

Sharing a Legacy

Kip Williams receives annual Legacy Award at 17th annual event

by Becky Fitzgerald, Development Director

Meadowlark's amenities, services, and people are three facets to a gem of a community that's better prepared and skilled at helping us navigate life's pathways. At the 17th annual Legacy Society Banquet on May 13, Meadowlark Foundation had the pleasure of recognizing five friends who have been leaders and cheerleaders as we've walked together. Kim Richards, Cindy and Wayne Sloan, Jane Westfall, and Kip Williams have done much to keep Meadowlark a step ahead.

Kip Williams, a Legacy Society member, and winner of the Foundation's 2019 Legacy Award, speaks humbly and simply about the many substantial donations he's made to benefit K-State athletics facilities and Meadowlark funds and projects.

"It's what you're supposed to do in life, right? Help things along," Williams said. Since the mid-1990s, Williams has made numerous, significant gifts to football program facilities, such as the Vanier Football Complex. He's also contributed to K-State basketball's capital projects and has supported the Boys & Girls Club of Manhattan.

Meadowlark's current courtyard project benefited from Williams' generosity; he made a lead, six-figure gift. He's also made significant gifts to the Good Samaritan Fund, contributed to the Verna Belle's renovation project and makes annual gifts on Grow Green Match Day.

Also recognized at the May 13 event were Cindy and Wayne Sloan, who received the Good Samaritan Award; Kim Richards, Education Specialist for the Marianna Kistler Beach Museum of Art, winner of the Johanna Lyle Excellence in Service Award; and resident Jane Westfall, winner of the Margaret Wheat Spirit of Meadowlark Hills Award.

About 110 residents, staff, current and former board



[top row, left to right] Cindy and Wayne Sloan; [bottom row, left to right] Jane Westfall, Kip Williams, and Kim Richards.

members and Legacy Society members joined the winners at this year's event, which was held at the Bluemont Hotel. Prior to the awards presentation, guests viewed a video, "Meadowlark Memory Services: A Step Ahead," which highlights Meadowlark's innovative steps toward memory care and programming. Interviews with persons who have experienced and benefited from these services -- Bob Kruh, Teresa Minton, and Doug Tippin -- helped to describe how memory care services have impacted their lives. The majority of the video production work was donated by New Boston Creative Group, Manhattan.

The video will be shown at the June Town Meeting,

See Banquet, page 4

Volunteers Needed

Thanks to Bob Crawford, with the help of Bob Pulford, for his generous planting of flowers on Prairie Star Patio! The lantana and petunias that have been planted do not require a lot of maintenance because they are resistant to heat and drought, however, watering every two days is recommended. Anyone interested in helping water these beautiful plants this season can contact Bob Crawford at (785) 320-2141.

Walkers & More

If you are/or know someone who is need of an assistance walker, wheeled walker, walker basket or canes, please contact Health Services Assistant, Taylor Wheelock at (785) 323-3800. There is currently a limited amount available for individuals in need.

Lobby furniture—cast your vote!

Ends at 5 p.m. Friday, May 17

Two options have been recommended by a designer for new lobby furniture. The design boards will be displayed outside of Jayme Minton's office until 5 p.m. Friday, May 17. Please cast your vote for your favorite option!

Meadowlark Singers: Sing a Joyful Noise!

Friday, May 17, at 7 p.m.

Sing a joyful noise! The Meadowlark Singers will be performing at 7 p.m. Friday, May 17, in the Community Room. The group has been working hard and look forward to entertaining friends and family. Come join the Singers as they harmonize at the hills!

Vespers Service

Sunday, May 12, at 7 p.m.

The Vespers service will be led by Rev. Ben Duerfeldt from First Christian Church at 7 p.m. Sunday, May 12, in the Community Room. All are welcome.

Contemporary God Talk

Monday, May 20 & May 27

The Contemporary God Talk group will not be meeting Monday, May 20, or Monday, May 27. The meeting will resume as usual Monday, June 3. For questions about the group, call Jim Reed at (785) 341-7231.

Change & Loss Support Group

Monday, May 20, at 2 p.m.

