

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 22, 2016

4-H Kids State Fair

The State Fair is coming to Meadowlark Hills!

Friday, Sept. 23, at 7 p.m.

State Fair, County Fair — was there anything better than 4-H fair time? Well then step right up for some emerald green cotton candy!

Put on your green and join the Kansas 4-H Foundation and friends for some fair time fun at 7 p.m. Friday, Sept. 23, in the Community Room.

Along with some exciting updates on the largest youth program in the state, you'll (virtually) ride through Rock



Springs 4-H Center and Clovia Scholarship House, with a few stops at the Kansas State Fair.

Local 4-H members will bring the fair to you with their favorite entries and audience members will get the opportunity to share their own 4-H fair experiences while enjoying 4-H trivia! Favorite fair treats will be served.

Don't miss out on a fun adventure exploring and reminiscing 4-H days!

ASK SARAH

Switch-a-roo!

Submitted by Sarah Duggan

Well, Magye and I are getting settled in our new space after the big move Friday, Sept. 16. For those who missed it (we moved rather quickly!), here's the scoop on who is where and why they are there.

Due to constant and rapid changes in the industry in which we serve, leaders at Meadowlark are always looking for opportunities to leverage ourselves to better care for more people in the Manhattan area and surrounding community. One of the areas of growth we've identified is within our Home Health agency.

For over year, my leadership and management duties have focused on several areas, including: Marketing, Resident Services and Hospitality, Sales, Fitness Services, the Parkinson's Program, the Memory Program, Meadowlark Medical Professionals (the physician's office) and Meadowlark Home Health. In order for me to focus more on the business development of our community outreach services, it



was decided to shift two areas from my umbrella to Jayme Minton, Support Services Director.

Jayme now leads the Sales team and the Resident Services team, in addition to Information Technology, Food and Beverage Services and Chaplain Services. Jayme previously managed Human Resources and now that service area reports to Chris Nelson, Finance Services Director.

With the organizational shift comes a shift in physical working spaces. Magye Loya and I are now located in the office next to Lonnie Baker, CEO, and catty-corner from the Fitness Center. Jayme Minton and Mary Harness are located in Monte Spiller's old office across from Chaplain Patty Brown-Barnett. Monte is now working in my old office, next to Kristen Martin and across from Kinzie Jo Nelson.

Feel free to stop by and visit our new areas! The staff will host an Office Party to introduce those interested to our new offices and at that time, an updated organizational chart will be provided. Stay tuned for the scheduled date and time.

Thanks for stopping by – see you next week!

UPCOMING EVENTS & ANNOUNCEMENTS

Center of Aging Lecture Series

Thursday, Oct. 6, at 4 p.m.

The Center of Aging Lecture Series grew out of desire to establish further connections between the retirement community and Kansas State campus. The Center of Aging serves to continue growth in learning. The series runs from September through May each year on the second Thursday of the month from 4 to 5 p.m.

Join Dr. Heather Bailey, Assistant Professor in Psychological Sciences at Kansas State University, as she discusses "Where Did I Leave My Keys: A Discussion of Memory the Lifespan" from 4 to 5 p.m. Thursday, Oct. 6, in the Community Room.

Diabetic Support Group

Wednesday, Sept. 28, from 1:30 to 3 p.m.

Kara Bergman, Pharmacist will be the featured speaker for the Diabetes Support Group from 1:30 to 3 p.m. Wednesday, Sept. 28, in the KSU Classroom.

The group will discuss the Brown Bag Special of medications. Attendees are encouraged to bring all medications, including over the counter items. The group will discuss medications, possible side effects and costs associated with each medication.

Jokes of the Week

What do you get when you divide the circumference of a jack-o-lantern by its diameter?
Pumpkin Pi.

If money really did grow on trees, what would be everyone's favorite season?
Fall.

What is a cheerleaders favorite color?
Yeller.

Where do polar bears vote?
The North Poll.

Kansas State Football Watch Party

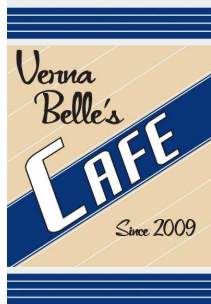
Saturday, Sept. 24, at 6:10 p.m.

