



Meadowlark Hills Messenger

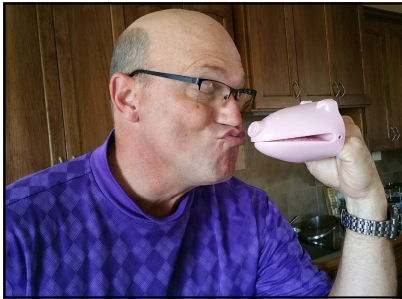
Meadowlark Hills Retirement Community

Sept. 29, 2016

Voting continues for HOG & Kisses Contest

*Submitted by Happy Hog,
HOGTOBERFEST mascot*

Oink! I'm pleased to see dollars filling the jars of our HOG & Kisses Contest candidates, which is part of our six-week HOGTOBERFEST celebration. After a month of voting, here's how our potential kissers rank:



Dave Rogers, HOG kissing candidate for First Christian Church, practices his pucker.

1. Dave Rogers, representing First Christian Church. Dave is co-owner at Burnett Automotive and is a board member at First Christian
2. Kyle Olson, representing First Lutheran Church. Kyle is Director of Spiritual Growth at FLC.
3. Rev. Cam McConnell of First Presbyterian Church
4. Rev. Susan Evans of Blue Valley Memorial United Methodist Church
5. Rev. John Parsley of First Baptist Church

The candidate who raises the most money has the pleasure of kissing one of my favorite hogs, who currently lives at Parks Farm, east of Manhattan. The finale of the HOG & Kisses Contest is set for 6 p.m. on HOGTOBERFEST day, which is Thursday, Oct. 13, at Cox Bros. BBQ, 223 McCall Road. The churches named above are five of the six churches that came together in 1974 to

discuss the creation of a retirement community, and Meadowlark Hills had its grand opening in 1980. We appreciate their involvement then and today. (Trinity Presbyterian is our other founding church.)

It's not too late to vote for your favorite candidate, especially if YOUR candidate isn't in first place. Donation/voting jars are atop the fireplace at the Village entrance. Donations for a candidate are tax-deductible because they benefit our Good Samaritan Fund.

In addition, please consider supporting HOGTOBERFEST by eating at Cox Bros. BBQ on Oct. 13. Cox Bros. is donating 10 percent of that day's proceeds to the Good Sam Fund. Doors open at 11 a.m. and close at 9 p.m. Specials include \$2 pulled pork sliders all day and a hog roast buffet and German beer tasting that begins at 6 p.m.

Transportation to Cox Bros. BBQ is available. Please register in the Blue Book.

A third way to support the event is to purchase 50/50 Raffle tickets, which are available at the Hospitality Desk and Verna Belle's Café. 50/50 means 50 percent of the proceeds support our Fund, and 50 percent goes to YOU in CASH if your winning ticket is drawn. If you'd like to sell tickets to friends and family, please let Becky Fitzgerald know. The person who sells the winning ticket receives a \$50 Visa gift card! Please help Happy and the HOGTOBERFEST team reach their goal of selling 6000 tickets!

The Asian Rural Institute

Tuesday, Oct. 11, at 7 p.m.

Come learn more about ARI (Asian Rural Institute), sustainable agriculture, community building and servant leadership from JB Hoover, Executive Director of American Friends of ARI, and Rene Guilingen, a graduate of ARI from the Philippines who will speak about the impact of the ARI training program on him and his community.

ARI training focuses on sustainable agriculture through integrated organic farming techniques, community building and servant leadership. It is community based, and hands-on learning is emphasized in all areas.

ARI's mission is to build an environmentally healthy, just and peaceful world in which each person can live to

his or her fullest potential. ARI provides training for grassroots leaders. Each year ARI invites 25 to 30 rural leaders of all ages, both men and women, from developing countries to its campus in northern Japan for a nine-month training program. Over the past 40 years, ARI has trained more than 1,300 rural leaders.

Plan to attend the presentation at 7 p.m. Tuesday, Oct. 11, in the Community Room.



Kay Shanks working as an ARI volunteer.

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

If a word is misspelled in the dictionary, how would we ever know?

If Webster wrote the first dictionary, where did he find the words?

Sing-A-Long with Jane Boys

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

Join 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!

Video & Discussion

Wednesday, Oct. 5, at 4 p.m.

You are invited to watch video number five of "Journey from Unbelief to Faith" at 4 p.m. Wednesday, Oct. 5, in the Living Room. All are welcome.

Kansas State Football Watch Party

Saturday, Oct. 1, at 2:30 p.m.

