



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Aug. 25, 2016

Osher Lifelong Learning Institute

Sign up for Osher Fall Courses

Wednesday, Aug. 31, from 10:30 a.m. to 12 p.m.

It is back-to-school time...and not just for kids! The 2016 Fall Osher Lifelong Learning catalog is now available at the Hospitality Desk and online at www.osher.ku.edu. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities and quality faculty that promote lifelong learning in the community.

The Osher Institute offers courses for their expertise, a passion for the topic and a love for teaching. Courses generally meet weekly for two hours over a three-week period and require no homework, out-of-class preparation or testing.

Meadowlark Hills residents and Passport Members may register for the classes at no cost! Meadowlark Hills is a sponsor which means class fees have been pre-paid. Any Special Events need payment to register for the events.

UFM Coordinator, Charlene Brownson, will be at Meadowlark Hills in the Kansas Room & Pub from

10:30 a.m. to 12 p.m. Wednesday, Aug. 31, for fall registration sign-up. She will also be available after Town Meeting from 10 to 11:30 a.m. Monday, Sept. 12, in the KSU Classroom to assist with registrations.

Osher Institute Fall Courses & Special Events

- The Korean War, 1950-1953
- Apocalypse—WOW!
- Beginning Family History: Skills that Turn the Hobbyist into a Better Genealogist
- Female Artists of the Flint Hills
- Brown vs. Board of Education
- A History of Manhattan and Kansas State University
- Sweeney Todd: Behind the Scenes at the MAC

Please see the Osher registration form, located at the Hospitality Desk, for a complete list.

Coffee Corner

With K-State Alumni Association

Tuesday, Aug. 30, at 3 p.m.

K-State is one big family, which includes alumni and non-alumni! All are invited to the K-State Alumni Association reception during our normally scheduled Coffee Corner hour. The key note speaker will be Amy Button Renz, K-State Alumni Association President and CEO, and Jeff Mittie, K-State Women's Basketball Head Coach!

Be sure to wear your purple and show your K-State pride at 3 p.m. Tuesday, Aug. 30, in the Community Room. Appetizers and drinks will be served. GO STATE!

SPEEDY PD RACE

**SATURDAY, AUG. 27
7 AND 7:15 A.M.**

Needing a ride to the 8th Annual Speedy PD Race? You are in luck! Two sign-up sheets are available in the Blue Book located at the Hospitality Desk for transportation to the Speedy PD Race at Tuttle Creek State Park. Transportation will depart from the Village Entrance at 7 and 7:15 a.m. We look forward to seeing you and your family and friends Saturday, Aug. 27!

UPCOMING EVENTS & ANNOUNCEMENTS

Turn' Soil Presentation

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' 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.

K-State Kick-Off Watch Party

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

Football season is almost here! Come out and cheer on your K-State Wildcats as they open the 2016 football season on the road vs. the Stanford Cardinals. We will have food, drinks and K-State spirit!

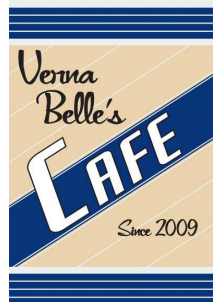
The watch party will take place at 7 p.m. Friday, Sept. 2, in the Community Room. The game is scheduled to kick-off at 8 p.m. central time. So put on your purple and cheer on the cats!

HOGtoberfest T-shirts on Sale!

Oink, Oink!! Plans are ongoing for our 3rd annual HOGtoberfest to benefit Meadowlark Hills Foundation's Good Samaritan Fund. To promote and celebrate this event, set for Thursday, Oct. 13, at Cox Bros. BBQ, our HOGtoberfest mascot, Happy Hog, invites residents and staff to purchase a HOGtoberfest T-shirt. Not one, but two shirts are being offered this year: a black T-shirt is \$10 each, a dark gray football jersey-style shirt is \$17, with a few additional dollars required for sizes 2XL and larger.

