

Speedy Pd: a Day of Steps, Support, and Smiles

A successful weekend of empowerment for people with Parkinson's disease



Don Rasmussen leading the National Anthem sung by the LOUD voices of the event's VIPs (Very Important People with Parkinson's disease).

by Michelle Haub, Special Programs Leader

More than 155 people were inspired by Tim Hague, Sr.'s presentation "Live Your Best" at the Holiday Inn at the Campus on Friday, Aug. 23. Tim is an international speaker who was diagnosed with Parkinson's disease at the age of 46. After winning "Amazing Race Canada" with his son, Tim turned his career from nursing to speaking and writing. Having Tim speak in the Little Apple was a dream I had after spending time one on one with him and listening to him address the Rock Steady Boxing coaches at our conference last September in Philadelphia, PA. He has an enduring demeanor that is engaging, thought provoking and inspiring. Thanks to the generosity and support of David & Jan Vanderbilt, they agreed to again sponsor this year's Empowered LIVE! an Evening to Celebrate Living Well with Parkinson's.

Attendees were able to see the art work by some of our people with Parkinson's as well as learn about medical treatment options for Parkinson's and local resources.

At Tuttle Creek State Park Saturday, Aug. 24, the 11th Annual Speedy Pd Race for Parkinson's Presented by UMB Bank went off without a hitch and included beautiful weather for all. The entire day was gorgeous, from amazing volunteers and sponsors to hundreds of participants and their families! The icing on the cake for me was the record number of VIPs (Very Important People with Parkinson's disease) that participated—a total of 53 VIPs and 10 of those completed the 5K (3.1 miles)! This is such a testament to what this weekend and the Meadowlark Parkinson's Program is all about—empowering people to live their best! Parkinson's is

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Construction Notice

Construction crews will be using a lift to do work on windows and joints on the Southeast corner of the building starting this Friday and may continue on Monday Sept. 2. They will be working from the Main Entrance along the East Tower to the Miller breezeway.

Open Communion Service

Sunday, Sept. 1, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, Sept. 1, 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 Service

Sunday, Sept. 1, at 7 p.m.

The Vespers service will be led by Pastor John Kreidler from Peace Lutheran Church at 7 p.m. Sunday, Sept. 1, in the Community Room. All are welcome!

Birthday Party for Esther Headrick

Monday, Sept. 2, at 10 a.m.

Esther invites all to help her celebrate her birthday Monday, Sept. 2! Join her at 10 a.m. for cake in the Game Room.

Labor Day Buffet

Monday, Sept. 2, at 5 p.m.

Celebrate Labor Day with a buffet by Prairie Star Restaurant from 5 to 7 p.m. Monday, Sept. 2. Join us in the Courtyard, weather permitting. Please sign up in the Blue Book at the Hospitality Desk. Cost for buffet is \$11 per person. See page 5 for the full menu.

Guided Meditation

Tuesday, Sept. 3, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Sept. 3, 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.

Tap to Togetherness

Tuesday, Sept. 3, at 11 a.m.

Get ready to put on your dancing shoes! Meadowlark Special Programs is excited to partner with Professor Julie L. Pentz from the K-State School of Music, Theatre, and Dance, and Janice Schroeder with Parents as Teachers to bring a dance program entitled "Tap To Togetherness" to Meadowlark. Tap To Togetherness began as a program that encouraged healthy movement & learning development in toddlers, and provided a way for families to bond and deepen their relationships with each other. K-State dance students are present to assist with teaching and engagement.

At Meadowlark, "Tap To Togetherness Across Populations" will use intergenerational components and exercise to foster healthy minds, bodies, and relationships. Dance is known to be extremely beneficial for the mind and body, and also creates a way for participants to be socially engaged with peers and persons of different ages.

Tap To Togetherness is not a dance class but uses tap dance steps to bring people from all populations, together, for the common goal of participating in healthy movement and building relationships with others. The Tap To Togetherness sessions are no longer than 25 minutes. This activity does not require you to stand, you may sit in a chair if you choose. Music and movement are wonderful ways to engage.

