

Messenger

Feb. 28, 2019 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit organization enhancing senior lifestyles

One Photographer, Two Presidents

by Michele
Riter,
Community
Relations
Assistant
You know the
names,
President
Ronald Reagan
and President



Photos by Pete Souza

he was on the team of staff who was awarded the Pulitzer Prize in 2001 for explanatory reporting on the airline industry.

Barack Obama. You've seen the photos. But do you know the man behind the camera? He captured behind-the-scenes, private and emotional moments during these presidencies. Pete Souza gave the world a view into the nature of the relationships between these presidents, their families, and co-workers.

Pete Souza is a freelance photographer in the Washington, D.C. area. Souza was the Chief Official White House Photographer for President Ronald Reagan and President Obama and the Director of the White House photo office.

Souza's work has received various distinctions and awards. His book, "The Rise of Barack Obama," published in 2008, debuted as number one on *The New York Times* Bestseller list. At the *Chicago Tribune*,

Pete Souza is a Kansas State University alum and graduated with a master's degree in journalism and mass communication. In 2017, he was recognized with the K-State Alumni Excellence award.

Pete Souza will be visiting K-State for a presentation Tuesday, March 5, at 7:30 p.m. at McCain Auditorium. Free tickets are available at the McCain box office. Call (785) 532-6428 to reserve your tickets.

The Marianna Kistler Beach Museum of Art is currently hosting an exhibition of Souza's work, "Two Presidents, One Photographer." The exhibition will run through April 27. Pete Souza will be available for a book signing at the Manhattan Public Library Wednesday March 6. from noon to 1 p.m.

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

plein air affair 2019

the plan for this 2nd 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.

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 by clicking on the "Art Mingle" button on the top right corner of the home page.

Meadowlark Memory Program: Art Exhibition

Friday, March 1 through March 18

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.

Open Communion Service

Sunday, March 3, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, March 3, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122

Vespers Services

Sunday, March 3, at 7 p.m.

The Vespers service will be led by Rev. Dennis Ackerman from College Ave. Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 3, in the Community Room. All are welcome.

Town Hall Meeting

Monday, March 4, at 9:30 a.m.

All are invited to attend March's Town Meeting to hear the Meadowlark news at 9:30 a.m. Monday, March 4, in the Community Room.

Outdoor Opportunities Committee

Monday, March 4, at 1 p.m.

Members of the Outdoor Opportunities Committee will meet Monday, March 4, at 1 p.m. in the Flint Hills Room. If you have questions prior to the meeting time, please contact Sarah Duggan at (785) 323-3878.

Change & Loss Support Group

Monday, March 4, at 1 p.m.

An informal group will begin for the Meadowlark community, including Passport

members, residents and their family members, as well as staff. 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."

Guided Meditation

Tuesday, March 5, at 10:30 a.m.

Start the new year off right by doing something good for your mind, body, and spirit! You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, March 5, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

All-Campus Mardi Gras Party

Tuesday, March 5, at 1:30 p.m.

Wroten House is hosting an all-campus party celebrating Mardi Gras at 1:30 p.m. Tuesday, March 5, in the Community Room. All are invited to attend and dress in your festive green, purple and gold for a best outfit contest.

Parkinson's Webinar

Tuesday, March 5, at 2 p.m.

Join Meadowlark Parkinson's Program for a webinar Tuesday, March 5, at 2 p.m. in the West Conference Room. The webinar will be led by Dan Gold, DO from John Hopkins Hospital on "Expert Briefing: Seeing Clearly with PD: Vision Changes."

Coffee Corner—Feature Dessert!

Tuesday, March 5, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, March 5, for a social hour. Verna Belle's Café featured dessert will be Chocolate Cookies & Cream Cupcakes. All are welcome!

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. The restaurant will close at 2 p.m. after lunch service. Verna Belle's Café will be open until 6 p.m. for dinner service.

Ash Wednesday Services

Wednesday, March 6, at 10:30 a.m. & 4:30 p.m.

Two Ash Wednesday services will be offered for the Meadowlark community on Wednesday, March 6. A morning service will take place at 10:30 a.m. in the Flint Hills Room, and a 4:30 p.m. service will take place in the Community Room. Ash Wednesday marks the beginning of the Season of Lent which, not including Sundays, lasts forty days and culminates in a celebration of Easter on Sunday, April 20.

Receiving ashes (on the forehead or on the back of a hand) is optional, and all are welcome to come!

Memory Makers Luncheon

Wednesday, March 6, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, March 6, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changed in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, March 4. Cost is approximately \$9 per person.

Special Showing: Prairie Women

Wednesday, March 6, at 1, 4 & 7 p.m.

