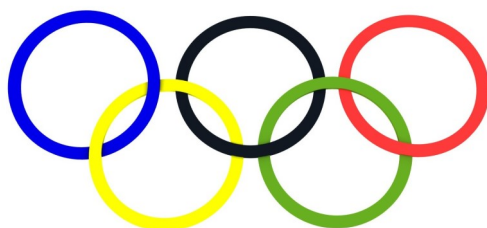


Meadowlark Wellness Olympiad 2018



by Jeff Heidbreder, Fitness Services Leader

The time has come for our annual Wellness Olympiad! Like previous Olympiads, teams will be competing for the top prize and many other awards. The six-week Olympiad consists of creative, physical, and mental challenges and encourages participants to achieve 30-minutes of physical activity each day while making healthy food choices.

The event will be held from April 9 to May 20 and is open to all

Meadowlark residents, employees, and Passport members!

Participants will form teams of three, and are free to create teams of their choosing. Like the Olympics, participants will be competing for their “home country”, which will be randomly assigned at registration. Registration will open on Monday, March 19, with the sign-up deadline being Monday, April 2. Look for more Olympiad information to come, or contact Jeff Heidbreder (785) 341-2995 with any questions.



Need a cure for cabin fever?
Are you a fan of creativity and imagination?
Don't miss an opportunity to see and purchase
original work from local and regional artists!

Saturday, March 10
10 a.m. to 4 p.m.

Meadowlark Hills Community Center
2121 Meadowlark Road
Use visitors (southeast) entrance.

*Collage ~ fiber art ~ jewelry ~ mixed media ~ painting
paper lamps ~ photography ~ sculpture*

No admission fee!

Lunch available for purchase at Meadowlark's
Prairie Star Restaurant and Verna Belle's Café.

Muffins with Meadowlark

Submitted by Jana Armfield, Volunteer Coordinator

Do you enjoy making memories and spending quality time with children? If so, Muffins with Meadowlark is for you! Meadowlark has partnered with a local childcare center, Jamboree Drop-In Daycare, to set up re-occurring visits between Meadowlark residents and children at the daycare, ages two to five years old.

The next visit is scheduled for Tuesday, March 13, from 10 to 11 a.m. Visits will include time for socializing with the little ones, story time, and eating yummy muffins provided by Radina's Bakehouse!

Jamboree is a licensed daycare provider, so all of the children have been vaccinated. The facility is also wheelchair accessible for residents who might want to participate, but are wheelchair bound. Transportation will be provided for all residents, so please sign up in the Blue Book if you are interested. Please contact Jana for more details or questions.

Thank You!

Submitted by Jeff Heidbreder, Fitness Services Leader

I would like to say thank you to the residents for letting my family take over the Cinema on Saturday, March 3, as we celebrated my daughter's sixth birthday. She had 17 friends join her for a movie party; as you could probably guess with kindergartners, the popcorn machine was a big hit! Thank you again in helping make my daughter's day a special one!

Parkinson's Exercise, canceled

Parkinson's Exercise is canceled Friday, March 16. Staff apologize for the inconvenience.

Interior Design Opportunity

Two interior design majors at KSU, named Bethany and Allison, would love to interview a few Meadowlark residents to understand major issues older adults face in their living habitats in terms of accessibility, lighting, flooring, acoustics. Their hope through this project is meet new people, and to find appropriate solutions that will lead into developing a tasteful "guideline" for age-friendly designs. Please contact Jana at (785) 323-3890 if you would like to take part in this opportunity!

Art Mingle: Manhattan Memories

Friday, March 9, at 6 p.m.

Due to the Art Mingle events the weekend of March 9, the following changes have been made. Please contact Monte Spiller at (785) 323-3801 if you have questions.

