

Recognizing Compassionate Caregivers

Alzheimer's Association 7th Annual Duane Smith Caregiver Award



Kay Shanks receives the Duane Smith Caregiver Award from Alzheimer's Association Tuesday, Nov. 13.

by Michele Riter, Staff Writer
Alzheimer's Association Central and Western Kansas Chapter announced the 7th Annual Duane Smith Caregiver Award at the 2018 Kansas Education Conference on Dementia in Wichita Tuesday, Nov. 13. Resident Kay Shanks was recognized as a caregiver who supports individuals with Alzheimer's disease and related disorders. Duane Smith passed away in October and his daughter, Becky, presented the award on his behalf.

Kay was a loving caregiver and advocate for her late husband, Rev. Roger Shanks for 11 years. Kay's exemplary care for Roger and selflessness established her as a pillar of resources, not only in Meadowlark, but for the greater

Manhattan community. Even under times of distress, Kay always focused on Roger's dignity and lived the example of person-centered care. Her interactions with Roger, family and the community consistently helped people realize it is possible to still have a high quality of life in the face of Alzheimer's.

Kay was instrumental in helping the leadership of Meadowlark understand the value and need for a Memory Program to implement programming and educational opportunities for all those living with dementia and Alzheimer's in the Flint Hills region. Kay continues to serve on the Meadowlark Memory Leadership Team.

The Lights of Christmas

submitted by Polly Ferrell

For over 50 seasons of Christmas, I reminded each of my family members about the true Light, by giving them their own personal light. It started when my children were very young and were fascinated by flashlights. I gave each of them a pen light and the tradition began. As the years flew by, the grandchildren were also gifted with flashlights. Each year everyone wondered what the next year's flashlight would be like.

All flashlights are not the same and I searched all through the year for just the right one. There are some stores where one would logically look for a flashlight and sometimes would find one there. At other times, the flashlights appeared in more unlikely places. A

zoo, gas station, grocery store, museum. One year, it was a miner's headlight, another it was a clip-on book reading light and one time, it was even a little red lantern. Each year, each flashlight was gift tagged in the same way.: "Jesus is the Light".

The year my three teenage grandsons made a road trip to Phoenix to see their uncle, my son clarified how valuable a flashlight can be. By that time in their lives, collectively they had received 55 flashlights, however—when they had a flat tire in the middle of a dark night, the only light source in the car was from a cell phone!

Remind yourself that even without a flashlight, your smile can be a beacon, to show others the Joy of Christmas! God's light truly does shine through the darkness.

Celebration of Life

Thursday, Nov. 15 at 3 p.m.

The family of Doris Gaul is hosting a Celebration of Life for her Thursday, Nov. 15, from 3 to 4 p.m. The celebration will take place in the Game Room and Kansas Room Pub. Refreshments will be provided.

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.

K-State Watch Party

Saturday, Nov. 17, at 2:00 p.m.

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

- KSU Wildcats vs. Texas Tech Raiders. Kickoff is 2:30 p.m. Light refreshments will be served at 2 p.m.

Vespers Services

Sunday, Nov. 18, 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. 18, in the Community Room. All are welcome.

Coffee Corner—Feature Dessert!

Tuesday, Nov. 20, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, Nov. 20, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be a gluten-free Avocado Brownie. All are welcome!

Guided Meditation

Tuesday, Nov. 20, at 10:30 a.m.

The next session for Guided Meditation is Tuesday, Nov. 20, from 10:30 to 11 a.m. in Grosh Cinema. Guided Meditation classes are open to all who would like to relax and learn more about meditation. No prior experience or RSVP is required to attend.

Thanksgiving Meal

Thursday, Nov. 22, at 11 a.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.

Flint Hills Children's Choir

Monday, Nov. 26, at 6 p.m.