Meadowlark Hills staff are supporting HOGtoberfest by paying at least \$1 to wear jeans on two days in September, and on the day of the event. Happy would like to see as many Meadowlarkians as possible wearing HOGtoberfest shirts on the second Jeans Day, which is Wednesday, Sept. 28. If you'd like to join the fun and wear a T-shirt prior to the event or at the HOGtoberfest on the 13th, please register in the Blue Book by Aug. 31, indicating the size you'd like.

Pay for your T-shirts with cash, check or credit card at the Hospitality Desk or indicate on the registration form that you'd like to add this cost to your September statement. Please see upcoming Meadowlark Hills Messengers for details of the event.



Lunch Specials

Aug. 28 – Sept. 3

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

Saturday–Sunday, 9 a.m. to 1 pm.

Sunday, Aug. 28 – Bacon Cheddar Salad Sandwich with Side (Chicken, bacon & Cheddar Salad on white or wheat bread)	\$3.75/\$5.50
Monday, Aug. 29 – Grilled Cheese & Tomato Soup (American, Swiss & Cheddar Cheese on butter toasted Italian Bread served with creamy tomato soup)	\$3.75/\$5.50
Tuesday, Aug. 30 – Triple Meat Pizza (Sausage, bacon & pepperoni on Flat bread with Marinara sauce & Mozzarella Cheese)	\$3.75/\$5.50
Wednesday, Aug. 31 – Grilled Pineapple & Pork Panini with Ramen Salad (Pulled Pork topped with grilled Pineapple on a toasted bun)	\$5.50
Thursday, Sept. 1 – Chicken Bacon Ranch Panini with Fruit Salad (Shredded Chicken, bacon & Ranch Dressing on toasted Italian bread)	\$3.75/\$5.50
Friday, Sept. 2 – Nacho Burger with Melon Salad (Grilled Hamburger topped with lettuce, Pico de Gallo & nacho cheese)	\$5.50
Saturday, Sept. 3 – Ham Salad Sandwich with Side (Ham Salad on your choice of white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

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 keynote 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.

Auction Donation Drop-Off

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 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.

Video & Discussion

Wednesday, Aug. 31, at 4 p.m.

You are invited to watch video number two of "Journey from Unbelief to Faith" at 4 p.m. Wednesday, Aug. 31, in the Living Room. All are welcome.

Memory Activities Class

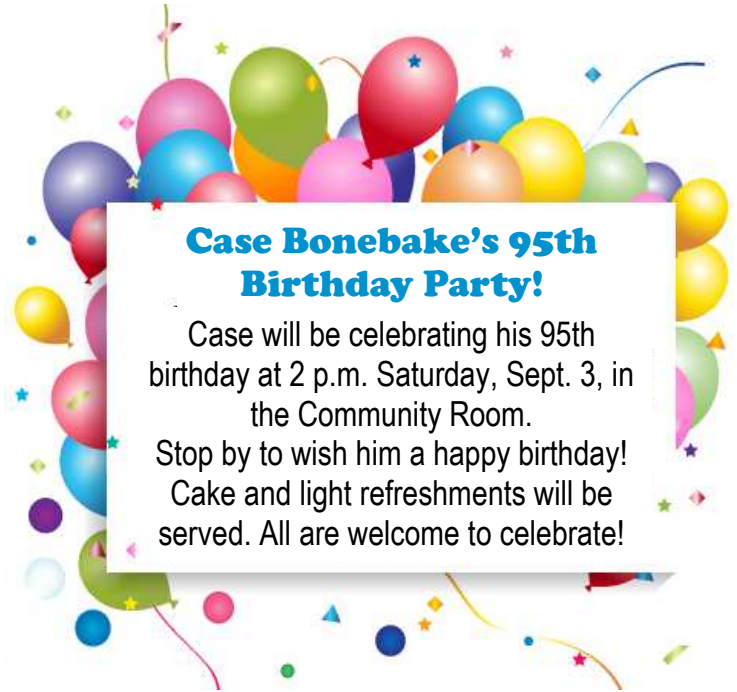
Wednesday, Aug. 31, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet at 10 a.m. Wednesday, Aug. 31, in the Manhattan Room.

