



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Nov. 3, 2016

Meadowlark lives United!

Monday, Nov. 7, at 10 a.m.

This Monday, at the Nov. 7 Town Meeting, Mark Claussen, CEO of Konza United Way, will present information about the current Konza United Way campaign. He looks forward to discussing the many agencies that your United Way dollars help support and how you can make an impact within our local communities.



2015. That number is expected to be larger in 2016 and grow even more for our 2017 campaign.

- Konza United Way is partnering with 15 agencies to provide 21 services for 2017.
- Your dollars can make a significant impact in the lives of many people. In some instances, as much as **four** times your gift.

Do you know?

- Konza United Way partners with agencies that provide services in six counties? Clay, Marshall, Pottawatomie, Riley, Washington and Wabaunsee.
- Konza United Way and their partner agencies provided services to more than 26,000 individuals in

Please join Mark in learning how you can make an impact within your community by supporting Konza United Way. If you'd like to know more and/or participate in this current campaign, Mark will greet you in the Living Room between 10 and 11 a.m. Monday, Nov. 7.

Holiday Bereavement Support Sessions

Tuesday, Nov. 8, from 3 to 4 p.m.

While the holiday season is a joyous time of the year, it can be difficult for individuals who have experienced loss. Holiday Bereavement support sessions are an opportunity to share feelings and receive support from Meadowlark's licensed social worker, chaplain and other individuals who have experienced loss. Sessions will be informal and individuals are welcome to stop by at any point during session.

Support sessions are scheduled for the following dates from 3 to 4 p.m. in the West Conference Room:

- Tuesday, Nov. 8
- Tuesday Nov. 29

RSVP is not required to attend the sessions. For more information please contact Patty Brown-Barnett at (785) 532-8925 or via email at Patricia.Brown-Barnett@meadowlark.org

Many Thanks from the MLH Ambassadors



Above from left to right: MLH Ambassadors Alice Howard, Frances Holcombe, Janice Parsons, Donna Alexander, Sue Hunt and Mary Ann McCoy

The Meadowlark Ambassadors would like to give a big thank you to all who donated to the Annual Ambassadors Clothing Drive that was scheduled from 8 a.m. to 12 p.m. Friday, Oct. 28.

All donated items are greatly appreciated and goes to a good cause!

UPCOMING EVENTS & ANNOUNCEMENTS

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.

Craig Plotner Performance

Friday, Nov. 11, at 7 p.m.

Sharing his music throughout many Kansas communities for the past eight years, Craig will be here to take your requests from his extensive song list and introduce you to some of his own music creations.

For a fun night of great music and interaction, join us at 7 p.m. Friday, Nov. 11, in the Community Room.

Memory Café

Wednesday, Nov. 9, at 10 a.m.

Memory Café will meet in the Kansas Room & Pub at 10 a.m. Wednesday, Nov. 9. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate and snacks are provided.

Personal Digital Archiving with Cliff Hight

Friday, Nov. 4, at 7 p.m.

Cliff Hight, university archivist at Kansas State University will present a program titled, *Personal Digital Archiving* at 7 p.m. Friday, Nov. 4, in the Community Room.

Personal Digital Archiving, a presentation of the Kansas State Historical Records Advisory Board, will include guidance on digital preservation and examples of personal digital archiving, which is the practice of preserving our own digital records of continuing value.

First Presbyterian Church Choir Performance

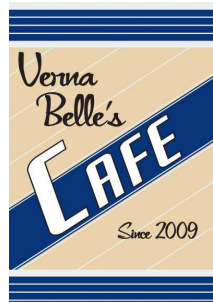
Friday, Nov. 11, at 1 p.m.

The First Presbyterian Church Choir will be performing a group of songs at 1 p.m. Friday, Nov. 11, in the Community Room. All are welcome to attend!

Card Making with Michelle

Tuesday, Nov. 8, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. Tuesday, Nov. 8, in the Living Room to create greeting cards for all occasions!



