

# Grow Green Match Day 2019

**Meadowlark fund grows by more than \$26,500!**

*by Becky Fitzgerald*

During a 24-hour period on Monday, 58 local non-profit endowment funds received more than \$520,000 in private, charitable gifts from supporters. With Greater Manhattan Community Foundation providing a 50% match to eligible donations (\$25 to \$1000), the total raised during the 7<sup>th</sup> annual Grow Green Match Day tops \$780,000!

The event, held on April 22, was sponsored by GMCF. Donors were invited to make a donation in person at the Colony Square office building on Poyntz Avenue or online through the Grow Green website. The 58

contributions made to a Meadowlark Foundation endowed fund with GMCF were among 2639 gifts on Match Day. Meadowlark's donation total is \$17,475. Assuming all of our donations are eligible for matching funds, the donation total grows with a match of \$8,737.50. But wait! There's more! The name of Passport member Tom Holder and names of residents Angie Fryer and Ellie Cox were drawn for an hourly prize of \$100, meaning Meadowlark Foundation's total was boosted by an additional \$300.



**Meadowlark resident Sue Hunt completes a donation form at Match Day headquarters.**

If you're counting, you're realizing our grand total for Match Day 2019 is expected to be **\$26,512.50!**

The donation total of \$17,475 must go into our endowed fund with the community foundation, but we have flexibility with the match and prize money. The Foundation's Board of Directors are expected to determine how to allocate the additional \$9,037.50 at their May meeting. In year's past, they've voted to put our match money into an invested account benefiting the Good Samaritan Fund and into a staff development/training fund.

On Match Day, participating organizations could track their progress on the Grow Green website. With all of the

donations counted, Meadowlark Foundation placed 9<sup>th</sup> among the 58 organizations/funds in terms of the amount raised. (We placed 10<sup>th</sup> out of 55 agencies last year.) Seven organizations, including Shepherd's Crossing, Manhattan Emergency Shelter, and Flint Hills Bread Basket exceeded \$20,000 in donations and received the maximum match of \$10,000.

Thank you to everyone who joined me in making our green grow significantly! Your generosity helps ensure our organization's long-term success.

## **Congratulations!**

The results are in! Pam Oehme has been elected by the independent living residents to serve as one of three representatives on the Meadowlark Board of Trustees. Pam's term will begin July 1, 2019. Thank you to all who participated in the vote!

## **Pig Out for Parkinson's**

**Thursday, April 25, from 11 a.m. to 9 p.m.**

Join us today any time between 11 a.m. and 9 p.m. for the 9<sup>th</sup> Annual Pig Out for Parkinson's at Cox Bros BBQ on McCall Road. Cox Bros donates 10-percent of the sales to the program and all sales qualify (dine-in, carry-out, buffet).

The legendary Bill Snyder will be present at lunch and we will have a slider buffet. Be sure to come back for dinner and meet the new K-State Football Coach, Chris Klieman, at 6 p.m. The evening will also include a pig-roast buffet with Bud Cox's famous bread pudding and music from singer Bryton Stoll.

For those signed up in the Blue Book, transportation will depart from the Village Entrance at 11 a.m. for lunch and depart at 5 p.m. for dinner.

## **Depart for Trip to Kauffman Stadium**

**Friday, April 26, 12:30 p.m.**

If you have signed up for the trip to Kansas City's Kauffman Stadium to watch the 2019 Royals, please arrive to the Prairie Star Patio by 12:30 p.m. to load the bus.

A tailgate supper will be provided. Attendees are encouraged to bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside of the stadium, and snacks for the ride home. Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Departure from the stadium to return home will be contingent on when the game ends, but expect to return around midnight. If you have questions, please contact Monte Spiller at (785) 323-3801. Let's go Royals!

## **Vespers Service**

**Sunday, April 28, at 7 p.m.**

The Vespers service will be led by Rev. John Parsley with Bruce Marvin on the mandolin

from First Baptist Church at 7 p.m. Sunday, April 28, in the Community Room. All are welcome.

## **Blood Drive**

**Monday, April 29, from 10:30 a.m. to 5:30 p.m.**

There will be a blood drive Monday, April 29, in the West Conference Room. If you are interested in donating, contact Jayme Minton at (785) 313-0454 to schedule a time.

## **Contemporary God Talk**

**Monday, April 29, at 1:30 p.m.**

Join Meadowlark resident Jim Reed from 1:30 to 2:30 p.m. Monday, April 29, in the West Conference Room for an open dialogue on faith. Only thing needed is an open mind and the discipline of sharing and listening. For questions, call Jim at (785) 341-7231.