- No movie will be shown in Grosh Cinema Friday, March 9.
- Verna Belle's will close at 2 p.m. Friday, March 9, and will have extended hours (open until 1 p.m.) Saturday, March 10.
- Prairie Star Restaurant will close at 2 p.m. Friday, March 9. Please sign up to receive an evening meal delivered to your residence between 5 and 6 p.m. The delivery charged will be waived. The meal will include a garden salad with your choice of dressing, baked ham with pineapple glaze, scalloped potatoes, broccoli and dutch apple pie. Please call (785) 323-3821 with questions. The cost of the dinner will be \$9 per meal.

- Painting for fun has been moved to the South Conference Room for Saturday, March 10.

Memorial Service for Pat Edwards

Sunday, March 11, at 2 p.m.

A memorial service for Pat Edwards will be held at 2 p.m. Sunday, March 11, in the Community Room. All are welcome to attend.

Numb & Number

Sunday, March 11, at 4 p.m.

A special opportunity for art appreciation is to occur on Sunday, March 11, when Kansas State University theater students present a staged reading of a play, *Numb & Number*, written by Deborah Murray, an instructor in the university's English department. The play reading is planned for 4 p.m. at Manhattan Art Center.

"*Numb and Number* is based on my family's experience facing our mother's Alzheimer's diagnosis--not so much about Alzheimer's as about the emotional upheaval a family faces when someone they love gets this diagnosis," Murray writes.

Admission is by donation, with proceeds benefiting Meadowlark Memory Program. Murray's mother lived at Meadowlark Hills from 2008 until her death in 2015. Complimentary transportation for residents is available to the performance. Please register in the Blue Book.

Vespers Services

Sunday, March 11, at 7 p.m.

The Vespers services will be led by Rev. Dennis Ackerman from College Avenue Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 11, in the Community Room. All are welcome.

ARTful Making

Monday, March 12, at 11 a.m.

Looking for a new opportunity to develop your creativity in a relaxing, nurturing environment? Join the Meadowlark Memory Program and the Marianna Kistler Beach Museum of Art for a terrific way to de-stress, improve fine motor skills and socialize with friends. Come to the first-ever ARTful Making class from 11 a.m. to 12:30 p.m. Monday, March 12, in the KSU Classroom at Meadowlark Hills. Together, we will develop new

skills or revisit old ones while engaging in various art making activities (i.e. watercolor, collage).

The class meets monthly and is free of charge. The Meadowlark Memory Program will provide you with the supplies you need and the Beach Museum will help provide you with the inspiration and instruction to create your art. Sign up in the Blue Book, as seating and supplies are limited, bring an open mind and have fun exploring in ARTful Making! See you on Monday, March 12.

Emily's Feature Dessert!

Tuesday, March 13, at 3 p.m.

Something new is coming to Coffee Corner! Each week there will be a new dessert, in addition to the regularly offered options chosen by Prairie Star's Pastry Chef, Emily Foye. Join Coffee Corner at 3 p.m. Tuesday, March 13, in the Community Room to enjoy a Double Chocolate Biscotti!

Biscotti, also known as cantuccini, are Italian almond biscuits that originated in the city of Prato. They are twice-baked, oblong-shaped, dry, crunchy and perfect when dipped in drink.

Associated Audiologists

Wednesday, March 14, at 1:30 p.m.

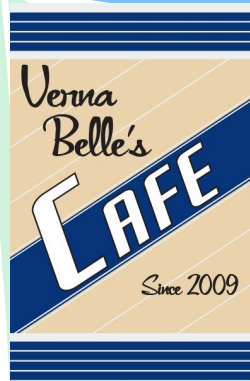
Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists, will see patients in the West Conference Room from 1:30 to 4:30 p.m. Wednesday, March 14.

Appointments are required. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Artist Discussion with the Beach

Wednesday, March 14, at 6:30 p.m.

You're invited to join Kim Richards from the Beach Museum of Art for a discussion on Pablo Picasso. The group will meet at 6:30 p.m. Wednesday, March 14, in the KSU Classroom. All who are interested are welcome to attend.



