



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 20, 2016

Simply Sweet Office Open House

Meet staff and learn new office locations!



Thursday, Oct. 27, from 1:30 to 3 p.m.

There's going to be a party in the hallway! Mark your calendars for our *Simply Sweet* Office Open House scheduled from 1:30 to 3 p.m. Thursday, Oct. 27.

This is an opportunity for residents and Passport members to familiarize themselves with staff, service areas and office locations.

Start the party off at the Hospitality Desk to receive a map of "sweet" locations. Each sweet will represent a

quick stop to enjoy delicious bite-sized desserts catered by the Prairie Star Restaurant, while mingling with staff members — old and new!

Residents and Passport members will get to continue through the Community Center and down the halls to end at the Human Resources Office.

Be sure you have your sweet tooth ready and don't miss out on a great afternoon of meet and greets with staff!

Murder Mystery

You're invited to join the mystery

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.

Oink! HOGtoberfest surpasses expectations!

Harriet HOG, cuddled in resident Sue Hunt's arms, prompted several patrons to praise her suitability



for the 3rd annual HOG & Kisses Contest on Oct. 13 during HOGTOBERFEST at Cox Bros. BBQ. After about six weeks of campaigning, Rev. Cam McConnell earned the privilege of smooching Harriet by raising \$3954 in donations, a higher total than any previous kisser. Meadowlark Hills Foundation awaits a few more event numbers, so please check a future *Messenger* for a full report. Proceeds benefit the Good Samaritan Fund.

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

How do you mend a broken pumpkin?
With a pumpkin patch!

What did one autumn leaf say to
another?
I'm falling for you.

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.

First Friends on First (FFF)

Tuesday, Nov. 1, at 4:30 p.m.

"First Friends on the First" (FFF) is here again. All members and friends of the First United Methodist Church are invited to come to the gathering at 4:30 p.m. Tuesday, Nov. 1, in the Community Room for food and fellowship. We will be hosting the ministers of the church. The ministers will be updating the group over the new and exciting things going on in the church. All are welcome.

All Campus Halloween Party

Monday, Oct. 31, from 3:30 to 4:30 p.m.

Join us, if you dare, for a spooky all-campus celebration from 3:30 to 4:30 p.m. Monday, Oct. 31, in the Community Room.

This campus wide Halloween Party will feature a costume contest, appetizers and prizes! Wear your best costume and come out and enjoy the "spooky" fun! Lots of yummy Halloween treats will be served.

Transportation to Hale Library Concert Series

Friday, Nov. 11, at 6:45 p.m.

Meadowlark is a sponsor for the Hale Library Concert Series. The Hale Library Concert Series opens its sixth season Friday, Nov. 11, with a performance by Dr. David Littrell, university distinguished professor of music, on cello, along with K-State music departments Amanda Arrington on piano and harpsichord. The pair will showcase works by Beethoven, Lalo, Haydn, Cassado, Bach and Arvo Pärt.

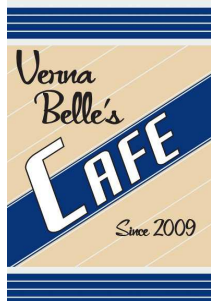
The performance will start at 7:30 p.m. in the Hemisphere Room in the Hale Library. Transportation is available and will depart from the Village Entrance at 6:45 p.m. To register for transportation, please sign up in the Blue Book located at the Hospitality Desk.

Lunch Specials

Oct. 23 – Oct. 29

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

Saturday—Sunday, 9 a.m. to 1 p.m.



Sunday, Oct. 23 – Bacon & Cheddar Egg Salad Sandwich with Side (Bacon, cheddar & hard boiled egg salad on white or wheat bread)	\$3.75/\$5.50
Monday, Oct. 24 – BBQ Chicken Pizza (Shredded Chicken, green onions & French fried onions on a Oven baked flat bread with BBQ sauce & mozzarella cheese)	\$3.75/\$5.50
Tuesday, Oct. 25 – Steak Fajita Wrapini with Soup or Chips (Shredded flank steak, peppers, onions & cheddar cheese in a grilled tortilla)	\$3.75/\$5.50
Wednesday, Oct. 26 – Reuben with Fruit Salad (Corned Beef, Swiss cheese, sauerkraut & thousand island dressing on a toasted rye bread)	\$3.75/\$5.50
Thursday, Oct. 27 – BBQ Pork Sandwich with Cheesy Potatoes (Shredded Pork smothered in BBQ sauce on a butter toasted bun)	\$5.50
Friday, Oct. 28 – Cowboy Dog with Broccoli Salad (Grilled Hog dog on a bun topped with shredded cheddar cheese, caramelized onion, bacon & BBQ sauce)	\$5.50
Saturday, Oct. 29 – Chicken Salad Sandwich with Side (Classic Chicken salad on white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Annual Clothing Drive

Friday, Oct. 28, from 8 a.m. to 12 p.m.