## **Coffee Corner**

**Tuesday, April 30, at 3 p.m.**

Join us in the Community Room at 3 p.m. Tuesday, April 30, for a social hour. Verna Belle's Café featured dessert will be Loaded Blonde Brownies. All are welcome!

## **Learn the Skill of Cup Stacking**

**Tuesday, April 30, depart at 1:30 p.m.**

Meadowlark will be providing transportation to spend time with fourth graders at Northview Elementary School at 1:45 p.m. Tuesday, April 30. For an hour, residents will have the opportunity to interact with these students and learn the skill of "cup stacking." Cup stacking, also known as sport stacking, is an individual and team sport that involves stacking nine or 12 specially designed cups in pre-determined sequences as fast as you can.

If you are interested in attending, please sign up in the Blue Book. Transportation will depart from the Village Entrance at 1:30 p.m. Expect to return to Meadowlark around 3 p.m. For questions, please contact Jana, Volunteer Coordinator, at (785) 323-3890.

## **Mindful Connections**

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

Meadowlark Memory Program invites you to join Mindful Connections, a quarterly education opportunity to learn about topics related to Alzheimer's disease and other forms of dementia while building connections with others affected by the disease.

The next meeting will begin at 5:30 p.m. Tuesday, April 30, in the Community Room. A panel of Summit Care therapists (physical, occupational & speech) will share information about safe and effective practices for family care partners. They will also cover how therapy can assist in care if a person is living at home or in skilled care. There will be time for questions and answers. Refreshments will be served. No prior registration is required.

### **Memory Makers Luncheon**

**Wednesday, May 1, at 11 a.m.**

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, May 1, in the Manhattan Room. 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, April 29. Cost is approximately \$9 per person.

There will not be a Moving for Memories group walk after program activities.

### **Parkinson's Education Group**

**Thursday, May 2, at 2 p.m.**

You're invited to the monthly Parkinson's Education Group of the Flint Hills from 2 to 3:30 p.m. Thursday, May 2, in the Community Room. This month's meeting will cover Parkinson's Medications, plus a question-and-answer session with Dr. Matthew Floersch, Meadowlark Medical Director and Pd Program Medical Advisor. All who are interested are invited to attend!

### **Los Yumas Quartet**

**Friday, May 3, at 7 p.m.**

We are excited to welcome back to Meadowlark the Los Yumas Quartet! Last time they performed for us, the quartet of Henry Law, Trombonist; Matthew Meals, Bassist; Alex Shallenberger, Pianist; and Jeremey Reynolds, Lead Singer and Percussionist, rocked the house with high energy Salsa music. They will be bringing the sounds of Cinco de Mayo on Friday, May 3, at 7 p.m. in the Community Room.

### **Mother's Day Meal**

**Sunday, May 12**

You're invited to make reservations for the Mother's Day Meal at Prairie Star Restaurant.

Mother's Day is Sunday, May 12, and seating times will vary between 11 a.m. and 2 p.m. Make your reservations by visiting the host stand at Prairie Star Restaurant or calling (785) 323-3820. The menu will be published in a future edition of the Messenger.

### **Little Apple Chorus Spring Show**

**Sunday, June 2, at 3 p.m.**

The Little Apple Chorus will be performing their Spring Show, *Turn Your Radio On* Sunday, June 2, at 3 p.m. in Forum Hall at the KSU Student Union. Joining the chorus is local radio host, Dave Lewis, and the International Champion Quartet, *Crossroads*. The show starts at 3 p.m. Doors open at 2:30 p.m.

Ticket prices are \$15 each or a \$50 family pack (two adults and all children in the house). Tickets can be purchased from any chorus member, online at [www.littleapplechorus.org](http://www.littleapplechorus.org) or by calling (785) 409-6141.

### **Wellness Olympiad Update**

*by Jeff Heidbreder, Fitness Services Leader*

The Olympiad rolls on, with several teams moving to the top. Team scores are posted in the Game Room and are updated each Wednesday. Participants should continue tracking physical activity. Be sure to turn in your week-three tracking sheet to the Hospitality Desk or Caul Fitness Center by Tuesday, April 30, by 5 p.m. and use your week-four sheet next week.

