



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Aug. 18, 2016

Take Me Out to the Ball Game!

Kansas City Royals vs. Minnesota Twins



Wednesday, Sept. 29, at 12:30 p.m.

Residents, staff and family members are invited to Kansas City's Kauffman Baseball Stadium to watch the Royals take on the Minnesota Twins at 6:15 p.m.

Thursday, Sept. 29. Transportation on a chartered 56-passenger bus departs from the visitor parking area by Prairie Star Patio at 1 p.m. (please arrive by 12:30 p.m.).

Upon arrival at the stadium, we will set up a tailgate supper catered by Prairie Star Restaurant, including sandwiches, chips and dip, salad, fruit, water and soda. Attendees should bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside the stadium (Sept. 29 is Buck Night! All hot dogs and peanuts are only \$1!). Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration for the event is open. Interested staff and

residents can sign up in the Blue Book at the Hospitality Desk. Please include your phone number, indicate whether you are a resident or staff member and your method of payment. The cost for the trip is \$35 per person, which includes your ticket, transportation and tailgate supper. There is a limited amount of tickets available and registration will be on a first-come, first-served basis. Cancellations need to be made by Wednesday, Sept. 21, for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly statement. Employees can have the cost deducted from their paycheck.

Departure from the stadium to return home will be contingent on when the game ends, but we expect to return around 11 p.m. If you have any questions, please contact Monte, Sarah, Jayme or Chris.

Turnin' Soil Presentation

Perspectives on the Recent Sod busting in the United States

Friday, Aug. 26, at 7 p.m.

Agricultural Economics Professor at Kansas State, Nathan Hendricks will be presenting on the expansion in cropland and how it can result in negative environmental impacts at 7 p.m. Friday, Aug. 26, in the Community Room.

Hendricks' research program focuses on how to better understand economic incentives and how it affects the supply of agricultural products and the interaction between agricultural production, the environment and natural resources.

Hendricks' often focuses within three areas: land use, water and agricultural policy. Some of this research has investigated agricultural supply dynamics, the cost effectiveness of alternative water conservation policies, the production affects of agricultural domestic support programs and econometric estimation of dynamic panels.

Join Nathan Hendricks as he presents over the perspectives on the recent sod busting in the United States.

UPCOMING EVENTS & ANNOUNCEMENTS

KelLee Parr Presentation

Friday, Aug. 19, at 7 p.m.

Friday, Aug. 19, Meadowlark Hills welcomes back KelLee Parr, author of the book, "My Little Valentine."

KelLee will discuss his book, which is the true story of his mother and grandmother's journey to find one another. The story is factual and based on his personal experiences, information shared by family members and hundreds of letters between mother and daughter.

Mr. Parr will be talking about his book, answering questions and sharing the motivation behind the book. His presentation starts at 7 p.m. in the Community Room.

Jokes of the Week

What do you get when you cross a
piece of paper and scissors?
Confetti.

Why did Mickey Mouse go to outer
space?
He was looking for Pluto.

Pasta Party at the Holiday Inn Campus

Friday, Aug. 26, at 4:30 to 7 p.m.

Prior to the 8th annual Speedy PD race, join us for a Pasta Party from 4:30 to 7 p.m. Friday, Aug. 26, at the Holiday Inn Campus. Cost is \$12 for adults and \$6 for children 10 and under.

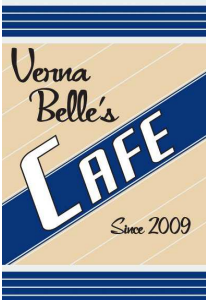
The event will begin with presenter Don Rasmussen, Meadowlark Hills resident, followed by the key note speaker Tymber Lee, former professional baseball player and entrepreneur from Wichita, Kan. The title of the presentation is "Run Your Race: You Never Know Who's Watching."

You can sign up in the Blue Book located at the Hospitality Desk to attend the Pasta Party and/or for transportation. Transportation will depart from the Village Entrance at 6 p.m. If you have any questions, please contact Michelle, Parkinson's Program Leader, at (785) 323-3899.

Eyewear Adjustments

Saturday, Aug. 27, at 3 p.m.

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, Aug. 27, in the Community Room. They will adjust eyeglasses for residents at no charge.