K-S-U Wildcats! Come out and cheer your K-State Wildcats as they take on the Missouri State Bears Saturday, Sept. 24!

The game will kick-off at 6:10 p.m. and refreshments will be served in the Game Room.

Lunch Specials Sept. 25 – Oct. 1

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



Sunday, Sept. 25 – BLT with Side (Bacon, lettuce & Tomato on your choice of white or wheat bread)	\$3.75/\$5.50
Monday, Sept. 26 – Sloppy Joe with Ramen Salad (A sloppy mixture of ground beef, onions & tomato sauce on a toasted bun)	\$5.50
Tuesday, Sept. 27 – Grilled Cheese & Tomato Soup (American, Swiss & Cheddar Cheese on butter toasted Italian Bread served with creamy tomato soup)	\$3.75/\$5.50
Wednesday, Sept. 28 – Chicken Bacon Ranch Quesadilla with Fruit Salad (Chicken, Bacon & Ranch dressing in a crispy flour tortilla with melted cheddar cheese)	\$3.75/\$5.50
Thursday, Sept. 29 – Philly Cheese Steak Panini with Pistachio Salad (Hot Roast Beef with Swiss Cheese & sautéed peppers & onions on toasted Italian Bread)	\$3.75/\$5.50
Friday, Sept. 30 – French Onion Burger with Melon Salad (Grilled hamburger topped with Swiss Cheese & Caramelized onions)	\$5.50
Saturday, Oct. 1 – Napa Valley Chicken Salad Sandwich with Side (Chicken Salad with pecans & grapes on white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Change in date for Ladies Luncheon

Thursday, Oct. 6, at 11:15 a.m.

Mark your calendars! Ladies Luncheon will meet a week earlier than usual in October due to HOGtoberfest festivities. The ladies will board transportation from the Village Entrance at 11:15 a.m. Thursday, Oct. 6, for a luncheon at 12:30 p.m. in the all new Cove Restaurant at Milford Lake. The group will return around 3:15 p.m.

Canes, walkers and wheelchairs can be used at all lake activities, which include a buffet luncheon in the restaurant, cabin tour and brief pontoon boat ride on the lake.

Cost of the trip is approximately \$15 and can be added to your bill. The cost includes lunch, transportation, cabin tour and a boat ride. Be sure to sign up in the Blue Book located at the Hospitality Desk to attend the event. All Meadowlark ladies are welcome!

Exercise Classes canceled

The following exercise classes are canceled on the dates listed below:

- Chair Yoga — Tuesday, Sept. 27
- Yoga — Wednesday, Sept. 28

Video Worship Series

Wednesday, Sept. 28, at 4 p.m.

You are invited to watch a televised worship bible study by Tyler Mann's Journey, titled "The Journey from Unbelief to Faith" at 4 p.m. Wednesday, Sept. 28, in the Living Room. All are welcome.

Gardeners Update

Attention gardeners, now is the time to clean out your assigned space for the coming winter. If it isn't producing pull it out. If all that crab grass remains to reseed you'll have another crop next year.

If you need help, ask a friend to a clean up party.

Royals Baseball Game Transportation

Thursday, Sept. 29, at 12:30 a.m.

A friendly reminder to arrive at the parking area located near Prairie Star Patio by 12:30 p.m. Thursday, Sept. 29, to board the chartered buses for the Royals baseball game.

Dental Clinics canceled

Dental Clinics are canceled during the following dates:

- Monday, Oct. 17
- Monday, Nov. 21
- Monday, Dec. 19

Parkinson's Voice Class

Monday, Sept. 26, from 2:15 to 3:15 p.m.

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 LSVT and Speak Out! Certified Voice Clinician and KSU Graduate Students in Speech-Language Pathology.

The next voice class is scheduled from 2:15 to 3:15 p.m. Monday, Sept. 26, in the KSU Classroom.

Flu Shot Clinics

Two Flu Shot Clinics have been scheduled for Independent Living residents. Flu shots given at these on-campus clinics will be billed to your insurance. There will be at least two nurses at each Flu Shot Clinic to assist in administering the vaccine. Join us for a clinic at whichever date and time listed below works best for you.