We will continue our Group Walks each Tuesday and Thursday, leaving from the Village Entrance at noon. Bridget Larkin and Kathleen Spearman will be leading the Group Walk Tuesday, April 30, as a mindful walk to practice what was discussed in their mindfulness seminar.

The next competition will be the Field Day Challenge at 2:30 p.m. Tuesday, April 30, on the Prairie Star Patio. A fitness seminar will be Wednesday, May 1, at 2 p.m. in the KSU Classroom. All teams will need to sign up for a time slot for the Horsing Around Challenge on Monday, May 6. The sign-up sheet is in the Blue Book at the Hospitality Desk.

For any Olympiad questions, contact Jeff Heidbreder at (785) 341-2995 or visit him in the Caul Fitness Center.

## Notes from the Library

*submitted by Pat Hook, Library Committee*

Well now, we have had two boxes of Reader's Digest condensed books donated. They are fairly old, but there is a lot of good reading there. Find them on the shelves behind the door to the right as you go in the library. The Louis L'Amour books are there too. It's our little, "special collections," area.

The magnifier, for enlarging print, is up and running again. It took five people to get it figured out, but Monte conquered the beast. Thank you, Monte. To use it, just click the red button on the left and put your newspaper, letter, etc. on the movable enlarger platform. Then read the enlarged print on the screen. Brightness can be adjusted.

The new computer also works! I'm told the old one quit because too many people tried to customize it. We should probably just use this one and not try to teach it how to tap dance. Happy reading everyone!

## An Easter Outdoor Adventure

*submitted by Sue Hunt*

Early Sunday morning I took a walk to see what early wildflowers I could find. Early wildflowers are small and delicate and grow in the path so they don't have to compete for the sun.

There were no blooms at the pond because the ground is cooler there. On the Stillman Cemetery path, I saw the pink-purple wild plum and the golden flower of prairie parsley. As I continued around the quarry path, there was a wave of wedgeleaf draba (white, small, four petal flower). My next discovery—a patch of pussy-toes (small, fuzzy flowers in the shape of a cats paw). Next, some prince plum (a mustard plume), a lot of prairie parsley (you can eat the leaves—they taste like celery.) And more wild plum.

To see all these treasures you need to walk slowly and look down and you will be rewarded.

Page 4

## May Birthdays

### Healthcare

5/3 Phyllis Eyestone  
5/8 Nina Todd  
5/15 John Farrell  
5/16 Sam Farmer  
5/18 Nila Parks  
5/22 Ramona Woodhouse  
5/22 Eleanor Collier  
5/22 Larry Fronce  
5/22 Kay Rothfuss  
**5/26 Marjorie McKee**  
5/26 Raymond Anderson  
5/28 Jody Sondergard  
5/31 Gwendolyn Francis

### Assisted Living

5/1 Marianne King  
5/5 Shirley Williams  
5/8 Martha Kellstrom  
5/15 Doris Phillips  
5/21 Frances Chaffin

### Independent Living

**5/11 Max Brecheisen**  
5/11 Betty Black  
5/14 Nao Ohno  
5/14 Sharon Smith  
5/15 Mary Griffith  
5/16 Nathan Bolls  
5/19 Frances Holcombe  
5/20 Ellen Hoover  
5/22 Martha Bloom  
5/22 Elaine Manges  
5/22 Mary Smith  
**5/29 Nancy Kopp**  
5/30 Pat Hook



### Employees

5/1 Teresa Dirck  
5/1 Katie Lower  
5/2 Jennifer Mitchell  
5/2 Braden McCune-Streit  
5/2 Taylor McAnerney  
5/3 Vanessa Leach  
5/4 Maley Sherman  
5/6 Sarah Manosh  
5/6 Alexandria Anderson  
5/6 Mollie Klein  
5/7 Michelle Lehmer  
5/7 Nick Haverkamp  
5/8 Dalanie Hadley  
5/9 Mary Ash  
5/9 Jessica Nixon  
5/10 Heidi Stone  
5/10 Tim Zachary  
5/12 Katrina Leisner  
5/12 Bonnie Gilligan  
5/14 Tanner Boggs  
5/15 LaTisha Garvin  
5/17 Carol Madsen  
5/17 Anna Schlesinger  
5/18 Hannah Jones  
5/19 Alyssa Chabrier  
5/19 Linda Graham  
5/21 Marsha Miller  
5/21 Kady Diarra Bachabi Mama  
5/21 Regina Jackson  
5/22 Aric Sapp  
5/23 Brad Olson  
5/23 Hope Bryant  
5/23 Kaeleen Waltman  
5/25 Jeff Heidbreder  
5/25 Jacob Boggs  
5/26 Amy Bise  
5/26 Kenneth Hager  
5/26 Melody Rowland  
5/29 Ben Weishaar  
5/30 Cheyanne Helms  
5/31 Rishi Govind

**Bold denotes a milestone birthday of 80, 90, 100 or 100+**

## On Don't Ask. Just Enjoy

*submitted by Helen Roser*

The rich and famous were happy with their mountain estates in the newly developed Santa Monica Mountains. They had just one little question to ask the county of Los Angeles, the world's largest.