The Meadowlark Ambassadors are hosting the annual clothing drive from 8 a.m. to 12 p.m. Friday, Oct. 28, in the Living Room. Employees and residents are encouraged to bring in their used clothing they no longer want and would like to donate including coats, shoes, etc.

Please call the Hospitality Desk during the clothes drive time if you need assistance bringing items down. If you have any questions, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

Library News

Submitted by Bea Rasmussen

To the person who borrowed the green basket that sits on the fireplace, used for return books, please return it to the Library.

I would also like to ask that the front pages of the Manhattan Mercury and the Wall Street Journal not be removed from the Library. They are everyone's enjoyment. Thanks!

Rock Springs 4-H Day Trip

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

Meadowlark will be taking a trip to the Rock Springs 4-H Center Wednesday, Oct. 26, to explore the many different educational and recreational activities they have to offer! 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.

Memory Activities Class Artful Memories

Wednesday, Oct. 26, at 10 a.m.

This Wednesday, Oct. 26, 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.

Flint Hills Old Timer's Band Performance

Friday, Oct. 28, at 7 p.m.

The Flint Hills Old Timers Band, based out of Manhattan, Kan. will be performing at 7 p.m. Friday, Oct. 30, in the Community Room.

The Old Timers have been entertaining folks with old time country and western music for the past 38 years! With Halloween around the corner, the Old Timers will be presenting a special Halloween show for the residents of Meadowlark. It should be a howlin' good time!

Osher Class: A History of Manhattan and Kansas State University

Thursday, Oct. 27, from 2 to 4 p.m.

This Osher class will illustrate an overview of the history of Manhattan and Kansas State University. The class will include topics dating from the founding of the city and university, to the building and opening of the Flint Hills Discovery Center.

The first class is scheduled from 2 to 4 p.m. Thursday, Oct. 27, at the Manhattan Arts Center Auditorium. The second and third classes are Thursday, Nov. 3, and Thursday, Nov. 10, at the same time and location as the first class.

Transportation is available and will depart from the Village Entrance at 1:30 p.m. To register for transportation, please sign up in the Blue Book located at the Hospitality Desk. Cost for transportation is \$3.

Chaplain Patty Brown-Barnett's Ordination Celebration

Sunday, Oct. 30, at 3 p.m.

You are invited to a reception celebrating the 30th anniversary of Chaplain Patty Brown-Barnett's ordination to ministry. The celebration will take place at 3 p.m. Sunday, October 30, in the Community Room. Refreshments will be provided. All are welcome!

Memorial Service for Jack Warren

Saturday, Oct. 29, at 1 p.m.

A memorial service will be held for Jack Warren at 1 p.m. Saturday, Oct. 29, at the Unitarian Universalist Fellowship of Manhattan, 481 Zeandale Road.

Transportation to Election Poles

Tuesday, Nov. 8, from 10 a.m. to 3 p.m.

A shuttle bus is available for *free* transportation to the Election Poles Tuesday, Nov. 8. We will start departures at 10 a.m. from the Village Entrance running each hour with the last shuttle departing at 3 p.m.

The shuttle will not run at noon. A sign-up sheet is located in the Blue Book by the Hospitality Desk.

UPCOMING EVENTS & ANNOUNCEMENTS

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: Brown vs. Board of Education

Wednesday, Oct. 26, 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. 26, at the KSU Tower, 2323 Anderson Ave., third floor.

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.

Parkinson’s Voice Class

Monday, Oct. 24, from 2:15 to 3:15 p.m.

The next voice class is scheduled from 2:15 to 3:15 p.m. Monday, Oct. 24, in the KSU Classroom.

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

Thursday, Oct. 27, at 2:30 p.m.

Join us at 2:30 p.m. Thursday, Oct. 27, in the KSU Classroom for the LEAP! class. Prior registration is necessary to attend this class.

Video Worship Series

Wednesday, Oct. 26, at 4 p.m.

You are invited to watch a televised worship bible study by Rev. Dr. Thomas Ahlersmeyer, titled “It’s Not About You!” at 4 p.m. Wednesday, Oct. 26, in the Living Room. All are welcome.

Kansas State Football Watch Party

Saturday, Oct. 22, at 11 a.m.

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the University of Texas Longhorns Saturday, Oct. 22! The game kicks off at 11 a.m., and complimentary refreshments will be served in the Game Room.