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the West Virginia Mountaineers Saturday, Oct. 1! The game will kick off at 2:30 p.m., and refreshments will be served in the Game Room.

Part D Prescription Drug Open Enrollment

It is that time again to start thinking about Open Enrollment and your Part D plans. Representatives from The North Central Flint Hills Area Agency on Aging will be at Meadowlark Hills Wednesday, Nov. 9. Sign-up sheets are now available in the Blue Book located at the Hospitality Desk.

Please be sure to bring your Medicare card, insurance card, and the list of all medications you are currently taking (name of drug, dosage, 30-day quantity and monthly cost). Your pharmacy can send you a copy of your medications upon request. Please see Rita Harsch in the Finance Office if you have questions.

Evelyn Hawley's Memorial Service

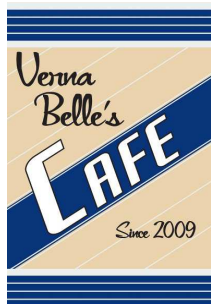
Monday, Oct. 3, at 3 p.m.

A memorial service will be held for Evelyn Hawley at 3 p.m. Monday, Oct. 3, in the Community Room. All are welcome.

Card Making with Michelle

Thursday, Oct. 6, at 2 p.m.

Join Michelle Lehmer at 2 p.m. Tuesday, Oct. 6, in the Living Room for card making inspired by fall. The group will be making cards for fall and all occasions!



Lunch Specials Oct. 2 – Oct. 8

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

Sunday, Oct. 2 – Napa Valley Chicken Salad with Side (Chicken salad with pecans and grapes on white or wheat bread)	\$3.75/\$5.50
Monday, Oct. 3 – The Blackberry Brook Sandwich with Fruit Salad (Blackberry Jam, Swiss cheese & bacon on toasted Italian bread. Spice it up with some optional fresh jalapenos)	\$3.75/\$5.50
Tuesday, Oct. 4 – Triple Meat Pizza (Sausage, bacon & pepperoni on Flat bread with Marinara sauce & Mozzarella cheese)	\$3.75/\$5.50
Wednesday, Oct. 5 – Bierocks with Pasta Salad (Ground beef, cabbage & onions baked inside a biscuit)	\$5.50
Thursday, Oct. 6 – Cheesy Chicken Melt with Ambrosia Salad (Shredded Chicken with a variety of cheese on a oven toasted bun)	\$3.75/\$5.50
Friday, Oct. 7 – Bratwurst with Baked Beans and Chips (Grilled hamburger topped with Swiss Cheese & Caramelized onions)	\$5.50
Saturday, Oct. 8 – Ham Salad Sandwich with Side (Diced ham with onions, celery and hard boiled eggs in a creamy dressing on bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Exercise Classes canceled

The following exercise classes are canceled Monday, Oct. 3, and Tuesday, Oct. 4. Please see the listed date and times below:

Monday, Oct. 3

- Seated Strength at 9:30 a.m.
- Weights 101 at 10:20 a.m.
- Yoga at 12 p.m.

Tuesday, Oct. 4

- Chair Yoga at 11:15 a.m.

Sit & Be Fit will be held as scheduled at 11 a.m. Monday, Oct. 3, in the Community Room. Steady Yourself will be held as scheduled at 10:30 a.m. Tuesday, Oct. 4, in the Community Room

Brittany & Nate Hernandez Performance *Friday, Oct. 7, at 7 p.m.*

We are thrilled to have Meadowlark Hills' own, Brittany Hernandez and her husband, Nate, perform for us at 7 p.m. Friday, Oct. 7, in the Community Room. This husband and wife duo live in Manhattan, Kan. Brittany works in Verna Belles Café, and Nate works as an electrician with BK electric. Together they lead music at their church in Wamego, Kan., and perform around town at community events. Don't miss out on this great night of talent!

Meadowlark Hills Singers Practice *Monday, Oct. 10, at 3 p.m.*

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Oct. 10, in the Community Room. Singer practice is cancelled for Monday, Oct. 3.

Fit 2 Fight PD classes location change

Fit 2 Fight classes will still be held at 3 p.m. Wednesdays in either the Community Room or KSU Classroom. The next scheduled Fit 2 Fight PD class is at 3 p.m. Wednesday, Oct. 5, in the KSU Classroom.

The Saturday class has been moved and will no longer be on the Meadowlark campus; however, there will be Fit 2 Fight PD classes at the Combative Sports Center, 2601 Anderson Ave., at 3 p.m. on Wednesdays and 9 a.m. on Saturdays.

