

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 8, 2016

Ask Sarah

Speedy PD 2016 — A Race to Remember!

Submitted by Sarah Duggan

And the numbers are in for The Speedy PD Race for Parkinson's Disease that was held at Tuttle Creek State Park in Manhattan, Kan., on Saturday, Aug. 27, 2016! Despite a rainy start to the morning (you may recall the storm that rolled through around 4:30 a.m. Saturday, Aug. 27), the weather turned beautiful by 7 a.m. and made being outdoors for the race and party-like atmosphere very enjoyable.

The event raised over \$65,000 in sponsorships (cash and in-kind donations from sponsors, vendors and generous donors) and race registrations and for the Meadowlark Hills Parkinson's Fund. The fund allows the leaders of the Meadowlark Hills Parkinson's Program to provide services for the community to improve the quality of life for all those affected by Parkinson's disease, including: patients, caregivers, therapists and nurses. With this fund, they are able to continue and expand opportunities for education, exercise and outreach.

There were 841 race participants, making this year's event the biggest one to date. The team competition was a huge hit this year, with the winning team, Coyote Crazy, showing up with 71 team members. Additionally,



[above: Speedy PD participants taking off from the starting line & Miss Kansas, Victoria Wiggins from Junction City, Kan. posing with Meadowlark Hills resident, Don Rasmussen.

Team Rasmussen raised nearly \$9,000 for the Parkinson's Program.

Michelle Haub, Parkinson's Program Leader, was pleased with this year's turnout. "The support of the Manhattan and surrounding communities was overwhelming. Our team competition really grew this year and it was great seeing so many families and businesses participate."

Some of the event highlights included the VIPs (Parkinson's Program participants) singing the National Anthem to kick off the race, Miss Kansas handed out awards and Willie the Wildcat joined the party with the K-State Cheer Squad.

The 5K/10K Run/Walk and Half-Mile Family Fun Run/Walk was presented by UMB Bank for the sixth consecutive year. This year's platinum sponsors include the

following: Body First, Cox Bros. BBQ, Budweiser, Holiday Inn, Candlewood Suites, Steel and Pipe Supply, WIBW TV, Community First National Bank, Action Pact, J&C Imaging, CivicPlus, Central Mechanical Services and Kansas Rehabilitation Hospital.

It's not too early to start training for next year's race! The date hasn't been set yet, but plan on the ninth annual Speedy PD Race for Parkinson's Disease in August 2017! See you next week and thanks for stopping by!

UPCOMING EVENTS & ANNOUNCEMENTS

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.

Manhattter Ladies Luncheon

Thursday, Sept. 8, at 12:30 p.m.

The Manhattter Ladies Luncheon is scheduled at 12:30 p.m. today, Sept. 8, in the Manhattan Room. The theme is sharing memories of your school days. Hostesses are Verta Riniker and Colleen Robinson.

The menu is complete with chicken pot pie, lime jello, rolls and a surprise dessert! All ladies of Meadowlark Hills are invited. If you have not joined us before please know all are welcome!

A sign up sheet is available in the Blue Book located at the Hospitality Desk if you plan to attend.

Jokes of the Week

Why do grasshoppers not go to many football games?
They prefer cricket games.

What do you get when you cross a potato with an elephant?
Mashed Potatoes!

Beach Museum of Art Discussion

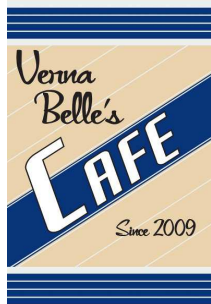
Wednesday, Sept. 14, at 6:30 p.m.

Join Kathrine Schlageck from the Beach Museum of Art at 6:30 p.m. Wednesday, Sept. 14, in the KSU Classroom to learn and discuss "Grand Old Dames" and covers four women artists who started their careers later in life. The four women artists are: Elizabeth Layton, Grandma Moses, Mary Delaney and Louise Bourgeois.

All residents who are interested are invited to participate.