Lunch Specials August 21 – August 27

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

Sunday, Aug. 21 – French Toast Bake <i>(Classic oven-baked French toast sweetened with a buttery combination of cinnamon & brown sugar)</i>	\$5.00
Monday, Aug. 22 – Beef Crunch Wrap with Chips and Salsa <i>(Seasoned Taco Meat, Nacho cheese, Lettuce, tomato & a hard taco wrapped in a flour taco & grilled)</i>	\$5.50
Tuesday, Aug. 23 – Chicken Bacon Ranch Pizza <i>(Chicken, bacon & ranch dressing on a flat bread topped with mozzarella cheese)</i>	\$3.75/\$5.50
Wednesday, Aug. 24 – Everything Bagel Sandwich with Fruit Salad <i>(Ham, Turkey & Swiss cheese on a toasted everything bagel topped with a Dijon glaze)</i>	\$3.75/\$5.50
Thursday, Aug. 25 – Quesadilla Day <i>(Your choice of Cheese, Chicken or Shredded Beef in a crispy flour tortilla)</i>	\$3/\$4/\$5
Friday, Aug. 26 – Cowboy Dog with Broccoli Salad <i>(Grilled hotdog on a bun topped with Shredded cheddar cheese, caramelized onion, bacon & BBQ sauce)</i>	\$5.50
Saturday, Aug. 27 – Bacon Cheddar Chicken Salad Sandwich with Side <i>(Chicken, bacon & cheddar cheese salad on white or wheat salad)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

8th Annual Speedy PD

Saturday, Aug. 27, at 8 a.m.

Mark your calendar to run, walk and/or volunteer at the 8th Annual Speedy PD Race for Parkinson's Disease Saturday, Aug. 27, at Tuttle Creek State Park! The USATF Certified 5k and 10k courses and ½ Mile Family Fun Run/Walk are presented by UMB Bank and the proceeds benefit the Meadowlark Hills Parkinson's Program.

To register, simply go to www.runspeedypd.org/registration/ or stop by the Hospitality Desk to pick up a paper registration form. When registering, be sure to join the Meadowlark Team! The 5k and 10k races begin at 8 a.m., and the Half Mile Family Fun Run/Walk starts at 9:15 a.m. We also are searching for volunteers to ensure our participants are safe and have fun. Please email: info@bodyfirst.com or call Jeanette Wagner at (783) 323-3870. You can volunteer AND run/walk.

We look forward to seeing you and your family and friends Saturday, Aug. 27!

Auction Donation Drop-Off

Friday, Aug 19, & Friday, Aug. 26, from 2 to 5 p.m.

If you have items you'd like to donate to an auction benefiting the Meadowlark Hills Foundation's Good Samaritan Fund, please bring them to apt. 401 from 10 a.m. to 1 p.m. Friday, Aug. 19, and from 2 to 5 p.m. Friday, Aug. 26.

Becky Fitzgerald and her merry band of volunteers will be available to collect your treasures. We'll accept anything you can carry: decorative glassware, rugs, artwork (decorative and fine art), décor items (inside and outside), gently used small appliances, clocks, holiday items, etc. If you have large donations that cannot be brought to apt. 401, please contact Becky at (785) 323-3843 to arrange a pick-up time.

Memory Activities Class and Artful Memories

Wednesday, Aug. 24, at 10 a.m.

This Wednesday, Aug. 24, Memory Café and Memory Activities Class (MAC) are joining together for a Artful Memories Class.

During this monthly session, the Memory Program is collaborating with the Marianna Kistler Beach Museum of Art. Education Assistant, Kim Richards, will conduct a session of Artful Memories from 10 to 11 a.m. in the KSU Classroom. This will be a facilitated discussion of three different art images with joint participation by those experiencing memory changes and care partners. All are welcome to attend.

2nd Annual Auction benefiting the Good Samaritan Fund

Saturday, Sept. 10, at 5 p.m.



When Vern Gannon speaks, people listen. The local auctioneer's talent for fast talking will be on display Saturday, Sept. 10, at the 2nd annual Meadowlark Hills Benefit Auction planned for the Utopia Room at St. Thomas More Catholic Church, 2900 Kimball Ave. Proceeds benefit the Meadowlark Hills Foundation's Good Samaritan Fund, which assists residents in Meadowlark Hills healthcare households who have outlived their financial resources. Once again, Gannon is donating his time and that of his staff members so that more auction revenue will go toward the fund.

