



MEADOWLARK

Messenger

August 8, 2019

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit focused on
supporting people in living their best lives*

◆◆◆ EMPOWERED LIVE! ◆◆◆ *an evening to celebrate living well with Parkinson's disease*



by Michele Riter, Community Relations Assistant

Empower: to make stronger and more confident, especially in controlling life and claiming rights.
Engage: to participate and establish a meaningful contact or connection. **Enlighten:** to give greater knowledge and insight about a subject or situation.
Enjoy: to take delight in and benefit from. These four words represent the goal of Empowered LIVE!, an evening to celebrate living well with Parkinson's disease.

Join Meadowlark Parkinson's Program for Empowered LIVE! from 4:30 to 7 p.m. Friday, Aug. 23, at the Holiday Inn at the Campus (1641 Anderson Ave. Manhattan, Kan.). Enjoy a refreshing and healthy meal for \$15 per person and \$8 for children 10 years or younger. A cash bar will also be available. Visit various vendors to learn more about available Parkinson's disease treatment and resources. Engage with VIPd's (Very Important Person with Parkinson's disease) as they show displays of their craftsmanship and creative talents. Artists will display their woodworking, knitting and painting skills.

This event is generously sponsored by Vanderbilt's. Visit their booth at the event and enter your name for a drawing to win a free pair of shoes! We are excited to welcome Tim Hauge Sr. to Manhattan. He will share his presentation, "Live Your Best" at 6:30 p.m. Tim, a retired nurse and Wyandotte Co. native, now devotes his time to professional speaking and writing. He wrote the bestselling book *Perseverance: The Seven Skills You Need to Survive, Thrive and Accomplish More Than You Ever Imagined* and founded the Parkinson's wellness center, *U-Turn Parkinson's*.

At 46-years-old, Tim's life was turned upside down by three little words: "You have Parkinson's." How does one move beyond the debilitating diagnosis of a chronic disease to live life to the fullest? Tim has discovered three other words that, when taken together, have changed everything, "Live Your Best!"

"I've learned to persevere. This is an important point to hold on to: perseverance can be learned. We can grow in our ability to withstand difficult times. We can learn to push forward in the face of

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Window Washing

Starting Friday, Aug. 9, maintenance will be going to apartments in the West tower to remove screens to prepare for window washers. They plan to start washing next Tuesday. If you do not want your windows cleaned, please contact Mike Davis at (785) 323-3851.

Project Update

We keep on movin' around here! Our Meadowlark team and the team of contractors are working on many projects around campus. The Courtyard is ready for use, but there are still a few small items to finish up. Several apartments are being prepared for new residents to move in and concrete work on the breezeway between independent living and Miller Place is on the horizon.

The team is waiting to receive final approval from the City of Manhattan on our Kitchen Renovation and Dining Expansion Project. Once the approval is granted, a start date for construction will be selected. When construction begins, many of the visitor parking spaces in front of the current Prairie Star Patio will be unavailable. A parking map will be shared when the start date gets closer.

Nature Ride About

Want to visit Bayer Pond, Leon's Birding Glen, or the Stillman Cemetery, but aren't feeling up to the hike? Call the Meadowlark Transportation department at (785) 313-1039 and book a golf cart ride to one or all of these locations at a date and time of your choosing, transportation schedule dependent. This is perfect way to see more of what the Meadowlark campus has to offer and while you're out, leave a note in the community journal at the pond. You could even throw out a line and see if you can catch Big Carl! If you have questions, please contact Monte Spiller at (785) 323-3801.

Cheers to Kip

Thursday, Aug. 8, at 4 p.m.

Called "Mr. Meadowlark" by those who knew him well, our friend Kip Williams is gone but not

forgotten. A casual opportunity to share stories and fond memories of this former Manhattan and Meadowlark resident is planned for 4 to 5:30 p.m. Thursday, Aug. 8 – that's TODAY – at the courtyard. In case of rain, this celebration of life will move to the pub and game room. An alcoholic and non-alcoholic drink will be available. Guests are also welcome to purchase the beverage of their choice as we toast this dearly departed resident.

The public is invited to a visitation from 5 to 7 p.m. Friday, Aug. 9, at Yorgensen-Meloan-Londeen Funeral Home, 1616 Poyntz Ave.

Vespers Service

Sunday, Aug. 11, at 7 p.m.

