



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 13, 2016

Rock Springs 4-H Day Trip

Get into the Spirit of the Springs!

Wednesday, Oct. 26, at 9 a.m.

Meadowlark recently had a group of 4-H members visit our campus for a Friday night program. The program was well received and many expressed interest in a day trip to Rock Springs 4-H Center.

Well you're in luck! Meadowlark will be taking a trip to the Rock Springs 4-H Center Wednesday, Oct. 19, to explore the many different educational and recreational activities they have to offer!

Rock Springs provides a fun, hands-on experience for guests to discover their natural world. Engaging field trips create lasting memories for individuals of all ages.



The group will have the opportunity to tour the Rock Springs Center with a guided tour. After the tour, the group will enjoy a nice lunch on site.

The cost for the trip is \$26 per person which includes the tour, lunch and transportation. To attend this trip please register in the Blue Book located at the Hospitality Desk. Transportation will depart from the Village Entrance at 9 a.m.

Please contact Monte Spiller, Resident Services Leader, at (785)

323-3801 for any questions.

Open Enrollment

For State of Kansas Retirees

Friday, Oct. 14 at 1 p.m. and Friday, Oct. 21, at 9:30 and 1:30 p.m.

If you retired from the state of Kansas, you have received your State Employee Health Plan Direct Bill Newsletter by now. Each year, the state of Kansas hosts Open Enrollment webinars and meetings throughout the state of Kansas for their retirees.

Please join us at 9:30 a.m. and 1:30 p.m. Friday, Oct. 21, at CiCo Park in Manhattan, Kan. There will be Open Enrollment meetings discussing the changes in 2017. These meetings will be for the state of Kansas retirees.

There will be a State of Kansas Retiree/Direct Bill Members webinar at Meadowlark starting at 1 p.m. Friday, Oct. 14, in the KSU Classroom. Meadowlark will be hosting the Retiree/Direct Bill Online Open Enrollment webinar for our residents. This will be an opportunity for state of Kansas retirees to listen to the State 2017 insurance changes instead of attending the Open Meeting at CiCo Park. Please arrive a little earlier so we can be sure there is room for all attendees.

Flu Shot Clinic, 10/14

Rescheduled for November

The second Flu Shot Clinic that was scheduled from 8 to 10 a.m. Friday, Oct. 14, is canceled due to a shortage of doses.

A Flu Shot Clinic will be rescheduled during the first week of November. Please see upcoming Meadowlark Messengers for more details on times and dates.

According to the CDC (Center of Disease Control and Prevention) flu season peaks between December and February. According to Meadowlark Medical Professionals Clinic, receiving your vaccinations late October and into November provides adequate protection against the influenza virus infection. If you have questions, please contact Sarah Duggan, at (785) 323-3860.



UPCOMING EVENTS & ANNOUNCEMENTS

Tommy Lee Performance

Friday, Oct. 14, at 7 p.m.

Saxophonist Tommy Lee is scheduled to perform classic tunes at 7 p.m. Friday, Oct. 14, in the Community Room. Tommy has been playing in the Manhattan area since 1949 and is a familiar face to many! Don't miss out on this one-man-band!

Mary Dean Apel's Memorial Reception

Friday, Oct. 14, at 2 p.m.

A memorial reception will be held for Mary Dean Apel at 2 p.m. Friday, Oct. 14, in the Game Room. Refreshments will be served. All are welcome to attend.

Bingo change up

Monday, Oct. 17, at 7 p.m.

Attention Meadowlarkians! Starting immediately, Bingo will only be held Monday nights at 7 p.m. Independent Living Bingo will no longer take place on Thursday nights.

The next scheduled Community Bingo is at 7 p.m. Monday, Oct. 17, in the Community Room. All are welcome to join in on the same great fun!



Jokes of the Week

If all the world is a stage, where is the audience sitting?

Why doesn't glue stick to the inside of the bottle?

Why do basketball players love donuts?
Because they dunk them!

Where do polar bears vote?
The North Poll.

LeRoy Johnson Music Presentation

Friday, Oct. 21, at 7 p.m.

