



# MEADOWLARK

## Messenger

Feb. 21, 2019

Manhattan, Kansas

Messenger Editor: Sarah Duggan

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

## ***Art You Ready to Mingle?***

*Local landscape artists add interest to 2nd annual event*

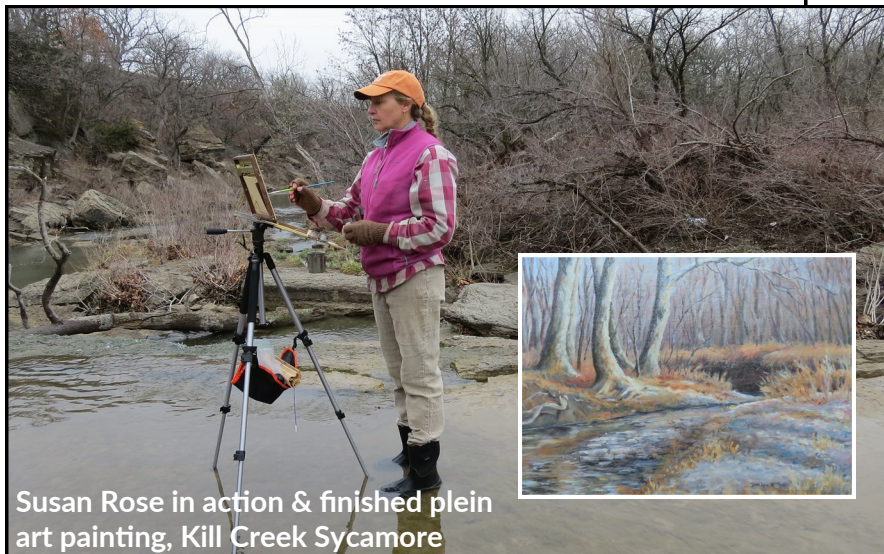
*by Becky Fitzgerald, Development Director*

Capitalizing on an extensive art collection featuring well-known local and Kansas artists, Meadowlark staff have joined with several Manhattan community members to present, **Art Mingle: Plein Air Affair**, to benefit the Meadowlark Memory Program. Guests at a Friday evening reception, March 29, are invited to mingle with friends amid the colorful and varied artwork in the Community Center. Fabulous food, lively libations, treasured tunes and art appreciation are part of the plan for this 2<sup>nd</sup> annual celebration.

The 2019 theme, Plein Air Affair, was inspired by our guest artists, Kim Casebeer and Susan Rose, who have created several works by painting “en plein air”. This French expression means “in the open air”, and it’s used it to describe painting outdoors, with the artist capturing scenes or subjects in natural light.

weekends painting. In 2002, she was able to make the leap to full-time artist. Rose, a veterinary nurse, teaches a Clinical Skills course for K-State’s College of Veterinary Medicine. The first exhibitions of her artwork were in the mid-1980s.

Party-goers to 2018’s inaugural event raved about the array of eye-catching and tasty hors d’oeuvres, and Meadowlark chef John Gasser promises more palate-pleasing offerings and even an ice sculpture or two! Beer, wine and a specialty cocktail are on the beverage menu, and Bob and Melissa Atchison, a local husband and wife team, are ready get your toes tappin’ with their old-time Americana music. Bob, the son of the late Fred Atchison, a former Meadowlark resident, plays the banjo and fiddle; Melissa plays guitar.



Susan Rose in action & finished plein air painting, Kill Creek Sycamore

Kim Casebeer during a plein air painting session



Minglers won’t want to miss the Artists’ Showcase, featuring these two local women. Casebeer and Rose will be greeting fans and making new friends while surrounded by examples of their plein air and studio work as well as their plein air tools. Casebeer received her Bachelor of Fine Arts Degree from Kansas State University in 1992. She worked as a graphic designer and art director, while spending evenings and

Art Mingle 2019 offers silent and live auctions, featuring art-related items and experiences. For example, Casebeer will be represented in the live auction with a framed 20 x 24-inch oil painting of a sunset she calls “Quiet in the Valley.” Retail value is

*See MINGLE, continued on page 4*

### **Barbara Mirano Performance**

*Friday, Feb. 22, at 7 p.m.*

There has been a schedule change for the Friday night program. Come enjoy a performance by Barbara Mirano at 7 p.m. Friday, Feb. 22, in the Community Room. Barbara Mirano is a pianist, collaborator, and teacher. She currently teaches beginner class piano for the UFM at Kansas State University, and pre-college class piano and private lessons for the Manhattan Arts Center.