O.J. Simpson was chosen to be their question person. He told the county man they all loved their homes but they have one little question: "About those big trucks that go up and down our entry road all the time. When will they finish whatever it is they are building?"

The answer was not what the rich and famous expected to hear. "They are not building anything," the county man said. "Those are county trash trucks taking trash to the mountain top where they will dump it into the valley formed by the mountains. It is estimated the dump will hold twenty years of trash, after which dirt will be spread on top, creating a park."

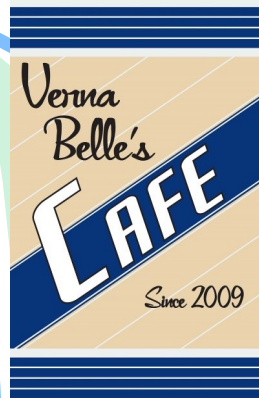
With the building of the wide road for the trash trucks, there was sudden speculation of mountain property which the county sold for top dollar. Speculators built their little private roads leading from the entry road to their new mountain mansions. Wonderful expensive mountain homes!

And all was lovely until someone asked about the trucks. The moral is: Don't ask. Just enjoy. The county has to put all that trash somewhere.

## Meadowlark Opportunities Fair

**Thursday, May 9, at 4 p.m.**

The Meadowlark Human Resources team is hosting a recruitment event promoting job, internship, and volunteer opportunities with the organization. This will be a come-and-go event for potential applicants from 4 to 7 p.m. Thursday, May 9. Campus tours will be offered and interviews will take place in the Community Room. Please be aware of the potential for increased vehicle and foot traffic during this timeframe. Contact Sarah Duggan at (785) 323-3878 with questions.



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, April 28

**Breakfast:** Omelets with Fruit

### Monday, April 29

**Breakfast:** Biscuits & Gravy

**Lunch:** Chicken Teriyaki Bowl

*shredded chicken & stir-fry vegetables covered in teriyaki sauce over wild rice ~\$6.50*

### Tuesday, April 30

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Grilled Cheeseburger

*grilled hamburger with American cheese & all the fixings on a butter-toasted bun, served with baked beans & chips ~\$6.50*

### Wednesday, May 1

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Chicken Bacon Ranch Sliders & Side

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

### Thursday, May 2

**Breakfast:** Biscuits & Gravy

**Lunch:** Steak Fajita Quesadilla with Choice of Side

*steak pieces, peppers, onions & cheese in a crisp flour tortilla ~\$4.50/\$6.50*

### Friday, May 3

**Breakfast:** Waffle or Pancake

**Lunch:** Smothered Burrito with Choice of Side

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

### Saturday, May 4

**Breakfast:** A la carte 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.

<b>SUNDAY</b>	April 28 ~ Lunch \$13	Dinner ~ \$11
	Roast Brisket with Bordelaise Sauce Roasted Red Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
<b>MONDAY</b>	April 29 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Chicken Cordon Bleu with Supreme Sauce Rice Pilaf Vegetable du Jour
<b>TUESDAY</b>	April 30 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter, or dessert)	Salmon & Bow Tie Pasta with Sun-dried Tomato Sauce Garlic Toast Vegetable du Jour
<b>WED.</b>	May 1 ~ Lunch \$10	Dinner \$12
	Cheesy Goulash Choice of Vegetable	Braised Cajun Chicken Thighs & Legs Red Beans & Rice Vegetable du Jour
<b>THURS.</b>	May 2 ~ Lunch \$8	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Braised Burgundy Short Ribs Green Chile Mashed Potatoes Vegetable du Jour
<b>FRIDAY</b>	May 3 ~ Lunch \$10	Dinner \$13
	Baked Orange Roughy Rice Pilaf Choice of Vegetable	Pork Tenderloin Roulades with Wild Mushrooms, Spinach & Balsamic Demi-Glace Risotto & Vegetable du Jour
<b>SAT.</b>	May 4 ~ Lunch \$10	Dinner \$15
	Sloppy Joes French Fries Choice of Vegetable	Roast Prime Rib au jus Twice Baked Potato Vegetable du Jour

**DRINK  
SPECIAL**

Irish Cola  
 1 oz. Irish Whiskey, 1 oz. Irish Cream & Cola  
 \$3.75

## Grosh Cinema Movies

Sunday, April 28, to Saturday, May 4, 2018

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

### **Sunday, April 28—The Perfect Date (2019)**

To earn money for college, a high school student launches an app offering his services as a fake date. But when real feelings emerge, things get complicated.