LeRoy Johnson will be presenting *Music by Composer's*, a program including a few of the best-known composers: Beethoven, Franz Liszt and Edward MacDowell at 7 p.m. Friday, Oct. 21, in the Community Room.

Change in Prairie Star Menu

Thursday, Oct. 13

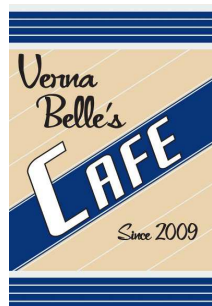
Due to HOGtoberfest Thursday, Oct. 13, Prairie Star Restaurant will not have a buffet special. The full menu will still be available for dine-in, carry-out and delivery.

Lunch Specials

Oct. 16 – Oct. 22

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

Saturday—Sunday, 9 a.m. to 1 pm.



Sunday, Oct. 16 – Tuna Salad Sandwich with Side

(Classic Tuna salad on white or wheat bread)

\$3.75/\$5.50

Monday, Oct. 17 – Turkey Club Panini with Soup or Chips

(Hot Turkey, Bacon, Swiss cheese & garlic aioli on toasted wheat berry bread)

\$3.75/\$5.50

Tuesday, Oct. 18 – Bacon & Tomato Grilled Cheese with Tomato Soup

(Bacon, tomato & three different cheeses on grilled Italian bread)

\$3.75/\$5.50

Wednesday, Oct. 19 – Cuban with Fruit Salad

(Pulled Pork & Ham with Swiss cheese, pickles & mustard on toasted Italian bread)

\$3.75/\$5.50

Thursday, Oct. 20 – Grilled Ham & Cheese with Fruit Salad

(Hot Ham with American and Cheddar Cheese on toasted honey wheat bread)

\$3.75/\$5.50

Friday, Oct. 21 – Nacho Burger with Southwest Chopped Salad

(Grilled Hamburger topped with lettuce, Pico de Gallo & nacho cheese)

\$5.50

Saturday, Oct. 22 – Bacon & Cheddar Egg Salad Sandwich with Side

(Bacon & eggs with Cheddar Cheese on grilled white or wheat Bread)

\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS



Ed Lindly's 95th Birthday Celebration!

Ed will be celebrating his 95th birthday at 2 p.m. Saturday, Oct. 15, in the Community Room.

Stop by to wish him a happy birthday! Cake and light refreshments will be served. All are welcome to celebrate.

Beach Museum Outing

Friday, Oct. 14, at 9:50 a.m.

Join us Friday, Oct. 14, for a visit to the Beach Museum of Art located on K-State campus Friday, Oct. 14. The exhibit containing Civil War era drawings for the Becker Collection offers the first opportunity for scholars and enthusiasts to see selections from this important and previously unknown collection and to appreciate these national treasures as artworks.

Transportation will depart from the Village Entrance at 9:50 a.m. Please register in the Blue Book located at the Hospitality Desk. Cost for transportation is \$3.

Blood Pressure and Parkinson's Webinar: What's the Connection?

Thursday, Oct. 20, from 11 a.m. to 12 p.m.

The panelists will discuss the blood pressure fluctuations seen with Parkinson's disease and the role medication plays from 11 a.m. to 12 p.m. Thursday, Oct. 20, in the Tranquility Room. They will also talk about lifestyle changes and medication options to manage blood pressure. Feel free to meet in Verna Belle's Café or Prairie Star Restaurant to continue the discussion with your peers.

Room Changes

The following classes have been moved to a different locations for Wednesday, Oct. 19:

- Memory Activities Class — moved to the Living Room
- Memory Café — moved to the Kansas Pub & Lounge
- Video & Discussion — moved to the West Conference Room

October Focus Group

Thursday, Oct. 13, at 10 a.m.

The Focus Group scheduled for October will highlight another great staff member at 10 a.m. today, Oct. 13, in the KSU Classroom. The staff attendee for next week's Focus Group will be Hospitality team member, Tom Barcellina!

Murder Mystery Dinner Theatre Party

Monday, Oct. 31, at 6 p.m.