Manhattan Mercury Newspaper missing

Uh-oh! A few editions of Manhattan Mercury located in the Library have gone missing. Please be sure not to remove the Manhattan Mercury from the Library unless they are a few weeks outdated. Thank you!



Lunch Specials Sept. 11 – Sept. 17

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

Sunday, Sept. 11 – Tuna Salad Sandwich with Side (Tuna Salad on your choice of white or white bread)	\$3.75/\$5.50
Monday, Sept. 12 – Ultimate Grilled Cheese with Tomato Soup (Bacon, mushrooms, tomatoes & onions on Italian bread with American, Swiss & Cheddar cheese)	\$3.75/\$5.50
Tuesday, Sept. 13 – Chicken Alfredo Pizza (Chicken, tomatoes, green onions & mozzarella cheese on a flatbread pizza with Alfredo sauce)	\$3.75/\$5.50
Wednesday, Sept. 14 – Turkey and Avocado Wrap with Fruit Salad (Turkey, avocado, lettuce, tomato & shredded Swiss cheese wrapped in a flavored tortilla)	\$3.75/\$5.50
Thursday, Sept. 15 – Reuben with Potato Salad (Corned beef, Swiss cheese, sauerkraut & thousand island dressing on toasted rye bread)	\$3.75/\$5.50
Friday, Sept. 16 – Chicago Dog with Pasta Salad (Grilled Hotdog topped with a pickle spear, tomatoes, mustard, sweet relish, onion & pepperoncini peppers on a poppy seed bun)	\$5.50
Saturday, Sept. 17 – Egg Salad Sandwich with Side (Egg Salad & American cheese on toasted white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Tornado Presentation by Mary Knapp

Friday, Sept. 16, 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, Sept. 16, 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!

Meadowlark Hills 2nd annual auction

Saturday, Sept. 10, from 9:30 a.m. to 4 p.m.

Mark your calendars for 9:30 a.m. Saturday, Sept. 10, when auctioneer Vern Gannon will open the bidding in the Utopia Room at St. Thomas More Catholic Church, 2900 Kimball Ave. for Meadowlark Hills Foundation's 2nd annual auction.

If you'd like a preview of what's for sale on auction day, come to the church between 8:30 and 9:30 a.m. and come hungry! We'll be selling breakfast burritos, muffins, donuts and coffee at our auction café. Lunch items, such as pulled pork and barbecue beef sandwiches, also will be available, all at reasonable prices. Food items are being catered by Prairie Star Restaurant, and tables and chairs will be available for diners.

Not familiar with the Utopia Room? It's on the northeast side of the St. Thomas More building. It may be accessed by either driveway off of Kimball Avenue, but the east drive is the most direct route. There is ample parking. If you have questions about the event, please contact Becky, Development Director, at 323-3843.

Video Worship Series

Wednesday, Sept. 14, at 4 p.m.

You are invited to watch a televised worship series at 4 p.m. Wednesday, Sept. 14, in the Living Room. All are welcome.

Osher Class: Apocalypse — WOW!

Thursday, Sept. 15, from 2 to 4 p.m.

This Osher Class will examine the talk among politicians, pundits and news commentators — not to mention the general public — about apocalyptic passengers in the Bible and what they might mean for our time from 2 to 4 p.m. Thursday, Sept. 15, in the Community Room.

The class will highlight the texts describing the end of the world as we know it and the dawn of a new order. The class will go over a recent flood of books and films depicting the final conflagration and the fate of unfortunates "left behind."

Additionally, in this course the class will examine selected writings from the Bible within their historical, social and cultural contexts to understand what they were saying, how they were understood in their own time and how best to read them today.

The second and third classes are scheduled Thursday, Sept. 22, and Thursday, Sept. 29, at the same time and location as the first class. No prior registration necessary to attend this event.

Join Barry Crawford, Professor of Religious Studies at Washburn University as he presents over Apocalypse — WOW!

Shopping Trip

Wednesday, Sept. 14, at 10 a.m.