The first session will be held on from 11 to 11:30 a.m. Tuesday, Sept. 3, in the KSU Classroom and will take place the first Tuesday of each month. No specific shoes or dance experience is required to attend. The program is open to anyone interested and no sign-up is needed. We hope to see everyone's tapping toes!

Coffee Corner

Tuesday, Sept. 3, at 3 p.m.

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

Dillons/Walmart Shopping Trip

Wednesday, Sept. 4, 10 a.m.

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, Sept. 4. Please sign up in the Blue Book at the Hospitality Desk.

Parkinson's Education Group

Thursday, Sept. 5, at 2 p.m.

Meadowlark Parkinson's Program invites you to attend the monthly Parkinson's Education Group from 2 to 3:30 p.m. Thursday, Sept. 5, in the Community Room. The topic is "Just Between Us: Small Group Discussion to Help You Live Your Best Life with PD."

Coffee Connections

Friday, Sept. 6, at 10 a.m.

Miller Place residents invite all who are interested to stop by for some coffee and conversation Friday, Sept. 6, 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!

Astronomy, Stars & More!

Friday, Sept. 6, at 7 p.m.

Meadowlark is excited to welcome Christopher M. Sorensen Friday, Sept. 6, at 7 p.m. Chris is the Cortelyou-Rust University Distinguished Professor and a University Distinguished Teaching Scholar in the Departments of Physics and Chemistry (adjunct) at Kansas State University. He received a B.S. in physics from the University of Nebraska in 1969, he was then drafted and served in Vietnam. After he returned, he earned his PhD from the University of Colorado in 1977. He has been a K-State since 1977.

He is an active scientist with many publications and several patents. He also is an award winning teacher. Currently his teaching duties include astronomy which joins nicely with his interests in amateur astronomy.

Chris will be discussing astronomy and answering any questions you may have. Then, when the sky begins to darken, those that choose to can go outside and use his home-made 8-inch telescope to look at the moon, Jupiter and Saturn. All are welcome!

K-State Football Watch Party

Saturday, Sept. 7, at 6 p.m.

Purple get ready to roll! Join us for a watch party to cheer on the Wildcats against Bowling Green State Saturday, Sept. 7, in the Game Room. For an early kick-off at 11 a.m. enjoy muffins and coffee. Let's Win the Dang Day!

Town Meeting

Monday, Sept. 9, at 9:30 a.m.

Due to Labor Day, Town Meeting will take place the second week of the month. Come hear the Meadowlark news and happenings at 9:30 a.m. Monday, Sept. 9, in the Community Room.

Osher Class Registration

Monday, Sept. 9, at 10:30 a.m.

The registration for the fall 2019 Osher Lifelong Learning Program in Manhattan is now open.

The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities, and quality faculty that promote lifelong learning in the community. The program in Manhattan is coordinated by UFM Community Learning Center

The Osher Institute offers courses for participants age 50 and over that stress the joy of learning. Courses meet weekly for two hours over a three-week period.

Meadowlark Hills is a sponsor for this program in Manhattan; so, Meadowlark Hills residents and passport members get to enroll in classes at no cost.

On-site registrations for fall classes will following the Town Meeting on Monday, Sept. 9, at 10:30 to 11:30 a.m. In the Flint Hills Room. You can also enroll by calling KU Osher toll-free 1 (877) 404-5823 or (785) 864-5823, and online at www.osher.ku.edu.

Building & Grounds Committee

Wednesday, Sept. 11, at 9 a.m.

The Building and Grounds Committee will meet at 9 a.m. Wednesday, Sept. 11, in the Flint Hills Room. For questions, contact Erin Hildreth at (785) 323-3892.

Events, continued on Page 4

Ladies Luncheon

Thursday, Sept. 12, at 12 p.m.

