



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 27, 2016



LEFT: Rev. Cam McConnell gives Harriet HOG a kiss after he was declared the winner of the HOG & Kisses Contest.
ABOVE: Rick Pfeifley and his son, Pat, received \$1,721.00, Rick's half of the 50/50 Raffle proceeds.

HOG Wild Party

2016 HOGTOBERFEST tops previous efforts

Submitted by Becky Fitzgerald

The third time was definitely a charm. By all measures, the 3rd annual HOGTOBERFEST, a FOOD, FRIENDS and FUNdraising event to benefit the Good Samaritan Fund, was a success. Some gift-in-kind and expense amounts are still outstanding, but this year's revenue was nearly \$18,400, a significant increase over the nearly \$6000 in revenue realized from the 2015 event.

Much of the boost in earnings came from contributions from this year's **HOG & Kisses Contest**, an event activity. Rev. Cam McConnell, senior pastor at First Presbyterian Church, raised nearly \$4000, earning the privilege of kissing Harriet, our little hog. Thank you, Cam! He and four other contestants, representing five of our founding churches, raised a total of \$10,541.36. Yowza! An anonymous gift from a member of Trinity Presbyterian Church, also one of our founding churches, was part of Rev. McConnell's winning campaign.

The other HOG & Kisses candidates, in alphabetical order by church, were Rev. Susan Evans, Blue Valley Memorial UMC; Rev. John Parsley, First Baptist Church; Dave Rogers, a board member at First Christian Church, and

Kyle Olson, Director of Spiritual Growth at First Lutheran Church. They were all such good sports and brought great energy to the event and recognition of the Good Samaritan Fund.

Another well-received feature of this year's event was the inaugural **50/50 Raffle**. Rick Pfeifley of Pfeifley Jewelers was the lucky winner. A team of 14 sold nearly 6,300 tickets for a total of \$3442. The proceeds were to be split evenly between the Good Samaritan Fund and the winner, meaning Rick's prize is \$1721. When the prize money was delivered, Pfeifley promptly wrote a check to Meadowlark Hills Foundation, donating \$721 back to the Good Samaritan Fund. Thank you, Rick!

The Foundation appreciates, too, the many who purchased barbecue meals on Oct. 13. Hundreds ate at the restaurant, others had food delivered and still others picked up food to go. Cox Bros. BBQ donates 10 percent of the day's proceeds to the fund, and their gift this year was \$125 more than last year's. That means their food and beverage sales were \$1,250 more than in 2015. Oink!

Continued, Page 3

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 donate gently used clothing, including coats, shoes, etc.

Please call the Hospitality Desk at (785) 537-4610 during the clothes drive time if you need assistance bringing items to the Living Room.

Verna Belle's Café on Halloween

Verna Belle's Café will be open until 6:30 p.m. Monday, Oct. 31. The menu includes: Meatloaf, Mashed Potatoes, Green Beans and a Pumpkin Shaped Sugar Cookie. The special does not include a starter. The cost for the meal is \$8.

Jokes of the Week

What do you get when you drop a
pumpkin?
Squash.

Why did Humpty Dumpty have a great fall?
To make up for his miserable summer.

Simply Sweet Office Open House

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

There's going to be a party in the hallway! Don't forget to stop by our *Simply Sweet* Office Open House scheduled from 1:30 to 3 p.m. today, Oct. 27.

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!

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. All are welcome!

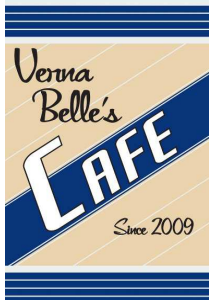
Ladies Luncheon

Thursday, Nov. 10, at 12:30 p.m.

Meadowlark Ladies are invited to have a light lunch together in the Manhattan Room at 12:30 p.m. Thursday, Nov. 10. We will be sharing stories about pets we have enjoyed. We will see photos and hear stories about Meadowlark's furry companions. Please sign up in the Blue Book located at the Hospitality Desk.

Lunch Specials Oct. 30 – Nov. 5

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



Sunday, Oct. 30 – Chicken Salad Sandwich with Side (Classic Chicken salad on white or wheat bread)	\$3.75/\$5.50
Monday, Oct. 31 – Chili with Cinnamon Rolls (Seasoned ground Beef, onions, tomatoes & chili beans in a tomato sauce served with shredded cheese & crackers)	\$3.75/\$5.50
Tuesday, Nov. 1 – Meatloaf Sandwich with Soup or Chips (Slice of meatloaf topped with ketchup & mozzarella cheese on toasted Italian bread)	\$3.75/\$5.50
Wednesday, Nov. 2 – Chicken Bacon Ranch Pizza (Chicken, bacon & ranch dressing on a flat bread topped with mozzarella cheese)	\$3.75/\$5.50
Thursday, Nov. 3 – Beef Crunch Wrap with Chips & Salsa (Seasoned Taco Meat, Nacho Cheese, lettuce, tomato & a hard taco wrapped in a flour taco & grilled)	\$3.75/\$5.50
Friday, Nov. 4 – BBQ Chicken Sandwich with Fruit Salad (Grilled Chicken Sandwich topped with BBQ sauce, Swiss cheese & French fried onions on a toasted bun)	\$5.50
Saturday, Nov. 5 – Chicken Salad Sandwich with Side (Classic Chicken salad on white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