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, Sept. 14, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

September Focus Group

Thursday, Sept. 8, at 10 a.m.

The Focus Group scheduled for September will highlight another great staff member at 10 a.m. Thursday, Sept. 8.

The staff attendee for September Focus Group will be Dietitian, Lisa Schwartz. Come meet Lisa in the KSU Classroom!

Fire Sprinkler Testing

Thursday, Sept. 8, starting at 8:30 a.m.

There will be an annual fire sprinkler testing starting at 8:30 a.m. and estimated to be completed by 3 p.m. today, Sept. 8. Unfortunately there will be several short alarms during the testing. Staff apologizes for the inconvenience.

UPCOMING EVENTS & ANNOUNCEMENTS

Osher Class: The Korean War, 1950-1953

Tuesday, Sept. 13, from 6:30 to 8:30 p.m.

Join Robert Smith, Director of the Fort Riley Museum, as he presents over the Korean War in the early 1950's Tuesday, Sept. 13, from 6:30 to 8:30 p.m. 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!

Memory Café

Wednesday, Sept. 14, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Sept. 14. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Meadowlark Hills Singers Practice

Monday, Sept. 12, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Sept. 12, in the Community Room.

Grief Support Group

Tuesday, Sept. 13, 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, Sept. 13, in the Living Room.

Memory Activities Class

Wednesday, Sept. 14, 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, Sept. 14, in the KSU Classroom.

Osher Class Registration

Monday, Sept. 12, from 10 to 11:30 a.m.

UFM Coordinator, Charlene Brownson, will be available after Town Meeting from 10 to 11:30 a.m. Monday, Sept. 12, in the KSU Classroom to assist with registrations. Please see the Osher registration form, located at the Hospitality Desk, for a complete list.

PARKINSON'S VOICE CLASS

FALL 2016

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come join our *fun* and *interactive* group in voice and speech exercises to **improve your communication** with family and friends! Exercises are geared toward individuals with Parkinson's disease **BUT anyone** who is having difficulties communicating is welcome to attend. The classes are led by a LSVT™ & Speak Out!™ Certified Voice Clinician and KSU Graduate Students in Speech-Language Pathology.

Meadowlark Hills Retirement Community
2121 Meadowlark Road

2:15 to 3:15 p.m. in the KSU Classroom

September 12, 19, 26

October 3, 10, 17, 24, 31

November 7, 14, 28

December 5

For more information, contact
Michelle Haub at (785) 323-3899

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



Sept. 11 to Sept. 17 Purple People Eater

1 oz. Vodka
1 oz. Hypnotic
2 oz. Cranberry Juice
1 oz. Simple Syrup
Topped with Club Soda

\$3.75

The Political, Diplomatic & Military Lecture Series

Monday, Sept. 19, from 6:30 to 9 p.m.

Kansas State University's Military Affairs: The Political, Diplomatic & Military Lecture Series is hosting Mr. Patrick Murphy, Under Secretary of the United States Army from 6:30 to 9 p.m. Monday, Sept. 19, at the Kansas State University Alumni Center.

Join Mr. Murphy as he presents over evaluation of evolving security challenges facing the Army and our nation and a discussion of how coalition, national and local partnerships can be developed and leveraged in pursuit of enduring solutions.

Mr. Murphy was appointed as the 32nd Under the Secretary of the Army and Chief Managements Office on Jan. 4, 2016, and assumed duties as the Acting Secretary of the Army three days after being sworn-in, remaining in the position until May 18, 2016. He leads the management and operation of the Army and is a former collegiate hockey player. Mr. Murphy is a graduate of King's College, the University of Scranton ROTC program and the Widener University Commonwealth School of Law. He has taught Constitutional Law at West Point and lectured at Harvard, Stanford, University of Chicago, the U.S. Air Force Academy and this alma maters.

Tickets to attend this event are \$25 per person and can be purchased by contacting Mr. Richard Crowley at (785) 307-0139 or via email at crowley@ksu.edu to RSVP or with any questions.