Meadowlark welcomes The Flint Hills Children's Choir Monday, Nov. 26, at 6 p.m. in the Community Room. The Choir provides a choral experience for students with treble voices entering grades third through tenth. The Choir seeks to provide excellence in music instruction and performance for children and enrichment in the art for the Manhattan area community. The

Choir is just beginning its fourth year and looks forward to performances at Wichita's Century II Christmas Gala and Carnegie Hall in NYC.

Holiday Decorating

Wednesday, Nov. 28, at 1 & 3 p.m.

Representatives from Legacy Realty will be available to assist some residents with their holiday decorating. They can help with getting out their resident's holiday decorations, setting up trees, etc. They will not provide decorations, just assistance Wednesday, Nov. 28, at two times. Two helpers are available from 1 to 2:45 p.m. and 3 to 4:45 p.m. Please sign up in the Blue Book.

Verna Belle's Birthday Parties

Friday, Nov. 30, at 2 p.m.

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.

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.

Amy Rosine Recital

Friday, Nov. 30, at 7 p.m.

Students of Dr. Amy Rosine will be performing a Studio Recital on Friday, Nov. 30, at 7 p.m. in the Community Room. The students will be

accompanied by Alicia Willard. All singers are pursuing a Vocal Music major or minor and range from freshman to graduate level. Dr. Rosine is in her 11th year at Kansas State University and directs the Chancel Choir at First Methodist Church.

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.

Bring It Home

Tuesday, Dec. 4, at 7 p.m.

hosted by Harritte Janke

Learn and discuss local needs for long term social change. What type of housing is available for low income people? Is racial profiling in the Riley County Police Department? What is the situation with wage levels in Manhattan? Brandon Irwin, Community Organizer and Anne Cowan, Activist, members from the Manhattan Alliance for Peace and Justice will be sharing information Tuesday, Dec. 4, at 7 p.m. in the KSU Classroom. This event is hosted by Harriette Janke, contact her for any questions.

Holiday Shopping Trip

Wednesday, Dec. 5, at 9 a.m.

With Christmas around the corner, there is shopping to be done! Let Meadowlark make shopping easier. We have chartered a 56-passenger bus going to the Oak Park Mall in Overland Park, KS.

We will depart from the Village Entrance and load near the Prairie Star Patio on Wednesday, Dec. 5, at 9, with us set to make it back to Manhattan by 5:30 pm. As part of your trip to Overland Park, Meadowlark will provide snack packs, beverages and adult beverages. In addition, we will have fun games to play as we travel down I-70.

The cost for transportation is \$23 per person and lunch will be on your own. There are over 140 stores and 33 eating establishments located inside the mall. There is a signup sheet in the Blue Book. Contact Monte Spiller at 323-3801 or Abby Cavender at 323-2247 for any questions.

Christmas Carousel

Wednesday, Dec. 12

Sign ups are filling fast 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. 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 staff or calling (785) 323-3847.

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.

Arkansas Travelers Trip

There is an official registration sheet in a Travelers binder at the Hospitality Desk. If you originally marked interest in the trip, you will still need to complete a registration form. A \$250 deposit is required with your registration and can be paid by check, credit card or added to monthly statement.

The 20th Travelers tour will take place April 11 through 15, 2019. The tour will feature attractions in Hot Springs, Bentonville including the National Scenic 7 Byway, Arkansas Derby, Fordyce Bathhouse and Crystal Bridges Museum of American Art.