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 gather at 4:30 p.m. Tuesday, Nov. 1, in the Community Room for food and fellowship. Special guests are FUMC ministers, who plan to update the group about the new and exciting things going on at the church. All are welcome.

Phi Mu Alpha Sinfonia music performance

Saturday, Oct. 29, from 10 to 10:30 a.m.

Before the K-state watch party against Iowa State scheduled for 11 a.m. Saturday, Oct. 29, we will have special guests at 10 a.m. in the Community Room. The brothers of Phi Mu Alpha Sinfonia Fraternity from Kansas State University will be singing for our residents.

This is part of their community goodwill project and being a music fraternity, they love to serve through music. All are invited to hear these young men perform from 10 to 10:30 a.m. What better way to get ready for the game than with some great music!

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., are set to perform at 7 p.m. Friday, Oct. 28, in the Community Room.

The Old Timers have been entertaining folks with classic 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!

Memorial Service for Jack Warren

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

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

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. This event is planned for 3 p.m. Sunday, Oct. 30, in the Community Room. Refreshments will be provided. All are welcome!

continued from page 1, HOG Wild Party

Hip, hip, hooray to our returning event sponsors: Cox Bros. BBQ, McCullough Development and Flint Hills Beverage. Here's a thankful welcome to three new sponsors: B104.7, NZone and Powercat Illustrated/GoPowercat.com. Darrell Parks of Manhattan and Parks Pasture Pork loaned us Harriet HOG for the afternoon.

Our **door prize** drawing – a barbecue package for 10 from Cox Bros. BBQ – was won by Sean Griffin, a 9-year-old from Manhattan who had a late lunch with his mother. Videos of the 50/50 Raffle and door prize drawings may be viewed on the Meadowlark Hills Facebook page. Please view and LIKE our page, so you'll continue to receive information, photos and video about your favorite retirement community.

Medicare Open Enrollment Update

Wednesday, Nov. 9

If you are not able to attend Open Enrollment scheduled for Wednesday, Nov. 9, please remove your name in the Blue Book. This will allow others on the waiting list to have a spot. *Everyone will be seen that day, including those on the waiting list.* Rita will be calling everyone to confirm all times for that day. Please arrive early just in case the Area Agency on Aging staff is running early. If you have any questions, please see Rita in the Finance Office located across the hall from Verna Belle's Café.

Transportation to Hale Library Concert Series

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

Meadowlark is a sponsor for the Hale Library Concert Series, which opens its sixth season Friday, Nov. 11, with a performance by Dr. David Littrell and Amanda Arrington. 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 register in the Blue Book located at the Hospitality Desk.

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

Meadowlark Travelers Meeting

Friday, Nov. 4, at 3:30 p.m.

Traveling to Grapevine, Texas, with Becky and Monte in early December? Plan now to attend a meeting at 3:30 p.m. Friday, Nov. 4, in the KSU Classroom. Packets of information will be distributed, and your questions are welcome. If you are registered for the trip and are unable to attend the meeting, please contact Becky Fitzgerald or Monte Spiller.

Parkinson's Voice Class

Monday, Oct. 31 from 2:15 to 3:15 p.m.

The next voice class is scheduled from 2:15 to 3:15 p.m. Monday, Oct. 31, in the KSU Classroom.

Kansas State Football Watch Party

Saturday, Oct. 29, at 11 a.m.

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the Iowa State Cyclones Saturday, Oct. 29! The game kicks off at 11 a.m., and complimentary refreshments will be served in the Game Room.

Osher Class: A History of Manhattan and Kansas State University

Thursday, Nov. 3, at 1:30 p.m.

The next class is scheduled from 2 to 4 p.m. Thursday, Nov. 3, at the Manhattan Arts Center Auditorium. The last class is Thursday, Nov. 10, at the same time and location.

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.

Meadowlark Hills Singers Practice

Monday, Oct. 31, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Oct. 31, in the Community Room.