The September Meadowlark Ladies Luncheon, hosted by Elaine Manges, will be held at noon Thursday, Sept. 12, in the Manhattan Room.

The program will be all about hand-made bobbin lace. Susan Weaver will demonstrate and show some of her work. Belgium lace will also be on display.

Lunch will include pineapple chicken salad, fruit, and a cinnamon roll for dessert.

Please sign up in the Blue Book at the Hospitality Desk.

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, at City Park!

Meadowlark will have a team again this year that all residents, employees and family members are invited to join. The Promise Garden Flower Ceremony begins at 9 a.m. and the Walk starts at 9:15 a.m.

Registration online is available until Friday, Sept. 13. 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 would like to complete a paper registration, there are some available to fill out at the Hospitality Desk.

Meadowlark transportation will begin departing from the Park Den/West Entrance by Verna Belle's at 6:45 a.m. Bus times will be on rotation from 6:45 to 8:30 a.m.

If you need help with registration or have questions about the event, please contact Taylor Wheelock at (785) 323-3800.

On the D.M.V. and Us

submitted by Helen Roser

In the days when those contraptions called automobiles were expected to stick around and do something besides scare horses, someone invented the Department of Motor Vehicles.

Employment in a government office was not boring if you were a Road Tester for the D.M.V. A hair-raising experience was giving a road test to a new driver in the busiest part of the downtown Los Angeles. A common experience was when the one being tested panicked and threw their arms around the tester. My friend, a D.M.V. tester, survived several hospitalizations, but the last one put him in a wheelchair for life.

D.M.V.s in and around Washington, D.C. were notorious for their written tests of rules of the road. Their road test was no picnic either. I was in the process of getting my Maryland driver's license. I had one more step to go: the road test.

Because we had to park so far away, D.M.V. autos were used for our road test which began across the street. A big construction project was going on, surrounded by a tall grey wood fence.

Ahead of me, ready to take his road test, was an elderly man and his D.M.V. tester who climbed into the car next to him.

The first thing tested was parallel parking. That meant the old man had to pull out from the curb, stop, then back into the space by the curb, then achieving parallel parking. He wished.

But, for some unknown reason, instead of gently backing into the space, he stomped on the gas. With a roar of the engine, the car sailed back, jumped the curb, zoomed across the sidewalk, then hit the fence on which it became impaled, then stopped, hanging over what was said to be a deep pit, ready for the foundation of a high rise. There they were, stuck in the fence that was leaning backward, over the pit.

A Panic City was going on, a gentle D.M.V. tester steered me across the street to a D.M.V. auto in which I took my road test.

I have no idea what I did during my road test except that I passed and got my Maryland driver's license.

When I left, I saw the old man and the tester were still in their car, hanging over the pit.

Notes From the Library

submitted by Pat Hook

Good news: The audio book, *The President is Missing*, by Clinton and Patterson has been retrieved from the Manhattan Public Library. They actually went down to their basement,

located it, and returned it to us.

We now have *Where the Crawdads Sing*, by Delia Owens. Somebody recommended this for our library.

Agatha Christie is joining us as requested. Newly arrived books are *They Came to Baghdad* in paperback (on the shelf) and a large print copy of *Murder at the Manor*, which contains both *Crooked House* and *Ordeal by Innocence*.

There are more to come and others are available to be checked out now.

Notice: Each newspaper is to stay on the table for three days. Do not take them until they are in the recycle basket.