Lunch Specials Nov. 6 – Nov. 12

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

Sunday, Nov. 6 – Napa Valley Chicken Salad Sandwich with Side (Chicken salad with pecans and grapes on white or wheat bread)	\$3.75/\$5.50
Monday, Nov. 7 – Fried Bologna Slider with Fruit Salad (Grilled Bologna on a Hawaiian roll with provolone cheese, Dijon aioli & pickles)	\$3.75/\$5.50
Tuesday, Nov. 8 – Turkey Cranberry Panini with Soup or Chips (Turkey, cranberry sauce & Swiss cheese on grilled Italian bread)	\$3.75/\$5.50
Wednesday, Nov. 9 – Cream Cheese Chicken Pizza (Flat bread pizza with a seasoned cream cheese sauce, chicken, artichoke hearts, spinach & mozzarella cheese)	\$3.75/\$5.50
Thursday, Nov. 10 – White Chicken Chili with Corn Bread Muffin (Creamy stew with chicken, great northern bean and onions topped with green onions & cheddar cheese)	\$3.75/\$5.50
Friday, Nov. 11 – French Onion Burger with Potato Salad (Grilled Hamburger topped with Swiss cheese & caramelized onions on a butter toasted bun)	\$5.50
Saturday, Nov. 12 – Ham Salad Sandwich with Side (Ham salad on white or wheat bread with your choice of side)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Center of Aging Lecture Series

Thursday, Nov. 10, from 4 to 5 p.m.

Dr. Kovar will introduce the Business Administration's new building in a lecture series titled "Companies, Students Faculty and Staff — The Place is About the People." The new business building is a 160,143 square feet with a large atrium, a 250-person lecture hall, 19 classrooms and 90 faculty offices.

Would you like to know more or see the pictures? Then you have to come! The lecture series is scheduled from 4 to 5 p.m. Thursday, Nov. 10, in the Community Room.

Transportation to Election Polls

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

A shuttle bus is available for free transportation to the Election Polls 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.

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 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.

Library Update

As a courtesy to Meadowlark and our residents, we ask if you have a beverage in the Library, to please use a coaster or napkin to set your drink on. We have noticed a few spills and cup rings on the tables in the Library. Thank you for taking pride and care of all the areas on Meadowlark's campus.

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.* 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.

Outdoor Encounters

Submitted by Nathan Bolls

Those sturdy conifer and deciduous trees gracing our Campus and Natural Area prove each winter, by standing and taking the full brunt of whatever winter throws at them, that they are tough cookies. Some of how they do this is understood, but the adaptive mechanisms described below will safeguard trees only so far into the realm of freezing temperatures. A reason exists for the "tree line" across northern Canada.

Because significant differences in both internal structure and physiology exist between conifers and deciduous trees, and because of my limited writing space, I am going to make just a few general comments in an attempt to sketch the basic bag of botanical survival tricks. First, many cells in living trees are dead, and thus, very temperature hardy. So, we are concerned with the living cells.

In the "cell-damage-from-freezing" business, formation of ice crystals is the big danger. If water can be kept from crystallizing (freezing), it can be super-cooled to several degrees below normal freezing. We did this often in both my teaching and research labs. The trick is to keep the water free from "crystallization nuclei," e.g., a small particle of dust. Also, greatly increasing the **number** of chemical compounds **in solution** in a cell's cytoplasm can lower the freezing temperature of water. Seawater freezes more slowly than most freshwaters.

In the fall, when leaves and more conifer needles start to fall, the membranes of living cells in tree trunks, limbs, and roots become more pliable, allowing some water to leave the cells to reside outside and around the living cells. Meanwhile, the living cells are busy breaking down certain large molecules into smaller units, e.g., in some trees, starches (large molecular compounds) are enzymatically broken down into much smaller individual molecules of certain sugars. The combined loss of water and increase in cytoplasm density often result in what Dr. Paul Schaberg, USDA plant physiologist in Vermont, describes as a "glass phase." This very dense, super-cooled state allows the living cell cytoplasm to escape crystallization, and cell damage—during normal winters. The water outside of cells does routinely crystallize and expand, but the increased cell membrane pliability prevents membrane damage—unless the temperature falls too low.

