



MEADOWLARK

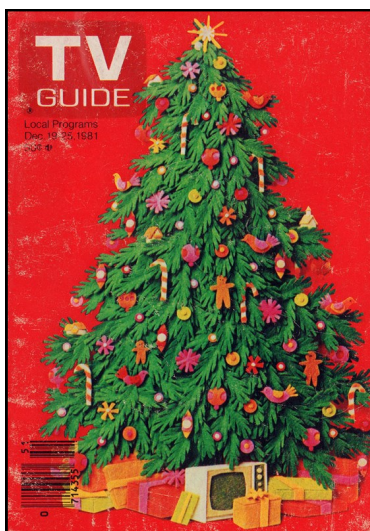
Messenger

Nov. 8, 2018

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit organization
enhancing senior lifestyles*



Good Tidings of Great Joy

2018 Christmas Carousel preparations have begun

It's time to get signed up for the 2018 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is *1978 Holiday Variety Show* and during the evening of Wednesday, Dec. 12, you will enjoy a

live performance straight out of the 1970s. You may even meet a celebrity or two!

The rotation for the rooms will be structured the same way it was in recent years. Each group will begin in Verna Belle's Café then continue down the Community Center hallways in 30-minute intervals. The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events. Start times are as

follows: Group One, 3:15 p.m.; Group Two, 3:50 p.m.; Group Three, 4:25 p.m.; Group Four, 5:00 p.m.; Group Five, 5:35 p.m.

Reservations are required (and limited) for this event. You can make your reservation by visiting the Hospitality Desk or 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. 12. There will be a buffet lunch option available in the Pub, to-go only.

Verna Belle's Café will be open Dec. 12 until 12:30 p.m. and will serve a brunch-style meal.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel. Invitations were distributed this week.

Verna Belle's Birthday Party

Starting Friday, Nov. 30, Verna Belle's will be celebrating every Friday at 2 p.m. with a Birthday Party! This will feature a special birthday treat and staff will unwrap one present for the Café at every party.

Verna Belle's Café originally opened in Feb. 2009. The tenth birthday party in the celebration series will fall on Feb. 1, 2019. Renovations to Verna Belle's took place in 2017. On Nov. 30, there will be a free sample every hour to unveil new menu items to celebrate one year since the renovation.

From Nov. 30, to Feb. 1, every time you spend \$10 at Verna Belle's, you will be entered into a drawing! Drawings will take place at each of the ten birthday parties.

LEADER OF THE PACK



Congrats to Meadowlark's Leader of the Pack for November 2018, Abby Cavender! Abby is a Sales Specialist at Meadowlark. Abby is always thinking of

new improvements for our organization and positive attitude clearly shows her love for Meadowlark. She never hesitates to lead the way and go above and beyond.

Meadowlark is proud to have Abby as a part of the team. We appreciate you, Abby!

Veteran's Day Display

Friday, Nov. 9, until Sunday, Nov. 11

There will be a variety of items in honor of Veteran's Day displayed in the Game Room starting Friday, Nov. 9, through Sunday, Nov. 11. If you have any items that you would like to be included in the display, please stop by Jayme Minton's office or contact Monte Spiller at 323-3801.

K-State Tap Ensemble

Friday, Nov. 9, at 7 p.m.

Meadowlark welcomes the Kansas State Tap Dance Ensemble Friday, Nov. 9, at 7 p.m. in the Community Room. The group is committed to sharing tap dance with the local and regional community. They do this by offering live performances and lecture demonstrations. In addition to their performances, this unique ensemble is committed to the International Tap Dance Association. The ITA supports and promotes Tap Dance worldwide.

Trip to Hobby Lobby & Dollar Tree

Saturday, Nov. 10, departs at 10:30 a.m.

Transportation will be provided for a trip to Hobby Lobby & Dollar Tree Saturday, Nov. 10. The bus will depart from the Village Entrance at 10:30 a.m. and return around 11:45 a.m. The cost for transportation is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk.

K-State Watch Party

Saturday, Nov. 10, at 10:30 a.m.

Come to the Game Room for the KSU Watch Party listed below to cheer on the KSU Wildcats. GO CATS!