Prairie Star Restaurant is hosting a Murder Mystery Dinner Theatre Party where all guests are welcome to dress in costume and bring an investigative mind to help solve the Anonville Manor mystery! Starting at 6 p.m. Monday, Oct. 31, Prairie Star will be transformed as you have never seen it before, as Anonville Manor.

In addition to murder, mayhem, and mystery, a five-course meal will be served. The event is \$25 per person and the mystery begins at 6 p.m. You can find the sign-up sheet at Prairie Star; just ask any of the mysterious women in black, better known as the Prairie Star Servers.

For those faint of heart who choose a quiet life and decide not to attend, Verna Belle's Café will be open that evening to serve anyone who does not sign up for dinner at Prairie Star. The restaurant will be closed for take-out and delivery orders that evening.

Kansas State Football Watch Party

Saturday, Oct. 15, at 11 a.m.

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the Oklahoma University's Sooners Saturday, Oct. 15! The game kicks off at 11 a.m., and complimentary refreshments will be served in the Game Room.

Library News

Submitted by Bea Rasmussen

Thanks to everyone that helped us by turning in your favorite authors or books. Nineteen new books have been catalogued and are now on the shelves for your reading enjoyment.

A few of the new ones include five from the best seller list including *Curious Minds* by Janet Evanovich; *Bullseye* by James Patterson; *Pirate* by Clive Cussler, *Insidious* by Catherine Coulter and a large print book by Sandra Brown. A couple of Jane Kirkpatrick's, two Rosamunde Pilcher and six book series by Lauraine Snelling in the Red River of the North series. There will be a list of the new books taped to the cabinet top next to the paperback book basket. Come check them out and happy reading!

UPCOMING EVENTS & ANNOUNCEMENTS

Rides to HOGTOBERFEST

Thursday, Oct. 13, at 11 a.m. and 5 p.m.

Join the fun of HOGTOBERFEST by eating at Cox Bros. BBQ on Thursday, Oct. 13. Need a ride or don't want to drive? Register in the Blue Book for FREE transportation! A vehicle departs at 11 a.m. and 5 p.m.

Persons dining in the evening will be able to watch the winner of the HOG & Kisses Contest before returning to Meadowlark. Proceeds benefit the Good Samaritan Fund.

Life Reimagined: Facilitating the Transition for the Next Great Adventure

Tuesday, Oct. 18, from 4 to 5:30 p.m.

Individuals either approaching retirement age or currently retired are encouraged to enroll in this five-week course that starts Tuesday, Oct. 18. Classes are held on Tuesdays from 4 to 5:30 p.m. at UFM, and the fee is \$9. Instructors are former and present faculty from KSU, including Drs. Fred Newton, Dan Wilcox and Arthur Rathbun.

The course will introduce strategies to plan, adapt and maintain personal well-being during the autumn years of life. The following objectives will be explored: (1) Managing transitions. Finding ways to adapt, make changes, re-imagine, and re-define a changing life situation. (2) Reflection and recapitulation. Utilizing stories of importance in one's life to define strengths, interests, and meaning that in turn identify attributes that can be used in the future. (3) Increasing and sustaining happiness. Engaging in activities that maintain physical, psychological, and social well-being. (4) Openness and Creativity. Learning to create and take advantage of serendipity and the chance opportunities that are available in every day experience. (5) Overcoming perceived barriers. The opposite of action in life is fear. Fear is most often a paralysis of the unknown; how to break those barriers. (6) Maintaining social support. How we can maintain human connections with opportunities to converse and share thoughts and feelings with other people. (7) Creating a life of meaning. We all leave the planet, so what is the most important legacy that we would like to leave behind?

The activities to achieve these objectives will include readings and brief presentations, demonstration of activities to exemplify the concepts and group discussions and interactions to personalize these ideas to our own lives.

Enroll through UFM Community Learning Center online here <http://bit.ly/2dxGhIf> or via phone by calling (785) 539-8763.



DRINK SPECIAL

**Oct. 17 to Oct. 22
Appletini**

1 oz. Sour Apple Pucker
1 oz. Vodka
1/2 oz. Sweet & Sour

\$3.75

Get on the Good Foot!