Norma Loupe Beatty's Memorial Service *Sunday, Oct. 2, at 1 p.m.*

A memorial service will be held for former resident Norma Loupe Beatty at 1 p.m. Sunday, Oct. 2, at First Lutheran Church Chapel. All are welcome.

Outdoor Adventure

Submitted by Sue Hunt

On the last day of summer I took a walk to the pond to write a farewell to the season and put the journal in a plastic bag and a new plastic box so it will be ready for winter winds and snow.

If you journey to the area, please take a moment to write your thoughts in it. On my way home, I took the quarry trail. The tall grass is really tall, Big Blue Indian and switch grass are all on display and some are blooming.

I saw small white heath aster, blue sage, some gray feathers and the big black pods on wild blue indigo that rattle in the wind. The fluffy white tops of false boneset are first starting. The quarry path is mowed, a little rocky (watch your step!), but it's a beautiful, interesting walk.

Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) Informational Session *Thursday, Oct. 5, at 1:30 p.m.*

Join us for the introduction of an exciting brain health program customized specifically for Meadowlark Hills by the University of Kansas Alzheimer's Disease Center (KU ADC), called LEAP! (Lifestyle Enrichment for Alzheimer's Prevention) at 1:30 p.m. Thursday, Oct. 5, in the Community Room.

This free informational session is an opportunity for you to experience a sample session and learn what this program has to offer. To attend, please register in the Blue Book located at the Hospitality Desk.

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

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

The last session of this Osher Class will be from 6:30 to 8:30 p.m. Tuesday, Oct. 4, on the third floor of KSU Tower, 2323 Anderson Ave.

Please sign up in the Blue Book located at the Hospitality Desk for transportation. Transportation will depart from the Village Entrance at 6 p.m.

Parkinson's Voice Class

Monday, Oct. 3, from 2:15 to 3:15 p.m.

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

UPCOMING EVENTS & ANNOUNCEMENTS

Second Session of Grief Support Group

Tuesday, Oct. 4, from 2 to 3 p.m.

The second session of Grief Support Group begins at 2 p.m. Tuesday, Oct. 4, in the Living Room. This is an opportunity to discuss bereavement and healing in a supportive environment. The group is facilitated by Bridget Larkin, LMSW, Social Services Leader, and Chaplain Patty Brown-Barnett, DMin.

For more information or to RSVP, please contact Bridget at (785) 323-3837.

Osher Class: Female Artists of the Flint Hills

Monday, Oct. 3, at 6 p.m.

Meet some of the greatest female artists of the Flint Hills in an Osher Class series starting Monday, Oct. 3. This Osher class series will share the behind the scenes information about three artists Kim Casebeer, Cally Krallman, and Barbara Waterman-Peters art work and their journeys as artists.

The first class is from 6:30 to 8:30 p.m. Monday, Oct. 3, in the KSU Tower, 2323 Anderson Ave. on the third floor. The second and third classes will be Monday, Oct. 10, and Monday, Oct. 17, 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 depart from the Village Entrance at 6 p.m.

Join Kim Casebeer, bachelors in Fine Art at KSU, Cally Krallman, works at Prairie Sage Studio, and Barbara Waterman-Peters, a partners in Pen & Brush Press LLC, as they present over the their artwork.

Center of Aging Lecture Series

Thursday, Oct. 6, at 4 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

Trip to the Buttonwood Art Space

Friday, Oct. 7, at 1:45 p.m.

Meadowlark Hills will be taking a Day trip to Buttonwood Art Space in Kansas City Friday, Oct. 7. We will be view "Visions of the Flint Hills," an exhibit benefitting the friends of Konza prairie and enjoy a special reception for sponsors, featuring food and beverages. Visions of the Flint Hills is a juried exhibition of art about life in the prairie regions of Kansas.

Artists have portrayed the sweeping prairie, expansive skies and the beauty of this endangered area in paintings, sculpture, fiber and photography. We will depart from the Village Entrance at 1:45 p.m. Please register in the Blue Book at the Hospitality Desk. Cost for transportation is \$28 per person.

Behind the Scenes of Sweeney Todd

Sunday, Oct. 2, at 11:30 a.m.

This event includes lunch with play Director Penny Cullers and Anne Longmuir, Associate Professor in the KSU Dept. of English, who will give a short preview of Sweeney Todd. Following the presentation, you can sit back, relax and enjoy the MAC's production at 2:30 p.m. Sunday, Oct. 2. Tickets are \$32, which includes lunch, pre-performance presentation and tickets for Sweeney Todd. Limited tickets are available. Please register online at <http://kupce.ku.edu/osher-home>.