The Vespers service will be led by Pastor Chelsea Shrack from K-State Wesley Campus at 7 p.m. Sunday, Aug. 11, in the Community Room. All are welcome!

ARTFul Making

Monday, Aug. 12, at 11 a.m.

Meadowlark Memory Program is teaming up with Marianna Kistler Beach Museum of Art for ARTFul Making at 11 a.m. Monday, Aug. 12, in the KSU Classroom.

This session is open to ALL residents with the desire to spend time each month having fun! Engaging in a creative activity that offers a multitude of health benefits such as, reducing depression and anxiety, creating neural pathways and calming tremors, improving cognition & communication and offering sensory stimulation. Most importantly making art gives you a chance to express your imagination and in this environment it encourages socialization. All supplies are provided free of charge and no prior art experience is needed.

Coffee Corner

Tuesday, Aug. 13, at 3 p.m.

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Aug. 13, in the Community Room. Verna Belle's featured dessert will be Strawberry Trifle.

Alzheimer's Assoc. Webinar

Wednesday, Aug. 14, at 1 p.m.

Join Meadowlark Memory Program as they host a webinar from the Alzheimer's Association at 1 p.m. Wednesday, Aug. 14, in the KSU Classroom. This session of the Remote Learning Series will be on "Healthy Living for the Brain and Body."

Manhattan Summer Chorus Concert

Wednesday, Aug. 14, at 7 p.m.

If you ask most people to name one of history's greatest composers, you're likely to hear names like Bach, Beethoven and Brahms—the "Three B's" of classical music. As important as these composers are to musical history and repertoire, there are many other composers and arrangers of renown whose names start with the letter "B."

Join us at 7 p.m. Wednesday, Aug. 14, in the Community for a celebration of the other "B" composers—composers who are definitely not on the "B" team! The Manhattan Summer Chorus will perform an evening of the greats like William Byrd, Anton Bruckner and Irving Berlin—just to name a few. There will also be one or two "B" composers whose names you might not recognize, but you will almost certainly have heard their music.

Speedy Pd Training/Walking Group

Thursday, Aug. 15, at 9:30 a.m.

Join a walking group at 9:30 a.m. Thursday, Aug. 15, in the Village Entrance to warm up and prepare for the Speedy Peedy Race for Parkinson's disease. We will walk various routes around Meadowlark and all walking speeds are welcome. The walking groups are not exclusively for participants in Speedy Pd; everyone is welcome to join us. The walking group will meet each Thursday morning until Thursday, Aug. 22.

Parkinson's Webinar

Thursday, Aug. 15, at 11 a.m.

Meadowlark Parkinson's Program is hosting a webinar at 11 a.m. Thursday, Aug. 15, in the West Conference Room. The topic of the webinar is "Update on Stem Cell Therapies for Parkinson's Disease."

Little Apple Barbershop Chorus

Thursday, Aug. 15, at 7 p.m.

Meadowlark is in for a treat! Little Apple Barbershop Chorus is coming to visit at 7 p.m. Thursday, Aug. 15, in the Community Room. All are welcome to attend and enjoy an evening of great music!

Coffee Connection

Friday, Aug. 16, at 10 a.m.

Miller Place residents invite all who would like to stop by for some coffee and conversation Friday, Aug. 16, at 10 a.m. in the Miller Friendship Room. Come and go as you please. Bring a topic, story to tell, or just your friendly self!

Veteran's Group

Friday, Aug. 16, at 10:30 a.m.

The Veteran's Group will meet at 10:30 a.m. Friday, Aug. 16, in the Grosh Cinema. If you would like to be added to the current list of Veterans at Meadowlark, please contact Sara Snell at (785) 323-3862.

Performance by Jean Kennedy

Friday, Aug. 16, at 7 p.m.

Whenever Jean Kennedy visits Meadowlark, it is always a joy! Get ready for a delightful evening at 7 p.m. Friday, Aug. 16, in the Community Room. Jean is a jazz and classical guitarist, vocalist and songwriter. Jean enjoys offering the sounds of songwriting greats like Gershwin, Cole Porter, Rogers and Hammerstein, and Jerome Kern. Her performance will include memorable music moments from theatre history.

Visually Impaired Persons Group

Tuesday, Aug. 20, at 1 p.m.

