



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 14, 2016

Trip to the Wichita Art Museum

Thursday, July 28, at 8 a.m.

Meadowlark Hills will be taking a group to travel to the Wichita Art Museum Thursday, July 28.

The Wichita Art Museum brings people, ideas and American Art together to enrich lives and build community.

Wichita Art Museum educational programming offers varied levels of engagement and participation with the core belief that art is for everyone, that curiosity inspires learning and that learning is a lifelong adventure. While in the museum, the group will have the opportunity to experience collections of wonderful artwork, including one of its highlighted exhibits, the “Chihuly Drawings.”

Dale Chihuly, an American sculptor, has mastered the alluring, translucent and transparent qualities of ice, water, glass and neon to create works of art that transform the viewer experience. He is globally renowned for his ambitious site-specific architectural installations in



public spaces and in exhibitions presented in more than 250 museums and gardens worldwide. The Wichita Art Museum boasts two large-scale works by the artist, *Confetti Chandelier* and *Persian Seaform Bridge* in the S. Jim and Darla Farha Great Hall. This exhibition includes drawings from across the

artist's career — with work in pencil, charcoal and acrylic. Chihuly Drawings is organized by the Wichita Art Museum in cooperation with Chihuly Studio.

Our group will depart from the Village Entrance at 8 a.m., expecting to arrive at the museum by 10 a.m. Lunch will be paid on your own at the Muse Café, located in the museum. Cost for the trip is \$35, which includes transportation and museum admissions. A sign-up sheet is available in the Blue Book located at the Hospitality Desk. Questions can be directed to Monte Spiller at 323-3801.

Ron Wilson's Poetry Hour

Meadowlark Hills welcomes Cowboy Poet!

Friday, July 22, at 7 p.m.

Back by popular demand, Meadowlark Hills welcomes the “Cowboy Poet” himself, Ron Wilson! Ron Wilson, a Poet Lariat, will be showcasing his unique cowboy poetry and humor appropriate for all ages, at 7 p.m. Friday, July 22, in the Community Room.

Ron Wilson, first place winner in the Kansas Cowboy Symposium in Dodge City, winner of the Horizon Award from Academy of Western Artists, and publisher of two books of cowboy poetry, will entertain folks with a down-home sense of humor!

All of his poetry is family orientated, patriotic and has a particular appeal to folks who live in the country and appreciate the American West.

It only gets better—Ron performs his original poetry in full costume and always gets the audience involved!

He's got a lot to say, and you'll enjoy listening. Don't miss out on a spectacular summer event with lots of laughter, poetry, and entertainment!



UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

Why was the broom late?
It over swept!

What did the inventor of the door-knocker win?
The no-bell prize.

Manhattatters Ladies Luncheon

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

Welcome to the July meeting of the Manhattatters Ladies Luncheon set for 12:30 p.m. today, July 14, in the Manhattan Room. Marla Bugbee and Jeanne Lundin are your hostesses with an interesting story about the Marlow Woodcuts. Grilled chicken breast is featured on the lunch menu — come for the rest of the menu!

Parkinson's Pain and Fatigue

Thursday, July 21, at 11 a.m.

This webinar will discuss pain and fatigue that are often part of life with Parkinson's disease. Panelists will discuss what we know about why these symptoms arise, how we manage them today and research toward new treatments. This webinar is at 11 a.m. Thursday, July 21, in the West Conference Room.

Resident Directory misprinting

A pile of misprinted Resident Directories were delivered to residents last Thursday, July 7. If you received a copy of a Resident Directory that is missing even number pages, please stop by the Hospitality Desk for a new copy. Thank you!

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!

Memory Café

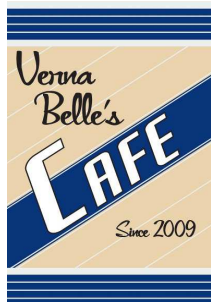
Wednesday, July 20, at 10 a.m.

Memory Café will meet in the West Conference Room from 10 to 11 a.m. Wednesday, July 20. 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; snacks are provided.

Lunch Specials **July 17 – July 23**

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

Saturday–Sunday, 9 a.m. to 1 p.m.