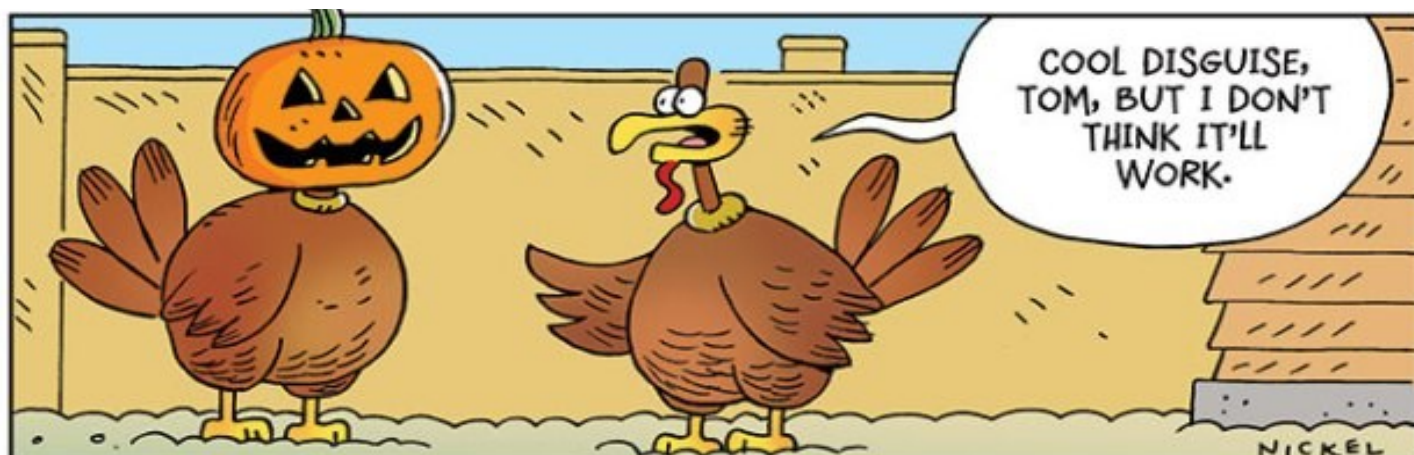
For more information, contact Becky Fitzgerald at 323-3842 or Monte Spiller at 323-3801.

Christmas Card Helpers

Would you like some assistance writing your Christmas cards this year to send out to your family and friends? Don't fret! Riley County 4-H members from the "Strong Satellite" 4-H club here in Manhattan would love to be your holiday helpers and be of service! If you would like to have your own holiday helper this season, please sign up in the Blue Book. Last day to sign up will be Friday, Nov. 30. For questions, contact Jana, Volunteer Coordinator at (785)323-3890.

Memory and Aging Research

The Psychological Sciences Department Memory and Aging Lab at Kansas State University is looking for adults ages 65 to 85 years old to participate in upcoming paid research studies investigating perception and memory of everyday events. These studies will include tasks that measure cognitive skills, working memory, and



general knowledge. Free parking provided, but will need to provide own transportation. All participants will be compensated.

For more details about this research and how to get involved in this exciting new research, please call (785) 532-6819 or email maalab070@gmail.com.

On Invoking the Rule That Never Was

submitted by Helen Roser

A special kind of pine tree grows in Southern Georgia. It produces a heavy, super-sticky sap that is harvested and sold for industrial uses. Those who work with the sap called it "Blue Whistler". No one knows why.

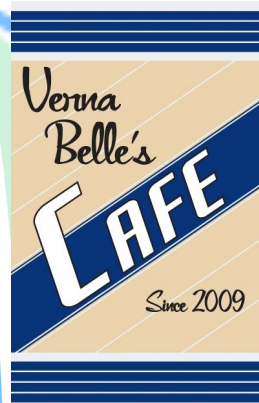
Word of the super-goo reached a player on Kansas City's baseball team. Some thought that rubbing some of the pin tar on their bat would give the batter a better grip.

In the final game of the World Series, K.C.'s George Brett rubbed pine tar on his bat. He swatted the ball out of the park for a winning home run.

But the celebration in the K.C. bullpen came to a screeching halt when someone said the umpire was disallowing the run because pine tar was too far on the bat.

Usually calm George Brett went tearing out to protest. Someone threw a chokehold on George that some swear was not to subdue George, but to kill him. The game winning play was disallowed for "having pine tar too far on the bat." The game was replayed a few days later. K.C. won.