There has been a time and room change for the Change & Loss Support Group. The next session will begin at 2 p.m. Monday, May 20, in the Flint Hills Room. The group meets the first, third, fifth (when applicable) Monday of each month. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Guided Meditation

Tuesday, May 21, at 10:30 a.m.

All are welcome to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, May 21, in the Grosh Cinema. The class is led through guided imagery to focus and achieve a mentally clear and emotionally calm state. No prior experience is necessary.

Coffee Corner

Tuesday, May 21, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, May 21, for a social hour. Verna Belle's Café featured dessert will be Strawberry & Angel Food Cake Parfait. All are welcome!

Trip to Beach Museum: ARTful Memories

Wednesday, May 22, depart at 9:30 a.m.

The Meadowlark Memory Program will take a trip to the Beach Museum of Art for ARTful Memories Class Wednesday, May 22. Transportation will leave from the Village Entrance at 9:30 a.m. The group will return to Meadowlark at 11:30 a.m. Please sign up in the Blue Book at the Hospitality Desk.

Diabetic Support Group

Wednesday, May 22, at 1:30 p.m.

The Diabetic Support Group will meet in the KSU Classroom Wednesday, May 22, at 1:30 p.m. All who are interested are welcome to attend.

Apple Help Lab

Thursday, May 23, at 8:30 a.m.

IT Assistant, Kevin will be available in the Kansas Room (Pub) on Thursdays from 8 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 Partner Luncheon

Friday, May 24, at 12 p.m.

Join Meadowlark Parkinson's Program for a relaxing lunch from noon to 1 p.m. Friday, May 24, in the Community Room. Please sign up in the Blue Book by Monday, May 20. Cost is approximately \$9 per person.

Do Right Daddies

Friday, May 24, at 7 p.m.

You're invited to experience Manhattan's very own Do Right Daddies, also known as Dave and Karl Zerfas. They will be performing at 7 p.m. Friday, May 24, in the Community Room. Join us for some great music!

Memorial Service for Dorothy Frazee

Saturday, May 25, at 11 a.m.

A memorial service will be held for Dorothy Frazee at 11 a.m. on Saturday, May 25, in the Community Room. Services will be conducted by the Rev. Dr. Patty Brown-Barnett. Sandwiches and refreshments will be provided following the service in the Community Room. Memorials may be made to Meadowlark Foundation's Good Samaritan Fund.

Vespers, canceled

Sunday, May 26

Vespers service is canceled for Sunday, May 26. Services will resume Sunday, June 2, at 7 p.m. in the Community Room.

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 or by calling (785) 409-6141.

Meadowlark has a limited number of complimentary tickets reserved for residents,

Passport members or staff. The tickets are available to pick up at the Hospitality Desk and will be given on a first-come-first-served basis.

Summerfest

Friday, June 7, at 5 p.m.

The music, the food and the fantastic celebration of summer is just around the corner! Join your friends and family at 5 p.m. Friday, June 7, for Summerfest, Meadowlark's annual block party.

Our Summerfest celebration will take place on the south side of the building along Meadowlark Road and on Prairie Star patio. The road will be blocked from the fork off the south drive to the village entrance. The cookout will begin at 5 p.m. and will include hamburgers, hot dogs, beans, pasta salad, chips, watermelon and cookies.

The evening will also feature live music starting at 6 p.m. in addition to a sno-kone stand, beer garden and inflatable activities for the kids. Live musical entertainment will be provided by M31, a rock and blues band.

Meadowlark Road, between the Valley and the main entrance to the building, will be blocked off all day Friday, June 7. If you have guests visiting, please make sure they are not parked in the visitor parking at 7 a.m. on Friday. The rented items for the party will be delivered and set up during the morning hours.

All rental items will be retrieved by the company in the morning on Saturday, June 8.

The Pub will not be open the day of Summerfest and Prairie Star Restaurant will close at 2 p.m.

If you have questions regarding Summerfest, please contact Jayme Minton at (785) 313-0454.

Wine & Dine Event

Thursday, June 13, at 5:30 p.m.