Room Changes

The following events have moved locations:

- 1st Presbyterian’s Men’s Luncheon at 12 p.m. Monday, Oct. 24, has been moved to the Living Room
- Worship Service at 10 a.m. Wednesday, Oct. 26, has been moved to the Tranquility Room

Meadowlark Hills Singers Practice

Monday, Oct. 24, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Oct. 24, in the Community Room.

Vespers Services

Sunday, Oct. 23, at 7 p.m.

The Vespers service, led by Trinity Presbyterian Women’s Group from Trinity Presbyterian Church, will be at 7 p.m. Sunday, Oct. 23, in the Community Room.

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.

Second Session of Grief Support Group

Tuesday, Oct. 25, from 2 to 3 p.m.

The second session of Grief Support Group begins at 2 p.m. Tuesday, Oct. 25, 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.

Shopping Trip

Wednesday, Oct. 26, 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, Oct. 26, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

ASK SARAH

Trucks, noise and concrete – oh my!

It seems like we've all been living with the noise and inconvenience of the concrete work for a while now, but as I walk from the furthest distance on campus to my office I remind myself that a few weeks of displacement is completely bearable compared to falling forever into a cavernous pot hole! Nonetheless, we are well overdue for a concrete-work update.

The rain delayed the completion of the work on the south end near the west door. Concrete was poured Friday, Oct. 14, under the carports and on Saturday the parking stalls were poured near the Smoke Shack. Tuesday, Oct. 18, the concrete was poured for the center section to complete this area. It will take a week for the concrete to cure.

Following the work on the south end, the team plans to move to the north end of this section, past the Lyle House entrance to remove old concrete and replace it with new. This work should take about two weeks, presuming the weather will cooperate.

The final section of concrete work to be completed will be to remove some cracking asphalt near the physician's practice and replace it with concrete. The road in front of the carports will be open at this time, so we will have access to the parking lot areas. This should take another two weeks, weather permitting.

The concrete project began on Aug. 29 and it was planned to take 12 weeks to complete. The work is on schedule to be completed by Nov. 18, with the cooperation of the weather and Mother Nature. The parking spaces in the front of the main building that are temporarily being used for resident parking should return to visitor parking by Oct. 25. Thanks for stopping by – see you next week!



LETTER TO THE MESSENGER

On Thoughts About Presidents

Submitted by Helen Roser

In this season of presidential campaigns, I remember my favorite president, Harry Truman. He came into office after President Roosevelt's death when we were engaged in World War II. His courage and strength of character brought the war to an earlier end. He took his duties very seriously and had a sign on his desk that said: The Buck Stops Here. He was called "Give'em hell Harry."

He enjoyed playing the piano. His playing was awful, but he happily clanked out some corny old tune whenever asked to play. His daughter Margaret aspired to be a classical singer. Her debut was in Carnegie Hall, before a top-drawer audience and multi critical reviewers. The critics were discreet except the New York Times critic who was fourth-right. (Her signing was awful.)

The review so upset Daddy Harry that he took out his pen and wrote a letter to the critic that ended: "If I ever see you, I will knock your block off." Of course the letter appeared on the front page of the New York Times, but it only endeared him more to a public who appreciated a down-to-earth president who stuck up for his daughter.

But thinking about our current two candidates for president has me wonder about what if either of them were elected?

If he were elected, I can imagine that Donald Trump would soon learn that the office of president does not have powers of a tyrant. He would keep hearing about the "Constitution" until he realized he was neck-deep in bureaucracy. That is when I can imagine him becoming famous for saying two new words. He has been known for saying: "you're fired" on his television show, but his two new words would be: "I quit" and he would last be seen heading for New York.

If Hillary Clinton were elected, I can imagine her shutting herself in the White House and doing whatever she thinks needs to be done to do whatever she has decided to do. When she finally had a press meeting and made her speech to say what she had been doing, we still wouldn't know because we all would have fallen asleep listening to her. She probably would become known as the most boring president.

So those are some of my thoughts. I expect each of you have some of your own. For sure, we are blessed to have the privilege of voting.