Sunday, July 17 – BLT with Side

(Bacon, lettuce & tomatoes on white or wheat bread)

\$3.75/\$5.50

Monday, July 18 – Chicken Bacon Ranch Wrapini with Fruit Salad

(Chicken, Bacon and Ranch Dressing wrapped up in a flavored tortilla and grilled)

\$3.75/\$5.50

Tuesday, July 19 – Walking Taco

(Ground Beef and Doritos in a bag topped with your choice of lettuce, tomato, shredded cheese, jalapenos, salsa or sour cream)

\$5.50

Wednesday, July 20 – Quesadilla Day

(Your choice of Cheese, Chicken or Shredded Beef in a crispy flour tortilla)

\$3/\$4/\$5

Thursday, July 21 – Turkey Club Panini with Cottage Cheese

(Turkey, Bacon and Swiss cheese on toasted Italian Panini bread)

\$3.75/\$5.50

Friday, July 22 – Grilled Chicken Sandwich with Broccoli Salad

(Grilled Chicken topped with Swiss cheese, lettuce and tomato on a toasted bun)

\$5.50

Saturday, July 23 – Egg Salad with Side

(Egg Salad on white or wheat bread with your choice of side)

\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Library News

Submitted by Bea Rasmussen

Many of you may have noticed there has been lots of activity in the library this past week. Every five years we go through the Fiction section and take out books that have been on the shelves five or more years. We have completed doing that and have taken them to the Public Library for their sale.

Now we would like to bring in new ones for our library, so this is where you all come in. Do you have a favorite author or a favorite book? Just write down on a slip of paper if you do and place it in the box at the Hospitality Desk. After a couple weeks we will go through your suggestions and hopefully be able to order all of them for you. We want to make sure to get new ones that you all enjoy reading, so help us out. Thanks!

Also please check your home bookshelf to see if you have a book written about one of our former residents, Gene Hoerman. It was written by Dan Walter and titled "Flying High & Drilling Deep." It has been missing since September. If you have it, please return it to the library. Thank you!

Whirl-Wind Experience

Friday, July 15, at 7 p.m.

Mary Knapp, an associate agronomist with Kansas State University Research and Extension, is also the state's climatologist. Knapp will be at Meadowlark Hills to discuss the tornadoes that have touched down in Manhattan. This program is at 7 p.m. Friday, July 15, in the Community Room.

The presentation will discuss the 50th anniversary of the 1966 tornado. Additionally, Knapp will share information about the 2008 "Miller Ranch" tornado. Join Mary Knapp for a Manhattan's whirl-wind experience!

Vespers Services

Sunday, July 17, at 7 p.m.

The Vespers service, led by Reverend Diana Chapel from Ogden United Methodist Church, will be at 7 p.m. Sunday, July 17, in the Community Room. All are welcome.

Memory Care Partner Support Group

Wednesday, July 20, at 10 a.m.

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full-time care to a loved one with memory and/or cognitive changes. This group will meet from 10 to 11 a.m. Wednesday, July 20, in the Tranquility Room.

McCain Auditorium Performance Series

Monday, July 18, at 2 p.m.

McCain Auditorium Performance Series tickets will be on sale at Meadowlark Hills for your convenience. Stop by at 2 p.m. Monday, July 18, in the Living Room to meet with a McCain representative. Have in mind an idea of what you would like to purchase and bring along your credit card information.

Potawatomi Ghost Towns of the Oregon Trail in Kansas

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

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

The next class will be from 6:30 to 8:30 p.m. Wednesday, July 20, in the Community Room. The last class is Wednesday, July 27, at the same time and location as the second class.

Join instructor Tom Ellis, a writer and historian focusing on 19th century Kansas, as he presents the Potawatomi Ghost Towns of the Oregon Trail in Kansas.

Arts in the Park

Friday, July 22, at 7:30 p.m.

Arts in the Park will be hosting Butch Parnell of Runaway Dorothy at 8 p.m. Friday, July 22, at the Larry Norvell Band Shell in City Park. Butch Parnell of Runaway Dorothy is a folk band whose sensibility is both rustic and refined, mining folk, country and alt-country with a songs-first restraint as to leave ample space for the group's captivating storyteller lyrics and beautiful harmonies.

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.

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, July 20, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

UPCOMING EVENTS & ANNOUNCEMENTS

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 19, from 11 a.m. to 12:30 p.m.
- Tuesday, Aug. 9, from 11 a.m. to 12:30 p.m.

Grief Support Group

Tuesday, July 19, 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 19, 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.

Manhattan Municipal Band

Tuesday, July 19, 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 19, and Wednesday, July 13.

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

Card Making 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!

Acrylic Watercolor Painting for Fun

Saturday, July 16, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, July 16, in the KSU Classroom.

Don't forget to bring paint supplies and be ready to paint away!

Memory Activities Class

Wednesday, July 20, 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.