- Wednesday, October 12, from 2 to 4 p.m. in the KSU Classroom
- Friday, October 14, from 8 to 10 a.m. in the KSU Classroom

Riley County Senior Center Seminar: Financial Planning in the Shadow of Dementia

Monday, Sept. 26, at 1:30 p.m.

Gail Urban, Financial Advisor with Edward Jones; Lance Hill, Regional Vice President of TranAmerica Annuities; and Tad Ruliffson, Attorney with Weary Davis are teaming up to host a seminar titled, Financial Planning in the Shadow of Dementia at 1:30 p.m. Monday, Sept. 26, at Riley County Senior Center.

The focus of the seminar is on awareness of Alzheimer's or dementia and how you can plan and prepare for its realities. Creating a financial plan has five areas of focus including: assets, income and insurance, intentions, banking administration and care management. Bring your friends and family to gain an understanding on how to prepare for the future. Desserts will be served.

Please RSVP to Tiffany at Edward Jones at (785) 539-5589.

UPCOMING EVENTS & ANNOUNCEMENTS

Memory Activities Class Artful Memories

Wednesday, Sept. 28 at 10 a.m.

This Wednesday, Sept. 28, 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.

Sing-A-Long with the Jane Boys

Friday, Sept. 30, at 7 p.m.

Join the Jane Boys at 7 p.m. Friday, Sept. 30, in the Community Room for a sing-a-long performance! Everyone is invited for a fun night singing along with some of your closest friends!

Cat looking for a new home

Sweet eight-year-old spayed black kitty looking for a new home. For more information, please call (785) 776-9517.

Painting for Fun

Saturday, Sept. 24, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Sept. 24, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure. Hope to see you all there!

Fit 2 Fight PD classes location change

Fit 2 Fight classes will now be held at the Combative Sports Center, 2601 Anderson Ave. at 3 p.m. on Wednesdays and 9 a.m. on Saturdays.

3rd annual

HOGtoberfest

Thursday, Oct. 13, at 11 a.m.

Friends of Meadowlark have a fun and tasty opportunity to support the Meadowlark Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Thursday, Oct. 13.

Food specials on Oct. 13 at Cox Bros. BBQ, 223 McCall Road, include pulled pork sliders for \$2 each, available from the restaurant's opening to closing at 9 p.m., and a hog roast buffet beginning at 6 p.m. In addition, anyone who makes a Cox Bros. BBQ purchase on Oct. 13 may register to win a door prize: a barbecue meal for 10!

In order to create additional opportunities to raise money and awareness for the Good Samaritan Fund, a Hog & Kisses Contest has begun, and 50/50 raffle tickets are now on sale. The 50/50 raffle winner takes home half of the money collected by ticket sales, and half of the proceeds support the Good Samaritan Fund. The more tickets we sell, the bigger your prize! Prize tickets are \$1 each, six for \$5, 15 for \$10 and 40 for \$20 and may be purchased at the Hospitality Desk.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a baby hog shortly after 6 p.m. on Oct. 13 at Cox Bros.

The Foundation reached out to our six founding churches, and five of the six answered our call for kissing candidates. Participating are Rev. Susan Evans, Blue Valley Memorial United Methodist Church; Rev. Cam McConnell, First Presbyterian Church; Kyle Olson, Director of Spiritual Growth at First Lutheran Church; Rev. John Parsley of First Baptist Church, and Dave Rogers, co-owner of Burnett Automotive and a board member at First Christian Church. Last year, our own Lonnie Baker was our top vote-getter and pig kisser.

Vote for the candidate of your choice by placing cash or check in his/her hog jar, located at the reception desk, or online at www.meadowlark.org.

Transportation will be departing from the Village Entrance at 11 a.m. Please sign up in the Blue Book located at the Hospitality Desk for transportation.

Please circle Oct. 13 on your calendars and support HOGtoberfest in one of the ways described. It's sure to be a day of FOOD, FRIENDS and FUNdraising!