Prairie Star Restaurant is now taking reservations for the Wine & Dine Thursday, June 13, at 5:30 p.m. Don't miss your chance for an awesome array of wine and food pairings!

The cost is \$39 plus tax per person. A menu for the evening's event will be published in a future Messenger. Please make reservations by visiting the Prairie Star host stand or by calling (785) 323-3820.

Prairie Star Restaurant will close at 2 p.m. and Verna Belle's Café will be open until 6 p.m. to serve dinner.

Symphony in the Flint Hills

Saturday, June 15, departing at 2 p.m.

This year's Symphony in the Flint Hills is Saturday, June 15! The theme is *Ad Astra*, celebrating the land, the people, and the future of the Kansas Flint Hills through a celebration of the changing of our North Star and the constellations. This great event will feature presentations and performances designed to entertain and enlighten you in a private ranch setting located in Chase County, Kansas. You will experience activities throughout the day, including food and beverages, prairie walks, covered wagon rides, storytelling, and more, which will culminate with a spectacular sunset concert by the Kansas City Symphony.

Meadowlark is taking a trip to this year's concert. The cost of the trip is \$140 per person, which includes an event ticket and transportation from Meadowlark. The group will leave from the Village Entrance on Saturday, June 15, at 2 p.m.

If you choose to purchase a ticket only, the cost is \$107. There is a sign-up sheet in the Blue Book. No refunds can be given for tickets purchased. If you are interested, please sign up or contact Monte Spiller at (785) 323-3801.

On Planning

submitted by Helen Roser

The booming market for building houses had sagged. Most folks who wanted swimming pools had them. Time for some serious salesmanship.

Current front page bad news was concerned over atom bombs and what countries might have them. Solution! Nothing is as persuasive as fear! Build shelter from air raids! Every thinking person wants to protect their family from atom bombs.

Not above ground shelters. Those would get blown away. Shelter in your own backyard! That is, under your backyard. Big hole dug! Neat room built! Dirt piled back on top! Now you have an air raid shelter!

Television interviewed proud shelter owners. One said his shelter had an "entertainment shelf" stocked with games and books. "So we won't get bored as we wait for the air outside to clear," he said.

Oh yes. The air outside. The shelter salesman is in the construction business. He is not a scientist. How does he know how long it will take for the air to clear after an atom bomb has gone off? But, just

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to be on the safe side, he will tell his customers to plan to wait in their shelter two or three days before his family comes out.

It was to fill those days of waiting for the air to clear that the entertainment shelf was for, to prevent boredom.

Now, with their shelter under their back yard, this was the family's plan: Community alarm of incoming atom bombs sounds. Dad leaves work and goes to the shelter. Kids leave school and go to the shelter. Mom leaves her bridge club and goes to the shelter. Last one in puts a rug across the bottom of the shelter door.

The kids play games. Mom and Dad read books. No one is bored. After two or three days for the air to clear, the family comes out. Dad returns to work. The kids go back to school. Mom straightens crooked pictures on walls and dusts.

Scientists who know about atom bombs were moved to laughter or tears. They advised that the best way to avoid encounter with any incoming bombs was to support their country living so no other country wanted to send a bomb our way.

So ended the market for air raid shelters. Now, maybe digging up those back yards and getting rid of those shelters? Grass is always nice. And peaceful.

Banquet from page 1

set for 9:30 a.m. Monday, June 3, in the Community Room.

Legacy Society members invest in Meadowlark Hills and ensure the future of Meadowlark's programs and services. New members are always welcome! If you'd like to know more about Society membership, please contact Becky Fitzgerald, Development Director, at 323-3843.



Over 100 people attended the May 13 banquet.

Poland

submitted by Dotty Blacker

In the Soviet Days you needed an official someone to sign and be responsible for you to enter Poland. The American Attaché had come to the Air Force hospital in Wiesbaden and was cared for by my husband. The Attaché invited anyone who wanted to see Poland and he would sign for them. We were the only ones who said yes.

Warsaw was beautiful but sad. The ghetto had been partially rehabilitated but, of course, there will probably be war reminders for many more years to come.