Co-Starring: Noah Centineo, Laura Marano & Camila Mendes

Rated PG-13; 1 hr. 30 min.

### **Monday, April 29 —Yentl (1983) \*Resident Request**

Based on Isaac Bashevis Singer's story, this Oscar-winning musical tells the story of a Jewish woman who has a thirst for knowledge. Prohibited from learning due to the restrictions of her religion, she poses as a man in order to gain admission to a Jewish religious school.

Co-Starring: Barbara Streisand, Amy Irving & Mandy Patinkin

Rated PG; 2 hr. 13 min.

### **Tuesday, April 30—Green Book (2018) \*Resident Request**

When a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive a world-class Black pianist on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans.

Co-Starring: Viggo Mortensen, Mahershala Ali & Linda Cardellini

Rated PG-13; 2 hr. 10 min.

### **Wednesday, May 1—Indiana Jones & the Temple of Doom (1984)**

Indiana Jones, his young sidekick and a spoiled songbird get more than they bargained for when they go to India in search of a missing magical stone.

Co-Starring: Harrison Ford, Kate Capshaw & Amrish Puri

Rated PG; 1 hr. 58 min.

### **Thursday, May 2—Like Father (2018)**

Left at the altar, a young executive takes her Caribbean honeymoon cruise with the last person she ever expected—her estranged father. Although they depart as strangers, they soon gain a new appreciation for love, life, family and each other.

Co-Starring: Kristen Bell, Kelsey Grammer & Danielle Davenport

Rated R for language & some sexual content; 1 hr. 34 min.

### **Friday, May 3—Accidental Love (2015)**

After a freak accident lodges a nail in a young, uninsured woman's head, her crusade for health care takes her to Capitol Hill. Sparks fly between her and a young senator. Caught up in a love triangle infused with politics, should she listen to her head or her heart?

Co-Starring: Jessica Biel, James Harsden & Jake Gyllenhaal

Rated PG-13; 1 hr. 40 min.

### **Saturday, May 4—The Highwaymen (2019)**

Two steely former Texas Rangers are tasked with tracking and killing infamous criminals Bonnie & Clyde in this crime drama based on real events.

Co-Starring: Kevin Costner, Woody Harrelson & Kathy Bates

Rated R for strong violence; 2 hr. 12 min.

# Weekly Opportunities Calendar April 28 to May 4

## Sunday • April 28

*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. John Parsley, CR

## Monday • April 29

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 10:30 a.m. ~ Blood Drive, KSU CL
- 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
- 1:30 p.m. ~ Contemporary God Talk, WCR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • April 30 *Trash & recycling pick-up*

*Manhattan Room—open seating at lunch & dinner*

- 10:30 a.m. ~ Steady Yourself, CR
- 10:45 a.m. ~ Technology Assistance, FHR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolores Book Discussion, FHR
- 12:00 p.m. ~ Olympiad: Mindful Group Walk, VE
- 2:30 p.m. ~ Olympiad: Field Day, PSP
- 3:00 p.m. ~ Coffee Corner, CR
- 5:30 p.m. ~ Mindful Connections, CR
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • May 1

*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 Partners Supp. Grp, SCR
- 11:00 a.m. ~ Memory Makers Luncheon, MR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:30 a.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
- 2:00 p.m. ~ Olympiad: Fitness Seminar, KSU CL
- 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

## Thursday • May 2

*Manhattan Room—no open seating available*

- 8:00 a.m. ~ Apple Technology Help Lab, SCR
- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Olympiad: Group Walk, VE
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 2:00 p.m. ~ Stepping On, KSU CL
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 6:30 p.m. ~ Osher Class: Poetry, Place & Prairie, CR

## Friday • May 3

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee Meeting, FHR
- 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

## Saturday • May 4

*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	MCR, Miller Craft Room
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