HOGTOBERFEST

DRINK SPECIAL



Sept. 26 to Oct. 1
Red Appletini

2 oz. Crown Royal
2 oz. Sour Apple Pucker
2 oz. Cranberry Juice

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Update on Shopping Cart Project

Several weeks ago, the possibility of purchasing more grocery-style carts was presented to us. We currently have five of these carts and an anticipated need for five more. The projected total cost is \$1,250.

These grocery-style carts allow the user to keep shopping bags at table height, thus making it easy to roll the cart to the kitchen counter and unload shopping bags or other items without needing to bend over to lift the bags. Some residents also use these carts to tote supplies from one place to another within the apartment building.

The five carts currently in use were funded through resident donations. With that same generous spirit, we were invited to help fund the purchase of an additional five grocery-style carts. In response, \$560 has been received.

If you would like to help complete this project, please place your cash or check in a sealed envelope and leave it at the front desk. If you submit cash, please include your name and address. Checks should be made out to Meadowlark Hills Foundation with "cart project" written on the memo line. All donations are tax-deductible.

Memory Programs canceled

Wednesday, Oct. 5, at 10 a.m.

Memory Activities Class, Memory Café and Memory Luncheon will not meet Wednesday, Oct. 5, due to the Dr. Burns/KU LEAP Program activities. All programs will resume normal schedule after Wednesday, Oct. 5.

Osher Class: Beginning Family History — Skills that Turn the Hobbyist into a Better Genealogist

Tuesday, Sept. 27, at 6 p.m.

This Osher Class will be an introduction to family history with a specific focus on useful beginner resources, websites, organization tips, research logs, citations and more from 6:30 to 8:30 p.m. Tuesday, Sept. 27, on the Third Floor Manhattan, 2323 Anderson Ave.

The last class is scheduled Tuesday, Oct. 4, at the same time and location as the first class. Please sign up in the Blue Book located at the Hospitality Desk for transportation. Transportation will be departing from the Village Entrance at 6 p.m.

Join Kelsee Walker, as she teaches family history and international records. Kelsee has received her bachelor's degree in Family History and Genealogy from Brigham Young University. She has completed family history internships in Austria, England and in the Family History Library at the International Records Reference Desk. Before moving to Kansas, she worked for FamilySearch and did client research as a contractor.

Winter Ball Theme Ballot

The Winter Ball theme has been narrowed down to three options. The theme choices to choose from are: Winter Wonderland, A Night at the Ranch and Putting on the Ritz. Complete a ballot at the Hospitality Desk to submit your choice!

Vespers Services

Sunday, Sept. 25, at 7 p.m.

The Vespers service, led by Sarah Erickson, Director of Youth/Family Ministries from Peace Lutheran Church, will be at 7 p.m. Sunday, Sept. 25, in the Community Room. All are welcome.

Meadowlark Hills Singers Practice

Monday, Sept. 26, & Friday, Sept. 30, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Sept. 26, in the Community Room. There will be an extra practice scheduled at 3 p.m. Friday, Sept. 30, in the Community Room due to no practice the following week Monday, Oct. 3.

Grief Support Group

Tuesday, Sept. 27, 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. 27, in the Living Room.

Osher Class: Apocalypse — WOW!

Thursday, Sept. 29, 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 passages in the Bible and what they might mean for our time from 2 to 4 p.m. Thursday, Sept. 29, in the Community Room. No prior registration necessary to attend this event.

Shopping Trip

Wednesday, Sept. 28, 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. 28, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

PRAIRIE★STAR RESTAURANT

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

Sept. 25 - Oct. 1

Includes beverage, starter and dessert.