DRINK SPECIAL



July 17 to July 23
Gin Fizz

2 oz. Beefeaters Gin
3 oz. Club Soda
1 oz. Lime Juice
Dash of Sugar

\$3.75

LETTER TO THE MESSENGER

On Politics on Summer Nights

Submitted by Helen Roser

We kids had to keep quiet so the grownups could hear the political convention on the radio. It was before air conditioning, so all windows were open in hopes of a breeze. Ones lucky enough to have a radio turned them up so they could be heard in the kitchen and on the front porch.

The air was full of politics blaring up and down every street.

To us kids, the purpose of the convention seemed to be to give men who liked to hear themselves talk a chance to brag about their "great state." Everything had to be voted on by all 48 states, so there were lots of mens' voices heard. No women, of course. In those days, women were invented to have babies and men to run things.

We kids thought those political conventions were the most boring things that could happen in life.

But time changes some things. Not everything, but some things. Now there is air conditioning. And television. We can see and hear the wind bag man who wants to be president. And, I am not making this up: We can see and hear the woman who wants to be president. It would be nice if there were friendly chats instead of political conventions. Maybe some day.

RESIDENT COUNCIL MINUTES

June 6, 2016

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 and Sarah Duggan

Sandra welcomed all meeting attendees.

Updates

1. **General Update:** Lonnie explained that Honstead and Sloan renovations are completed and look fantastic. On Thursday, June 30, Meadowlark Hills will be hosting an Office Open House for Residents and Passport members to familiarize themselves with staff, service areas, office locations and the latest renovations.
2. Verna Belle's will be expanding in the near future. Renovations will be capturing the space of our Director of Nursing and Administrator's current office area to create more seating in the café. Jayme Minton, Support Services Leader, is currently creating menu items that provide healthier options for both Verna Belle's Café and Prairie Star Restaurant.

Approval of May Minutes:

Motion to approve minutes was moved and passed.

New Business:

1. The concern over cars speeding on campus was brought up in the meeting.

TOWN MEETING NOTES

July 11, 2016

Welcome, Jayme Minton

There were no new residents in attendance.

Campus Update, Lonnie Baker

Lonnie reported that center Medicare/Medicaid services that offer freedom, independence and ensure control towards individuals lives, are receiving budget cuts. Lonnie will not be present at the August Town Meeting. He will be attending a conference hosted by Pioneer Network — a group of prominent professionals in long-term care that advocate for person-directed care.

Verna Belle's Café is on the top of the renovating list. Updates will be addressed monthly during Town Meeting. Meadowlark Hills will be updating the carpet in the Community Center. Details soon to come.

Support Services Update, Jayme Minton

Starting Monday, July 18, Mary Harness, Support Services Assistant, will be the main contact for room reservations, catering, arranging the Opportunities Calendar for the Messenger and managing Neighborhood and Floor Supper menus. Mary can be contacted at 785-323-3832.

Health Services Update, Annie Peace

Annual state surveyors are on Meadowlark Hills Campus to ensure staff are following regulations. Annie thanked residents for their interest and support towards the two Open Houses. The Open Houses provided the opportunity to showcase Sloan and Honstead House renovations to internal and external

individuals. If residents were not able to attend the Open House, Annie or one of her team members would be happy to give a tour and answer questions.

Foundation Update, Becky Fitzgerald

Becky gave thanks to the Emelys for donating the newest umbrellas and chair cushions for the Prairie Star Patio. Becky shared that with a generous donation from Evelyn Hawley, one of the Pub windows will be replaced with a door to the Prairie Star Patio. The door has been ordered and will be installed when it arrives.

Meadowlark Hills Travelers will be taking a trip to Grapevine, Texas from Nov. 30 through Dec. 4. The cost of the trip is \$1,358. A deposit of \$200 per person is due with your registration.

Memory Program Update, Michelle Haub

Because of great interest, the Memory Program is adding on a few more classes and meetings. Meadowlark Memory Café is a new weekly group that features story sharing, reminiscing and social engagement at 10 a.m. Wednesdays in the West Conference Room. Visual Thinking Strategies Class is collaborating with the Beach Museum of Art on the fourth Wednesday of each month at 10 a.m. in the KSU Classroom.

Events and Announcements, Jayme Minton

Jayme highlighted the upcoming events for the month of July. 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.

July 17 - July 23

Includes beverage, starter and dessert.