### **Vespers Services**

*Sunday, Feb. 24 at 7 p.m.*

The Vespers service will be led by retired Rev. Glenn Fogo from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Feb. 24, in the Community Room. All are welcome.

### **Coffee Corner—Feature Dessert!**

*Tuesday, Feb. 26, at 3 p.m.*

Join us in the Community Room at 3 p.m. Tuesday, Feb. 26, for a social hour. Verna Belle's Café featured dessert will be Carmelitas. All are welcome!

### **Drone Flight Presentation**

*Tuesday, Feb. 26, at 10:45 a.m.*

Arthur Eby, a drone pilot from Kansas State, will be leading a presentation on Unmanned Aerial Systems (drones). Come to the Community Room at 10:45 a.m. Tuesday, Feb. 26, to learn about the technology and many uses of drones.

### **ARTful Memories**

*Wednesday, Feb. 27, at 10 a.m.*

Memory Cafe and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for ARTful Memories Class from 10 to 11 a.m. Wednesday, Feb. 27, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of ARTful Memories by sharing three pieces of art.

### **Moving for Memories**

*Wednesday, Feb. 27, at 11:05 a.m.*

Meadowlark Memory Program walking group will depart from the KSU Classroom at 11:05 a.m. Wednesday, Feb. 27. Cardiovascular exercise, including regular brisk walks, has been linked to slowing memory loss in recent studies.

Additional benefits include building endurance, reducing stress, and building relationships with others. The group will meet immediately following Memory Program activities on Wednesdays (with the exception of the first Wednesday of the month due to the Memory Makers Luncheon). We will walk inside or outdoors, weather dependent, for approximately 20 minutes.

### **Family Caregiver Alliance Webinar**

*Wednesday, Feb. 27, at 1 p.m.*

Join Bridget Larkin MSW for a Family Caregiver Alliance Webinar: Discharge Planning is a Family Affair from 1 to 2 p.m. Wednesday, Feb. 27, in the West Conference Room.

This webinar will describe hospital discharge planning—who does it, what it is intended to accomplish, what a family caregiver should know to be fully prepared for transition, whether a patient goes home with or without formal home care or to a Skilled Nursing Facility for short-term rehab or further care. No RSVP is required. All who are interested are welcome to attend.

### **Thank You Dave!**

*Thursday, Feb. 28, at 3:30 p.m.*

Dave Zerfas, Transportation Driver, will be retiring at the end of this month. Help us celebrate all the warm car rides, safe arrivals and great conversations that Dave has provided Meadowlark residents and guests! There will be a retirement party at 3:30 p.m. Thursday, Feb. 28, in the Game Room and Pub. All are welcome!

### **Meadowlark Memory Program: Art Exhibition**

*Thursday, Feb. 28, at 5:30 p.m.*

From Thursday, March 1, through Monday, March 18, Meadowlark Memory Program will host a free Art Exhibition at the Flint Hills Discovery Center (315 S. Third St., Manhattan). Featured art will include pieces created by residents and community members through Memories in the Making and ARTful Making programs made possible by collaborations between Meadowlark Memory Program, the Marianna Kistler Beach Museum of Art and the Alzheimer's Association. Transportation for the opening reception will depart from the Village Entrance at 5:15 p.m. Thursday, Feb. 28. Please sign up in the Blue Book.

### **King Lear Showing**

**Thursday, Feb. 28, at 6 p.m.**

There will be a special showing of Shakespeare's *King Lear*, starring renowned British Shakespearean Anthony Hopkins, at 6 p.m. Thursday, Feb. 28, in the Grosh Cinema. This most profound of his tragedies, addressing issues of aging parents, parent-child relations, sibling rivalry, rejection and poverty.

The show will be followed by a short conversation led by Professors Sally Bailey (KSU Theater Dept.) and Don Hedrick (KSU English Dept.). They will discuss the play and what it says about these issues personally and relevance today. Seating is limited. Please sign up in the Blue Book at the Hospitality Desk.