- KSU Wildcats vs. Kansas Jayhawks. Kickoff is 11 a.m. Light refreshments will be served at 10:30 a.m.

Birthday Celebration

Sunday, Nov. 11, at 1:30 p.m.

Betty Brodersen and her family invite you to join in the celebration of her 95th birthday! A reception will be Sunday, Nov. 11, at 1:30 p.m. in the Community Room.

Vespers Services

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

The Vespers service will be led by Rev. Michael Schmidt from St. Luke's Lutheran Church. Vespers service will begin at 7 p.m. Sunday, Nov. 11, in the Community Room. All are welcome.

ARTful Making

Monday, Nov. 12, at 11 a.m.

Join the Meadowlark Memory Program and Marianna Kistler with the Beach Museum of Art for ARTful Making class Monday, Nov. 12, from 11 a.m. to 12:30 p.m. in the KSU Classroom. Together we will develop new skills and revisit old ones while engaging in various art making activities. Please sign up in the Blue Book.

Card Making with Michelle

Tuesday, Nov. 13, at 1:30 p.m.

Join Michelle Lehmer Tuesday, Nov. 13 at 1:30 p.m. in the Flint Hills Room for card making. Holiday and all occasion cards can be made. All who are interested are welcome to attend and create!

Coffee Corner—Feature Dessert!

Tuesday, Nov. 13, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, Nov. 13, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be Rocky Road bars. All are welcome!

Associated Audiologists at Meadowlark

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

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 1:30 to 4:30 p.m. Wednesday, Nov. 14. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Artist Bio Lecture Series

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

You're invited to join Kim Richards from the Beach Museum of Art for a biography lecture on

Norma Bassett Hall. The group will meet Wednesday, Nov. 14, at 6:30 p.m. in the KSU Classroom. All who are interested are welcome to attend.

Parkinson's Webinar

Thursday, Nov. 15, at 11 a.m.

Join Meadowlark Parkinson's Program Thursday, Nov. 15, at 11 a.m. for a webinar on *Research Year in Review & Look Ahead* in the KSU Classroom. In the webinar, we'll look at progress this year in developing new treatments and tests for Parkinson's and look ahead to 2019.

Change and Loss Series

Thursday, Nov. 15, at 2 p.m.

An informal group will be continuing Thursday, Nov. 15, from 2 to 3 p.m. in the South Conference Room. Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., Social Worker Kathleen Spearman, and Social Work Intern Tiffany Bohl lead this group. This week's topic is *Nurture Yourself*.

Feel free to drop in even if you have not been to any previous meetings. This opportunity is open to all in the Meadowlark Community who wish to work through life changes and loss in a supportive environment.

Jewelry Trunk Show

Thursday, Nov. 15, at 4 p.m.

Legacy Realty of Kansas is hosting a jewelry trunk show from 4 to 6 p.m. Thursday, Nov. 15, and the Good Samaritan Fund is benefiting! The show features jewelry created by Sierra Winter, who grew up on a ranch in the Flint Hills. Her parents are friends of Legacy Realty broker/owner Jodi Thierer, who participated in 2017's HOG & Kisses Contest. Jodi said that when the designer's parents offered to donate a portion of the proceeds to a charity of the agency's choosing, Jodi and her staff selected the Fund!

"Sierra is my daughter Morgan's best friend," Jodi explained. "Her parents, Gayle and TJ, are good friends of ours, and they operate Sierra Vista Vineyard just northeast of town. Sierra's pretty modest, but she's been featured in some big-time magazines in KC and on TV as well. She has her line in several upscale boutiques across the

country. She used to have her line at Winged Lion, but she likes to meet people and has found good success with "pop up" events like this."

Each piece is intricately designed by Sierra and handcrafted from high-quality sterling silver, 14k gold, turquoise, diamonds, and other natural stones. From an early age, she loved to draw and collect stones on the prairie. She received a BFA in Metalsmithing and Jewelry Design from the University of Kansas and worked as a jewelry designer for Silpada Designs before launching her eponymous line in 2015. Sierra now lives with her husband and their daughter, Opal, in Kansas City.