After all the hoopla, the rule-makers looked into the first concern for the super-goo. There was never any discussion of how far up a bat it was rubbed. The concern was that it was sticky, other equipment might be touched by it. Heck, the folks in Southern Georgia could have told them to be careful when you mess with Blue Whistler.



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. 18

Breakfast: Omelets with Fruit

Monday, Nov. 19

Breakfast: Biscuits & Gravy

Lunch: Linda's Cranberry & Turkey Sandwich & Side
homemade cranberry sauce, sliced turkey, sliced pears & brie cheese on toasted wheatberry bread ~\$3.99/\$5.99

Tuesday, Nov. 20

Breakfast: Breakfast Sandwich & Fruit

Lunch: Patty Melt with Choice of Side
grilled hamburger patty, sautéed onions, Swiss cheese & thousand island dressing on toasted rye bread ~ \$3.99 / \$5.99

Wednesday, Nov. 21

Breakfast: Breakfast Burrito & Fruit

Lunch: Grilled Ham & Cheese with Tomato Soup
sliced ham, American and cheddar cheese on your choice of toasted wheatberry or Italian bread ~ \$3.99 / \$5.99

Thursday, Nov. 22

Closed for Thanksgiving

Friday, Nov. 23

Breakfast: Waffle or Pancake

Lunch: Napa Valley Chicken Salad Sandwich & Side
shredded chicken, pecans, grapes & celery in a creamy dressing on wheatberry bread ~ \$3.99 / \$5.99

Saturday, Nov. 24

Breakfast: Omelets with Fruit

SIERRA WINTER
JEWELRY



Legacy Realty
of Kansas, LLC

Invites you to a Jewelry Trunk Show
with designer,

SIERRA WINTER

Thursday, Nov. 15th
4:00 – 7:00 PM

Legacy Realty of Kansas
3901 Vanesta Dr. Suite A
Manhattan, Kansas 66503

Register at the event for a chance
to win a \$50 gift card to
www.sierrawinterjewelry.com



*10% of proceeds will go to
The Good Samaritan Fund
at Meadowlark Hills

Sierra is a Manhattan native with a BFA
in Metalsmithing and Jewelry Design.

Holiday Closings

The Hospitality Desk will be closed for Thanksgiving Day. Pizazz Salon will be closed Thursday, Nov. 22, and Friday, Nov. 23. Verna Belle's Café will be closed for Thanksgiving Day. Prairie Star Restaurant will be open for lunch only on Thanksgiving Day. A boxed dinner will be available that will need to be picked up by 3 p.m. on Thursday, Nov. 22. Please sign up at the restaurant host stand for the lunch and/or boxed dinner.

Flu Vaccines

Flu vaccines for residents are still available at the Meadowlark Physician's Office. Please call the office at (785) 537-1900 for an appointment.

NEW books at the Library!

Fiction titles

Foreign Agent, by Brad Thor
Murder at the Opera, by Margaret Truman
The Full Cupboard of Life, Alexander McCall Smith
Still Me, by Jojo Moyes
When She Woke, by Hillary Jordan

Large Print

Mississippi Blood, by Greg Isles
Devil's Room, by Sam Brown
Full Measure, by T. Jefferson Parker
Haven, by Kay Hays

Non-fiction titles

Mansion on a Hill: The Story of the Willows Maternity Sanitarium and the Adoption Hub of America, by KelLee Parr (local author who will speak here in early 2019) (one of the stories is about resident, Esther Headrick)
Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth, by Sarah Smarsh, recent publication & Kansas author
Lessons in Being Myself, by Ellen Burstyn
Troupers of the Gold Coast: The Rise of Lotta Crabtree, by Constance Rourke
Chicken Soup for the Women's Soul, by Jack Canfield
In An Instant: A Kansas Tornado, June 11, 2008, by Tom Leopold