Art Committee Meeting canceled

Friday, Sept. 2, at 9:30 a.m.

The Art Committee scheduled at 9:30 a.m. Friday, Sept. 2, in the Living Room is canceled.



Case Bonebake's 95th Birthday Party!

Case will be celebrating his 95th birthday at 2 p.m. Saturday, Sept. 3, in the Community Room.

Stop by to wish him a happy birthday!

Cake and light refreshments will be served. All are welcome to celebrate!

Take me Out to the Ball Game

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!).

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 or Sarah.

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

What can you put in a barrel to make it lighter?
Holes.

What did one piece of hair say to the other?
It takes two to tangle!

What is a snake's favorite subject in school?
Hiss-story.

Eyewear Adjustments Canceled

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

Alex's Affordable Eyewear will not be here at 3 p.m. Saturday, Aug. 27, 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.

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.

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!

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.

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, Aug. 31, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



Aug. 29 to Sept. 3 Allen Cocktail

2 oz. Tanqueray Gin
1/2 oz. Luxardo Maraschino
1/2 oz. Lime Juice

\$3.75

Donation Mystery

HELP us solve this mystery!
There was a cash donation given a few weeks ago in the amount of \$25 towards the new shopping carts, but we failed to write the name of the donor on the envelope. If this person is you, please contact Monte Spiller at 323-3801 or Becky Fitzgerald at 323-3843. Thank you!



Maintenance Update

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.

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.

Jean Kennedy Performance

Friday, Sept. 9, at 7 p.m.

Back by popular demand, Meadowlark Hills get ready for a delightful performance at 7 p.m. Friday, Sept. 9, in the Community Room.

Jean is a jazz and classical guitarist, vocalist and song writer who came from a family tradition of performing music (she began performing at the age of five!) As a teenager, she brought traditional Scottish and Irish music to audiences in the Northwest with the group Heather and Shamrock.

Vespers Services

Sunday, Aug. 28, at 7 p.m.

The Vespers service, led by Ginny Arthur from First United Methodist Church, will be at 7 p.m. Sunday, Aug. 28, in the Community Room.

Memory Café

Wednesday, Aug. 31, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Aug. 31. 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.

Fit 2 Fight PD Boxing Classes canceled

Saturday, Aug. 27, & Saturday, Sept. 3

Fit 2 Fight PD Boxing classes are canceled Saturday, Aug. 27, and Saturday, Sept. 3.

Meadowlark Hills Singers Practice

Monday, Aug. 29, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Aug. 29, in the Community Room.

Ask Sarah



Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or directly to Sarah via phone, e-mail or stopping by her office!

Sarah is located in the Community Center next to Monte Spiller and across from Kinzie Jo Zimmerman.

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. 28 - Sept. 3

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 28 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Lasagna Garlic Toast Vegetable of the Day
MONDAY	August 29 ~ Lunch \$10	Dinner \$12
	Fried Cat Fish with Tartar Sauce French Fries Coleslaw	Roasted Cornish Game Hen Ala Orange Wild Rice Vegetable of the Day
TUESDAY	August 30 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Braised Cajun Chicken Thighs Red Beans & Rice Vegetable of the Day
WED.	August 31 ~ Lunch \$10	Dinner \$13
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Braised Short Ribs Creamy Polenta Vegetable of the Day
THURS.	Sept. 1 ~ Lunch \$6	Dinner \$13
	Salad Bar (does not include drink, starter or dessert)	Pork Tenderloin Stuffed with Spinach & Roasted Shallots Risotto Vegetable of the Day
FRIDAY	Sept. 2 ~ Lunch \$10	Dinner \$12
	BBQ Wings Sweet Potato Fries Choice of Vegetable	Parmesan Crusted Tilapia Roasted Red Potatoes Vegetable of the Day
SAT.	Sept. 3 ~ Lunch \$10	Dinner \$15
	Ham & Cheese Quiche	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, Aug. 28 - Saturday, Sept. 3

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

Sunday, Aug. 28 – Storm Rider (2013)

Forced to leave her upscale city life and struggling to get used to her new home, spoiled teen Dani is given an orphaned horse to foster and train.