Friday, Oct. 28, from 3 to 4 p.m.

Learning and re-visiting skills from the past is a great way to enhance cognitive well-being, not to mention the benefits of social engagement and pure, good-hearted fun! So take a walk down memory lane, dust off those dancing shoes and swing on down, or get in line for a fun hour of dancing from 3 to 4 p.m. Friday, Oct. 28, in the Community Room. No prior dance experience is needed.

Osher Class: Female Artists of the Flint Hills

Monday, Oct. 17, at 6 p.m.

The last class is from 6:30 to 8:30 p.m. Monday, Oct. 17, in the KSU Tower, 2323 Anderson Ave. on the third floor. 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. 17, from 2:15 to 3:15 p.m.

The next voice class is scheduled from 2:15 to 3:15 p.m. Monday, Oct. 17, in the KSU Classroom.

Memory Care Partner Support Group

Wednesday, Oct. 19, at 10 a.m.

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes. The group will meet at 10 a.m. Wednesday, Oct. 19, in the Tranquility Room.

Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) Class

Thursday, Oct. 20, at 2:30 p.m.

Join us at 2:30 p.m. Thursday, Oct. 20, in the KSU Classroom for the LEAP! class. Prior registration is

UPCOMING EVENTS & ANNOUNCEMENTS

Dental Hygiene Clinic Canceled

Monday, Oct. 17

The Dental Hygiene scheduled for Monday Oct. 17, is canceled.

Osher Class: Brown vs. Board of Education

Wednesday, Oct. 19, from 6:30 to 8:30 p.m.

The course will highlight the history of various legal cases that led to the historic decision ending “separate but equal” schools in the United States from 6:30 to 8:30 p.m. Wednesday, Oct. 19, at the KSU Tower, 2323 Anderson Ave., third floor.

The third class will be Wednesday, Oct. 26, at the same time and location as the first class. Transportation is available and will depart from the Village Entrance at 6 p.m. To register for transportation please sign up in the Blue Book located at the Hospitality Desk.

Memory Café

Wednesday, Oct. 19 at 10 a.m.

Memory Café will meet in the Kansas Pub & Lounge at 10 a.m. Wednesday, Oct. 19. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome and snacks are provided.

Memory Activities Class

Wednesday, Oct. 19, 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 meets from 10 to 11 a.m. Wednesday, Oct. 19, in the Living Room.

Video & Discussion

Wednesday, Oct. 19, at 4 p.m.

You are invited to watch a video bible study Islam 1 Session 2 part one and two at 4 p.m. Wednesday, Oct. 19, in the West Conference Room. All are welcome.

Meadowlark Hills Singers Practice

Monday, Oct. 17, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Oct. 17, in the Community Room.

Vespers Services

Sunday, Oct. 16, at 7 p.m.

The Vespers service, led by Presbyterian Trinity Rev. Helen Hutchinson, will be at 7 p.m. Sunday, Oct. 16, in the Community Room.

Second Session of Grief Support Group

Tuesday, Oct. 18, from 2 to 3 p.m.

The second session of Grief Support Group begins at 2 p.m. Tuesday, Oct. 18, in the West Conference 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.

Open Enrollment

Wednesday, Nov. 9

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.

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!

PRAIRIE★STAR RESTAURANT

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

Oct. 16 - Oct. 22

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	October 16 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Chicken Fried Steak Mashed Potatoes and Gravy Vegetable of the Day
MONDAY	October 17 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt French Fries Coleslaw	Chicken Milanese Wild Rice Vegetable of the Day
TUESDAY	October 18 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Pork Tenderloin with White Marsala Sauce Twice Baked Potatoes Vegetable of the Day
WED.	October 19 ~ Lunch \$10	Dinner \$14
	Pig in Blanket Choice of Vegetable	Baked Beef & Rigatoni Garlic Toast Vegetable of the Day
THURS.	October 20 ~ Lunch \$7	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Grilled Lime Cilantro Chicken Breast Mango Salsa Ranch Roasted Red Potatoes Vegetable of the Day
FRIDAY	October 21 ~ Lunch \$10	Dinner \$13
	Baked Tilapia Rice Pilaf Choice of Vegetable	Fried Catfish with Tartar Sauce Baked Sweet Potatoes Vegetable of the Day
SAT.	October 22 ~ Lunch \$11	Dinner \$14
	Fog City Macaroni Choice of Vegetable	Tomato Gnocchi with Italian Sausage Toasted Banquette 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. 16 - Saturday, Oct. 22