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, March 12

BLT with Choice of Side

bacon, lettuce & tomato on toasted wheat or white bread

\$3.99 / \$5.99

Tuesday, March 13

Sloppy Joes with Coleslaw

ground beef in a tomato sauce with minced onions on a hamburger bun

\$3.99 / \$5.99

Wednesday, March 14

Sweet Chili Chicken Wrap with Choice of Side

grilled chicken in a sweet chili sauce served with lettuce & tomato in a flavored wrap

\$3.99 / \$5.99

Thursday, March 15

Turkey Club with Choice of Side

turkey, bacon, lettuce, tomato & mayo served on toasted wheatberry bread

\$3.99 / \$5.99

Friday, March 16

Hot Dog with Baked Beans & Chips

beef hot dog served a hot dog bun with baked beans and potato chips

\$5.99

A Sense of the Past

Thursday, March 15, at 10:30 a.m.

Do you enjoy painting or drawing? Well if so, this is a class for you! Join Rachel Severt at 10:30 a.m. Thursday, March 15, in the South Conference Room (formerly the Tranquility Room) for a student-led activity as she works at helping participants relive memories through the use of the five senses. Each week, participants will create a piece of artwork showcasing a small aspect of this memory.

This week's theme will be related to "National Pi Day." With this theme in mind, participants will be using their senses of taste and sight to create a piece of artwork related to a past memory about the "pie" you eat or the mathematical constant of pi, "3.14159..." Come out for a great hour of fun this week as we paint, eat pie and share favorite memories from our past! Please feel free to contact Rachel Severt for further information at (254) 285-1363.

MHK Public Library Events

Yack & Yarn: EARLY BIRDS

Every Monday / 2 p.m.

Groesbeck Meeting Room

Bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

Tech Workshop: Genealogy

March 15 at 2 p.m.

Take your genealogy research a step further and learn the basics of *ancestry.com*, which can be accessed for free at the library.

Craft Night: Sharpie Watercolor Coasters

March 15 at 7 p.m.

Spring is in the air! So come create colorful coasters with sharpies. Participants will learn how to use sharpies on tile to create watercolor coasters.

More information at www.mhklibrary.org.

Parkinson's Program Webinar

Thursday, March 15, at 11 a.m.

You're invited to attend a monthly webinar sponsored by the Meadowlark Parkinson's Program. The next webinar starts at 11 a.m. Thursday, March 15, in the West Conference Room and is titled *Parkinson's Will Double by 2040: Are We Ready?*

Scientists predict the number of people with Parkinson's in the world will double by 2042 to more than 12 million. In this webinar, our expert panelists will review some reasons behind the growth and strategies for addressing the "Parkinson's Pandemic."

Jpegs

Friday, March 16, at 7 p.m.

At 7 p.m. Friday, March 16, Meadowlark welcomes back husband-and-wife duo, Jonathon and Peg Mcbee, better known as *The Jpegs*.

This couple has a great variety of musical genres that they play, which includes: classic rock from the fifties all the way to modern songs that you may hear on the radio today, vintage country music to today's modern country, folk music and blues. They have a special Saint Patrick's Day performance planned as well. So come out to the Community Room for a good time!

Celtic Music Crew

Saturday, March 17, at 3 p.m.

You're invited to the Meadowlark Hills Saint Patrick's Day Party! The party gets going at 3 p.m. in the Game Room and Pub when our special guest Patrick Werick and his Celtic Band perform for us! Patrick and his band are return guests and will put on quite the show. Snacks will be provided and beer specials are available for purchase at the Pub.

Calling at 4-Hers!

Saturday, April 14, at 9 a.m.