LABOR DAY
BUFFET \$11.00
 IN THE COURTYARD
 SEPTEMBER
 MONDAY **2**

HOT
 PULLED PORK SLIDERS
 BBQ CHICKEN
 BAKED BEANS
 CORN ON THE COBB

COLD
 WATERMELON
 COLESLAW
 3 BEAN SALAD
 PASTA SALAD

DESSERT
 CHERRY CRISP
 COOKIES
 PINEAPPLE UPSIDE DOWN CAKE
 BROWNIES

September Birthdays

Healthcare

9/1 Kathleen Newell
 9/10 Judith Enyart
 9/15 Eve Irvine
 9/18 Eleanor McEwen

Assisted Living

9/10 Shirley Devanney
 9/22 Faye Teetzen
 9/23 Darrell Breising

Independent Living

9/2 **Esther Headrick**
 9/3 Kent Smith
 9/5 Martin Braaten
 9/6 Reed Hoffman
 9/11 Ken Kopp
 9/13 **Bob Klemm**
 9/14 Dorothy Lufburrow
 9/14 Velma Skidmore
 9/17 Kay Halazon
 9/17 Joyal Crain
 9/22 Irma Sjo
 9/22 Jim Hasler
 9/24 John Schlup
 9/24 Yvonne Crawford
 9/28 Edith Doerry
 9/29 Billy Swofford

9/7 Chelsie Pechanec
 9/7 Xydira Stephens
 9/8 Vicki DesJardins
 9/8 Nikki Hensley
 9/9 Katy Ames
 9/9 Viola VonPertz
 9/9 Lauren Rogers
 9/16 Marion Jackson
 9/16 Breanna Burks
 9/17 Amy Scott
 9/18 Bonnie Taylor
 9/18 Jayme Minton
 9/19 Whitney Trundle
 9/20 Yasen Al Ani
 9/20 Indy Coffel
 9/21 Christine Norris
 9/21 Kurt Loevenstein
 9/24 Elizabeth Tauschek
 9/26 Lisa Lacer
 9/27 Brady Sherraden
 9/30 Kortney Khan
 9/30 Michaela Essman

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

Employees

9/1 Marissa Martin
 9/1 Hope Havenstein
 9/1 Bee Pickands
 9/1 Summer Smades
 9/2 Sherri Hooper
 9/2 Kristi Summers
 9/5 Zach Payne
 9/6 Angie Dunlap
 9/6 Bethany Schmitz
 9/6 Karlie Murphy
 9/7 Charles Tannehill



Speedy, from Page 1

a progressive, degenerative neurological disease that affects not only the motor system but the social-emotional system as well. So to have this many people engage in the events is overwhelming!

With the flooding at Tuttle Creek this year, the event was altered a bit as we had to cancel the 10K event. Thankfully, no other changes needed to occur though. Even without the 10K race, we still had 785 people register! Part of this is due to the great support from teams. The Loan Rangers again won the Largest Corporate Team with 31 members and Coyote Crazy won the Social competition with 41 members, continuing their undefeated run. The Most Enthusiastic Team award went to Team Rasmussen as Don and his "Circus of Clowns" brought smiles and red noses to everyone they saw! Team Vanderbilt "Giving Parkinson's the Boot" walked away with the Most Donations award this year. Their efforts to raise money by soliciting friends, family and business partners surpassed even their own expectations as they raised over \$14,000 in honor of David Vanderbilt and Kenny Reavis. Their efforts to raise support for the Meadowlark Parkinson's Program's free exercise, education, outreach and



scholarship opportunities did not stop there though. Jan and David matched dollar for dollar what they raised, bringing their total donation to \$29,095!

Tim Hague, Sr. spoke to those in attendance at the awards following the race events and said, "It has been a real pleasure to be here with you all. I have had the opportunity to travel across North America and Canada and I have seen lots of Parkinson's Communities. You all should be very proud of what you have here! Not only that so many would come out to walk/run and raise over \$81,000 dollars, but also to have such fine leadership. You have incredible resources that lots would be envious of. You should make use of and be proud of them!"



The Meadowlark Parkinson's Program leaders and participants are so very grateful to all who participated in Empowered LIVE! and/or the Speedy Pd Race! The money that was raised helps to provide FREE education, outreach, scholarship and exercise to those affected by Parkinson's living in the Flint Hills Region. An extra special thank you goes to Doug Sellers and Body First for their unselfish donation of time, talent and resources to make the logistics of the Speedy Pd flow seamlessly.

