-Starring: Bradley Cooper, Sienna Miller & Kyle Gallner**

**Rated R for violence and profanity; 2 hr. 13 min.**

### **Wednesday, July 13 — The Princess Bride (1987)**

While home sick in bed, a young boy's grandfather reads him a story called The Princess Bride.

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

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

### **Thursday, July 14 — How To Steal A Million (1966)**

Romantic comedy about a woman who must steal a statue from a Paris museum to help conceal her father's art forgeries, and the man who helps her.

**Co-Starring: Audrey Hepburn, Peter O'Toole & Eli Wallach**

**No Rating; 2 hr. 3 min.**

### **Friday, July 15 — Guys & Dolls (1955)**

In New York, a gambler is challenged to take a cold female missionary to Havana, but they fall for each other and the bet has a hidden motive to finance a crap game.

**Co-Starring: Marlon Brando, Jean Simmons & Frank Sinatra**

**No Rating; 2 hr. 30 min.**

### **Saturday, July 16 — Pocahontas (1995)**

An English soldier and the daughter of an Algonquin chief share a romance when English colonists invade seventeenth-century Virginia.

**Co-Starring: Mel Gibson, Linda Hunt & Christian Bale**

**Rated G; 1 hr. 21 min.**

# This Week's Opportunities July 10 - July 16

## SUNDAY • JULY 10

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

## MONDAY • JULY 11

*Trash pick-up day*

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

8:30 a.m. ~ IL Resident Council, KSU CL  
9:30 a.m. ~ Town Meeting, CR  
10:00 a.m. ~ Pond Ride, VE  
11:00 a.m. ~ Sit & Be Fit, CR  
11:30 a.m. ~ Meadowlark Valley Luncheon, LR  
12:00 p.m. ~ Weights 101, CR  
12:00 p.m. ~ Yoga, KSU CL  
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR  
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. ~ Hearing Aid Doctor, KSU CL  
1:30 p.m. ~ Ladies Pool Table Time, BP  
2:30 p.m. ~ Pond Ride, VE  
5:30 p.m. ~ Tuttle Creek Supper, MR  
7:00 p.m. ~ Community Bingo, CR

## TUESDAY • JULY 12

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

10:00 a.m. ~ Pond Ride, VE  
10:30 a.m. ~ Steady Yourself, CR  
10:30 a.m. ~ Reality Check, TR  
10:30 a.m. ~ Steady Yourself, CR  
10:30 a.m. ~ Grief Support Group, LR  
11:00 a.m. ~ PD Art Workshop, KSU CL  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Kimball Luncheon  
12:00 p.m. ~ Seven Dolors Book Discussion, LR  
1:00 p.m. ~ Tai Chi, CR  
2:30 p.m. ~ Pond Ride, VE  
3:00 p.m. ~ Coffee Corner, CR  
5:30 p.m. ~ 4th Floor Supper, MR

## WEDNESDAY • JULY 13

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

9:00 a.m. ~ New Perspectives, KR  
9:00 a.m. ~ Building & Grounds Meeting, LR  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Pond Ride, VE  
10:00 a.m. ~ Worship Service led by Chaplain Patty Brown-Barnett, LR  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:00 a.m. ~ Memory Café, CON  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ 2nd Men's Club Luncheon, LR  
12:00 p.m. ~ Yoga, KSU CL  
12:00 p.m. ~ Beginner Tai Chi, CR  
1:10 p.m. ~ Meditation Group, TR  
1:30 p.m. ~ Pitch, GR  
2:30 p.m. ~ Pond Ride, VE  
3:00 p.m. ~ Call Hall Ice Cream, KR  
3:00 p.m. ~ Fit 2 Fight PD, CR  
4:00 p.m. ~ Video Worship Service, LR  
6:30 p.m. ~ Beach Museum Art Discussion, KSU CL  
6:30 p.m. ~ Osher Class: Potawatomi Ghost Towns, CR

## THURSDAY • JULY 14

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

9:00 a.m. ~ Messenger Ladies, CON  
10:00 a.m. ~ Meadowlark Bible Study, CON  
10:00 a.m. ~ Pond Ride, VE  
10:00 a.m. ~ Great Decisions, LR  
10:00 a.m. ~ Resident Focus Group, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:30 p.m. ~ Manhatter Ladies Luncheon, MR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
2:30 p.m. ~ Pond Ride, VE  
7:00 p.m. ~ IL Bingo, CR

## FRIDAY • JULY 15

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

9:00 a.m. ~ Depart for Osher Event: Wonders of Kansas, VE  
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 and 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: Whirl-Wind Experience, CR

## SATURDAY • JULY 16

*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 CR  
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