Were you active in 4-H during your childhood/early adulthood years? If so, did you enjoy the time you spent in the organization? If you answered "yes" to both of these questions, please read more! A group of local 4-H youth will be coming to Meadowlark, on Saturday, April 14, from 9 a.m. to 1 p.m., to come and learn more

you're invited

All are cordially invited to a post-concert reception after the *Los Angeles Guitar Quartet* concert Saturday, March 10, 7:30 p.m. to honor Ralph and Mary Ellen Titus for their decades of service and leadership to the campus and community. The concert and reception is generously sponsored by Paul and Phoebe Warren to directly support McCain Auditorium's free matinee programs for pre-K through middle school students. The reception will take place in the McCain Auditorium lobby immediately following the concert.

Tickets for the show can be purchased by calling the McCain box office at (785) 532-6428 from 11:30 a.m. to 4:30 p.m. on weekdays or online at k-state.edu/mccain. The reception is free and open to all ticket-holders of the *Los Angeles Guitar Quartet*.



about what makes our community so special and meet some of our wonderful residents! These youth are a part of a special group that focuses on leadership and citizenship. If you would be interested in talking with these special 4-Hers during their visit, a casual round-table discussion will take place from 10 to 11 a.m., about your own 4-H experience, please sign up in the Blue Book, or contact Jana at (785) 323-3890.

Argyle Socks

Friday, March 23, at 7 p.m.

Two guys and their argyle socks, Nick Hernandez and Jeff Hupe, are an acoustic duo from the band *The Argyles* of Wamego, Kan. *The Argyles* will be entertaining in the Community Room at 7 p.m. Friday, March 23.

Nate began playing acoustic and electric guitar over ten years ago. Jeff has been a lifelong drummer on a variety of percussive instruments and joined the praise band with Nate this past year. Together they will perform an acoustic show of varying genres. All are welcome to attend.

Welcome home, Gus!

by Sarah Duggan

Murphy Rose has a new furry friend to take care of at the Duggan house. Meet Gus, our dutch rabbit. As a former 4-Her and active Rabbit Project participant, I don't know who is more excited—Murphy Rose or her mama.

Gus is settling in quite nicely. He is a very patient and calm rabbit, allowing me or three-year-old (going on FOUR in July!) Murphy to hold him. This has been a great opportunity for Murphy to learn some responsibility. Although she is too small to do many of the physical task completely on her own, she does actively participate in every facet of caring for Gus. Each day Murphy feeds her bunny—once in the morning and once at night. When his water runs low, Murphy fills the bottle all the way to the tippy top. Every couple of days, Murphy and daddy team up to scoop Gus's kennel and replace his soiled bedding with fresh wood chips. Murphy is especially good at making sure Gus gets regular exercise outside of his cage and carrot for a treat on most evenings.

Eleven-month-old Eilish on the other hand doesn't quite understand that Gus is a *real* rabbit and not a cute stuffed animal you can grab by the scruff and toss around. She'll learn in time, fingers crossed. Life is always changing.



February Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of February were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Meadowlark Parkinson's Program Program and Lyle House.

Memory of

Bob Benedict	Bob Newsome
Jacquie Brewer	Larry Pearson
Lee Bunker	Verta Riniker
Bonnie Nespor	Vaughn Steere

If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.

and experiences, as well as party favors for all attendees will be provided. The tickets for the VIP Tour are \$75 per person, which will be led by docents and the general Mingle tickets will cost \$50 per person. This is a great opportunity for the residents of Meadowlark, the surrounding community and the memory program.

As of Dec. 1, Meadowlark took over Autumn Hills. We are working to continue to bring both sides together with the common vision and purpose which will provide the best services over time. We retained quality staff from Autumn Hills and will continue to put into place, systems to make them successful while fulfilling our mission and goals. There is a lot of opportunity for Meadowlark to implement some of our current staff in roles to assist the employees at Autumn Hills. We are excited about the future of Autumn Hills.

Support Services Update: Jayme explained starting Feb. 12, a shuttle service will be provided to those who live outside of the main building. The times will be from 7 to 8:30 p.m. on Monday through Friday, and 6:30 p.m. to 7:45 p.m. on Saturdays and Sundays. The service will be a one-way shuttle taking residents to their homes from the Village Entrance only. This service is complimentary.