A most memorable event stays with me. The Attaché said that many of the foreigners thought it a kick to try to lose their Polish secret service follower. The Attaché thought this foolish as they could always find you - they knew where you lived, your work schedule and where, etc. So, he decided he would make the situation positive. He would wave at them, be friendly and never try to ditch them.

The Attaché drove us to see Birkenau prison. About halfway there we stopped at a small waterway with a clearing where we could have the lunch he brought. The first thing he did when we unpacked the cooler was to take a tray with food and drink and walk back up the hill to the Polish guards. It struck me as incredible security to have those guys always behind us.

Birkenau still had a lot of its facilities. The tour guide didn't hide her irritation that the Germans were leaning on Poland to do something more beneficial with the land than saving the camp remains. We saw the inside of one building in all its gloomy glory. Bunk beds stacked as close together as possible and one big fire pit in the center. Looking at the rail system was spooky. They brought people in. Did they take bodies out?

While on the subject of Nazi camps. I'll go on to talk about them.

In about 1963 when living at Suffolk County AFB, N.Y., we took a military hop to Germany. We drove to see Dachau and saw a serious, fenced barricaded wall, an armed US Army guard patrolling and a sign that said, "Property of the United States". We went through a tourist entrance and saw the gas chambers, one of the living quarters buildings and got the general feel of the area. I remember my husband, a surgeon

and fluent in German language, spending a long time reading the reports of the medical experiments that had been conducted. He was in shock for some time.

When we revisited in 1973 the fence was down, buildings were gone, no more original documents in cases in the entryway, nice gravel pathways. It looked like a nice park.

We also visited Auschwitz with their well-known entry sign "Arbeit Mach Frei", "Works Makes Free." I especially remember the courtyard with the stained stone wall where many prisoners met their end. Spooky...

Wellness Olympiad, nearing the end!

Six weeks of the Wellness Olympiad have gone by fast with only a few more opportunities for teams to score points. Participants should continue tracking their physical activity. Be sure to turn in your week-six sheet to the Hospitality Desk or Caul Fitness Center by next Tuesday at 5 p.m.

The Bigger or Better Challenge will be held on Friday, May 17, at 2:30 p.m. and will start at the Village Entrance. To wrap things up and distribute awards, the Olympiad Post Party will begin at 4 p.m. Wednesday May 22, in the Community Room. The final challenge will be our Recipe Challenge featuring "healthy" tailgate foods containing avocado. Teams will receive 10 points for bringing food, with more points available for the first, second and third place winners.

After handing out Olympiad awards, we will hold our prize drawings for all participants. Be sure to attend the party and enter your name into the prize drawings! Contact Jeff Heidbreder at (785) 341-2995 or in the Caul Fitness Center with any Olympiad questions.



The Earl Project: Making Feels Good!

Memorial Day event to commemorate veterans through art-telling

To celebrate Memorial Day, Meadowlark will be joined by Geraldine Craig, Professor of Art at Kansas State University to bring us “The Earl Project” Monday, May 27, from 2 to 4 p.m. The Project is named for Earl Molzen, a Post Traumatic Stress Disorder (PTSD) survivor of World War II. Earl was an inspiration to his family for his kindness, as well as his unusual but delightful objects, creative interventions and “fixes” that he made over 60 years as part of life on his parents’ central Kansas dairy farm.

“The Earl Project” engages veterans and soldiers in creating new, original works of visual art both individually and in a collective war stories scroll sculpture. It is a project based on the premise that making is cathartic, making feels food and making meaning of combat experience through art-telling stories has healing potential.

To participate, please bring any personal item including photographs, documents or cloth that represent your or a loved one’s experience of serving in the military. Also bring details from memories you choose to share and military branch if possible. Together, you will photocopy onto fabric, embroider names and stitch to a community cloth started by “The Earl Project” for veterans, soldiers, family members and survivors.

Join us for this drop-in event Monday, May 27, any time between 2 and 4 p.m. in the Community Room. All are invited to participate or come to observe to experience the event. No previous art-making experience is required.