Our event's success is also due to our sponsors. This year, we had over 45 sponsors and vendors from Friday and Saturday. We appreciate the support of our Platinum Sponsors that donated \$1,500 or more. This includes WIBW, Sir Speedy

Printing, Vanderbilt's, Body First, Cox Bros. BBQ, Flint Hills Beverages, Holiday Inn, J&C Imaging, Kellstrom Pharmacy, Manhattan Broadcasting, Meritrust Credit Union, Combative Sports Center, and Walson Ink.

We sincerely thank you for your support! We look forward to seeing you on Saturday, Aug. 22, 2020!

Project Update

by Sarah Duggan

Excavation continues for the Kitchen Renovation and Dining Expansion project where Prairie Star Patio was formerly located. The BHS construction team expects to start working on concrete footings before Friday, Aug. 30, and the work will continue into next week. The footings and wall for the mechanical pad are first priority. This will be located on the south side of the building, just around the corner from the main build site.

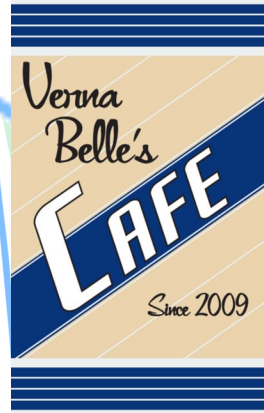
Nurse Scholarship Recipients



Congratulations to two current Meadowlark employees on their acceptance into nursing school! Kyra Dettmer and Madison Brockish are the recipients of Meadowlark's first-ever full scholarship for the LPN



(Licensed Practical Nurse) program at Manhattan Area Technical College. Both women started classes this week and we wish them the best of luck in the months ahead.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Sept. 1

Breakfast: Omelets with Fruit

Monday, Sept. 2

Breakfast: Biscuits & Gravy

Lunch: Mac & Cheese Casserole & Side macaroni noodles, Velveta cheese, & ham pieces ~\$6.50

Tuesday, Sept. 3

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chicken Pot Pie shredded chicken, & mixed vegetables topped with a biscuit ~\$6.50

Wednesday, Sept. 4

Breakfast: Breakfast Burrito & Fruit

Lunch: Meatloaf & Mashed Potatoes ground beef, onions, peppers, & seasonings served with mashed potatoes ~\$6.50

Thursday, Sept. 5

Breakfast: Biscuits & Gravy

Lunch: Reuben & Side corned beef, sauerkraut, Swiss cheese, & thousand island dressing on rye bread ~\$4.50/\$6.50

Friday, Sept. 6

Breakfast: Waffle or Pancake

Lunch: Chili with Cinnamon Roll ground beef, tomatoes, tomato juice, onions, beans & seasonings in a stew served with a cinnamon roll on the side ~\$4.50/\$6.50

Saturday, Sept. 7

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	Sept. 1 ~ Lunch \$12	Dinner \$11
	Stuffed Meatloaf with Mozzarella & Masala Sauce Scalloped Potatoes Vegetable du Jour	Italian Sausage Fettuccine Garlic Toast Vegetable du Jour
MONDAY	Sept. 2 ~ Lunch \$10	Dinner \$11
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Labor Day Buffet <i>Please sign up in Blue Book at Hospitality Desk See page 5 for the full menu.</i>
TUESDAY	Sept. 3 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Artichoke Parmesan Roulades with Roasted Red Pepper Sauce Vegetable du Jour
WED.	Sept. 4 ~ Lunch \$10	Dinner \$13
	Cuban Sandwich French Fries Choice of Vegetable	Beef Stroganoff & Noodles Vegetable du Jour
THURS.	Sept. 5 ~ Lunch \$9	Dinner \$13
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Braised Beef Brisket Potato Pancakes Vegetable du Jour
FRIDAY	Sept. 6 ~ Lunch \$10	Dinner \$14
	Fish Taco Spanish Rice Black Beans	Sautéed Orange Roughy Florentine Baked Potato Vegetable du Jour
SAT.	Sept. 7 ~ Lunch \$10	Dinner \$13
	BBQ Wings Coleslaw French Fries	Braised Short Ribs Smoked Gouda Scalloped Potatoes Vegetable du Jour