View a special showing of the documentary "Women of the Prairie" Wednesday, March 6, at 1, 4 and 7 p.m. in the Grosh Cinema. Women of the Flint Hills have always had significant roles in protecting, preserving, and promoting the tallgrass prairie. The film profiles 15 of these women – our Flint Hills friends and neighbors. Susan Rose, one of the featured artists for 2019 Art Mingle, is included in this documentary.

Apple Help Lab

Thursday, March 7, at 8:30 a.m.

IT Assistant, Kevin will be available in the South Conference Room on Thursdays from 8:30 to 11 a.m. to assist residents with any Apple product related needs or questions. Kevin received his Apple Certification in October and can assist residents with questions or issues relating to their iPhones, iPads, or Mac computers. All are welcome to bring their devices for assistance.

Parkinson's Education Group

Thursday, March. 7, at 2 p.m.

Join Meadowlark Parkinson's Program for an Education Group Thursday, March 7, at 2 p.m. in the Community Room. This month's presentation will be "Who Even Cares?: A Discussion on Apathy for All those Affected by Parkinson's." Christina Wilson, Couple and Family Therapy Intern, will be leading the presentation.

Sushi 101

Friday, March 8, at 5 p.m.

Hyunghwa "Rick" Oh is excited to bring to Meadowlark residents the art of making sushi Friday, March 8, at 5 p.m. in Verna Belle's Café. Rick will teach you how to make sushi and roll it. There will be four sushi rolls highlighted including the Philadelphia Roll, Grilled Eel Roll, Salmon Roll and Spicy Shrimp Roll. Supplies and space is limited. Please sign up in the Blue Book at the Hospitality Desk. This event is available at no cost. For questions, call Monte Spiller at (785) 323 -3801.

Memory Matters Symposium

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.

March Birthdays

Healthcare

3/4 Janice Ruiz 3/10 Doris Givens

3/10 Helen Snell

3/11 Harold Anderson

3/16 Irma Keffer

3/18 Barbara Harlan

3/19 Sherry Anders

3/20 Norma Adams

3/27 Emily Given

3/30 Ruby Silva

Assisted Living

3/7 Phyllis Deckert

3/17 Sally Landsdowne 3/23 Marion Boydston

Independent Living

3/1 Pauline Norby

3/1 Jean Beatty

3/1 Vera Williams3/4 Verlyn Richards

3/9 Pat Hartman

3/10 Helen Janes

3/10 Darlene Reeves

3/12 Charles Deyoe

3/12 Sherry Reed

3/14 Penny Socolofsky

3/17 Mildred Lindholm 3/17 Dennis Graham

3/19 Steve Owens

3/20 Betty Braaten

3/22 Sue Bayer

3/23 Sandy Emley

3/25 Ruth Friedmann

2/28 Jan Vanderbilt

Employees

3/1 Amber Milton

3/2 Jeanette Wagner

3/3 Will Gold

3/3 Hannah Webber

3/4 Lelihna Sehna

3/4 Kimberly Wyatt

3/5 Marisa Dillard

3/6 Ashley Ammann

3/7 Kashaya Zukowske

3/8 Landree Jones

3/9 Sara Snell

3/10 Kristen Martin

3/10 Joy Underwood

3/11 Tim Randall

3/11 Anastasia Brown

3/12 Teresa Berens

3/12 Aliyah Ryan

3/13 Lamario Hicks

3/16 Kathy Ross

3/16 Lori Uffman

3/16 Christy Hougham

3/16 Christina Gauthier

3/17 Shannon Sak

3/17 Courtney Jones

3/19 Lynn Roberts

3/19 Mariah Childs

3/22 Joyceanna Scudder

3/24 Conni Scherff

3/24 Heidi Hoff

3/26 Taylor Kaump

3/28 Jon Bechtel

3/28 Kikelomo Adenekan

3/28 Keana Davis

3/29 Mikaela Gose



Events/Announcements, from page 3

Wildflowers: Think Spring! Friday, March 8, at 7 p.m.

Join Dr. Valerie Wright for a presentation on wildflowers and about some of the

favorite blooms you can see in the spring and throughout the year at 7 p.m. Friday,

March 8, in the Community Room.

Dr. Wright is an Adjunct Professor in the Entomology Department, Kansas State University, and retired Education Director, Konza Prairie Biological Station. Teaching school children and the public about the tallgrass prairie has been her passion for more than 25 years. As a long-time board member of the Kansas Native Plant Society and past president, she has promoted the enjoyment and use of native plants in gardens and the conservation of native prairie in the Flint Hills.