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

SUNDAY	September 25 ~ Lunch \$11	Dinner \$12
	Pot Roast with Carrots, Celery & Onions Roasted Red Potatoes Vegetable of the Day	Spaghetti & Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	September 26 ~ Lunch \$10	Dinner \$12
	Quiche Lorraine Rice Pilaf Choice of Vegetable	Chicken Normandy Roasted Red Potatoes Vegetable of the Day
TUESDAY	September 27 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Meatloaf Mashed Potatoes Vegetable of the Day
WED.	September 28 ~ Lunch \$10	Dinner \$11
	Beef Pot Pie Choice of Vegetable	Chicken Tetrizzini Garlic Toast Vegetable of the Day
THURS.	September 29 ~ Lunch \$7	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Beef Stroganoff Egg Noodles Vegetable of the Day
FRIDAY	September 30 ~ Lunch \$11	Dinner \$11
	Baked Orange Roughy Roasted Red Potatoes Choice of Vegetable	Polish Sausage German Potato Salad Vegetable of the Day
SAT.	October 1 ~ Lunch \$9	Dinner \$14
	Philly Steak Sandwich French Fries Choice of Vegetable	Shrimp & Crab Cakes Roasted Red 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, Sept. 25 - Saturday, Oct. 1

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

Sunday, Sept. 25 – Open Season 3 (2010)

When his buddies skip the annual guys' trip to stay home with their families, Boog the bear heads out on his own and hooks up with a traveling circus.

Co-Starring: Matthew J. Munn, Matthew W. Taylor & Melissa Sturm

Rated PG; 1 hr. 14 min.

Monday, Sept. 26 – It Happened One Night (1934)

Runaway socialite Ellie Andrews is en route to the Big Apple to elope and along the way she meets a crusty newspaperman. But a string of zany misadventures leads them to realize they're madly if reluctantly in love.

Co-Starring: Clark Gable, Claudette Colbert & Walter Connolly

Not Rated; 1 hr. 45 min.

Tuesday, Sept. 27 – Milk Money (1994)

Three boys travel to the city, hoping to find a woman who'll undress for them. They find a prostitute named V who's willing to fulfill their request.

Co-Starring: Melanie Griffith, Ed Harris & Michael Patrick Carter

Rated PG-13; 1 hr. 48 min.

Wednesday, Sept. 28 – Mother (1996)

A divorced novelist needs to figure out why his relationships with women keep failing. To learn, he moves in with his mother, against her wishes.

Co-Starring: Albert Brooks, Debbie Reynolds & Laura Weekes

Rated PG-13; 1 hr. 43 min.

Thursday, Sept. 29 – Robin Hood: Men In Tights (1993)

It's the classic tale of Robin Hood reenvisioned by comic master Mel Brooks. The titular musical number, involving song, dance—and yes, men in tights—is an undisputed highlight.

Co-Starring: Cary Elwes, Dave Chappelle & Richard Lewis

Rated PG-13; 1 hr. 44 min.

Friday, Sept. 30 – Sky (2015)

On vacation in the desert, Romy leaves her abusive husband and winds up in Las Vegas, where she falls for a rugged loner and carves out a new life.

Co-Starring: Diane Kruger, Norman Reedus & Gilles Lellouche

Not Rated but may involve sexual content and language; 1 hr. 42 min

Saturday, Oct. 1 – Chasing Ghosts (2014)

When 11-year-old Lucas's film capturing a ghostly presence makes him a YouTube sensation, he must balance fame with grief over his brother's death.

Co-Starring: Tim Meadows, W. Earl Brown & Frances Conroy

Rated PG; 1 hr. 28 min.

This Week's Opportunities September 25 - October 1

SUNDAY • SEPTEMBER 25

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 from Peace Lutheran Church, CR

MONDAY • SEPTEMBER 26

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. ~ Yoga, CR
- 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
- 2:15 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. ~ Eastside Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • SEPTEMBER 27

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
- 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. ~ 3rd Floor Supper, CR
- 6:00 p.m. ~ Depart for Osher Class: Beginning Family History, VE

WEDNESDAY • SEPTEMBER 28

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, KSU CL
- 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
- 1:10 p.m. ~ Meditation Group, TR

- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR (*By appointment only*)
- 1:30 p.m. ~ Collins Worship Service, CH
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 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, CSC
- 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 • SEPTEMBER 29

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
- 12:30 p.m. ~ Depart for Royals Baseball Game, PSP
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Osher Class: Apocalypse — WOW!, CR
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • SEPTEMBER 30

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
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Resident Program: Jane Boys Sing-A-Long, CR

SATURDAY • OCTOBER 30

Breakfast at Verna Belle's—Omelets with Fruit

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

ROOM ABBREVIATIONS

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