Although others processes are part of the picture, the ones described above seem to represent the core tree mechanisms for surviving normal winters. The more we look, the more we find things that amaze, the more we appreciate the mystery and majesty around us—however hidden, small, or silent. The more we look, the more we are thankful for being allowed to be a part of it all—even though our actions often suggest that we do not deserve the privilege.

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



Nov. 7 to Nov. 12 Butterscotch Coffee

1 oz. Butterscotch Schnapps
1 oz. Bailey's
Coffee (regular or decaf)
Whipped Cream

\$3.75

Shopping Trip

Wednesday, Nov. 9, 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, Nov. 9, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Chair Yoga canceled, Nov. 8

Chair Yoga is canceled Tuesday, Nov. 8, in the Community Room.

Osher Class: A History of Manhattan and Kansas State University

Thursday, Nov. 10, at 1:30 p.m.

The last class is scheduled from 2 to 4 p.m. Thursday, Nov. 10, at the Manhattan Arts Center Auditorium.

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.

Second Session of Grief Support Group

Tuesday, Nov. 8, from 2 to 3 p.m.

The second session of Grief Support Group begins at 2 p.m. Tuesday, Nov. 8, in the West Conference Room.

This is an opportunity to discuss bereavement and healing in a supportive environment.

Memory Activities Class

Wednesday, Nov. 9, 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 will meet at 10 a.m. Wednesday, Nov. 9, in the Manhattan Room.

K-State Women's Basketball Games

Starting Friday, Nov. 11

Another year of K-State Women's Basketball is upon us! A transportation sheet is now available in the Blue Book located at the Hospitality Desk to the women's basketball games. Cost of transportation is \$3 and will start Friday, Nov. 11.

Resident Focus Group canceled

There will be no Resident Focus Group for the month of November. The staff that will be highlighted for the month of December will be Support Services Assistant, Mary Harness.

ASK SARAH

Christmas Carol-sel: Bringing the Pages to Life!

Submitted by Sarah Duggan

It's time to get signed up for the 2016 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is Christmas Carol-sel and during the evening of Wednesday, Dec. 14, you'll be diving into the classic Charles Dickens' tale of A Christmas Carol.

The rotation through the rooms will be structured the same way it was in December 2015. Each group will begin at Community Room and continue down the Community Center hallway in 25-minute intervals. The start times for each group will be staggered. The groups will have a staff leader to help guide you through the evening's events. Start times are as follows:

- Group One: 3:30 p.m.
- Group Two: 4:00 p.m.
- Group Three: 4:30 p.m.
- Group Four: 5:00 p.m.
- Group Five: 5:30 p.m.

Reservations are required (and limited) for this event. You can make your reservation in the Blue Book located at the Hospitality Desk or by calling (785) 323-3847. Once the reservations close, each attendee will receive a personalized reminder card, which will indicate which time your group will begin the day of the party. Prairie Star Restaurant will be a destination during Christmas Carousel and as a result, will be closed the day of the party, Dec. 14. There will be a buffet lunch option available in the Pub, to-go only.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel. Invitations will be distributed soon. See you next week and thanks for stopping by!



Thanksgiving Lunch Menu

Thursday, Nov. 26

Two available seating's: 11 a.m. and 12:30 p.m.

Price: \$15 per person, Children: \$8

Choice of starter

Butternut Squash, Green Salad (choice of dressing) or Ambrosia

Choice of Entree

Roast Turkey or Baked Ham

Choice of sides

Sausage Sage Dressing, Cranberry Relish, Green Bean Casserole, Medley of Vegetable, Mashed Potato with Giblet Gravy, Mashed Sweet Potato & White Rolls with Butter

Choice of Dessert

Pumpkin Pie, New York Cheesecake with Berry Coulis or Chocolate Bourbon Pecan Pie

UPCOMING EVENTS & ANNOUNCEMENTS

Pond Rides

Sunday, Nov. 6, at 7 p.m.