Beyond Oz: Children's Book Illustrations from the Region, by Katherine Walker Schlageck of the Beach Art Museum
Historic Homes of Abilene, by Cecilia Harris
The First Hundred Years: The Denver Art Museum, 1996 Shirley Smith: A Retrospective, by Bill Worth, Beach Museum of Art
Own West, by Fredric Remington
The Most Scenic Drives in America, Reader's Digest
Preserving the Great Plains and Rocky Mountains, by Elaine Freed
The Majesty of Natchez, by Steven Brooke

Donation Appreciation

In the Fall issue of *Foundation Focus*, Meadowlark Foundation's bi-annual newsletter, Becky Fitzgerald included a request from Meadowlark Home Health for a car in good condition. The agency's business is booming, and adding a vehicle to their fleet would increase their options when transporting clients to appointments and/or activities.

Resident Edith Doerry, apt. 212, responded in October by donating the red 1999 Oldsmobile Intrigue pictured above. This is the fourth car donated to Home Health in the past several years. All have been greatly appreciated!

"We've taken on a ton of new clients, so we have more people to drive to appointments," explained Angela Gerena, Home Health Office Manager. "Having another car will help us with scheduling." Gerena said Home Health staff drive their personal cars when seeing clients in their homes, but use a Meadowlark car if driving a client to an appointment.

Doerry said she considered giving her car to her grandson, but he's basketball player height at 6-foot-8 and couldn't fit well behind the wheel.

If you have a lien-free title and the fair market value of your vehicle is less than \$5000, donating

a vehicle is a relatively simple process. (Gifts valued at \$5000 or more are happily accepted, but the IRS requires more paperwork.) Many donated cars have become part of the Transportation or Home Health fleets, and others have been auctioned. If the vehicle is auctioned, the donor may designate which of Meadowlark's funds, programs or projects benefits from the sale.

Donors receive a signed gift-in-kind form which may be submitted with that year's tax documents. For more information, contact Becky Fitzgerald, Development Director, at (785) 323-3843.



SANTA IS COMING TO TOWN

and visiting Meadowlark Hills

to spread holiday cheer!

December 11, from 4:30 to 7:30 p.m.

December 19, from 6 to 9 p.m.

2121 Meadowlark Rd. Manhattan, KS 66502

A photo scene will be set up to get your personal photos
with Santa Stephen and Mrs. Claus.

Bring your camera to capture the joy!

Enjoy family-friendly activities. Hot cocoa & snacks will be served.

Free event hosted by  **MEADOWLARK**

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. 18 ~ Lunch \$12	Dinner \$11
	Chicken Pecan with Dijon Sauce Vegetable du Jour	Lasagna Garlic Toast Vegetable du Jour
MONDAY	Nov. 19 ~ Lunch \$10	Dinner \$14
	BBQ Pulled Pork Sandwich French Fries Coleslaw	BBQ Grilled Shrimp Roasted Red Potatoes Vegetable du Jour
TUESDAY	Nov. 20 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	Nov. 21 ~ Lunch \$10	Dinner \$13
	Beef Tips Fettuccine Choice of Vegetable	Roasted Beef Brisket with Wild Mushroom Sauce Potato Pancake Vegetable du Jour
THURS.	Nov. 22 ~ Lunch \$16	Dinner
	Thanksgiving Meal See page 2 for menu.	Closed for Thanksgiving
FRIDAY	Nov. 23 ~ Lunch \$10	Dinner \$14
	Fish & Chips French Fries Coleslaw	Grilled Salmon with Sun-Dried Tomato Sauce Scalloped Potatoes Vegetable du Jour
SAT.	Nov. 24 ~ Lunch \$10	Dinner \$13
	BLT with Avocado Potato Salad Choice of Vegetable	Beef Stir Fry Chinese Noodles Vegetable du Jour

DRINK SPECIAL | Taste of Summer
1 oz. Peach Schnapps, 1 oz. Vodka & 2 oz. Cranberry Juice
\$3.75

Grosh Cinema Movies

Sunday, Nov. 18, to Saturday, Nov. 24, 2018

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

Sunday, Nov. 18 — Robin Hood: Prince of Thieves (1991)

■ When Robin and his Moorish companion come to England and the tyranny of the Sheriff of Nottingham, he decides to fight back as an outlaw.