Come join Kathrine Schlageck from the Marianna Kistler Beach Museum to experience art in an unique way for a Touchable Art Program. Tuesday, Aug. 20, at the Riley County Senior Center. The Touchable Art Program is a guided art experience for those with a visual impairment. This session will focus on American Arts and Crafts. All levels of impairments are able to

Events, continued on Page 4

participate and experience the art pieces. A bus will depart from the Village Entrance at 1 p.m. Please sign up in the Blue Book. For questions, please contact Michele Riter at (785) 323-3832.

Speedy Pd Race for Parkinson's Disease Saturday, Aug. 24, at 8 a.m.

Meadowlark Parkinson's Program and many vested community volunteers have been busy making the final plans for the 11th Annual Speedy Pd Race for Parkinson's Disease on Saturday, Aug. 24, at Tuttle Creek State Park. All proceeds from the race benefit Meadowlark Parkinson's Program. The program offers free services to those affected by Parkinson's in the Flint Hills region.

One does not have to be an avid runner to participate in the days activities, including a 10K, 5K and half-mile Fun Run. Start training your mind and body for a great day at Tuttle Creek State Park on Saturday, Aug. 24, beginning at 8 a.m. for the 11th Annual Speedy Pd Race for Parkinson's Disease!

Walk to End Alzheimer's

Saturday, Sept. 14, 9 a.m.

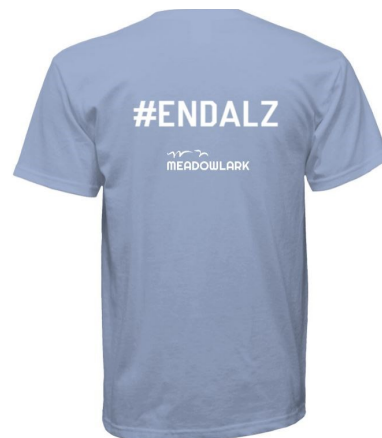
The Alzheimer's Association's Walk to End Alzheimer's will be held in Manhattan again this year on Saturday, Sept. 14! Meadowlark will have a team again this year that all residents, employees and family members are invited to join.

As of right now, registration for the Walk can be completed online by doing the following: Visit www.alzwalkmanhattan.org and click *Register*. Answer if you have ever participated in a walk before and then choose the option *Join a Team*. Type in *Meadowlark* under the Team Name or *Sarah Duggan* under the Team Captain and then click *Search for Team*. The Meadowlark team should pop up and you will press *Join*. Go through the registration process – you will give some basic information and create an account. You're registration is complete!

If you have trouble with the online sign up process, please email Erin Hildreth at ehildreth@meadowlark.org.

We will have Meadowlark team shirts again this year, with the winning design made by Michele Riter! Congrats Michele! We will be placing the t-

shirt order on Wednesday, Aug. 17. If you would like to order a shirt, please email me what size of shirt you are wanting and if you are planning to walk in the walk. If you are planning to walk, we are asking for a \$10 donation for a shirt and if you would just like a shirt, we are asking for a \$20 donation. You can pay by either cash or check (written out to Meadowlark) on the day you pick up your shirt.



A note from the artist, Michele Riter

Thank you to those who voted for my t-shirt design! I was inspired by the step that we take to find a cure and the first survivor of Alzheimer's. I look forward to everyone from Meadowlark walking together in support of the Alzheimer's Association. This cause resonates with the work that Meadowlark Memory Program does for the community and I am proud to be a part of it.

LEADER OF THE PACK



Congratulations to August's Leader of the Pack, Bob Speer! Bob a member of the Housekeeping and Laundry Department, cheerfully and quietly goes about his job and completes all his task with great detail. In doing so, he always makes time to be friendly with everyone he encounters. He takes the extra steps needed if someone needs help or anything arises. We are fortunate to have had Bob and his contagious smile on our team for decades!