Due to the colder weather, there will only be pond rides in the afternoon at 2:30 p.m. until Friday, Nov. 18. After Nov. 18, there will no longer be rides due to the winter season.

Advance Voting for the General Election

Sunday, Nov. 6, at 7 p.m.

Advance voting for the general election is available at the following locations, times and dates. Please see below for that information:

Riley County Office Building — 2nd Floor

- Saturday, Nov. 5 from 8 a.m. to 12 p.m.
- Monday, Nov. 7, from 8 a.m. to 12 p.m.

KSU Union

- Monday, Nov. 7, from 10 a.m. to 12 p.m.

Vespers Services

Sunday, Nov. 6, at 7 p.m.

The Vespers service, led by Rev. Michael Schmidt from St. Luke's Lutheran Church, will be at 7 p.m. Sunday, Nov. 6, in the Community Room.

Kansas State Football Watch Party

Saturday, Nov. 5, at 2:30 p.m.

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the Oklahoma State Cowboy's Saturday, Nov. 5! The game kicks off at 2:30 p.m., and complimentary refreshments will be served in the Game Room.

Beach Museum of Art Discussion

Wednesday, Nov. 9, at 6:30 p.m.

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, Nov. 9, in the KSU Classroom to learn and discuss United States First Lady portraits.

Get on the Good Foot!

Friday, Nov. 11, from 3 to 4 p.m.

The next Memory Dance class is from 3 to 4 p.m. Friday, Nov. 11, in the Community Room. No prior dance experience is required.

Video Worship Series

Wednesday, Nov. 9, at 4 p.m.

You are invited to watch a televised worship bible study at 4 p.m. Wednesday, Nov. 9, in the Living Room. All are welcome.

PRAIRIE★STAR

RESTAURANT

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

Nov. 6 - Nov. 12

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	November 6 ~ Lunch \$12	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Beef Pot Pie Vegetable of the Day
MONDAY	November 7 ~ Lunch \$10	Dinner \$12
	Steamed Brats Potato Salad Choice of Vegetable	Chicken Ala Orange Wild Rice Vegetable of the Day
TUESDAY	November 8 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes Vegetable of Choice
WED.	November 9 ~ Lunch \$10	Dinner \$13
	Turkey Loaf Mashed Potatoes & Gravy Choice of Vegetable	Shrimp Pesto with Marinara Sauce Couscous with Sun Dried Tomatoes Vegetable of the Day
THURS.	November 10 ~ Lunch \$8	Dinner \$13
	Breakfast Bar (does not include drink, starter or dessert)	Sautéed Pork Tenderloin Polenta Vegetable of the Day
FRIDAY	November 11 ~ Lunch \$11	Dinner \$15
	Chicken Crepes Rice Pilaf Choice of Vegetable	Herb Crusted Cod Roasted Red Potatoes Vegetable of the Day
SAT.	November 12 ~ Lunch \$10	Dinner \$15
	BBQ Wings Celery & Carrot Sticks French Fries	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, Nov. 6 - Saturday, Nov. 12

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

2 and 6 p.m., Sunday

Sunday, Nov. 6 – Cats & Dogs (2001)

When a professor develops a vaccine that eliminates human allergies to dogs, he unwittingly upsets the fragile balance of power between cats and dogs.

Co-Starring: Jeff Goldblum, Elizabeth Perkins & Miriam Margolyes

Rated PG; 1 hr. 27 min.

Monday, Nov. 7 – How To Lose A Guy In 10 Days (2003)

A player bets his co-workers he can make a woman fall in love with him in just 10 days. But he bets on the wrong girl—a writer with her own agenda.

Co-Starring: Kate Hudson, Matthew McConaughey & Kathryn Hahn

Rated PG-13; 1 hr. 55 min.