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

Sunday, Oct. 16 – E.T. the Extra-Terrestrial (1982)

A lonely suburban boy befriends a gentle alien and tries to help it return home while protecting it from the government forces that are in pursuit.

Co-Starring: Dee Wallace, Henry Thomas & Peter Coyote

Rated PG; 1 hr. 54 min.

Monday, Oct. 17 – Without A Paddle (2004)

After their friend Billy dies, three pals search for some of famed airline hijacker D.B. Cooper's lost money, which Billy had hoped to find.

Co-Starring: Seth Green, Matthew Lillard & Dax Shepard

Rated PG-13; 1 hr. 39 min.

Tuesday, Oct. 18 – Secretariat (2010)

When Penny Chenery agrees to take over her father's thoroughbred stable, she transforms from housewife to horse breeder—and owner of the colt that will take the 1973 Triple Crown.

Co-Starring: Diane Lane, John Malkovich & Dylan Walsh

Rated PG; 2 hrs. 3 min.

Wednesday, Oct. 19 – Turner and Hooch (1989)

Fastidious detective Scott Turner is saddled with a slobbering new partner: a dog named Hooch, whose previous owner was killed.

Co-Starring: Tom Hanks, Mare Winningham & Craig T. Nelson

Rated PG; 1 hr. 39 min.

Thursday, Oct. 20 – My All American (2015)

This true-life drama tells the story of football legend Freddie Steinmark, the Texas Longhorns safety who gave his all despite the odds against him.

Co-Starring: Aaron Eckhard, Finn Wittrock & Sarah Bolger

Rated PG; 1 hr. 58 min.

Friday, Oct. 21 – The Adventures of Milo and Otis (1989)

Dudley Moore narrates this heartwarming tale of Milo the cat and Otis the dog, who grow up together and have a tendency to make mischief wherever they go.

Co-Starring: Dudley Moore, Kyoko Koizumi & Soren Kragh-Jacobsen

Rated G; 1 hr. 15 min.

Saturday, Oct. 22 – The Addams Family (1991)

Stepping out of the pages of Charles Addams' cartoons and the 1960s television series, members of the beloved macabre family take to the big screen.

Co-Starring: Anjelica Huston, Raul Julia & Christopher Lloyd

Rated PG-13; 1 hr. 39 min.

This Week's Opportunities October 16 - October 22

SUNDAY • OCTOBER 16

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 Rev. Helen Hutchinson, CR

MONDAY • OCTOBER 17

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
- 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. ~ 5th Floor 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 18

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:00 a.m. ~ Employee Flu Shot Clinic, KSU CL
- 10:00 a.m. ~ Pond Ride, VE
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ Grief Support Group, CON
- 2:00 p.m. ~ LifeStory Writing Group, 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. ~ 2nd Floor Supper, CR

WEDNESDAY • OCTOBER 19

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, CON
- 10:00 a.m. ~ Memory Activities Class, LR
- 10:00 a.m. ~ Memory Café, KR
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 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 & CSC
- 4:00 p.m. ~ Video & Discussion, CON
- 6:00 p.m. ~ Depart for Osher Class: Brown vs. Board of Education, VE
- 6:30 p.m. ~ Gerontology Class, CR

THURSDAY • OCTOBER 20

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
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Low Vision Support Group, LR
- 2:30 p.m. ~ Pond Ride, VE
- 2:30 p.m. ~ LEAP! Class, KSU CL
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • OCTOBER 21

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 and Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:00 p.m. ~ Employee Flu Shot Clinic, KSU CL
- 2:30 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: Leroy Johnson Music Presentation, CR

SATURDAY • OCTOBER 22

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
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

*Touchtown can be viewed on channel 1960