Memory Programs canceled

Wednesday, Oct. 5

Memory Activities Class, Memory Café, Memory Care Partners Support Group and Memory Luncheon will not meet Wednesday, Oct. 5, because of the Dr. Burns/KU LEAP Program activities. All programs will resume normal schedule after Wednesday, Oct. 5.

Vespers Services

Sunday, Oct. 2, at 7 p.m.

The Vespers service, led by Rev. Helen Hutchinson from Trinity Presbyterian Church, will be at 7 p.m. Sunday, Oct. 2, 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 by stopping her office! Sarah is located in the office next to Lonnie Baker, CEO, and catty-corner from the Fitness Center.

Thanks for stopping by!

DRINK SPECIAL



**Oct. 3 to Oct. 8
New York Sour**

2 oz. Rye Whiskey
3/4 oz. Lemon Juice
1 oz. Simple Syrup
1/2 oz. Orange Juice
1/2 oz. Red Wine

\$3.75

October BIRTHDAYS

Residents

Health Care



10/3	Merle Schmidt
10/4	Rachel Nuss
10/6	John Warren
10/7	Evelyn Russell
10/13	James Williams
10/14	Fred Oehme
10/14	Leo Stolzer
10/17	David Bowers
10/25	Marie Doedyns

***Bold denotes milestone
birthday of 80, 90, 100 or 100+***

Independent Living

10/2	Glen Leitch
10/3	Betty Love
10/3	Jacquie Brewer
10/5	Jean Ponte
10/8	Lucy Mulroney
10/9	Carol Balding
10/11	Maxine Burkhard
10/11	Mary Lou Gibbs
10/15	Ed Lindly
10/17	Bob Benedict
10/17	Ted Hodges
10/19	Bill Stamey
10/21	Ernie Welti
10/21	Mike Sekal
10/23	Max Bayer
10/23	Don Rasmussen
10/24	Polly Ferrell
10/24	Donna Vanier
10/30	Pat Vogt

Employees

10/1	Lyla Lenauer	10/19	Raelyn Lorson
10/1	Ashlyn Mall	10/21	Mercedes Jaramillo
10/2	Brenda Eckels	10/21	Kathleen Cashman
10/3	Kelly Salaz	10/22	Betty Dishman
10/4	Madison Brockish	10/22	Lisa Lawton
10/4	Jesica Thor	10/23	Alayna Noe
10/4	Mary Jo Eichman	10/25	Alisen Habiger
10/5	Christina Guzman	10/26	Cathy Bristol
10/7	Brittany Jones	10/27	Kimm Burton
10/8	Charles Anderson	10/27	Kim Ensley
10/9	Amanda Moorman	10/27	Brooke Lyle
10/11	Meghan Dugan	10/27	Rebecca Manis
10/12	Jon Thompson	10/28	Cynthia Artis
10/13	Stephanie Lugo	10/29	Kinzie Jo Nelson
10/14	Carie Scott		
10/15	Bridget Larkin		
10/16	Alexander Horak		
10/16	Fred Dukes		
10/17	Madison Mackeprang		

PRAIRIE★STAR RESTAURANT

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

Oct. 2 - Oct. 8

Includes beverage, starter and dessert.

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

SUNDAY	October 2 ~ Lunch \$12	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Ham & Beans Corn Bread Vegetable of the Day
MONDAY	October 3 ~ Lunch \$10	Dinner \$12
	Steamed Brats Potato Salad Choice of Vegetable	Braised Chicken Thighs a la Orange Barley Risotto Vegetable of the Day
TUESDAY	October 4 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Roasted Brisket with Wild Mushroom Sauce Garlic Mashed Red Potatoes Vegetable of the Day
WED.	October 5 ~ Lunch \$10	Dinner \$12
	Chicken a la King Rice Choice of Vegetable	Chicken Breast Pesto wrapped in Phyllo Dough & Marinara Sauce Rice Pilaf Vegetable of the Day
THURS.	October 6 ~ Lunch \$7	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Sautéed Pork Tenderloin with Balsamic Cherry Sauce Gorgonzola Mashed Potato Vegetable of the Day
FRIDAY	October 7 ~ Lunch \$10	Dinner \$13
	Hot Turkey Sandwich Mashed Potatoes Vegetable of the Day	BBQ Shrimp Warm Corn Relish Roasted Red Potatoes
SAT.	October 8 ~ Lunch \$10	Dinner \$15
	Beef Stew Garlic Toast Vegetable of the Day	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, Oct. 2 - Saturday, Oct. 8

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

Sunday, Oct. 2 – The Boxtrolls (2014)

When a cruel exterminator tries to destroy the band of impish creatures that adopted young orphan eggs, he and a bold rich girl come to the rescue.