Part of Becky's duties as Development Director has been to meet with residents and family members during their "right-sizing" processes, and she has had the pleasure to work over the past year with many cheerful givers. A variety of sofas, chairs, tables, desks, dressers and lamps have been carefully stacked in three storage units around Manhattan, and on the afternoon of Sept. 9, Pat Callaghan and a team of movers will load the contents of our three units and haul the goods to the church. Pat also is generously donating his time and the use of his truck and trailers.

Several residents have let Becky know that they have items they'd like to give toward this worthwhile effort. Household items, such as decorative glassware, rugs, artwork (decorative and fine art), décor items (inside and outside), gently used small appliances, clocks, holiday items, etc., may be donated again this year, and apt. 401 has been reserved as a collection point. "Real" and costume jewelry received much interest at last year's sale, and, so far, little has been donated in that category. If you have gemstone pieces or costume jewelry that you no longer wear or need, please consider helping them find new homes through the auction.

Volunteers are needed to accept donations during the collection times and the afternoon of Sept. 9 to unpack boxed items and arrange them on tables. If you're willing to help, please contact Becky.

Video Worship Service

Wednesday, Aug. 24, at 4 p.m.

You are invited to watch a televised worship sermon by Reverend Paul Shoemaker titled "Three Mountains" at 4 p.m. Wednesday, Aug. 24, in the Living Room. All are welcome.

UPCOMING EVENTS & ANNOUNCEMENTS

Memories of a Lifetime

Starting Friday, Aug. 19

Memories of a Lifetime offers residents the opportunity to create a booklet of memories to keep or give to family members. Topics include family life, childhood memories, married life and family traditions. Student therapist, Erinn Goddard will meet with residents in pairs to facilitate the interview process beginning this Friday, Aug. 19.

If you are interested in this opportunity please contact Magye Loya, at (785) 323-3890 or via email at magye.loya@meadowlark.org, before Friday, Aug. 19.

Card Making with Michelle

Tuesday, Aug. 23, at 2 p.m.

Join Michelle Lehmer at 2 p.m. Tuesday, Aug. 23, in the Living Room for card making. The group will be making cards for all occasions!

Low Vision Support Group

Thursday, Aug. 18, at 2 p.m.

Dana Carter, Lead Reader's Advisor and Outreach Coordinator at Kansas State Library will be the speaker at this month's Low Vision Support Group. Join Dana as she presents over Talking Books and Braille services — a free library that loans books and magazines in special formats to individuals who cannot see standard print at 2 p.m. Thursday, Aug. 18, in the KSU Classroom.

Memory Café

Wednesday, Aug. 24, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Aug. 24. This group features story sharing, reminiscing and social engagement. It will be facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Sprinkler Testing

Thursday, Aug. 18, at 8:30 a.m.

Maintenance has scheduled an annual Fire sprinkler testing from 8:30 a.m. to 3 p.m. Thursday, Aug. 18. Due to testing, there will be several short alarms throughout that time frame.

Vespers Services

Sunday, Aug. 21, at 7 p.m.

The Vespers service, led by Pastor Melanie Martin from First United Methodist Church, will be at 7 p.m. Sunday, Aug. 21, in the Community Room.

Osher Class: The Korean War, 1950-1953

Tuesday, Aug. 30, from 6:30 to 8:30 p.m.

This Osher class will highlight the Korean conflict in the first major war of WWII signaling the ongoing struggle between competing political ideologies that would characterize the Cold War.

Additionally the class will examine the United Nations first major military involvement, as 15 nations tried to stem North Korean aggression against South Korea.

The first class will consider the partition of Korea, the North's invasion of the south, the United Nation and the U.S. reactions, the fall of Seoul and the deployment of the U.S. forces. Second and third classes will go over General MacArthur's removal, armistice negotiations, Eisenhower's election and the subsequent armistice.

The first class will be from 6:30 to 8:30 p.m. Tuesday, Aug. 30, in the Community Room. The second and third classes are scheduled for Tuesday, Sept. 6, and Tuesday, Sept. 13, at the same time and location as the first class.

Join Robert Smith, Director of the Fort Riley Museum, as he presents over the Korean War in the early 1950's.

McCain Auditorium Performance Series Transportation

Sign-up sheets are now available in the Blue Book located at the Hospitality Desk for McCain Auditorium Performance Series.

Meadowlark Hills Singers Practice

Monday, Aug. 22, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Aug. 22, in the Community Room.

End of Summer Movie Night

Wednesday, Sept. 21, at 6:30 p.m.

Join us at 6:30 p.m. Wednesday, Sept. 21, for a night under the stars to celebrate the end of Summer! We will be hosting a movie night on Prairie Star Patio in order to enjoy the beautiful weather and outstanding food whipped up by Head Chef John Gasser.