For more information about the project, visit www.theearlproject.org. If you have any questions about the event, contact Monte Spiller at (785) 323-3801.



Photo provided by The Earl Project



All grown up

by Sarah Duggan

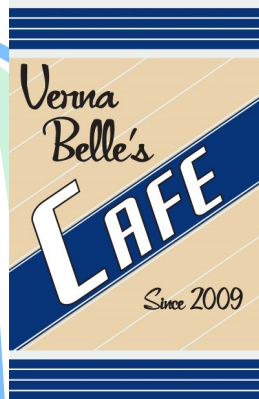
Yesterday was another milestone for my first-born daughter. She completed pre-school and is ready to enjoy summer break. Starting in August, she will be a kindergarten. (Mama wipes her tears!)

She celebrated with her class at a picnic in the park. Daddy was able to attend and eat with her. He let me know that in true Murphy style, she ended slipping, falling and landing in a puddle of water. He said his heart ached for her, but in even truer Murphy fashion, she recovered quickly.

One thing that has impressed me about her pre-school year is Murphy's ability to quickly learn and remember all of her classmates' names. What an important skill to foster because as we know, genuine relationships never stop being important.

This time next week the Duggans will be at least a couple states away in route on our first long-distance trip as a family of four, plus two sweet dogs. We still have lists to make, snacks to buy, and bags to pack, but our countdown is officially in the single digits which makes us all very excited!

I will write to you from the road and hope you cut Lonnie some slack as he keeps everything moving in my absence. (Kidding! But seriously...) Life is always changing.



LUNCH & BREAKFAST SPECIALS

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

Sunday, May 19

Breakfast: Omelets with Fruit

Monday, May 20

Breakfast: Biscuits & Gravy

Lunch: Chipotle Chicken Sandwich & Side shredded chicken, bacon, cheddar cheese, chipotle aioli & tomato on butter-toasted Italian bread ~\$4.50/\$6.50

Tuesday, May 21

Breakfast: Breakfast Sandwich with Fruit

Lunch: Caesar Steak Wrap & Choice of Side strips of steak, romaine lettuce, tomato, parmesan cheese & creamy Caesar dressing wrapped in a flour tortilla ~\$4.50/\$6.50

Wednesday, May 22

Breakfast: Breakfast Burrito & Fruit

Lunch: Bierocks & Choice of Side ground beef, shredded cabbage, carrots & onions wrapped in a biscuit ~ \$6.50

Thursday, May 23

Breakfast: Biscuits & Gravy

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

Friday, May 24

Breakfast: Waffle or Pancake

Lunch: Street Tacos & Choice of Side shredded pork, cheddar cheese cilantro lime slaw & avocado sauce on a mini flour tortilla ~ \$4.50/\$6.50

Saturday, May 25

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.

SUNDAY	May 19 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions, Celery Mashed Potatoes & Gravy Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	May 20 ~ Lunch \$10	Dinner \$12
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup	Herb Crusted Pork Tenderloin with Red Wine Vinaigrette Polenta Vegetable du Jour
TUESDAY	May 21 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter, or dessert)	BBQ Chicken Au gratin Potatoes Vegetable du Jour
WED.	May 22 ~ Lunch \$10	Dinner \$12
	Fried Chicken Sandwich Sweet Potato Fries Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	May 23 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	May 24 ~ Lunch \$10	Dinner \$14
	Turkey Loaf Mashed Potatoes & Gravy Choice of Vegetable	Shrimp Scampi Rice Pilaf Vegetable du Jour
SAT.	May 25 ~ Lunch \$10	Dinner \$15
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Prime Rib au jus Anna Potatoes Vegetable du Jour

DRINK SPECIAL | Gimlet
 2 1/2 oz. Tanqueray, 1/2 oz. Lime Juice, 1/2 oz. Simple Syrup
 \$3.75

Grosh Cinema Movies

Sunday, May 19, to Saturday, May 25, 2018

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

Sunday, May 19—Brother Bear (2003)

Kenai, a man who resents bears after a fight with one kills his older brother, is turned into a bear so he can see life from a different perspective. He is visited by the spirit of his older brother, and is told that, if he wishes to be changed back into a human.