Co-Starring: Kevin Sorbo, Kristy Swanson & C. Thomas Howell

Rated PG; 1 hr. 41 min.

Monday, Aug. 29 – Grease (1978)

A good girl falls for a devilishly handsome dude with serious dance moves. But will he love her tomorrow?

Co-Starring: John Travolta, Olivia Newton-John & Stockard Channing

Rated PG; 1 hr. 50 min.

Tuesday, Aug. 30 – Goin' South (1978)

Jack Nicholson directs and stars in this peculiar comedic western as Herny Lloyd Moon, a n'er-do-well drifter caught by a posse while trying to escape to Mexico, who is then forced to marry a widow to save himself from the hangman's noose.

Co-Starring: Jack Nicholson, Mary Steenburgen & Christopher Lloyd

Rated PG; 1 hr. 48 min.

Wednesday, Aug. 31 – Elizabeth: The Golden Age (2007)

Queen Elizabeth steels herself against invasion, treason and betrayal as she pines for the love of swashbuckling adventurer Sir Walter Raleigh.

Co-Starring: Cate Blanchett, Geoffrey Rush & Clive Owen

Rated PG-13; 1 hr. 54 min.

Thursday, Sept. 1 – The Burbs (1989)

When secretive new neighbors move in next door, suburbanite Ray lets his paranoia get the best of him as he suspects the newcomers of evildoings.

Co-Starring: Tom Hanks, Bruce Dern & Carrie Fisher

Rated PG; 1 hr. 41 min

Friday, Sept. 2 – King Arthur (2004)

King Arthur and the Knights of the Round Table struggle to hold power amid a shaky political landscape in this take on the myth of Camelot.

Co-Starring: Clive Owen, Keira Knightley & Ioan Gruffudd

Rated PG-13; 2 hrs. 6 min

Saturday, Sept. 3 – Zootopia (2016)

After an otter suddenly disappears in the animal metropolis of Zootopia, by-the-book bunny police officer Judy Hopps reluctantly joins forces with fast-talking fox Nick Wilde to unravel the mystery.

Co-Starring: Jason Bateman, Ginnifer Goodwin & Shakira

Rated PG; 1 hr. 48 min.

This Week's Opportunities August 28 - September 3

SUNDAY • AUGUST 28

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 Ginny Arthur, CR

MONDAY • AUGUST 29

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

TUESDAY • AUGUST 30

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
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ LifeStory Writing Group, LR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Coffee Corner with the K-State Alumni Association, CR
4:00 p.m. ~ Newspaper & Bible, LR
6:30 p.m. ~ Osher Class: Korean War, CR

WEDNESDAY • AUGUST 31

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 led by Chaplain Patty Brown-Barnett, LR
10:00 a.m. ~ Memory Activities Class, MR
10:00 a.m. ~ Memory Café, CON
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:30 a.m. ~ Osher Class Registration, KR
12:00 p.m. ~ Beginner Tai Chi, TR
12:00 p.m. ~ Yoga, LR

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 & Discussion, LR

THURSDAY • SEPTEMBER 1

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
2:00 p.m. ~ Parkinson's Education Group, CR
2:30 p.m. ~ Pond Ride, VE
5:30 p.m. ~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • SEPTEMBER 2

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
12:30 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 Mass, CR
7:00 p.m. ~ Resident Program: K-State Kick-Off Watch Party, CR

SATURDAY • SEPTEMBER 3

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CL
10:00 a.m. ~ Pond Ride, VE
2:00 p.m. ~ Case Bonebrake's 95th Birthday, CR
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