To see photos of Winter's collections, visit <http://www.sierrawinterjewelry.com>.

Alyssa Morris Performance

Friday, Nov. 16, at 7 p.m.

Meadowlark welcomes Alyssa Morris at 7 p.m. Friday, Nov. 16, in the Community Room. Alyssa has delighted audiences around the world with her skillful, fashionable and commendable musicianship. Dr. Morris serves as Assistant Professor of Oboe at Kansas State University. She has appeared as a soloist in venues through the United States, Scandinavia, the British Isles and Western Europe. She performed as a recitalist at the 2014 and 2016 International Double Reed (IDRS) Conventions at New York University and Columbus State University.

Thanksgiving Dinner

Thursday, Nov. 22, at 5 p.m.

Celebrate Thanksgiving with family and friends at Meadowlark with a lunch from 11 a.m. to 2 p.m. Thursday, Nov. 22, at Prairie Star Restaurant. The cost for dinner is \$16 for adult and \$8 for child plates. Please sign up at the host stand in Prairie Star Restaurant. The menu is listed below

Choice of

Starter / Butternut Squash Soup, Green Salad or Ambrosia

Entrée / Roast Turkey or Baked Ham

Vegetable / Green Bean Casserole or Vegetable Medley

Dessert / Pumpkin or Pecan Pie

All entrees served with

Sausage Sage Dressing, Mashed Potatoes, Cranberry Relish, Rolls & Giblets Gravy

Emily Stillwell Performance

Friday, Nov. 23, at 7 p.m.

As requested, Meadowlark welcomes back Emily Stillwell! Emily is a jazz, folk singer-songwriter from Atlanta, GA. Her repertoire ranges from classical piano to jazz standards and down-home blues greats of the 20's and 30's. You will be in for a treat at this performance Friday, Nov. 23, at 7 p.m. in the Community Room.

Trust Company Holiday Classic

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

The Trust Company is hosting Holiday Classic Friday, Nov. 30, in Prairie Star Restaurant and the Manhattan Room. Refreshments will be served at 3 p.m. and holiday entertainment will begin at 4 p.m. Reservations are required. Please call (785) 323-3820 or sign up at the Prairie Star host stand to reserve your seats.

Parkinson's Caregiver Summit

Saturday, Dec. 1, at 9:45 a.m.

This free event is specifically for caregivers of people living with Parkinson's disease will be Saturday, Dec. 1, from 9:45 a.m. to 2 p.m. at Manhattan Public Library, 629 Poyntz Ave.

Registration and networking begins at 9 a.m. . Join your local caregiving community in Manhattan, KS as they tune in live to the bilingual presentation of 2018 Parkinson's Foundation Caregiver Summit/ Cumbre Para Cuidadores. To register or for more information, visit Parkinsons.org/Summit.

Open Enrollment Report

Meadowlark Hills would like to thank the residents and their family members who came to the Part D Open Enrollment day on Oct. 30. The North Central Flint Hills Area Agency on Aging reported the following statistics. Thirty-seven people were seen on Oct. 30. Out of the 37, 20 individuals changed their drug plan. The highest amount saved was \$10,737. The total amount saved was \$28,170. Those who left with the information and didn't change on Oct. 30, have until Dec. 7, 2018 to change for the 2019 year.

Project Update

After a successful and exciting Courtyard Celebration on Monday, the Meadowlark team is delighted to announce the official start date for the Courtyard Project! Work will begin in the Courtyard Monday, Nov. 12. Preliminary items

SAVE the DATE!

Don't miss an unforgettable evening to benefit Meadowlark Memory Program.

Art Mingle

plein air affair 2019

03.29.19

Meadowlark Hills Community Center



Community
NATIONAL BANK
MEMBER FDIC



Goldstein Fund,
a supporting organization
of Greater Manhattan
Community Foundation
GMCF



KELLSTROM
PHARMACY

Tickets on sale Feb. 25, 2019.

The solar-powered speed limit signs were installed this week. A sign is located in two places along Meadowlark Road. As cars approach, their speed will flash on the sign accompanied by either a "Thank You" or "Slow Down" message.

submitted by Helen Roser

During the coffee break in the crowded room, I saw the lady pushing her way through the crowd to me. She had only enough time to tell me: "I have been trying to think how to teach young children. Then the crowd dispersed and I heard no more.