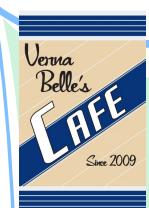
Shopping Trips

Wednesdays & 2nd Saturdays

Meadowlark Transportation takes a bus to Walmart and Dillons, eastside location, each Wednesday departing from the Village Entrance at 10 a.m. and will return about 11:30 a.m. There is no cost for this trip. Next trip is Wednesday, March 6. On the second Saturday of each month,

Meadowlark Transportation takes a bus to Hobby Lobby and Dollar Tree. It departs from the Village Entrance at 10:30 a.m. and return about 11:45 a.m. Cost for this trip is \$3. The next trip is Saturday, March 9. Please sign up in the Blue Book at the Hospitality Desk for both or either of these shopping trips.





LUNCH & BREAKFAST

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

Sunday, March 3

Breakfast: Omelets with Fruit

Monday, March 4

Breakfast: Biscuits & Gravy

Lunch: Grilled Ham & Cheese with Tomato Soup ham, American cheese & cheddar cheese on your choice

of Italian or wheatberry bread ~ \$4.50/\$6.50

<u>Tuesday</u>, <u>March 5 ~ open until 6 p.m. for dinner</u>

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chili & Cinnamon Roll

ground beef, tomatoes, onions & chili beans in a tomato

based stew ~ \$4.50/\$6.50

Wednesday, March 6

Breakfast: Breakfast Burrito & Fruit

Lunch: Burrito Bowl

build your own burrito bowl with cilantro lime rice & your choice of chicken or beef & toppings from the

salad bar ~ **\$6.50**

Thursday, March 7

Breakfast: Biscuits & Gravy

Lunch: Maple Bacon Chicken Sandwich & Side breaded chicken, topped with bacon, swiss cheese & maple

syrup on a croissant ~ **\$4.50/\$6.50**

Friday, March 8

Breakfast: Waffle or Pancake

Lunch: Grilled Chicken & Mac & Cheese Bowl creamy macaroni & cheese topped with grilled chicken & your choice of toppings from the salad bar~ \$6.50

Saturday, March 9

Breakfast: A la cart menu options



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.

	NA 10 1 1 440	D: #44
٨Y	March 3 ~ Lunch \$13	Dinner \$11
SUNDAY	Pot Roast with Carrots, Celery & Onions	Chicken Lasagna
\leq	Mashed Potatoes	Garlic Toast
S	Vegetable du Jour	Vegetable du Jour
	-	D' ¢40
TUESDAY MONDAY	March 4 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich	Braided Beef Brisket
	French Fries	with Wild Mushroom Sauce
ĕ	Coleslaw	Potato Pancake Vegetable du Jour
∀	March 5 ~ Lunch \$8	Dinner
D'	Faiita Dan	Mandi Cuas Calabuatian
Ш	Fajita Bar (does not include drink, starter or dessert)	Mardi Gras Celebration
\square	(does not include drink, starter or dessert)	Restaurant will close at 2 p.m.
	March 6~ Lunch \$10	Dinner \$12
WED.	Salisbury Steak	Chicken Pecan
	with Mushroom Sauce	with Dijon Sauce
	Mashed Potatoes	Rice Pilaf
	Vegetable du Jour	Vegetable du Jour
, ċ	March 7 ~ Lunch \$8	Dinner \$12
THURS.		Beef Stroganoff
	Baked Potato Bar	Noodles
F	(does not include drink, starter, or dessert)	Vegetable du Jour
	March 8 ~ Lunch \$10	Dinner \$12
ΑΥ	Dhilly Roof Sandwich	Salmon Cakes
	Philly Beef Sandwich Potato Salad	with Green Pea Cream Sauce
FRI	Choice of Vegetable	Roasted Red Potatoes
	Choice of Vegetable	Vegetable du Jour
SAT.	March 9 ~ Lunch \$10	Dinner \$15
	Chili Dog	Steak
	French Fries	Baked Potato
	Choice of Vegetable	Vegetable du Jour

DRINK 2 oz. Hypnotiq, 1 oz. Vodka, 1/2 Orange Juice & Lime Juice \$3.75

Grosh Cinema Movies

Sunday, March 3, to Saturday, March 9, 2019

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

Sunday, March 3— Hairspray (2007)

■ Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after ■ landing a spot on a local TV dance show.

■ Co-Starring: John Travolta, Queen Latifah & Nikki Blonsky

Rated PG; 1 hr. 57 min.; Musical

Monday, March 4—<u>AntMan & the Wasp</u> (2018)

As Scott Lang balances being both a Super Hero and a father, Hope van Dyne and Dr. Hank Pym present an urgent new mission that finds the Ant-Man fighting alongside The Wasp to uncover secrets from their past.

Co-Starring: Paul Rudd, Evangeline Lilly & Michael Pena

■ Rated PG-13; 1 hr. 58 min.; Action

Tuesday, March 5—Maudie (2016)

An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and
 eventually becomes a beloved figure in the community.