LUNCH & BREAKFAST SPECIALS

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

Sunday, Aug. 11

Breakfast: Omelets with Fruit

Monday, Aug. 12

Breakfast: Biscuits & Gravy

Lunch: Avocado BLT & Side

bacon, lettuce, tomatoes & avocado on butter-toasted wheatberry bread ~\$4.50/\$6.50

Tuesday, Aug. 13

Breakfast: Breakfast Sandwich with Fruit

Lunch: The Kansan & Side

roast beef, cheddar cheese, sautéed mushrooms & onions on butter-toasted Italian bread ~\$4.50/\$6.50

Wednesday, Aug. 14

Breakfast: Breakfast Burrito & Fruit

Lunch: Street Tacos & Side

shredded pork, cheddar cheese, cilantro lime slaw & avocado sauce on a mini flour tortilla ~\$4.50/\$6.50

Thursday, Aug. 15

Breakfast: Biscuits & Gravy

Lunch: California Quesadilla & Side

chicken, bacon, cheddar cheese & spinach in a crisp flour tortilla with guacamole on the side ~\$4.50/\$6.50

Friday, Aug. 16

Breakfast: Waffle or Pancake

Lunch: Napa Valley Chicken Salad Sandwich & Side
shredded chicken, grapes, celery & pecans in a creamy dressing on wheatberry bread ~\$4.50/\$6.50

Saturday, Aug. 17

Breakfast: A la carte menu options

IL Resident Council Minutes, July 1, 2019

Members present: Pat Vogt, Bob Crawford, Pam Oehme, Nyle Larson, Ron Williams, Jo Call, Elaine Manges, Steve Owens, Marilyn Ray, Charlotte Kelly, Carol Balding, Jan Vanderbilt, Nancy Kopp and Jo Lyle.

Staff present: Lonnie Baker, Jayme Minton, and Monte Spiller

Updates

General Update: Lonnie shared that the Courtyard Project is getting really close to completion. The Meadowlark team is at the point of looking at final finishes and similar details for the Kitchen Renovation and Dining Expansion Project. Construction should start in August.

The Request for Proposal (RFP) has been submitted from the construction managers for the wellness center and independent living hybrid apartment projects. As mentioned at the previous meeting, SFCS is the architect firm that Meadowlark hired. We also have hired Tracy Anderson, who is a local architect to serve as our owner's representative during time of construction. Tracy will be looking at all the work being done by SFCS, as well as be an advisor concerning local building codes and more importantly he will be someone who will look out for Meadowlarks best interest with all the renovations taking place.

Support Services Update: Jayme reminded everyone Doug Fiser joined the Sales Team in a modified role. He is leading assisted living sales, helping with tours, and will continue to assist Miller House with activity planning.

There will be an influx of gatherings, parties etc. in efforts to get the word out about the new hybrid apartments. We engaged Astra House design and they have provided some creative design options that we could possibly use as a model in one of our cottages.

Home Health had a record month in June with 33 overall admissions. Alex and the Home Health Team are doing a great job adjusting to the growth and demand.

Approval of June Minutes Motion to approve minutes was moved and passed with corrections.

New Business

Nominations and voting took place for the ILRC chair position. The two nominees were Jo Lyle and Charlotte Kelly. After votes were tallied, it ended in a tie. The decision was made to allow a revote the next meeting, which would include the other members that were not present. Prior to the Aug. 5, meeting, Charlotte Kelly chose to withdraw her name from consideration, thus making Jo Lyle the new ILRC chair. Pat Vogt agreed to sit in as chair for the Aug. 5 meeting with Jo taking over immediately thereafter.

Pat Vogt asked for volunteers to be on this year's Gift Committee. The committee will consist of Ron Williams, Steve Owens, Nancy Kopp, Leo Lake, and Pam Oehme as chair. They will start planning this month.

Old Business

No old business to discuss.

Additional Discussion Topics

There were concerns expressed in regards to service and timeliness with Prairie Star Restaurant.

Jayme Minton will follow up with the appropriate persons addressing the issues and reminded all present, that things will get better with the renovation of the kitchen allowing smoother transition with food preparation and service. Thanks and appreciation was given to a wonderful time at the Wine Dinner.

Meeting adjourned

Town Meeting Notes, Aug. 5

Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Aug. 5.

Welcome Monte welcomed everyone and introduced new Meadowlark residents, Bob and Barbara Johnson.

Campus Update Lonnie Baker introduced Patrick Schutter, President of BHS Construction.

Together they shared updates and tentative plans for the Kitchen Renovation and Dining Expansion Project. According to the current project phasing outlined, the construction should begin in August and conclude in June 2020. Start date is contingent on receiving plan approval from the City of Manhattan.