At home, I typed them up and put the pages in my purse. Next day, at the seminar coffee break, I stood holding the pages, waiting for her. She came pushing her way toward me.

This is what had come to me for her; I envisioned little children, dressed as flowers. Each sang separately, then, on the chorus, they stood close together. They were a bouquet and sang:

“If a flower I could be,
I’d grow bright for all to see.
I’d live in perfect harmony
In God’s loving family.
Chorus: “Thank you for my petals bright!
Thank you for your warm sunlight!
I’ll give the world your message of

“I’ll grow up on a mountain high
And greet the birds as they fly by! When a
mountain-climber finds me there,
He’ll know your love is everywhere!”
(chorus)

"I'll be the center of a bride's bouquet
And help her on her special day.
When she holds me close to pose,
I'll kiss her on her happy nose."
(chorus)

October Gifts to Audubon Foundation

Memory of

Jim Balding
Diane Chastain
Edie Jorns

Gil Kemnitz
Cora Ruth Miles
Bonnie Nespor

Honor of

Melissa Gamino
Dillon Mack

Dave Nelson
Matt Paquette

Lucy Williams

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

IL Resident Council Minutes, Oct. 1, 2018

Members present: Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Marilyn Ray, Elaine Manges, Charlotte Kelly, Carol Balding, Jan Vanderbilt, Janice Parsons, Sharon Smith, Pam Oehme, Ron Williams, Jo Call and Jo Lyle.

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Updates

General Update: Construction for the new parking area behind the Maintenance Shop will start sometime in October. The new lot will create 25 new parking spots.

The team is getting close to finalizing plans for the renovation to Meadowlark's center courtyard. Pavers have been ordered with the hope to start that project soon within the month.

Healthcare in Manhattan has been changing, including how our local hospital operates. We have witnessed more people going to Topeka in the last few years for medical services. Meadowlark is dependent on referrals with the healthcare system. Many people who stay in Bramlage House are not residents of Meadowlark and we need to make sure wherever a person is going for surgery that Meadowlark is being discussed as a potential place for rehab. With the knowledge that people are going to Topeka for care, it has led to conversations regarding Meadowlark Home Health services. We currently have a great relationship with Brewster Place out of Topeka that has made collaboration possible between our organizations. Meadowlark Home Health will offer services to Brewster residents and Topeka-area community members. This will create an opportunity to create a more significant presence with the two hospitals in Topeka.

Support Services Update: Jayme requested to the council members present to speak at their floor or neighborhood suppers about signing up at least 48 hours in advanced for the floor and

neighborhood suppers. It will help the restaurant staff provide the best quality of service to the residents.

Approval of September Minutes: Motion to approve minutes was moved and passed.

New Business

Sharon Smith expressed the process of taking nominations for a new Kimball West representative will start this month.

Pam Oehme gave kudos to the maintenance department for the wonderful job they do with their daily duties along with the additional renovations that are taking place as well.

Old Business

Ron Williams expressed the breezeway area between Miller Place and Independent living needed power washed. He also stated there is an area at the bottom of the breezeway leading to the parking lot where powered wheel chairs continues to get caught up in some instances.

Additional Discussion Topics

Monte Spiller asked council members to give a quick reminder to other residents about Meadowlark's Pet Policy.

There were a couple of concerns brought up with Prairie Star Restaurant. Jayme Minton expressed appreciation for the feedback and will follow up with staff.

The Gift Committee is moving along very smoothly as they will meet to sort and mail envelopes soon.

It was also brought up that Marilyn Ray, did an outstanding job of promoting and encouraging other residents to consider all the services that are provided when they do give.

Sharon Smith wanted to recognize Hospitality team member and receptionist Brooke Prothe on her professionalism and going above and beyond to assist residents her at Meadowlark.

Meeting adjourned

Town Meeting Notes, Nov. 5

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

Welcome Monte welcomed the meeting attendees. There were no new residents in attendance.