Co-Starring: Sally Hawkins, Ethan Hawke & Kari Matchett

Rated PG-13; 1 hr. 55 min.; Biographical Drama

■ Wednesday, March 6— SPECIAL FEATURE: <u>Prairie Women: Engaging</u> ■ Women of the Flint Hills (2018)

■ Women of the Flint Hills have always had significant roles in protecting, preserving, and promoting the tallgrass prairie. Join us for a screening of a film that profiles 15 of these women – our Flint Hills friends and neighbors. Including Susan Rose, a featured artist for 2019 Art Mingle.

1 hr. 27 min.; Documentary

Thursday, March 7— Legally Blonde (2001) *Resident Request

■ Elle Woods, a fashionable sorority queen is dumped by her boyfriend. She decides to follow him to law school, while she is there she figures out that there is more to her than just looks.

■ Co-Starring: Reese Witherspoon, Luke Wilson & Selma Blair

■ Rated PG-13; 1 hr. 36 min.; Comedy

Friday, March 8—Whiskey, Tango, Foxtrot (2016)

After careful consideration, Kim Baker, a news copywriter, decides to leave the relative comfort of a New York desk job to accept the assignment to work for three months as on-camera reporter in war torn Afghanistan.

Co-Starring: Tina Fay, Margot Robbie & Martin Freeman

Rated R language & violent war images; 1 hr. 52 min.; Biographical Drama

■ Saturday, March 9—Four Minute Mile (2014)

- \blacksquare A former track coach decides to train a student with natural athletic talent. Tragedy strikes, forcing the
- student to confront everything that has been holding him back.
- Co-Starring: Kelly Blatz, Richard Jenkins & Kim Basinger
- Rated PG-13: 1 hr. 36 min.: Drama

Weekly Opportunities Calendar March 3 to March 9

Şunday • March 3

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

4:00 p.m. ~ Open Communion Service, FHR

7:00 p.m. ~ Vespers with Rev. Dennis Ackerman

Monday • March 4

Manhattan Room— no open seating available

7:30 a.m.. ~ 1st Pres. Men's Bible Study, FHR

8:30 a.m. ~ IL Resident Council. KSU CL

9:30 a.m. ~ Town Meeting, CR

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

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

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

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

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

1:00 p.m. ~ Change & Loss Series, WCR

1:00 p.m. ~ Outdoor Opportunities Committee, FHR

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

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

6:00 p.m. ~ LEAP! Class, CR

7:00 p.m. ~ Community Bingo, *moved to VB

Tuesday ● March 5 Trash & recycling pick-up

Manhattan Room—no opening seating available

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 Dolors Book Discussion, FHR

12:00 p.m. ~ Parkinson's Webinar, WCR

1:30 p.m. ~ All-Campus Mardi Gras Party, CR

2:00 p.m. ~ LifeStory Writing Group, FHR

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

3:30 p.m. ~ Ambassador Committee, WCR

4:00 p.m. ~ Meadowlark Traveler's Meeting, CR

5:30 p.m. ~ Mardi Gras Celebration, PS

7:00 p.m. ~ Dominoes, GR

Wednesday • March 6

Manhattan Room—open seating at dinner only

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 Group, SCR

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

10:30 a.m. ~ Ash Wednesday Service, FHR

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

11:00 a.m. ~ Memory Makers Luncheon, MR

11:30 p.m. ~ 1st Men's Club Luncheon, WCR

12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch. GR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

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

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

3:00 p.m. ~ Rock Steady Boxing, KSU CL

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

4:30 p.m. ~ Ash Wednesday Service, CR

Thursday • March 7

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. ~ Parkinson's Education Group, CR

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

Friday • March. 8

Manhattan Room—open seating for lunch & dinner

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

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

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

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

1:00 p.m. ~ Parkinson's Care Support Group, FHR

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

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

7:00 p.m. ~ Wildflowers: Think Spring!, CR

Saturday • March 9

Manhattan Room— open seating for lunch & dinner

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

10:30 a.m. ~ Trip to Hobby Lobby & Dollar Tree, VE

Room Abbreviations

BP, Billiards Parlor WCR, West Conference Room CR, Community Room CSC, Combative Sports Center GR, Game Room

FHR, Flint Hills Room GC, Grosh Cinema

WL, Wroten Library **PSP**, Prairie Star Patio KR, Kansas Room (Pub)

CH, Collins House

HD, Hospitality Desk KSU CL, KSU Classroom

LB, Library MR, Manhattan Room

MS, Miller Spa SCR, South Conference Room VB, Verna Belle's

MFR, Miller Friendship Rm

PS, Prairie Star Restaurant

VE, Village Entrance