### **Los Yumas Quartet**

**Friday, March 1 at 7 p.m.**

We are excited to welcome to Meadowlark for the first time, the Los Yumas Quartet! The quartet features trombonist Henry Law, bassist Matthew Meals, pianist Alex Shallenberger and lead signer as well as percussionist Jeremey Reynolds. They are a Cuban band that has the high energy sound of Salsa music. Come for a night of spicy, sub sounds at 7 p.m. Friday, March 1, in the Community Room.

### **Change & Loss Support Group**

**Monday, March 4, at 1 p.m.**

An informal group will be beginning for the Meadowlark community, including Passport members, residents and their family members, as well as staff are welcome to attend. Social Services Leader Bridget Larkin, LMSW, Chaplain Patty Brown-Barnett, D.Min., and Social Worker Kathleen Spearman, LMSW are collaborating to lead this group. The first session will be Monday, March 4, from 1 to 2 p.m. in the West Conference Room. The group will meet the first, third and fifth (when applicable) Monday of each month.

There is no required reading materials for this group, and consistent participation is encouraged but not required. Feel free to drop in even if you have not been to any previous meetings. Those who wish to purchase *Understanding Your Grief* by Alan D. Wolfelt, Ph.D., as a resource, will be able to follow group sessions in more detail. This opportunity is open to all who wish to work

through life changes and loss in a supportive environment. This week's topic will be "Introduction to Change and Loss Support Group/ Ground Rule."

### **Mardi Gras Celebration**

**Tuesday, March 5, at 5:30 p.m.**

Prairie Star Restaurant will have a Mardi Gras Celebration at 5:30 p.m. Tuesday, March 5. The dinner will include southern and Cajun-style hors d'oeuvres, entrée and desserts. Please make reservations at the restaurant host stand or by calling (785) 323-3820.

### **Memory Matters Symposium**

**Thursday, March 21, from 5 p.m. to 8 p.m.**

Join Meadowlark Memory Program for an educational opportunity for those in the Flint Hills region Thursday, March 21, in the Ballroom at Holiday Inn at the Campus in Manhattan. The goal of Memory Matters Symposium is to provide outreach and education about dementia and Alzheimer's, while also helping to encourage engagement and understanding; ultimately helping to de-stigmatize cognitive decline/changes. No reservations are required to attend this free event and you welcome to come and go as your schedule allows.

Learn about local community resources and enjoy brain healthy appetizers starting at 5 p.m.

From 5:30 to 6:30 p.m., Dr. Eric D. Vidoni, Director of Outreach, Recruitment and Education Core for KU Alzheimer's Disease Center, will present on education about dementia and Alzheimer's, as well as explain current treatment options. He will also update the audience on regional and national research trials' impacts. Sally King, MSW, LSCSW, LCSW (Licensed Clinical Social Worker - Missouri/Kansas) will expanded on Dr. Vidoni's presentation in regards to how dementia/Alzheimer's affects the whole person in her presentation "Meeting the Unseen Needs for Those Affected by Dementia" from 7 to 8 p.m.

### **Better Latte Than Never!**

Verna Belle's is back in the latte business! You heard that right - the new latte machine is installed and ready for customers! Swing by Verna Belle's from 7 a.m. to 4 p.m. Monday through Friday and 7 to 11 a.m. Saturday and Sunday to have the team whip you up a specialty coffee.



### **MINGLE, from page 1**

\$3000. Rose's contribution to the live auction also is an oil measuring 20 x 24 inches. "Dawn's Herald" depicts two meadowlarks at sunrise; retail value is \$1,100. Both artists also are contributing several paintings each to the silent auction, with retail values ranging from \$150 to \$500. See photos of these on the Art Mingle event page at [www.meadowlark.org](http://www.meadowlark.org).

This year's historical component, an exhibit of paintings by Maude Mitchell (1875-1957), also contributes to the plein (pronounced plen) air theme. The daughter of Wabaunsee County pioneers, Mitchell studied art in New York and taught art in the Midwest before returning to her family's ranch south of Wamego in 1915. Mitchell was one of the first well-known artists in this area to paint en plein air, with her favorite subjects being her neighbors' farms and outbuildings and Flint Hills landscapes. Mitchell's paintings at Art Mingle are on loan from the Wamego and Wabaunsee County museums. A print of one of her paintings is expected to be part of the silent auction.