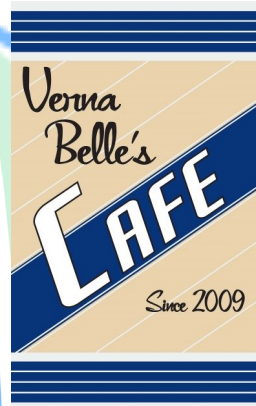
Campus Update The planning and work on our current campus projects including the Courtyard Project, additional fleet parking lot and Kitchen Renovation continue to move forward. Meadowlark Home Health has been growing recently, including expansion into the Topeka market. The Meadowlark team is also working with Manhattan Area Technical College and Kansas State University regarding collaboration on current and potential nursing programs.

Support Services Update

Meadowlark hosted a very successful first-ever Halloween Carnival last week. Santa Claus will be visiting on two different dates during the month of December. A Kids Menu at Prairie Star Restaurant is now available for children 12 and under, dine-in only. Christmas decorating at Meadowlark will begin Nov. 19. Christmas Carousel invitations will go out this week. Please sign up at the Hospitality Desk if you would like to attend.

HOGtoberfest This year's HOGtoberfest event was the best one yet! Meadowlark Foundation sold 1200 raffle tickets and the event raised over \$21,000!

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



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, Nov. 11

Breakfast: Omelets with Fruit

Monday, Nov. 12

Breakfast: Biscuits & Gravy

Lunch: Mini Mississippi Ham Sandwich with Side ham & bacon topped with cream cheese mixture on a slider bun ~\$3.99 / \$5.99

Tuesday, Nov. 13

Breakfast: Breakfast Sandwich & Fruit

Lunch: Triple Meat Pizza

bacon, pepperoni & sausage on a flatbread pizza with mozzarella cheese & marinara sauce ~ \$3.99 / \$5.99

Wednesday, Nov. 14

Breakfast: Breakfast Burrito & Fruit

Lunch: White Chicken Chili

shredded chicken, great northern beans & onions in a creamy stew served with a sweet cornbread muffin ~ \$3.99 / \$5.99

Thursday, Nov. 15

Breakfast: Biscuits & Gravy

Lunch: Fried Chicken & a Biscuit

crispy chicken tender topped with creamy gravy & honey hot sauce in a buttermilk biscuit ~ \$3.99 / \$5.99

Friday, Nov. 16

Breakfast: Waffle or Pancake

Lunch: BBQ Pork Tacos with Honey Mustard Slaw

shredded pork in BBQ sauce topped with shredded cheddar cheese & a honey mustard slaw ~ \$3.99 / \$5.99

Saturday, Nov. 17

Breakfast: Omelets with Fruit

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	Nov. 11 ~ Lunch \$12	Dinner \$11
	Roast Porkloin with Natural Sauce Scalloped Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Nov. 12 ~ Lunch \$10	Dinner \$14
	Catfish Po'Boy French Fries Coleslaw	Baked Sole with Dill Sauce Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
TUESDAY	Nov. 13 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter, or dessert)	Grilled Ranch Porkchop Roasted Red Potatoes Vegetable du Jour
WED.	Nov. 14 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich Sweet Potato Fries Choice of Vegetable	Chicken & Wild Mushroom Roulades with Sherry Sage Sauce Wild Rice Vegetable du Jour
THURS.	Nov. 15 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter, or dessert)	Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	Nov. 16 ~ Lunch \$10	Dinner \$12
	Fog City Macaroni Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Nov. 17 ~ Lunch \$10	Dinner \$15
	Beef Goulash Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK
SPECIAL

Spiced Apple Cider
4 oz. Apple Cider, 1 1/2 oz. Spiced Rum & dash of cinnamon sugar
\$3.75

Grosh Cinema Movies

Sunday, Nov. 11, to Saturday, Nov. 17, 2018

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

Sunday, Nov. 11 — Patton (1970)

Patton tells the tale of General George S. Patton, famous tank commander of World War II. The film begins with Patton's career in North Africa and progresses through the invasion of Europe and the fall of the Third Reich.

Co-Starring: George C. Scott, Karl Malden & Stephen Young

Rated PG-13; 2 hrs. 52 min.