Room Changes

The following events scheduled Wednesday, Nov. 2, have changed locations. Please see the following events and relocations below:

- At 10 a.m. Memory Café — Kansas Room & Pub
- At 10 a.m. Memory Activities Class — KSU Classroom
- At 10 a.m. Worship Service — Tranquility Room
- At 10 a.m. Memory Partner Support Group — West Conference Room
- At 11 a.m. Memory Luncheon — Manhattan Room

Second Session of Grief Support Group

Tuesday, Nov. 1, from 2 to 3 p.m.

The second session of Grief Support Group begins at 2 p.m. Tuesday, Nov. 1, 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.

Vespers Services

Sunday, Oct. 30, at 7 p.m.

The Vespers service, led by Trinity Presbyterian Choir from Trinity Presbyterian Church, will be at 7 p.m. Sunday, Oct. 30, in the Community Room.

Video & Discussion

Wednesday, Nov. 2, at 4 p.m.

You are invited to watch a televised worship Bible study at 4 p.m. Wednesday, Nov. 2, in the Living Room.

DRINK SPECIAL



**Oct. 31 to Nov. 5
Halloween Sunset**

3 1/2 oz. Tangerine Juice
1 1/2 oz. White Rum
3/4 oz. Grenadine

\$3.75

Ask Sarah



Remember to put your questions in the Ask Sarah box! Submit questions at the Hospitality Desk or directly to Sarah via phone, e-mail or by stopping by her office! Sarah is located in the office next to Lonnie Baker, CEO, and catty-corner from the Fitness Center.

Thanks for stopping by!

November BIRTHDAYS

Residents

Health Care



11/4	Willis Brenner
11/12	Bonnie Nespor
11/13	Vernon Auen
11/13	Marcelene Proffitt
11/13	Patty Talley
11/17	Dixie Tessmann
11/18	Janet Sinn
11/22	Sam Samarra
11/24	Donna Bark
11/25	Forrest Johnson

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

Employees

11/1	Sherry Holcomb
11/1	Ace Descuatan
11/1	Katrina Chitwood
11/2	Bayleigh Bisnette
11/2	Jerrie Rieck
11/3	Verenis Garcia
11/4	Connie Smith
11/4	Tate Gilchrist
11/6	Terry Seematter
11/6	Lillie Huckaby
11/6	Dorothy Alleyne
11/6	Rachel Dickinson
11/7	Cassondra Koch
11/9	Michelle Smith
11/10	Katelyn Bell
11/10	Sarah Rawitch
11/11	Maisie Anderson
11/11	Ashley Klinkner
11/13	John Gasser
11/14	Brandy Graham
11/14	Sabrina Flowers
11/15	Angela Enamorado
11/15	Noemi Diaz
11/16	Shirley Brooks
11/17	Kendra Cuchy

Assisted Living

11/8	Rose Bissey
11/11	Joy Rogers
11/15	John Enea
11/22	Donna Noble
11/24	Anna Noll
11/25	Joyce Ardery

Independent Living

11/3	John Lindholm
11/5	John Roberts
11/6	Sharon Spencer
11/7	Duane Miksch
11/7	Pearl Watson
11/9	Betty Brodersen
11/11	Irma Sjo
11/13	Margaret Carlson
11/15	Herman Westmeyer
11/17	Pam Oehme
11/19	Alice Morton
11/19	Jo Lyle
11/21	Leonard Parker
11/25	Alice Howard
11/26	Jim Jorns
11/27	Mary Lou Basham

11/18	Abby Jacobson
11/18	Katelyn McKenney
11/19	Kayla Willis
11/19	Erin Hancock
11/20	Becky Fitzgerald
11/20	Brennan Williams
11/20	Nick Lundeen
11/21	Brooke Barrow
11/22	Bridget Wilson
11/24	Jenna Pickett
11/25	Mikah Wolf
11/25	Richard Ellner
11/27	Jordan Geiger
11/27	Chuck Henry
11/28	Elizabeth Thomas
11/30	Magye Loya
11/30	Arianna Albers

PRAIRIE★STAR RESTAURANT

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

Oct. 30 - Nov. 5

Includes beverage, starter and dessert.