■ Co-Starring: Kevin Costner, Morgan Freeman & Mary Elizabeth Mastrantonio

■ Rated PG-13; 2 hrs. 23 min.

Monday, Nov. 19 — Transcendence (2014)

■ A scientist's drive for artificial intelligence, takes on dangerous implications when his consciousness is uploaded into one such program.

■ Co-Starring: Johnny Depp, Rebecca Hall & Morgan Freeman

■ Rated PG-13; 1 hr. 59 min.

Tuesday, Nov. 20 — Sherlock Holmes (2009)

■ Detective Sherlock Holmes and his stalwart partner Watson engage in a battle of wits and brawn with a nemesis whose plot is a threat to all of England

■ Co-Starring: Robert Downey Jr., Jude Law & Rachel McAdams

■ Rated PG-13; 2 hrs. 8 min.

Wednesday, Nov. 21 — Angel and the Badman (1947)

■ Quirt Evans, an all round bad guy, is nursed back to health and sought after by Penelope Worth, a Quaker girl. He eventually finds himself having to choose between his world and the world Penelope lives in.

■ Co-Starring: John Wayne, Gail Russell & Harry Carey

■ Rated PG; 1 hr. 40 min.

Thursday, Nov. 22 — Planes, Trains and Automobiles (1987)

■ A man must struggle to travel home for Thanksgiving with an obnoxious slob of a shower curtain ring salesman as his only companion.

■ Co-Starring: Steve Martin, John Candy & Liala Robins

■ Rated R for language; 1 hr. 33 min.

Friday, Nov. 23 — Big Miracle (2012)

■ In small-town Alaska, a news reporter recruits his ex-girlfriend - a Greenpeace volunteer - on a campaign to save a family of gray whales trapped by rapidly forming ice in the Arctic Circle.

■ Co-Starring: Drew Barrymore, John Krasinski & John Pingayak

■ Rated PG; 1 hr. 47 min.

Saturday, Nov. 24 — Paul, the Apostle of Christ (2018)

■ The story covers Paul going from the most infamous persecutor of Christians to Jesus Christ's most influential apostle

■ Co-Starring: Jim Caviezel, James Faulker & Olivier Martinez

■ Rated PG-13; 1 hr. 48 min.

Weekly Opportunities Calendar Nov. 18 to Nov. 24

Sunday • Nov. 18

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Miller Worship Service, MFR
 10:30 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 7:00 p.m. ~ Vespers with Rev. Michael Schmidt, CR

Monday • Nov. 19

Manhattan Room—open seating for lunch
 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
 9:30 a.m. ~ Seated Strength, CR
 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. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 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
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 20 *Trash pick-up day*

Manhattan Room—open seating at lunch & dinner
 10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Guided Meditation, GC
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolores Book Discussion, FHR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR
 4:00 p.m. ~ Newspaper & Bible, FHR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Nov. 21

Manhattan Room—open seating at lunch & dinner
 8:30 a.m. ~ Messenger Team, WCR
 9:30 a.m. ~ Seated Strength, CR
 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
 10:00 a.m. ~ Memory Care Support Grp, SCR
 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
 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

Thursday • Nov. 22

Manhattan Room—open seating at lunch & dinner
 11:00 a.m. ~ Thanksgiving Meal, PS

Friday • Nov. 23

Manhattan Room—open seating for lunch & dinner
 1:00 p.m. ~ Hand & Foot Card Games, GR
 7:00 p.m. ~ Emily Stillwell Performance, CR

Saturday • Nov. 24

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

*Meadowlark News Channel can be viewed on Channel 1960