Winter Ball went smoothly and was well attended.

Approval of January Minutes: Motion to approve minutes was moved and passed with corrections.

New Business

Polly Ferrell's term is ending soon and the 4th Floor will be having a nomination period.

Old Business

Pat Vogt officially welcomed Carol Balding as the new 5th Floor Representative.

Additional Discussion Topics

The question about the cost of meals going up was presented. After discussion, it appeared that the cost increased about a \$1 over three years. The increase in sales tax also played a role with cost changes.

Betty Love shared a news article about Big Lakes with other council members.

Meeting adjourned

IL Resident Council Minutes, Feb. 5, 2018

Members present: Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Jo Call, Verlyn Richards, Marilyn Ray, Steve Owens, Polly Ferrell, Carol Balding, Sharon Smith, Bea Rasmussen, Janice Parsons and Jo Lyle.

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

Updates

General Update: Lonnie brought up the subject of Town Meeting. We appear to be going through a cycle where attendance is down for the meeting. There has been no certain reason pinpointed why, but there is room for discussion. The idea of a survey has been suggested, so a sample questionnaire has been put together looking for just discussion and input to get feedback from residents.

Art Mingle is an idea that was brought up by one of the Foundation board members to have an art walk about, turning it into a fundraiser to benefit Meadowlark Memory Program. Guests at the Friday evening reception that will take place March 9, will be invited to mingle with friends among the colorful galleries in the Community Center. Food, music and art appreciation are part of the night's plan. Friday's Art Mingle will include silent and live auctions, featuring art-related items

Town Meeting Notes, March 5

Notes from March 5 Town Meeting conducted by Monte Spiller, Resident Services Leader.

Welcome Monte welcomed the meeting attendees. Two residents introduced themselves to the group: Jan Vanderbilt; Meadowlark Valley and Elaine Manges; Second Floor.

Campus Update The Town Meeting survey was completed and received a high-response level. There won't be a time or date change as a result; however, there will be some minor tweaks in room set up and continued emphasis on current Meadowlark news. Of course, the donuts will still be served each month.

Staffing challenges continue, specifically in regards to hiring nurses. There is an industry-wide nurse shortage across the nation. Meadowlark employs 80 nurses and the teams are working to identify ways to attract people to nursing starting with high-school age youth.

Census numbers have decreased slightly. This decrease can be attributed to several recent deaths and a seasonal lull in move-ins. As spring approaches, Sales expects the moves to independent living to increase. There are current five signed LOIs.

Worship Services Starting next week the times for the Sunday morning worship services will be changed. The Miller service will start at 9:30 a.m. and the service in the Community Room will begin at 10:30 a.m. Please contact Chaplain Patty Brown-Barnett with questions and/or feedback.

Jamboree Daycare Update Meadowlark has partnered with a local childcare center, Jamboree Drop-In Daycare, to set up re-occurring visits between Meadowlark residents and children at

the daycare, ages two to five years old. The next visit is scheduled for Tuesday, March 13, from 10 to 11 a.m. Visits will include time for socializing with the little ones, story time, and eating muffins provided by Radina's Bakehouse. Transportation will be provided for all residents, so please sign up in the Blue Book if you are interested.

Art Mingle Meadowlark Foundation and Meadowlark Memory Program have received great support from artists, staff, residents, and local businesses to make the inaugural Art Mingle event a success. Please contact Becky Fitzgerald or Jayme Minton with questions.

Memory Program & Parkinson's Program The production of *Numb & Number* at Manhattan Arts Center Sunday, March 11, at 4 p.m. will support and benefit Meadowlark Memory Program.

Meditation classes have started and will offered twice a month—the beginner session will be the first Tuesday of each month and the intermediate class will meet the third Tuesday of each month.

Pig Out for Parkinson's is scheduled for Thursday, April 19.

