

Messenger

September 19, 2019 Manhattan, Kansas Messenger Editor: Sarah Duggan

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

LAST Chance!

Final full weekend to shop furniture and fabulous finds



Contemporary red-colored couch, great for an accent in any living room

submitted by Becky Fitzgerald, Development Director
The Meadowlark Market will be open for one more
full weekend this month. Stop by and shop for
seasonal items, mid-century furniture, and
appliances. The Market will be open Friday, Sept. 27,
and Saturday, Sept. 28, from 10 a.m. to 3 p.m., and
Sunday, Sept. 29, from noon to 4 p.m. The Market is
located at 1217 Meadowlark Cir.

Not only has our new Market project provided support for the Good Samaritan Fund, it has created widespread effects to the Manhattan and Meadowlark community. Customers at Meadowlark Market were inspired by the cause and decided to get more information about becoming a volunteer. One customer applied for a job at Meadowlark. Another Market shopper is now interested in knowing more about living at Meadowlark. Most of our customers don't live or work at Meadowlark. People are being introduced to Meadowlark, our residents, and our charitable mission by the Market!

If you have been a donor or shopper for the Market, we appreciate your generosity and support throughout our first year.

In addition to September's dates, Meadowlark Market will be open Friday Oct. 25, for Halloween and Thanksgiving items, and Friday, Nov. 22 for Christmas items.



Memorial Service for Eula Mae Parker Saturday, Sept. 21, at 9:30 a.m.

Eula Mae Parker, former Meadowlark resident, passed away Sept. 15. Eula Mae's husband, Leonard, would like to invite all to her memorial service, Saturday, Sept. 21, at 9:30 a.m. The service will take place at St. Luke's Lutheran Church in Manhattan, Kan.

Vespers Service

Sunday, Sept. 22, at 7 p.m.

The Vespers service will be a hymn-singing service at 7 p.m. Sunday, Sept. 22, in the Community Room. All are welcome to join and select one of your favorite hymns!

Falls Prevention Seminar

Monday, Sept. 23, at 3:30 p.m.

Join Jason Fox and Jeff Heidbreder for a video presentation on Falls Prevention Awareness Day at 3:30 p.m. Monday, Sept. 23, in the Community Room. The video will discuss fall risks and prevention strategies. After the 35-minute video, there will be a discussion to highlight steps that can be taken to minimize fall risk and resources that are available here at Meadowlark. The event is open to everyone interested in attending.

Meadowlark Singers Practice

Monday, Sept. 23, at 4 p.m.

The Meadowlark Singers have started preparing for a Christmas concert in December. All are invited to share their voices and practice at 4 p.m. Monday, Sept. 23, in the KSU Classroom for this practice.

Coffee Corner

Tuesday, Sept. 24, at 3 p.m.

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Sept. 24, in the Game Room. Verna Belle's featured dessert will be Pumpkin Rolls.

ARTFul Memories

Wednesday, Sept. 25, at 10 a.m.

The Marianna Kistler Beach Museum of Art is hosting ARTFul Memories Class from 10 to 11 a.m. Wednesday, Sept. 25, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will facilitate

a discussion about different art pieces. This class is sponsored by Meadowlark Memory Program. No sign up is necessary. Please come and go as you are able.

Lunch at Red Lobster

Wednesday, Sept. 25, at 10:45 a.m.

Meadowlark will be taking a trip to have lunch at Red Lobster in Topeka Wednesday, Sept. 25. The cost for transportation is \$6 per person and lunch will be on your own. Please sign up in the Blue Book at the Hospitality Desk if you would like to join and enjoy some delicious cheddar biscuits. The bus will depart from the Village Entrance at 10:45 a.m.

Diabetic Support Group

Wednesday, Sept. 25, at 1:30 p.m.

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, Sept. 25, in the KSU Classroom. All who are interested are welcome to attend.

Coffee Connections

Friday, Sept. 27, at 10 a.m.

Miller Place residents invite all who are interested to stop by for some coffee and conversation Friday, Sept. 27, 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!

Parkinson's Partners Luncheon

Friday, Sept. 27, at 12 p.m.

Join Meadowlark Parkinson's Program for a relaxing lunch at noon Friday, Sept. 27, in the Manhattan Room. Please sign up in the Blue Book at the Hospitality Desk by Monday, Sept. 23.

Music by Conner Fulk

Friday, Sept. 27, at 7 p.m.

Meadowlark is in for a treat as we welcome Conner Fulk at 7 p.m. Friday, Sept. 27, in the Community Room. Conner is a musician from Olathe, Kan. He plays piano and sings a variety of genres including jazz, pop, and classic rock. He is a senior at K-State and will graduate in December with dual degrees in Finance and Accounting. Music has always been his true passion and enjoys sharing the love of music through live shows. All are welcome.

Fellowship Hour

Saturday, Sept. 28, 10:30 a.m.

Come join Jerry and Naketa Lawrence from 10:30 to 11:30 a.m., Saturday, Sept. 28, in the KSU Classroom for Fellowship Hour. This will be a time of fellowship, singing, and reading of the Psalms. You will have an opportunity to share your favorite Psalm, and they will read it aloud to everyone in attendance. You can also sing along with them as they sing hymns. Jerry and Naketa have decided to relocate to Kansas for ministry and love to give back by way of serving others. They look forward to meeting everyone very soon! Refreshments will be served.

K-State Football Watch Party

Saturday, Sept. 28, 5:30 p.m.

K-State opens up BIG 12 Football against the Oklahoma State Cowboys Saturday, Sept. 28. Cheer on the Cats in the Game Room with refreshments starting at 5:30 p.m. Kick-off is at 6 p.m.