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

SUNDAY	July 17 ~ Lunch \$10	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Corn Bread Vegetable of the Day
MONDAY	July 18 ~ Lunch \$10	Dinner \$12
	Italian Sausage & Sweet Pepper Fettuccine Tossed with Marinara Choice of Vegetable	Apple Stuffed Pork Loin Smoked Gouda Scalloped Potatoes Vegetable of the Day
TUESDAY	July 19 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Braised Cajun Chicken Thighs Garlic Mashed Red Potatoes Vegetable of the Day
WED.	July 20 ~ Lunch \$10	Dinner \$12
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Smoked Sausage Dirty Rice Vegetable of the Day
THURS.	July 21 ~ Lunch \$8	Dinner \$12
	Caesar Salad Bar (Shrimp, Chicken & Beef) (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes Vegetable of the Day
FRIDAY	July 22 ~ Lunch \$11	Dinner \$14
	Baked Cod Filet Roasted Red Potatoes Choice of Vegetable	Seared Scallops Parsley Boiled Potatoes Vegetable of the Day
SAT.	July 23 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Chicken Florentine Supreme Sauce Wild Rice 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 17 - Saturday, July 23

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

Sunday, July 17 — Babe (1995)

Babe, a pig raised by sheepdogs, learns to herd sheep with a little help from Farmer Hogget.

Co-Starring: James Cromwell, Magda Szubanski & Christine Cavanaugh

Rated G; 1 hr. 31 min.

Monday, July 18 — Gladiator (2000)

When a Roman general is betrayed and his family murdered by an emperor's corrupt son, he comes to Rome as a gladiator to seek revenge.

Co-Starring: Russell Crowe, Joaquin Phoenix & Connie Nielsen

Rated R for sexual content, violence and profanity; 2 hr. 35 min.

Tuesday, July 19 — Leap Year (2010)

Anna Brady plans to travel to Dublin, Ireland to propose marriage to her boyfriend Jeremy on Leap Day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

Co-Starring: Amy Adams, Matthew Goode & Adam Scott

Rated PG; 1 hr. 40 min.

Wednesday, July 20 — Roman Holiday (1953)

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

Co-Starring: Gregory Peck, Audrey Hepburn & Eddie Albert

No Rating; 1 hr. 58 min.

Thursday, July 21 — The Pursuit of Happiness (2006)

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional endeavor.

Co-Starring: Will Smith, Thandie Newton & Jaden Smith

Rated PG-13; 1 hr. 57 min.

Friday, July 22 — Black Hawk Down (2001)

123 elite U.S. soldiers drop into Somalia to capture two top lieutenants of a renegade warlord and find themselves in a desperate battle with a large force of heavily-armed Somalis.

Co-Starring: Josh Hartnett, Ewan McGregor & Tom Sizemore

Rated R for sexual content, profanity, violence and gore; 2 hr. 24 min.

Saturday, July 23 — Facing the Giants (2006)

A losing coach with an underdog football team faces their giants of fear and failure on and off the field to surprising results.

Co-Starring: Alex Kendrick, Shannen Fields & Jason McLeod

Rated PG; 1 hr. 51 min.

This Week's Opportunities July 17 - July 23

SUNDAY • JULY 17

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Miller Worship Service, MFR
10:00 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
2:30 p.m. ~ Pond Ride, VE
7:00 p.m. ~ Vespers, Rev. Diana Chapel from Ogden First United Methodist, CR

MONDAY • JULY 18

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. ~ St. Luke's Communion, LR
11:00 a.m. ~ Sit and 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
2:00 p.m. ~ McCain Auditorium Performance Tickets, LR
2:30 p.m. ~ Pond Ride, VE
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • JULY 19

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
10:00 a.m. ~ Pond Ride, VE
10:30 a.m. ~ 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. ~ 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. ~ Ambassador Committee Meeting, CON
5:30 p.m. ~ 2nd Floor Supper, CR

WEDNESDAY • JULY 20

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. ~ Worship Service, LR
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. ~ Memory Café, CON
10:00 a.m. ~ Memory Care Partners Support Group, TR
10:00 a.m. ~ Walmart/Dillon's Shopping Trip, VE
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit and 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
1:30 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
6:30 p.m. ~ Osher Class: Potawatomi Ghost Towns of the Oregon Trail in Kansas, CR

THURSDAY • JULY 21

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, LR
10:00 a.m. ~ Pond Ride, VE
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Parkinson's Webinar, CON
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ Pond Ride, VE
5:30 p.m. ~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JULY 22

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 and 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 Partner Support Group, LR
2:30 p.m. ~ Pond Ride, VE
7:00 p.m. ~ Resident Program: Ron Wilson, "Cowboy Poet", CR

SATURDAY • JULY 23

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Fit 2 Fight PD, CR
9:30 a.m. ~ Painting for Fun, KSU CL
10:00 a.m. ~ Pond Ride, VE
2:30 p.m. ~ Pond Ride, VE

ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MS, Miller Spa
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
	WS, Woodshop