**DRINK
SPECIAL**

Fuzzy Navel
2 oz. Ketel One Vodka & 4 oz. Orange Juice
\$3.75

Grosh Cinema Movies

Sunday, Sept. 1, to Saturday, Sept. 7, 2019

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

Sunday, Sept. 1 – Groundhog Day (1993)

- A weatherman finds himself inexplicably living the same day over and over again.
- Co-Starring: Bill Murray, Andie MacDowell, & Chris Elliott
- Rated: PG; 1 hr. 41 min.

Monday, Sept. 2 – Otherhood (2019)

- The film explores the stage after motherhood, Otherhood, when you have to redefine your relationship with your children, friends, spouse, and most importantly, yourself.
- Co-Starring: Angela Bassett, Patricia Arquette, & Felicity Huffman
- Rated R for language; 1 hr. 40 min.

Tuesday, Sept. 3 – The Giver (2014)

- In a seemingly perfect community, without war, pain, suffering, differences or choice, a young boy is chosen to learn from an elderly man about the true pain and pleasure of the "real" world.
- Co-Starring: Brenton Thwaites, Jeff Bridges, & Meryl Streep
- Rated PG-13; 1 hr. 37 min.

Wednesday, Sept. 4 – Alice Doesn't Live Here Anymore (1974)

- A recently widowed woman is on the road with her precocious young son, determined to make a new life for herself as a singer.
- Co-Starring: Ellen Burstyn, Kris Kristofferson, & Mia Bendixsen
- Rated PG; 1 hr. 52 min.

Thursday, Sept. 5 – My All American (2015)

- Freddie Steinmark, an underdog on the gridiron, faces the toughest challenge of his life after leading his team to a championship season.
- Co-Starring: Aaron Eckhart, Finn Wittrock, & Robin Tunney
- Rated PG; 1 hr. 58 min.

Friday, Sept. 6 – Arrival (2016)

- A linguist works with the military to communicate with alien lifeforms after twelve mysterious spacecraft appear around the world.
- Co-Starring: Amy Adams, Jeremy Renner, & Forest Whitaker
- Rated PG-13; 1 hr. 56 min.

Saturday, Sept. 7 – Rumor Has It (2005)

- Sarah Huttinger is a woman who learns that her family was the inspiration for the book and film "The Graduate" -- and that she just might be the offspring of the well-documented event.
- Co-Starring: Jennifer Aniston, Mark Ruffalo, & Shirley MacLaine
- Rated PG-13; 1 hr. 37 min.

Weekly Opportunities Calendar *Sept. 1 to Sept. 7*

Sunday • Sept. 1

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 Pastor John Kreidler, CR

Monday • Sept. 2

Manhattan Room—open seating at lunch only
 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
 10:00 a.m. ~ Birthday Party for Esther Headrick, GR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 5:00 p.m. ~ Labor Day Buffet, PS
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 3 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only
 10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Guided Meditation, GC
 10:45 a.m. ~ Tap to Togetherness, KSU Cl
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Kimball Luncheon, MR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner, CR
 3:30 p.m. ~ Ambassadors Committee Meeting, WCR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Sept. 4

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, KR
 10:00 a.m. ~ Memory Care Partners Supp. Grp, 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
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
 1:30 p.m. ~ Hearing Aid Doctor, FHR
 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 • Sept. 5

Manhattan Room—open seating at lunch only
 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
 2:00 p.m. ~ Parkinson's Education Group, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Sept. 6

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Art Committee Meeting, FHR
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Coffee Connections, MFR
 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. ~ Astronomy, Stars & More!, CR

Saturday • Sept. 7

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Painting for Fun, MCR
 11:00 a.m. ~ K-State Football Watch Party, GR

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*