Tuesday, Nov. 8 – Sweet November (2001)

A San Francisco ad man stays just busy enough to keep from noticing his loneliness. But one autumn, he gets involved with a free spirit woman who turns his world upside down.

Co-Starring: Keanu Reeves, Charlize Theron & Jason Isaacs

Rated PG-13; 1 hr. 54 min.

Wednesday, Nov. 9 – The Third Man (1949)

After arriving in post-World War II Vienna, unemployed pulp novelist Holly Martins learns that his friend Harry in an accident. Compelled to investigate the death, Holly slowly uncovers startling revelations about Harry's life.

Co-Starring: Joseph Cotton, Alida Valli & Orson Welles

Not Rated; 1 hr. 44 min.

Thursday, Nov. 10 – Spy Hard (1996)

Leslie Nielsen stars as bumbling secret agent Dick Steele, who's summoned out of retirement to stop mastermind Gen. Rancor from destroying the planet.

Co-Starring: Leslie Nielsen, Nicollette Sheridan & Charles Durning

Rated PG-13; 1 hr. 20 min.

Friday, Nov. 11 – Carousel (1956)

Not your typical 1950s musical, this often overlooked Rodgers and Hammerstein classic takes an abusive husband and gives him one last chance to make things right with his wife and newborn daughter.

Co-Starring: Gordon MacRae, Shirley Jones & Cameron Mitchell

Not Rated; 2 hrs. 8 min.

Saturday, Nov. 12 – Escape To Witch Mountain (1975)

Two orphans with superpowers try to avoid the clutches of a couple of schemers who are posing as loving relatives to exploit the kids' abilities.

Co-Starring: Eddie Albert, Ray Milland & Donald Pleasence

Rated G; 1 hr. 37 min.

This Week's Opportunities November 6 - November 12

SUNDAY • NOVEMBER 6

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. Michael Schmidt, CR

MONDAY • NOVEMBER 7

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. ~ Konza United Way Informational Meeting, LR

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

11:00 a.m. ~ St. Luke's Communion, LR

12:00 p.m. ~ Yoga, KSU CL

12:00 p.m. ~ Weights 101, 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, CR

5:30 p.m. ~ Tuttle Creek Supper, MR

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

TUESDAY • NOVEMBER 8

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR

12:00 p.m. ~ Seven Dolors Book Discussion, LR

1:30 p.m. ~ Card Making with Michelle, LR

2:00 p.m. ~ Grief Support Group, CON

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

3:00 p.m. ~ Coffee Corner, CR

3:00 p.m. ~ Holiday Bereavement, CON

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

5:30 p.m. ~ 4th Floor Supper, MR

WEDNESDAY • NOVEMBER 9

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ Building & Grounds Meeting, LR

9:00 a.m. ~ New Perspectives, KR

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Worship Service, LR

10:00 a.m. ~ Memory Activities Class, MR

10:00 a.m. ~ Memory Café, KR

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

12:00 p.m. ~ 2nd Men's Club Luncheon, LR

1:30 p.m. ~ Collins Worship Service, CH

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, LR

6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

THURSDAY • NOVEMBER 10

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, CON

10:00 a.m. ~ Great Decisions, LR

10:30 a.m. ~ Steady Yourself, CR

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

12:30 p.m. ~ Ladies Luncheon, MR

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. ~ Center on Aging Lecture Series, CR

FRIDAY • NOVEMBER 11

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

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

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

1:00 p.m. ~ Hand and Foot Card Games, GR

1:00 p.m. ~ First Presbyterian Church Choir, CR

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

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: Craig Plotner, CR

SATURDAY • NOVEMBER 12

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Fit 2 Fight PD, CSC

9:30 a.m. ~ Painting for Fun, KSU CL

10:00 a.m. ~ Tai Chi, CR

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

Joke of the Week

What did the mother turkey say to her disobedient children?

If your father could see you now, he'd turn over in his gravy!