Wellness Olympiad The six-week Olympiad consists of creative, physical, and mental challenges and encourages participants to achieve 30-minutes of physical activity each day while making healthy food choices. The event will be held from April 9 to May 20 and is open to all Meadowlark residents, employees, and passport members. Please contact Jeff Hedibreder with questions.

Upcoming Events Monte reviewed the events coming up in the month of March. Please see the weekly Meadowlark Messenger for details.



LEADER OF THE PACK

Congratulations to Meadowlark's March 2018 Leader of the Pack, Tori Fief! Tori is an employee of Meadowlark's Autumn Hills Manhattan location. She is a great team player and always very conscientious in her care of the residents. Her kindness shines through her smile. Residents respond well to her infectious personality and superb care. Meadowlark is glad to have Tori as a part of the team!

PRAIRIE★STAR
RESTAURANT

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

All specials include beverage, starter and dessert.
An extra vegetable can be substituted for the starch at no additional charge.
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	March 11 ~ Lunch \$12	Dinner \$14
	Ranch Cornflake-Crusted Chicken Swiss & Green Onion Scalloped Potatoes Vegetable du Jour	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	March 12 ~ Lunch \$10	Dinner \$12
	Meatloaf Sandwich French Fries Choice of Vegetable	Chicken Roulades with Wild Mushrooms & Leeks in Sherry Sage Sauce Wild Rice Vegetable du Jour
TUESDAY	March 13 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp & Crab Cake Rice Pilaf Vegetable du Jour
WED.	March 14 ~ Lunch \$10	Dinner \$12
	Honey Soy Chicken Drumsticks Rice Choice of Vegetable	Smothered Pork Chops Mashed Potatoes & Gravy Vegetable du Jour
THURS.	March 15 ~ Lunch \$7	Dinner \$12
	Breakfast Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Herb Marinated Chicken Breast Rissoto Vegetable du Jour
FRIDAY	March 16 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy French Fries Coleslaw	Pecan-Crusted Trout with Orange Rosemary Butter Sauce Anna Potatoes Vegetable du Jour
SAT.	March 17 ~ Lunch \$10	Dinner \$15
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK
SPECIAL

Manhattan

2 oz. Bulliet Rye, 1 oz. Sweet Vermouth, Aromatic Bitters, Cherry Juice & a cherry garnish

\$3.75

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Grosh Cinema Movies

Sunday, March 11, to Saturday, March, 17, 2018

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

Sunday, March 11—Ella Enchanted (2004)

Burden with the “gift” of obedience by a fairy godmother, Ella searches for a way to life the curse that prevents her from pursuing her dreams.

Co-Starring: Anne Hathaway, Hugh Dancy, Cary Elwes, Aidan McArdle & Joanna Lumley

Rated PG; 1 hr. 36 min.

Monday, March 12—War Room (2015)

From the outside, the lives of Tony and Elizabeth Jordan appear perfect, but their marriage is in shambles. After seeking counsel from a wise older woman, Elizabeth realizes it will take a deep commitment to prayer to keep her world from crumbling.

Co-Starring: Gal Gadot, Chris Pine & Robin Wright

Rated PG; 2 hrs.

Tuesday, March 13— Up in the Air (2009)

Ryan Bingham flies around the country firing employees on behalf of companies, but faces losing the job he savors to recent college grad Natalie.

Co-Starring: George Clooney, Vera Farminga, Anna Kendrick & Jason Bateman

Rated R for language and some sexual content ; 1 hr. 49 min.

Wednesday, March 14— One-Eyed Jacks (1961)

After pulling a bank heist in Mexico, the outlaw Rio (Marlon Brando) and his partner, Dad Longworth (Karl Malden), make a run for it, but Dad has bigger plans than freedom.

Co-Starring: Marlon Brando, Karl Malden & Pina Pellicer

Rated NR; 2 hrs. 21 min.