Maude Mitchell in the Kansas prairie

A limited number of tickets are available at \$75 each. In addition to food and beverages, all attendees receive a souvenir drinking glass, thank you gifts and access to shuttle service from your parking spot (if needed). Cocktail or business casual attire suggested. Order tickets by contacting Michele Riter at (785) 323-3832, or purchase online at [www.meadowlark.org](http://www.meadowlark.org) by clicking on the "Art Mingle" button on the top-right corner of the home page.

Community First National Bank again is our presenting sponsor. Goldstein Fund and Kellstrom Pharmacy are our Artists' Showcase and Libations

sponsors, respectively. We gratefully acknowledge their support!

**Art Mingle: Fine Art Fair** is set for 10 a.m. to 3 p.m. on Saturday, March 30, in the Community Center. To date, 15 local and area artists have applied to show and sell their paintings, photographs, sculpture, jewelry, etc., and several others are expected to join the fun.

There is no charge to attend the Fair, and the public is invited. A list of participating artists and their media soon will be added to the Fine Art Fair event page at [www.meadowlark.org](http://www.meadowlark.org). Plan to spend a few hours and cure your cabin fever!

Questions about either event? Please contact Becky Fitzgerald, Development Director, at (785) 323-3843. As indicated, proceeds from Art Mingle benefit Meadowlark Memory Program, now in its fourth year. The program provides education and engagement opportunities for persons affected by memory loss. Most program services are FREE and open to anyone in the Flint Hills region.

### **On Coming Home**

*submitted by Helen Roser*

I was a grown-up, big city lady. No need to bother anyone to take me home after my few days in the hospital for surgery. After strapping me into the stiff enclosure that went from waist to ankle, the nurse handed me my new crutches and said over her shoulder as she left: "Don't forget your bag."

Holding my purse and crutch in one hand and my bag and crutch in the other, I raised the alarm of the hospital greeter in the lobby. He pointed to a chair and told me: "You can wait there to be picked up."

His alarm increased as I told him confidently: "I'm not being picked up. I'm driving myself home." (Big city Helen who doesn't want to bother anyone.)

The greeter took my car keys and disappeared to bring my car. We struggled to get me and my unbending brace into the car. With the seat back as far as it would go, my right foot could barely touch the gas and brake.

But away I drove. Independent me, who didn't want to bother anyone. The hospital was in a super busy part of town. It was 5:15 p.m., the busiest part of the day.

My gas gauge bounced on empty, so I drove into the only full-service station left in town. It was run by Hispanics, struggling to survive. I had an

account there and they greeted me with: "Hello, Elaina!" Suddenly my car was engulfed with service. One filled my gas tank. Two washed my windows. One checked my tires. Another disappeared under my hood to check my oil. I signed for my purchase and went on my way as they called: "Adios, Elaina!" I drove on my independent way.

The street was full of fast traffic. My right foot stretched to press the brake as we waited at the busy intersection.

Finally, the light changed and we were on our way. But, just as I reached the middle of the intersection, heavy dark smoke began to pour from under my hood. Sure as heck, fire was under there.

Traffic in both directions stopped. People were running toward me, yelling: "Get out! Get out!" But of course I couldn't. It would require pulling car body parts from around me. That device hitched on me was not moving.

Alarmed faces of strangers surrounded me as they pleaded: "Get out! Get out!" as black smoke enveloped them.

Sirens of a fire truck, ambulance and police blared. They must have driven on sidewalks to get there. It was Panic City as Helen, the city lady who didn't want to bother anyone, sat crammed in the midst of it all.

Some efficient, kind officials got me out of my car and my car was towed away. Someone brought me home.

One of the amigos had left his oily rag on my engine. As I sat in the heavy traffic, it heated up and caught fire.

I will never forget those distraught caring faces and their cries to "Get out! Get out!" I was their sister, not a stranger.

### Recycling Clarification

Last week's Messenger cover article about recycling at Meadowlark mentioned commingled recycle bins. The three containers behind the west tower elevators on the first floor of the main building are for commingled recyclables. The recycling dumpster behind the loading dock is cardboard only.



## LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.

Saturday & Sunday, 7 to 11 a.m.

(785) 323-3818

### Sunday, Feb. 24

**Breakfast:** Omelets with Fruit

### Monday, Feb. 25

**Breakfast:** Biscuits & Gravy

**Lunch:** Chili Cheese Dog & Side

*grilled hotdog topped with chili & shredded cheddar cheese on a butter-toasted hotdog bun ~ \$4.50/\$6.50*

### Tuesday, Feb. 26

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Hawaiian BBQ Chicken Wrap & Side

*BBQ chicken, pineapple, onions, lettuce, mozzarella cheese & cilantro wrapped in a flour tortilla ~ \$4.50/\$6.50*

### Wednesday, Feb. 27

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Smothered Chicken Burrito & Side

*shredded chicken, tomatoes, corn & shredded cheese wrapped in a flour tortilla covered in a white cheese sauce ~ \$6.50*

### Thursday, Feb. 28

**Breakfast:** Biscuits & Gravy

**Lunch:** Beef & Broccoli with White Rice

*sliced flank steak, broccoli & onions in a soy sauce served over white rice ~ \$4.50/\$6.50*

### Friday, March 1

**Breakfast:** Waffle or Pancake

**Lunch:** Mini Buffalo Chicken Sandwich & Side

*shredded chicken, mild buffalo sauce, cheddar cheese & ranch dressing on a mini slider bun ~ \$4.50/\$6.50*

### Saturday, March 2

**Breakfast:** A la cart menu options

**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	Feb. 24 ~ Lunch \$12	Dinner \$11
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Feb. 25 ~ Lunch \$10	Dinner \$12
	Chicken Pot Pie Choice of Vegetable	Roasted Pork loin <i>with Natural Sauce</i> Roasted Red Potatoes Vegetable du Jour
TUESDAY	Feb. 26 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter or dessert)</i>	Chicken Breast ala Orange Wild Rice Vegetable du Jour
WED.	Feb. 27 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour	Beef Fromage Penne <i>with Caramelized Onions, Shitake Mushrooms in White Cheddar Parmesan &amp; Marinara Sauces</i> Garlic Toast & Vegetable du Jour
THURS.	Feb. 28 ~ Lunch \$8	Dinner \$12
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Pork Schnitzel Scalloped Potatoes Vegetable du Jour
FRIDAY	March 1 ~ Lunch \$10	Dinner \$12
	Fish & Chips <i>with Tartar Sauce</i> Cole Slaw	Chicken Cacciatore Rice Vegetable du Jour
SAT.	March 2 ~ Lunch \$10	Dinner \$15
	Beef Quesadilla Black Beans Spanish Rice	Steak Baked Potato Vegetable du Jour

DRINK  
SPECIAL

Rum Daisy

2 oz. Cruzan Rum, 1/2 oz. Lemon Juice, 1/2 oz. Grenadine & Simple Syrup

\$3.75

## Grosh Cinema Movies

Sunday, Feb. 24, to Saturday, March 2, 2019

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

### **Sunday, Feb. 24—I Am Bolt (2016)**

A documentary film highlighting the legacy of the fastest man in history, Usain Bolt.

Co-Starring: Pele, Neymar & Serena Williams

Rated PG; 1 hr. 47 min.; Sports

### **Monday, Feb. 25—Quartet (2012)**

At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents.

Co-Starring: Maggie Smith, Michael Gambon, Billy Connolly

Rated PG-13; 1 hr. 34 min.; Comedy

### **Tuesday, Feb. 26—You'll Never Get Rich (1941)**

In order to cover up his philandering ways, a married Broadway producer sets one of his dancers up on a date with a chorus girl for whom he had bought a gift, but the two dancers fall in love for real.

Co-Starring: Fred Astaire, Rita Hayworth & Robert Benchley

Rated PG; 1 hr. 28 min.; Musical

### **Wednesday, Feb. 27—Hang 'Em High (1968) *\*Resident Request***

When an innocent man barely survives a lynching, he returns as a lawman determined to bring the vigilantes to justice.