Co-Starring: Joaquin Phoenix, Jeremy Suarez & Rick Moranis

Rated G; 1 hr. 25 min.

Monday, May 20—Funny Face (1957)

Fred Astaire's inimitable dancing feet come full circle in George and Ira Gershwin's airy 1957 musical about high-fashion photography in Paris, co-starring a luminous Audrey Hepburn as a newly discovered fashion model.

Co-Starring: Audrey Hepburn, Fred Astaire & Kay Thompson

Rated NR; 1 hr. 43 min.

Tuesday, May 21—The Sapphires (2012)

The spirit and vitality of 1960s soul music are at the core of this film about a real-life Australian aborigine singing group and their bumpy career. Three sisters and a cousin are brought together as the Sapphires by a talent scout with a plan.

Co-Starring: Chris O'Dowd, Deborah Mailman & Jessica Mauboy

Rated PG-13; 1 hr. 40 min.

Wednesday, May 22—The Trust (2016)

While investigating a drug case, officers David Waters and Jim Stone stumble on a hidden safe in the evidence room at headquarters. But their impulsive decision to break open the safe soon leads them into a lethal cesspool of police corruption.

Co-Starring: Nicolas Cage, Elijah Wood & Sky Ferreira

Rated R for violence & language; 1 hr. 32 min.

Thursday, May 23—Mary Poppins Returns (2018)

The magic continues as Mary Poppins helps the Banks family remember the joy of being a child. Fun is brought back to the streets of London in a celebration that everything is possible... even the impossible.

Co-Starring: Emily Blunt, Lin-Manuel Miranda & Ben Whishaw

Rated PG; 2 hr. 10 min.

Friday, May 24—Tootsie (1982)

Transforming himself into a woman to prove he can get hired on a soap opera, Michael has an enviable problem. His alter ego, Dorothy, becomes daytime television's hottest ticket.

Co-Starring: Dustin Hoffman, Jessica Lange & Teri Garr

Rated PG; 1 hr. 59 min.

Saturday, May 25—A Little Chaos (2015)

When headstrong landscape designer Sabine De Barra is chosen to work on the gardens of King Louis XIV's opulent new palace at Versailles, she finds herself at odds with the project's famed chief architect and thrust into a web of court intrigue.

Co-Starring: Kate Winslet, Matthias Schoenaerts & Alan Rickman

Rated R for some sexual content; 1 hr. 52 min

Weekly Opportunities Calendar *May 19 to May 25*

Sunday • May 19

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 Ben Duerfeldt, CR

Monday • May 20

Manhattan Room—open seating at lunch only
 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
 2:00 p.m. ~ Change & Loss Support Group, FHR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • May 21 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner
 10:30 a.m. ~ Guided Meditation, GC
 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 Dolors Book Discussion, FHR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner, CR
 5:30 p.m. ~ 2nd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • May 22

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Depart for Trip to Beach Museum, VE
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 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
 1:30 p.m. ~ Diabetic Support Group, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Call Hall Ice Cream Social, KR
 3:00 p.m. ~ Unitarian Universalist Fellowship, FHR
 4:00 p.m. ~ Olympiad: Post Party, CR
 5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • May 23

Manhattan Room—open seating at lunch & dinner
 8:00 a.m. ~ Apple Technology Help Lab, KR
 8:30 a.m. ~ Messenger Team, FHR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • May 24

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, CR
 12:00 p.m. ~ Parkinson's Partner Luncheon, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partner Supp Grp, FHR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Music by The Do Right Daddies, CR

Saturday • May 25

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Painting for Fun, MCR
 11:00 a.m. ~ Dorothy Frazee's Memorial Service, CR

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
PS, Prairie Star Restaurant	VE, Village Entrance
SCR, South Conference Room	VB, Verna Belle's

Exercise Classes Canceled

There will be no exercise classes on Monday, May 27, due to Memorial Day. The following exercise classes will be also canceled that week: Chair Yoga on Tuesday, May 28, and Thursday May 30; as well as Yoga on Wednesday, May 29.