Thursday, March 15— 500 Days of Summer (2009)

When his girlfriend, Summer, unceremoniously dumps him, greeting-card copywriter and hopeless romantic Tom sifting through the year-plus worth of days they spent together, looking for clues to what went awry.

Co-Starring: Zooey Deschanel, Joseph Gordon-Levitt & Clark Gregg

Rated PG-13; 1 hr. 35 min.

Friday, March 16 – Suite Francaise (2014)

Waiting for news of her prisoner-of-war husband, a French woman in Nazi-occupied France reluctantly falls for a German officer quartering in her home.

Co-Starring: Michelle Williams, Matthias Schoenaerts, Kristin Scott Thomas & Sam Riley

Rated TV-MA 1 hr. 47 min.

Saturday, March 17— Ocean’s Twelve (2004)

Danny Ocean reunites with his old flame and the rest of his merry band of thieves in a caper covering three huge heists in Rome, Paris and Amsterdam.

Co-Starring: George Clooney, Brad Pitt, Matt Damon & Catherine Zeta-Jones

Rated PG; 2 hrs. 5 min.

Weekly Opportunities Calendar *March 11– March 17*

Sunday • March 11

Breakfast at Verna Belle's—Omelets with Fruit

DAYLIGHT SAVINGS ~ SPRING FORWARD

9:30 a.m. ~ Miller Worship Service, MFR

10:30 a.m. ~ Worship Service, CR

2:00 p.m. ~ Pat Edwards Memorial Service, CR

2:00 p.m. ~ Wroten Worship Service, WL

7:00 p.m. ~ Vespers with Rev. Achkerman from College Avenue United Methodist Church, CR

Monday • March 12

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

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

11:00 a.m.~ ARTful Making, KSU CL

11:30 a.m. ~ Meadowlark Valley Luncheon, LR

12:00 p.m. ~ Yoga, CR

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

1:30 p.m. ~ Hearing Aid Doctor, WCR

1:45 p.m. ~ Parkinson's Voice Class, CR

3:30 p.m. ~ MLH Singers Practice, CR

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

Tuesday • March 13

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich w/Fruit

9:30 a.m. ~ Literature of Aging, WCR

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

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

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

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

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

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

Wednesday • March 14

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

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

10:00 a.m. ~ Memory Activities Class, KSU CL

10:00 a.m. ~ Memory Café, WCR

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

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

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR

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

1:30 p.m. ~ Associated Audiologist with Dr. Sarah Schotte, WCR

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Call Hall Ice Cream, KR

4:00 p.m. ~ Lutheran Video Worship Service, LR

6:30 p.m. ~ Artist Discussion, KSU CL

Thursday • March 15

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:30 a.m. ~ Messenger Ladies, WCR

9:30 a.m. ~ Literature of Aging, WCR

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

10:30 a.m. ~ A Sense of the Past, SCR

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

11:00 a.m. ~ Parkinson's Webinar, KSU CL

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

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

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

6:30 p.m. ~ Osher Class: Killers of Kansas, CR

Friday • March 16

Breakfast at Verna Belle's—Waffle or Pancake

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

10:00 a.m. ~ Veterans Group, GC

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

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

12:30 p.m. ~ Mending Angel, GR

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

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

7:00 p.m. ~ Jpegs, CR

Saturday • March 17

Breakfast at Verna Belle's—Omelets with fruit

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

3:00 p.m. ~ Celtic Music Crew, GR & KR

Room Abbreviations

BP, Billiards Parlor

CH, Collins House

CR, Community Room

CON, Conference Room

GR, Game Room

GC, Grosh Cinema

VE, Village Entrance

WL, Wroten Library

HD, Hospitality Desk

BFH, Bank of Flint Hills

SCR, South Conference Room (formerly Tranquility Rm.)

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

MS, Miller Spa

CSC, Combative Sports Center

*Meadowlark News Channel can be viewed on Channel 1960