Vespers Services

Sunday, Sept. 11, at 7 p.m.

The Vespers service, led by Sarah Erickson, Admin. Assistant from Peace Lutheran Church, will be at 7 p.m. Sunday, Sept. 11, in the Community Room.

Let's Get Ready to Roll: But not if you're sitting!

Submitted by Jason Fox

Safety first! We have all seen or used many different assistive devices, such as standard walkers, front wheeled walker, canes, motorized scooters, and of course the four-wheeled walkers. These walkers are often referred to as "The Cadillac of Walkers." These walkers provide little resistance and easy maneuverability as we go throughout our day. They have many benefits, from providing brakes to help control your velocity as you ascend or descend slopes, bigger wheels to allow greater ease when ambulating over uneven surfaces or over thresholds, basket to carry your belongings from place to place, and of course a seat to provide a convenient rest break whenever needed.

The seat on these walkers however, is often one of the biggest dangers and largest contributors to falls. Time and time again I have witnessed or heard of residents falling when trying to propel themselves while sitting on the walker. This is never recommended and most of these types of walkers have a safety sticker on them prohibiting propelling yourself while sitting on the walker. There are many reasons why this act should not be performed by the user or by others assisting by pushing the user on their walker.

1. The walker does not have a big enough base to support a resident sitting and propelling the walker.
2. In order to propel the wheelchair in sitting you must do so going BACKWARDS. This causes many different concerns in itself.
 - Cannot see where you are going safely
 - Cannot see other pedestrians or obstacles that may be in your way
 - Increased risk for tipping backwards, due to wheelbase perpendicular to seat
 - If you tip over backwards while sitting on the walker, you have a 95% chance of striking your head against the ground. Resulting in the potential for severe, even life threatening injuries

Another big concern with these walkers is having someone push you while seated on the walker. This technique should never be utilized no matter who is pushing you, whether it's your spouse, best friend, family member, or even a staff member, as it will be next to impossible to stop the walker from tipping over if it strikes a threshold, hits an object, or tips backwards during pushing. This can result in not only serious injury to yourself, but to the person pushing you and possibly other pedestrians in the area.

Here at Meadowlark Hills your safety is our number one concern. We want everyone to remain mobile and continue to enjoy the elegancies of Meadowlark Hills and all the flint hills has to offer, but most of all, we want you all to be safe while doing so. Please help us by utilizing any assistive device as intended and if you see someone demonstrating unsafe techniques, be a friend or contact Jason Fox and stop them from potentially injuring themselves or you.

PRAIRIE★STAR

RESTAURANT

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

Sept. 11 - Sept. 17

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	September 11 ~ Lunch \$12	Dinner \$10
	Roasted Rosemary Pork Loin with Natural Sauce Scalloped Potatoes Vegetable of the Day	Beef Chili Corn Bread Vegetable of the Day
MONDAY	September 12 ~ Lunch \$10	Dinner \$12
	Chicken & Dumplings Mashed Potatoes Vegetable of the Day	Swiss Steak Mashed Potatoes with Gravy Vegetable of the Day
TUESDAY	September 13 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Pan Seared Chicken Breast with Peach Salsa Lime Cilantro Couscous Vegetable of the Day
WED.	September 14 ~ Lunch \$10	Dinner \$13
	Swedish Meatballs Over Egg Noodles Choice of Vegetable	Shrimp Crab Fettuccine Garlic Toast Vegetable of the Day
THURS.	September 15 ~ Lunch \$8	Dinner \$13
	Caesar Salad Bar (does not include drink, starter or dessert)	Stuffed Pork Chop Mashed Potatoes & White Gravy Vegetable of the Day
FRIDAY	September 16 ~ Lunch \$10	Dinner \$13
	Chef's Grilled Cheese on Vegetable Bread Coleslaw French Fries	Baked Sole Bonne Femme Rice Pilaf Vegetable of the Day
SAT.	September 17 ~ Lunch \$10	Dinner \$15
	BBQ Wings Vegetable Sticks Potato Salad	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, Sept. 11 - Saturday, Sept. 17

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

2 and 6 p.m., Sunday

Sunday, Sept. 11 – The Water Horse: Legend of the Deep (2007)

A boy watches an egg he found hatch into something incredible. But how long can he keep such a big secret from his mom—and the Scottish government?