Support Services Update Jayme recognized the Sales Team for their hard work in maintaining a high census level campus wide at Meadowlark. Brook's role has evolved into Event Services Leader. An Assistant Manager will be hired for Prairie Star Restaurant and a Cafe Services Leader will be hired to manage Verna Belle's Cafe. Awards for the first-ever Meadowlark Putting Contest were distributed. Meadowlark Home Health continues to grow in the Manhattan and Topeka areas.

Fitness Services Update Group exercise numbers were up in the month of July. Jeff announced a new and ongoing walking challenge focused on laps in the new Courtyard. The challenge is titled *Walk to Wamego*. There will be a notebook located in the Game Room for each participant to record their laps walked as they are completed. There is no timeframe for this challenge. It takes 15 laps to equal a mile. Once completed, each person will receive a prize.

Fiesta to Remember Becky announced the first-ever Fiesta to Remember was a big hit. The event raised over \$3,000 for Meadowlark Memory Program.

Upcoming Events Monte reviewed the upcoming events for August.

Special Programs Update Michelle Haub shared information about Speedy Pd Race for Parkinson's disease (Aug. 24) and Empowered LIVE! (Aug. 23). She also announced a new exercise opportunity through Meadowlark Memory Program called *Tap 2 Together*. This is a collaboration with the K-State Dance Program and Parents as Teachers. This opportunity will be open to everyone. Watch the Meadowlark Messenger for more information about new program offerings and upcoming events.

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failure. We can develop the determination to keep slogging ahead until we reach that remarkable day when someone in our life points out how 'lucky' we've been."

Two years after being diagnosed with Parkinson's disease, Tim and his son applied for, were accepted to and won season one of The Amazing Race Canada. How does one go from a diagnosis of Parkinson's disease to winning a grueling, travel adventure, reality television show? One learns to Live Your Best!

Michelle Haub, Special Programs Leader, had the privilege of hearing Tim present two times and is thrilled to bring him back to Manhattan for his first ever speaking engagement in Kansas! "Tim is very personable and does a great job of inspiring courage and perseverance to his audiences."

Registration and Information Packet pick up for the 11th Annual Speedy Pd Race for Parkinson's disease will also be available. Visit Meadowlark Foundation's booth to donate in support of an individual or team. All donations and proceeds from the race benefit Meadowlark Parkinson's Program.

For more information about the event or Meadowlark Parkinson's Program, please contact



Tim & Tim, the father and son duo that won The Amazing Race Canada in 2013. Tim Hauge Sr. will be the presenting speaker at Empowered LIVE! Friday, Aug. 24.

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	Aug. 11 ~ Lunch \$13	Dinner \$12
	Roasted Pork Loin with Natural Sauce Scalloped Potatoes Vegetable du Jour	Beef Lasagna Garlic Toast Vegetable du Jour
MONDAY	Aug. 12 ~ Lunch \$10	Dinner \$12
	Quiche Lorraine Rice Pilaf Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	Aug. 13 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter, or dessert)	Chicken Parmesan Spaghetti & Marinara Vegetable du Jour
WED.	Aug. 14 ~ Lunch \$10	Dinner \$13
	Lemon Thyme Braised Chicken Legs Wild Rice Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Aug. 15 ~ Lunch \$8	Dinner \$12
	Hotdog & Hamburger Bar (does not include drink, starter, or dessert)	Beef Stew Vegetable du Jour
FRIDAY	Aug. 16 ~ Lunch \$10	Dinner \$14
	Pan-Seared Sole with Orange Butter Sauce Rice Choice of Vegetables	Shrimp & Chicken Penne with Sherry Garlic Sauce, Spinach, Sun-dried Tomatoes, Mushrooms & Basil Vegetable du Jour
SAT.	Aug. 17 ~ Lunch \$10	Dinner \$15
	Beef Tip Fettuccine Garlic Toast Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL

Berry Breeze
2 oz. Skyy Vodka, 1/4 oz. Lemon Juice, 2 oz. Ginger Ale & 1/2 oz. Cranberry Juice
\$3.75

Grosh Cinema Movies

Sunday, Aug. 11, to Saturday, Aug. 17, 2019

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

Sunday, Aug. 11— Annie (1982)

A young orphan girl's adventures in finding a family that will take her to the home of Daddy Warbucks.