Co-Starring: Clint Eastwood, Inger Stevens & Pat Hingle

Rated PG-13; 1 hr. 54 min.; Western

### **Thursday, Feb. 28—About a Boy (2002) *\*No 7 p.m. Showing***

Hip, irresponsible Will invents an imaginary son and starts attending single-parent meetings to find available women. But when Will meets the troubled 12-year-old son of a depressed single mother, a quirky and unexpected friendship blooms.

Co-Starring: Hugh Grant, Nicholas Hoult & Toni Collette

Rated PG-13; 1 hr. 42 min.; Comedy

### **Friday, March 1—Unconditional (2012)**

This Christian-oriented drama based on real events describes a woman's search for her husband's killer and her slow return to faith afterwards. Reunited with an old friend, the bereaved widow is inspired by his mission to help inner-city children.

Co-Starring: Lynn Collins, Michael Ealy & Bruce McGill

Rated PG-13; 1 hr. 38 min.; Drama

### **Saturday, March 2—Ocean's Eight (2018)**

The tide has turned and it's a whole new "Ocean's." Danny Ocean's sister, Debbie Ocean, recruits a seven women crew to plan and execute the heist of the century at New York City's star-studded annual Met Gala.

Co-Starring: Sandra Bullock, Cate Blanchett & Anne Hathaway

PG-13; 1 hr. 50 min.; Action/Comedy

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# Weekly Opportunities Calendar *Feb. 24 to March 2*

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## Sunday • Feb. 24

*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. Glenn Fogo, CR

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## Monday • Feb. 25

*Manhattan Room— open seating at dinner only*

9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit  
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR  
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  
3:30 p.m. ~ Meadowlark Singers Practice, CR  
7:00 p.m. ~ Community Bingo, CR

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## Tuesday • Feb. 26 *Trash & recycling pick-up*

*Manhattan Room—open seating at dinner*

10:45 a.m. ~ Drone Flight Presentation, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
3:00 p.m. ~ Coffee Corner, CR  
4:00 p.m. ~ Newspaper & Bible, FHR  
5:30 p.m. ~ 3rd Floor Supper, CR  
7:00 p.m. ~ Dominoes, GR

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## Wednesday • Feb. 27

*Manhattan Room— open seating at lunch & dinner*

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ ARTful Memories, KSU CL  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
11:05 a.m. ~ Moving for Memories, KSU CL  
12:00 p.m. ~ Yoga, CR  
1:00 p.m. ~ Pitch, GR  
1:00 p.m. ~ Family Caregiver Alliance Webinar, WCR  
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR  
1:30 p.m. ~ Diabetic Support Group, KSU CL  
3:00 p.m. ~ Rock Steady Boxing, CSC  
3:00 p.m. ~ Rock Steady Boxing, KSU CL  
3:00 p.m. ~ Unitarian Universalist Fellowship, MR  
3:00 p.m. ~ Call Hall Ice Cream Social, KR  
5:30 p.m. ~ 1st Floor Supper, FHR  
6:30 p.m. ~ Osher Class: America's Little War, CR

## Thursday • Feb. 28

*Manhattan Room—open seating for lunch only*

8:30 a.m. ~ Messenger Team, WCR  
8:30 a.m. ~ Apple Help Lab, SCR  
10:00 a.m. ~ Meadowlark Bible Study, FHR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
2:00 p.m. ~ Stepping On, KSU CL  
2:30 p.m. ~ Gerontology Class, CR  
3:30 p.m. ~ Retirement Party for Dave Zervas, GR  
5:15 p.m. ~ Depart for Art Exhibition, VE  
5:30 p.m. ~ Art Exhibition Opening Reception, FHDC  
6:00 p.m. ~ *King Lear* Showing, GC

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## Friday • March. 1

*Manhattan Room—open seating for lunch & dinner*

9:30 a.m. ~ Art Committee Meeting, FHR  
9:30 a.m. ~ Seated Strength, CR  
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 Mass, CR  
7:00 p.m. ~ Los Yumas Quartet, CR

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## Saturday • March 2

*Manhattan Room— open seating for lunch & dinner*

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

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### 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	VB, Verna Belle's
VE, Village Entrance	FHDC, Flint Hills Discovery Center

\*Meadowlark News Channel can be viewed on Channel 1960

### Cancellations

Exercise classes on Tuesday and Thursday morning are cancelled.