What movie will we be watching? That's up to you! We want YOU to choose the movie for the night! Head to the Hospitality Desk to find a ballot box where you can give us your suggestions. The winning movie will be announced at September's Town Hall Meeting! We hope to see you there!

UPCOMING EVENTS & ANNOUNCEMENTS

Maintenance Update

The Kansas Room & Pub will be under construction starting Tuesday, Aug. 23. The Kansas & Pub will not be closed during construction work, but the table in front of where the window is currently located will not be accessible. The construction is estimated to be completed in a week.

There will be a large replacement of concrete on the sidewalk that runs down the west side of the tower past the Lyle House entrance starting Monday, Aug. 29. The construction will last 10 to 12 weeks depending on weather. Additionally, the street and carports located on the west side of campus will be replaced with new concrete. Jon Bechtel, Project Manager, will notify residents with reserved spaces where they will be temporarily relocated during the renovation. Concrete replacement on one of two driveways is complete and the second driveway will be completed next week (weather permitting).

Construction on the new cottage on Meadowlark Valley has started.

DRINK SPECIAL



Aug. 21 to Aug. 27 Gin Rickey

2 oz. Beefeater Gin
1 oz. Club Soda Top
1/2 a Lime
Splash of Simple Syrup

\$3.75

Grief Support Group

Tuesday, Aug. 23, 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, Aug. 23, in the Living Room.

ASK SARAH

What's for dinner?

Submitted by Sarah Duggan

I come to you all with crimson cheeks and recently expanded knowledge on local sculptors. I haven't decided what I am having for dinner – I will either be eating crow or putting my foot in my mouth. Either way, what follows is the *real* story behind that beautiful sculpture on the patio.



A little bird told Magye and me late last week that my article regarding who created the Prairie Star sculpture was wrong. The bird, Magye and I poured over the source which I had received the information then followed up with some additional research, including phone calls and article review, to uncover the truth.

Despite what was originally printed, the Prairie Star sculpture was created by Elden Tefft, a sculptor out of Lawrence, Kan. It was entered in the Statehouse dome competition in 1984 alongside 27 other entrants, including the winning entry that currently stands proudly atop the Kansas Statehouse. The winning entry is "Ad Astra" designed by Richard Bergen.

Bergen's piece was a 20-foot tall, 3,500-pound bronze sculpture of a Native American warrior. Tefft's entry into the contest was "Ad Astra: Prairie Spirit."

I know what you're thinking, *Sarah! Her name isn't even Prairie Star!* Yes, to my surprise I learned that Tefft titled his less dramatic representation of the state's motto (Ad Astra, meaning To the Stars), "Ad Astra: Prairie Spirit."

After collecting dust in Tefft's workshop, the Prairie Spirit sculpture came to Manhattan, Kan. to be displayed at Strecker-Nelson Gallery. The rest is history.

It is my opinion that the original source (the incorrect one!) that I pulled information from combined and confused the two sculptures largely because their names were very similar. An additional opinion of mine is that somewhere along the way, because of the star our sculpture on the patio holds, her name morphed into what we now know as Prairie Star.

Thank you, little bird, for keeping me on my toes. Let's hope I have learned my lesson in source checking or I will be eating a lot more crow, or feet, in the future.

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.

Aug. 21 - Aug. 27

Includes beverage, starter and dessert.

A minimum of one-hour notice is required for reservations. 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	August 21 ~ Lunch \$12	Dinner \$10
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
MONDAY	August 22 ~ Lunch \$10	Dinner \$11
	Penne with Meat Sauce Garlic Toast Choice of Vegetable	Grilled Lemon Thyme Chicken Breast Soft Polenta Vegetable of the Day
TUESDAY	August 23 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Beef Stew Vegetable of the Day
WED.	August 24 ~ Lunch \$11	Dinner \$13
	BBQ Spare Ribs French Fries Coleslaw	Shrimp Scampi Rice Pilaf Vegetable of the Day
THURS.	August 25 ~ Lunch \$7	Dinner \$12
	Hamburger & Hotdog Bar (does not include drink, starter or dessert)	Polish Sausage with Spiced Sauerkraut German Potato Salad Vegetable of the Day
FRIDAY	August 26 ~ Lunch \$10	Dinner \$13
	Beef Stroganoff Rice Choice of Vegetable	Crab & Spinach Manicotti Vegetable of the Day
SAT.	August 27 ~ Lunch \$10	Dinner \$13
	Tamale Pie Black Beans Spanish Rice	Braised Pork Butt with Carrots, Celery, Onions & Natural Sauce Mashed Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, Aug. 21 - Saturday, Aug. 27

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

2 and 6 p.m., Sunday

Sunday, Aug. 21 – Anastasia (1997)

Anya grows up in an orphanage and has no idea that she is really Anastasia, the long-lost daughter of Russia's last czar.