Co-Starring: Aileen Quinn, Albert Finney, & Carol Burnett

Rated: PG; 2 hr. 7 min.

Monday, Aug. 12— Hope Springs (2012)

After thirty years of marriage, a middle-aged couple attends an intense, week-long counseling session to work on their relationship.

Co-Starring: Meryl Steep, Tommy Lee Jones, & Steve Carell

Rated PG-13; 1 hr. 40 min.

Tuesday, Aug. 13 — Along Came Polly (2004)

A buttoned up newlywed finds his too organized life falling into chaos when he falls in love with an old classmate.

Co-Starring: Ben Stiller, Jennifer Aniston, & Debra Messing

Rated PG-13: 1 hr. 30 min.

Wednesday, Aug. 14— His Private Secretary (1993)

Dick Wallace secretly marries a minister's grand-daughter but his father, who thinks she is a gold digger, is opposed. She takes a job with the company under her maiden name to prove she's okay.

Co-Starring: John Wayne, Evalyn Knapp, & Reginald Barlow

Rated Passed: 1 hr.

Thursday, Aug. 15 — Space Cowboys (2000)

When a retired engineer is called upon to rescue a failing satellite, he insists that his equally old teammates accompany him into space.

Co-Starring: Clint Eastwood, Tommy Lee Jones, & Donald Sutherland

Rated PG-13; 2 hr. 10 min.

Friday, Aug. 16 — The Hummingbird Project (2018)

A pair of high-frequency traders go up against their old boss in effort to make millions in a fiber-optic cable deal.

Co-Starring: Jesse Eisenberg, Aleander Skarsgard, & Salma Hayek

Rated R (Profanity, Violence & Gore, & Alcohol/Drugs); 1 hr. 51 min.

Saturday, Aug. 17 — Mission of Honor (2018)

The exploits of 303 Squadron RAF during the Battle of Britain. The squadron consisted of Polish pilots, many of whom were veterans of the air battles involved in Germany's invasion of Poland.

Co-Starring: Iwan Rheon, Milo Gibson, & Stefanie Martini

Rated NR; 1 hr. 47 min.

Weekly Opportunities Calendar Aug. 11 to Aug. 17

Sunday • Aug. 11

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 Pastor Chelsea Shrack, CR

Monday • Aug. 12

Manhattan Room—no open seating available

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

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

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

11:00 a.m. ~ ARTful Making, KSU CL

11:30 a.m. ~ Meadowlark Valley Luncheon, MR

12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR

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, KSU CL

7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 13 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Seven Dolors Book Discussion, FHR

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

3:30 p.m. ~ Ambassadors Meeting, WCR

4:00 p.m. ~ Newspaper & Bible, FHR

5:30 p.m. ~ 4th Floor Supper, MR

7:00 p.m. ~ Dominoes, GR

Wednesday • Aug. 14

Manhattan Room—open seating at lunch 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

10:20 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

1:00 p.m. ~ Alzheimer's Assoc. Webinar, 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

5:30 p.m. ~ Eastside Supper, MR

7:00 p.m. ~ Manhattan Summer Chorus Concert, CR

Thursday • Aug. 15

Manhattan Room—no open seating available

8:00 a.m. ~ Apple Technology Help Lab, KR

8:30 a.m. ~ Messenger Team, FHR

9:30 a.m. ~ Speedy Pd Training/Walking, VE

10:00 a.m. ~ Meadowlark Bible Study, FHR

10:30 a.m. ~ Steady Yourself, CR

11:00 a.m. ~ Parkinson's Webinar, WCR

11:15 a.m. ~ Chair Yoga, CR

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

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

7:00 p.m. ~ Little Apple Barbershop Chorus, CR

Friday • Aug. 16

Manhattan Room—open seating at lunch & dinner

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

10:00 a.m. ~ Coffee Connections, MFR

10:00 a.m. ~ Veteran's Group, GC

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. ~ Hand & Foot Card Games, GR

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

3:30 p.m. ~ Catholic Rosary, CR

7:00 p.m. ~ Performance by Jean Kennedy, CR

Saturday • Aug. 17

Manhattan Room—open seating at lunch & dinner

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

Room Abbreviations

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	HD, Hospitality Desk
KR, Kansas Room (Pub)	KSU CL, KSU Classroom
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard

*Meadowlark News and Announcements
can be viewed on Channel 1960*