Co-Starring: Emily Watson, Alex Etel & Ben Chaplin

Rated PG; 1 hr. 51 min.

Monday, Sept. 12 – Daddy's Home (2015)

After marrying an alluring divorcee with two children, Brad steps eagerly into his role as stepdad. However, chronic interference from the kids' suave natural father leads to a slapstick rivalry between the two determined men.

Co-Starring: Will Ferrell, Mark Wahlberg & Linda Cardellini

Rated PG-13; 1 hr. 35 min.

Tuesday, Sept. 13 – The In-Laws (2003)

Daredevil secret agent and father of the groom, Steve gives conservative podiatrist and the father of the bride Jerry prenuptial jitters when they meet.

Co-Starring: Michael Douglas, Albert Brooks & Robin Tunney

Rated PG-13; 1 hr. 37 min.

Wednesday, Sept. 14 – The Family Man (2000)

A cutthroat investment banker who eschews emotional ties is transported into the life he might have had if he wed his college sweetheart.

Co-Starring: Nicolas Cage, Tea Leoni & Jeremy Piven

Rated PG-13; 1 hr. 57 min.

Thursday, Sept. 15 – The Saint (1997)

Hired by a Russian politician to steal the formula for cold fusion, master thief Simon Templar falls for the scientist who has unlocked the secret.

Co-Starring: Val Kilmer, Elisabeth Shue & Rade Serbedzija

Rated PG-13; 1 hr. 56 min.

Friday, Sept. 16 – The Seven Year Itch (1955)

After his family leaves for the summer, a middle-aged publisher lets his imagination run wild as he fantasizes about his curvaceous new neighbor.

Co-Starring: Marilyn Monroe, Tom Ewell & Evelyn Keyes

Not Rated; 1 hr. 44 min

Saturday, Sept. 17 – Paul Blart: Mall Cop (2009)

Funnyman Kevin James stars as Paul Blart, an overzealous security guard who finds himself in over his head when he attempts to thwart a criminal mastermind's plot to rob an entire shopping mall.

Co-Starring: Kevin James, Keir O'Donnell & Jayma Mays

Rated PG; 1 hr. 27 min.

This Week's Opportunities September 11 - September 17

SUNDAY • SEPTEMBER 11

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 Sarah Erickson, CR

MONDAY • SEPTEMBER 12

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

10:00 a.m. ~ Osher Registration, KSU CL

11:00 a.m. ~ Sit and Be Fit, CR

11:00 a.m. ~ St. Luke's Communion, CON

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, CON *(By appointment only)*

1:30 p.m. ~ Ladies Pool Table Time, BP

2:15 p.m. ~ Parkinson's Voice Class, KSU CL

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

3:00 p.m. ~ MLH Singers Practice, CR

5:30 p.m. ~ Tuttle Creek Supper, MR

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

TUESDAY • SEPTEMBER 13

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

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. ~ 4th Floor Supper, MR

6:30 p.m. ~ Osher Class: Korean War, CR

WEDNESDAY • SEPTEMBER 14

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, KSU CL

10:00 a.m. ~ Memory Café, CON

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ Yoga, CR

12:00 p.m. ~ 2nd Men's Club Luncheon, LR

1:10 p.m. ~ Meditation Group, TR

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, CR

4:00 p.m. ~ Video Worship Service, LR

6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

THURSDAY • SEPTEMBER 15

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. ~ Osher Class: Apocalypse — WOW!, 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 16

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 Rosary, CR

7:00 p.m. ~ Resident Program: Tornado Presentation with Mary Knapp, CR

SATURDAY • SEPTEMBER 17

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

CH, Collins House

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library