Co-Starring: Meg Ryan, John Cusack & Kelsey Granmer

Rated G; 1 hr. 34 min.

Monday, Aug. 22 – The Giver (2014)

In a future society without hardship or free choice, young Jonas discovers a powerful truth and becomes determined to expose it.

Co-Starring: Jeff Bridges, Meryl Streep & Brenton Thwaites

Rated PG-13; 1 hr. 37 min.

Tuesday, Aug. 23 – Urban Cowboy (1980)

This country boy knows how to cut a rug in his boots. But he still has a lot to learn about women.

Co-Starring: John Travolta, Debra Winger & Mickey Gilley

Rated PG; 2 hrs. 14 min.

Wednesday, Aug. 24 – Teacher's Pet (1958)

Hard-nosed newspaperman Jim Gannon cleverly pretends to be night school student to woo beautiful journalism teacher Erica Stone.

Co-Starring: Clarke Gable, Doris Day & Gig Young

Not Rated; 2 hrs.

Thursday, Aug. 25 – Journey to the Center of the Earth (1959)

Based on the Jules Verne novel, this fantasy film follows an expedition team en route to the center of the earth.

Co-Starring: Pat Boone, James Mason & Arlene Dahl

Rated G; 2 hrs. 9 min.

Friday, Aug. 26 – Batman (1966)

Batman and Robin battle a host of villains while trying to maintain their secret identities in this big-screen version of the campy 1960's TV series.

Co-Starring: Adam West, Burt Ward & Lee Meriwether

Rated PG; 1 hr. 44 min.

Saturday, Aug. 27 – Charlotte's Web (2006)

When Wilbur the pig discovers he's destined for the dinner table, kindly spider Charlotte hatches a plan to keep him around.

Co-Starring: Dakota Fanning, Julia Roberts & Steve Buscemi

Rated G; 1 hr. 37 min.

This Week's Opportunities August 21 - August 27

SUNDAY • AUGUST 21

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 Pastor Melanie Martin, CR

MONDAY • AUGUST 22

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 and Be Fit, CR
12:00 p.m. ~ Beginner Tai Chi, 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. ~ Ladies Pool Table Time, BP
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • AUGUST 23

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
10:30 a.m. ~ Grief Support Group, LR
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ AAUW Serendipity Luncheon, CON
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Card Making with Michelle, LR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 3rd Floor Supper, CR

WEDNESDAY • AUGUST 24

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ New Perspectives, KR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Pond Ride, VE
10:00 a.m. ~ Worship Service led by Chaplain Patty Brown-Barnett, LR
10:00 a.m. ~ Memory Activities Class: ArtFull Memories, MR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ Yoga, LR
1:10 p.m. ~ Meditation Group, TR
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR *(By appointment only)*

1:30 p.m. ~ Pitch, GR
1:30 p.m. ~ Collins Worship Service, CH
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
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
4:00 p.m. ~ Video Worship Service, LR
5:30 p.m. ~ 1st Floor Supper, MR

THURSDAY • AUGUST 25

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Pond Ride, VE
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
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

FRIDAY • AUGUST 26

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
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
2:00 p.m. ~ MLH Auction Donation Drop-Off, IL #401
2:30 p.m. ~ Pond Ride, VE
6:00 p.m. ~ Depart for Pasta Party at the Holiday Inn, VE
7:00 p.m. ~ Resident Program: Nathan Hendricks Presentation—"Turnin' Soil", CR

SATURDAY • AUGUST 27

Breakfast at Verna Belle's—Omelets with Fruit

8:00 & 9:15 a.m. ~ 8th Annual Speedy PD Race, Tuttle Creek State Park
9:00 a.m. ~ Fit 2 Fight PD, CR
9:30 a.m. ~ Painting for Fun, KSU CL
10:00 a.m. ~ Pond Ride, VE
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Alex's Affordable Eyewear, CR

ROOM ABBREVIATIONS

BP, Billiards Parlor	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