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 30 ~ Lunch \$12	Dinner \$12
	Baked Ham with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable of the Day	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
MONDAY	October 31 ~ Lunch \$10	Dinner \$8
	Chicken Stir Fry Steamed Rice Choice of Vegetable	(Served in Verna Belle's Cafe) Meatloaf Mashed Potatoes Green Beans Pumpkin-Shaped Sugar Cookie
TUESDAY	November 1 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Balsamic Grilled Chicken Breast Over Soft Polenta Roasted Vegetables
WED.	November 2 ~ Lunch \$10	Dinner \$12
	Vegetable Quiche Rice Choice of Vegetable	Roast Brisket with Wild Mushroom Sauce Baked Sweet Potato Vegetable of the Day
THURS.	November 3 ~ Lunch \$7	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Cajun-Grilled Pork Chop with Ancho Sauce Andouille Sausage Dressing Vegetable of the Day
FRIDAY	November 4 ~ Lunch \$11	Dinner \$13
	Cajun-Baked Orange Roughy Roasted Reds Choice of Vegetable	Shrimp Scampi Oven-Roasted Red Potatoes Vegetable of the Day
SAT.	November 5 ~ Lunch \$10	Dinner \$12
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Meat Loaf Mashed Potatoes with Gravy 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. 30 - Saturday, Nov. 5

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

Sunday, Oct. 30 – Harry and The Hendersons (1987)

When the Hendersons accidentally run over a strange Bigfoot-type animal, they decide to take the friendly “Harry” home and adopt him as a pet.

Co-Starring: John Lithgow, Melinda Dillon & Margaret Langrick

Rated PG; 1 hr. 50 min.

Monday, Oct. 31 – Casper (1995)

In this Brad Silberling-helmed comedy, Bill Pullman plays James Harvey, a ghost doctor hired by Carrigan Crittendon to rid Whipstaff Manor of spirits so she can find a treasure trove rumored to be hidden there.

Co-Starring: Christina Ricci, Bill Pullman & Cathy Moriarty

Rated PG; 1 hr. 41 min.

Tuesday, Nov. 1 – The Imitation Game (2014)

During World War II, a mathematician leads a team of cryptanalysts as they work feverishly to break the Germans’ notorious Enigma code.

Co-Starring: Benedict Cumberbatch, Keira Knightley & Matthew Goode

Rated PG-13; 1 hr. 53 min.

Wednesday, Nov. 2 – Dressed to Kill (1941)

Private detective Michael Shayne is back for another whodunit. This time, it interrupts his wedding plans, much to the dismay of his bride-to-be.

Co-Starring: Lloyd Nolan, Mary Beth Hughes & Sheila Ryan

Not Rated; 1 hr. 13 min.

Thursday, Nov. 3 – Dear John (2010)

A U.S. soldier falls for a Southern college student, but their love is put on hold when terrorist attacks prompt him to re-enlist.

Co-Starring: Channing Tatum, Amanda Seyfried & Richard Jenkins

Rated PG-13; 1 hr. 48 min.

Friday, Nov. 4 – Three Fugitives (1989)

Fresh out of prison, former stickup man Daniel Lucas finds himself taken hostage at a bank by would-be robber Ned Perry.

Co-Starring: Nick Nolte, Martin Short & Sara Rowland Doroff

Rated PG-13; 1 hr. 36 min.

Saturday, Nov. 5 – Brother Bear 2 (2006)

After awakening from a long hibernation, Kenai and his bear buddy, Koda, set off on a life-changing mission to help their human friend Nita get married.

Co-Starring: Patrick Dempsey, Mandy Moore & Jeremy Suarez

Rated G; 1 hr. 13 min.

This Week's Opportunities October 30 - November 5

SUNDAY • OCTOBER 30

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

3:00 p.m. ~ Ordination Celebration, CR

7:00 p.m. ~ Vespers, led by Trinity Pres. Church Choir, CR

MONDAY • OCTOBER 31

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

1:15 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, LR

3:00 p.m. ~ All-Campus Halloween Party, CR

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

TUESDAY • NOVEMBER 1

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

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Kimball Luncheon, MR

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

3:30 p.m. ~ Ambassador Committee Meeting, CON

4:00 p.m. ~ Newspaper & Bible, LR

4:30 p.m. ~ First Friends on the First, CR

WEDNESDAY • NOVEMBER 2

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Orientation & Person First, LR

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, KSU CL

10:00 a.m. ~ Memory Café, KR

10:00 a.m. ~ Memory Care Partners Support Group, CON

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

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

11:00 a.m. ~ Memory Luncheon, MR

11:30 a.m. ~ 1st Men's Club Luncheon, CON

12:00 p.m. ~ Yoga, CR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR (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, CR & CSC

4:00 p.m. ~ Video Worship Service, KSU CL

6:30 p.m. ~ Gerontology Class, CR

THURSDAY • NOVEMBER 3

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

2:00 p.m. ~ Parkinson's Education Group, CR

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

2:30 p.m. ~ LEAP! Class, KSU CL

5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • NOVEMBER 4

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 and Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

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

3:30 p.m. ~ Meadowlark Travelers Meeting, KSU CL

3:30 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Resident Program: Cliff H. Performance, CR

SATURDAY • NOVEMBER 5

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

CH, Collins House

CR, Community Room

CON, Conference Room

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

CSC, Combative Sports Center

*Touchtown can be viewed on channel 1960