Co-Starring: Ben Kingsley, Isaac Hempstead-Wright & Elle Fanning

Rated PG; 1 hr. 36 min.

Monday, Oct. 3 – The Lucky One (2012)

Marine vet Logan credits his good-luck charm—a photo of an unknown woman—for saving his skin in Iraq. Back in the states, he sets out to find the woman behind the smile that steered his fate.

Co-Starring: Zac Efron, Taylor Schilling & Blythe Danner

Rated PG-13; 1 hr. 41 min.

Tuesday, Oct. 4 – The One I Wrote For You (2014)

When a failing musician's young daughter enters him in a reality TV songwriting contest, he risks sacrificing his character in the pursuit of winning.

Co-Starring: Cheyenne Jackson, Kevin Pollak & Christine Woods

Rated PG; 1 hr. 50 min.

Wednesday, Oct. 5 – Who Framed Roger Rabbit (1988)

Director Robert Zemeckis seamlessly mixes live action with animation wizardry in this cinematic groundbreaker featuring Bob Hoskins as gruff gumshoe Eddie Valiant, who agrees to take the case of Roger Rabbit, a zany cartoon star framed for murder.

Co-Starring: Bob Hoskins, Christopher Lloyd & Joanna Cassidy

Rated PG; 1 hr. 44 min.

Thursday, Oct. 6 – The Cobbler (2014)

A weary repairman becomes a hero—and learns a few lessons—when trying on his customers' shoes magically lets him step into their lives.

Co-Starring: Adam Sandler, Method Man & Ellen Barkin

Rated PG-13; 1 hr. 37 min.

Friday, Oct. 7 – Act of Valor (2012)

An elite squad of Navy SEALs is tasked with rescuing a kidnapped CIA agent from a lethal terrorist cell in this convert-action thriller, which features active duty SEALs playing the lead fighting roles in a saga based on actual events.

Co-Starring: Roselyn Sanchez, Jason Cottle & Alex Veadov

Rated R for strong violence including some torture and language; 1 hr. 50 min

Saturday, Oct. 8 – A Little Game (2014)

Ten year old misfit, Max, befriends a mercurial chess master who teaches her how to remain strong in the wake of her grandmother's death.

Co-Starring: F. Murray Abraham, Ralph Macchio & Janeane Garofalo

Rated PG; 1 hr. 31 min.

This Week's Opportunities October 2 - October 8

SUNDAY • OCTOBER 2

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 11:30 a.m. ~ Depart for Osher Class: Behind the Scenes of Sweeney Todd, VE
- 2:00 p.m. ~ Wroten Worship Service, WL
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Vespers, Rev. Helen Hutchinson, CR

MONDAY • OCTOBER 3

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
- 11:00 a.m. ~ Sit and Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 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. ~ Evelyn Hawley's Memorial Service, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 6:00 p.m. ~ Depart for Osher Class: Female Artists of the Flint Hills, VE
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • OCTOBER 4

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 10:00 a.m. ~ Pond Ride, VE
- 10:30 a.m. ~ Steady Yourself, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:00 p.m. ~ Grief Support Group, CON
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:45 p.m. ~ KSU Social Club Event, CR
- 6:00 p.m. ~ Depart for Osher Class: Beginning Family History, VE

WEDNESDAY • OCTOBER 5

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 First United Methodist Church, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 11:30 a.m. ~ 1st Men's Club Luncheon, CON
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ KU Alzheimer's Presentation, CR

- 1:10 p.m. ~ Meditation Group, LR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, TR *(By appointment only)*
- 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, KSU CL & CSC
- 4:00 p.m. ~ Video No. 5 & Discussion, LR
- 6:30 p.m. ~ Gerontology Class, CR

THURSDAY • OCTOBER 6

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
- 11:15 a.m. ~ Depart to Ladies Luncheon, VE
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 2:00 p.m. ~ Card Making with Michelle, LR
- 2:30 p.m. ~ Pond Ride, VE
- 4:00 p.m. ~ Center on Aging Lecture Series, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • OCTOBER 7

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 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
- 1:45 p.m. ~ Depart for Buttonwood Art Trip, VE
- 2:30 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Resident Program: Nate & Brittany Hernandez Performance, CR

SATURDAY • OCTOBER 8

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. ~ 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