DRINK SPECIAL



Oct. 24 to Oct. 29
Redhead

1 1/4 oz. Marker's Mark
2 oz. Club Soda
Splash of Cranberry Juice
Lime

\$3.75

PRAIRIE★STAR RESTAURANT

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

Oct. 23 - Oct. 29

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	October 23 ~ Lunch \$12	Dinner \$10
	Baked Ranch Cornflake Chicken Scalloped Potatoes Vegetable of the Day	Grilled Pork Chop with Hoisin Sauce Wild Rice Cake Vegetable of the Day
MONDAY	October 24 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Ham & Beans Corn Bread Vegetable of the Day
TUESDAY	October 25 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day
WED.	October 26 ~ Lunch \$11	Dinner \$12
	Ham Loaf Au Gratin Potatoes Choice of Vegetable	Beef Stew Garlic Toast Vegetable of the Day
THURS.	October 27 ~ Lunch \$ 9	Dinner \$12
	Mac & Cheese Bar (does not include drink, starter or dessert)	Pecan Crusted Chicken with Dijon Sauce Oven Roasted Red Potatoes Vegetable of the Day
FRIDAY	October 28 ~ Lunch \$10	Dinner \$15
	Fish Tacos Black Beans Mexican Rice	Seared Scallops with Sherry Cream Sauce Twice Baked Potatoes Vegetable of the Day
SAT.	October 29 ~ Lunch \$10	Dinner \$15
	American Goulash Garlic Toast Choice of Vegetable	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. 23 - Saturday, Oct. 29

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

Sunday, Oct. 23 – A Monster In Paris (2011)

Emile and Raoul join forces with a singer and an eccentric scientist and his monkey to save a misunderstood monster from the city's police chief.

Co-Starring: Mathieu Chedid, Vanessa Paradis & Gad Elmaleh

Rated PG; 1 hr. 29 min.

Monday, Oct. 24 – The Sting (1973)

In this Oscar winner, a rookie grafter and veteran film-flam man plan to fleece a homicidal racketeer through a phony racetrack scam in 1930s Chicago.

Co-Starring: Paul Newman, Robert Redford & Robert Shaw

Rated PG; 2 hrs. 9 min.

Tuesday, Oct. 25 – The Little Vampire (2000)

Forced to move to Scotland after his father lands a new job, 9-year-old Tony's life takes a turn when he befriends an aristocratic vegetarian vampire. This family-friendly adventure is based on the children's books by Angela Sommer-Bodenburg.

Co-Starring: Jonathan Lipnicki, Richard E. Grant & Jim Carter

Rated PG; 1 hr. 35 min.

Wednesday, Oct. 26 – Black Sheep (1996)

When a dignified man runs for governor, his team moves to keep his slow-witted and klutzy younger brother out of the eye of the media.

Co-Starring: Chris Farley, David Spade & Tim Matheson

Rated PG-13; 1 hr. 26 min.

Thursday, Oct. 27 – Gentleman's Agreement (1947)

An enterprising reporter eager to blow the lid off anti-Semitism poses as a Jew to pen a series of frank exposes for a progressive magazine.

Co-Starring: Gregory Peck, Dorothy McGuire & John Garfield

Not Rated; 1 hr. 58 min.

Friday, Oct. 28 – A Pony Tale (2013)

While living on a ranch that's facing foreclosure, a melancholy 16-year-old girl changes her outlook when her horse suddenly begins talking.

Co-Starring: Jenny Cipolla, Kristine DeBell & Jason Faunt

Rated G; 1 hr. 28 min.

Saturday, Oct. 29 – Hoot (2006)

Soon after moving to Florida, middle schooler Roy makes new friends and works with them to protect a colony of endangered owls from greedy developers.

Co-Starring: Luke Wilson, Logan Lerman & Brie Larson

Rated PG; 1 hr. 30 min.

This Week's Opportunities October 23 - October 29

SUNDAY • OCTOBER 23

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 Trinity Pres. Women's Group, CR

MONDAY • OCTOBER 24

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, 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. ~ MLH Singers Practice, CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • OCTOBER 25

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:00 a.m. ~ Pond Ride, VE
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ AAUW Serendipity Luncheon, MR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
2:00 p.m. ~ Grief Support Group, CON
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

WEDNESDAY • OCTOBER 26

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, TR
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
12:00 p.m. ~ Yoga, 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. ~ Pitch, GR
1:30 p.m. ~ Collins Worship Service, CH
1:30 p.m. ~ Diabetic Support Group, KSU CL

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
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
4:00 p.m. ~ Video Worship Service, LR
5:30 p.m. ~ 1st Floor Supper, MR
6:00 p.m. ~ Depart for Osher Class: Brown vs. Board of Education, VE

THURSDAY • OCTOBER 27

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
1:30 p.m. ~ Depart for Osher Class: History of MHK & K-State, VE
2:30 p.m. ~ Pond Ride, VE
2:30 p.m. ~ LEAP! Class, KSU CL
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

FRIDAY • OCTOBER 28

Breakfast at Verna Belle's—Waffle or Pancake

8:00 a.m. ~ Ambassadors Clothing Drive, LR
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. ~ Parkinson's Partners Luncheon, CR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Memory Program Dance Class, CR
7:00 p.m. ~ Resident Program: Old Timers Band, CR

SATURDAY • OCTOBER 29

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
11:00 a.m. ~ KSU Watch Party, GR
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