Monday, Nov. 12 — An Unfinished Life (2005)

Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father-in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.

Co-Starring: Jennifer Lopez, Robert Redford & Morgan Freeman

Rated PG-13; 1 hr. 48 min.

Tuesday, Nov. 13 — Come Sunday (2018)

Based on an episode of the public radio series This American Life, which centers on Bishop Carlton Pearson, a rising star among evangelicals until he was ostracized by his own church and declared a heretic after he started preaching that there is no Hell.

Co-Starring: Chiwetel Ejiofor, Gerard Catus & Allie McCulloch

Rated PG-13; 1 hr. 46 min.

Wednesday, Nov. 14 — Broken Arrow (1950)

Tom Jeffords tries to make peace between settlers and Apaches in Arizona territory.

Co-Starring: James Stewart, Jeff Chandler & Debra Paget

Rated PG; 1 hr. 33 min.

Thursday, Nov. 15 — Chappaquiddick (2017)

Depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne.

Co-Starring: Jason Clarke, Kate Mara & Ed Helms

Rated PG-13; 1 hr. 46 min.

Friday, Nov. 16 — Miss Peregrine's Home for Peculiar Children (2016)

When Jacob discovers clues to a mystery that stretches across time, he finds Miss Peregrine's Home for Peculiar Children. But the danger deepens after he gets to know the residents and learns about their special powers.

Co-Starring: Eva Green, Asa Butterfield & Samuel L. Jackson

Rated PG-13; 2 hrs. 7 min.

Saturday, Nov. 17 — Eraser (1996)

A Witness Protection specialist becomes suspicious of his co-workers when dealing with a case involving high-tech weapons.

Co-Starring: Arnold Schwarzenegger, Vanessa Williams & James Caan

Rated R for violence & language; 1 hr. 55 min.

Weekly Opportunities Calendar Nov. 11 to Nov. 17

Sunday • Nov. 11

Manhattan Room open seating at lunch & dinner

9:30 a.m. ~ Miller Worship Service, MFR
10:30 a.m. ~ Worship Service, CR
1:30 p.m. ~ Betty Brodersen's Birthday, CR
2:00 p.m. ~ Wroten Worship Service, WL

Monday • Nov. 12

Manhattan Room—no open seating available

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, MR
12:00 p.m. ~ Yoga, CR
12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Hearing Aid Doctor, WCR
1:45 p.m. ~ Parkinson's Voice Class, CR
1:45 p.m. ~ PD Partner Support Group, FHR
3:30 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 13 *Trash pick-up day*

Manhattan Room open seating at lunch only

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, FHR
1:30 p.m. ~ Card Making with Michelle, FHR
3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR
4:00 p.m. ~ Newspaper & Bible, FHR
5:30 p.m. ~ 4th Floor Supper, MR
7:00 p.m. ~ Dominoes, GR

Wednesday • Nov. 14

Manhattan Room—open seating at lunch only

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. Memory Café, WCR
1:00 p.m. ~ Pitch, GR
1:30 p.m. ~ Associated Audiologists, WCR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Rock Steady Boxing, CSC
3:00 p.m. ~ Call Hall Ice Cream, KR
4:00 p.m. ~ Christian Video Worship Service, FHR
5:30 p.m. ~ Eastside Supper, MR
6:30 p.m. ~ Artist Lecture Series, KSU CL

Thursday • Nov. 15

Manhattan Room open seating at lunch only

8:30 a.m. ~ Messenger Team, WCR
10:00 a.m. ~ Meadowlark Bible Study, FHR
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
2:00 p.m. ~ Stepping On, KSU CL
2:00 p.m. ~ Change and Loss Series, SCR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Nov. 16

Manhattan Room open seating for lunch & dinner

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veteran's 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. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
3:00 p.m. ~ Rock Steady Boxing, CSC
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ Alyssa Morris Performance, CR

Saturday • Nov. 17

Manhattan Room open seating at lunch & dinner

9:30 a.m. ~ Painting for Fun, SCR

Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance
UC, Unger Complex	

*Meadowlark News Channel can be viewed on Channel 1960