Meet Kristin Brighton

sponsored by resident Bernice Brighton Sunday, Sept. 29, at 2 p.m.

Kristin Brighton is a candidate for USD 383 Board of Education. Kristin is one of the owners of New Boston Creative Group and has been very involved in the Manhattan Area Chamber of Commerce. Come meet Kristin from 2 to 3 p.m. Sunday, Sept. 29, in the Flint Hills Room to discuss the future of USD 383.

This event is sponsored by Bernice Brighton, Miller Place resident, retired USD 383 teacher, and Kristin's grandmother.

Kristin is excited to run for the USD 383 Board to help prepare students for skilled jobs in our workforce, teacher shortages, mental health concerns for students and teachers, and balancing our desires for excellent local schools with the need to keep costs down.

Burgers & Jazz

Wednesday, Oct. 9, at 5 p.m.

Mark your calendars for a special evening! The Thundering Cats Big Band will be performing from 5:30 to 6:30 p.m. Wednesday, Oct. 9, in the Courtyard. A dinner of burgers, beans, chips, and slaw will be served from 5 to 7 p.m. The cost for dinner is \$9.

Employee Gift Fund

submitted by IL Resident Council

Because of our no-tipping policy at Meadowlark, we encourage you to give a monetary gift to our fabulous employees. Gifting instructions for the annual Employee Gift Fund were sent out by mail Sept. 17.

Any amount of money may be given in appreciation and gratitude of our employees' hard work throughout the year. Please return your gift in the provided return envelopes by Nov. 1. You may bring them to the Hospitality Desk to be placed in a lock box.

No one at Meadowlark will know the amount of individual donations, just a grand total of what is contributed. Please make checks payable to the Employee Gift Fund.

Stepping On Fall Prevention Workshop

submitted by Jeff Heidbreder, Fitness Services Leader Stepping On is an evidence-based fall prevention program and takes place over seven weeks that has been shown to reduce falls by 30-percent. This program covers lifestyle choices and home hazards for people living independently.

The next workshop has open spots available and will be held from Oct. 10, to Nov. 21. The workshop is offered by Jeff Heidbreder, Meadowlark Fitness Services Leader and Jason Fox, Regional Director of SummitCare Therapy. Participants will also hear from an optometrist, pharmacist, registered dietitian, and a police officer. Classes will meet each Thursday afternoon from 2 to 4 p.m. in the KSU Classroom. There are no fees to participate in the workshop, thanks to generous donations to our falls prevention program.

For questions or to register, please contact Jeff Heidbreder at (785) 341-2995.

2020 Part D Open Enrollment

submitted by Rita Harsch

The North Flint Hills Area Agency on Aging will soon be at Meadowlark for Part D Enrollment. The date will be published and a sign-up sheet will be placed in the Blue Book at the Hospitality Desk.

Please watch your mail during the upcoming months. Do not shred or throw away any mail that

Events, continued on page 4

may allow you to make an informed decision during the 2019 Open Enrollment period for the 2020 year. Your current Part D plan will notify you if there are any changes.

If you have questions or concerns, please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or stop by the Finance Office located across from Verna Belle's Café.

Become a Pen Pal with MHS Students

Andrea Curtis is a teacher at Manhattan High School and is looking for seven to ten residents to participate in a special Pen Pal program. She has a group of students in her reading intervention class whom she believes would benefit greatly from a Pen Pal. She wants these students to grow in their reading comprehension and writing skills, and connect with community during this project! Residents will be paired up with a student and will write to one another each month, until the end of semester. In December, a visit will be arranged with the students to come to Meadowlark and meet their Pen Pal! If you are interested in signing up for this special opportunity, please contact Jana Armfield, Volunteer Coordinator, at (785) 323-3890, or you can sign up in the Blue Book at the Hospitality Desk.

Ogden Reading Program

Back by popular demand, the Ogden Reading Program will start this year on Friday, Oct. 4. During the Spring, a group of seven volunteers of residents and Passport members, went to Ogden Elementary to spend time and help children (grades Kindergarten through Fourth Grade) by listening to them read and work on sight words. The goal of the program is to support the children and increase their reading proficiency while being a positive role model in their lives.

This weekly program will begin in October and continue until May. There will be two different time session. The first reading session is 11:30 a.m. to 2 p.m. and the second is 1:15 to 3:45 p.m. Meadowlark transportation will be provided.

Please sign up in the Blue Book at the Hospitality Desk if you are interested in helping. If you have questions, please call Jana Armfield, Volunteer Coordinator, at (785) 323-3890.

Ozark Mountain Christmas

submitted by Becky Fitzgerald

A four-day/three-night get-away to America's Christmas Tree City, Branson, Mo. is set for Dec. 2 to 5. Live music, a city tour, shopping opportunities, and a dinner theatre performance are just part of the plan.

Our hotel: Just 10-miles from downtown Branson, Chateau on the Lake is Branson's only AAA Four Diamond resort. This modern-day "Castle in the Ozarks" welcomes guests with upscale resort amenities, friendly Midwestern hospitality and spectacular lakefront views.

Our shows: Branson's Sight and Sound Theater features a 300-foot stage that surrounds the audience on three sides, state-of-the-art technology and live animals. We'll see *The Miracle of Christmas*. After decades of crushing Roman rule, the Hebrew people are losing hope. When will the promised Messiah come? Into the midst of this turmoil, young Mary is told she will miraculously bear God's son.

We'll also hear beloved Christmas songs and carols during the Brett Family Christmas Show! at Dick Clark's American Bandstand Theatre, and Hughes Brothers Christmas Show at Hughes Brothers Celebrity Theater. The five singing and dancing Hughes brothers are 10-time winners of the Best (Branson) Christmas Show award.

At "Murder by Eggnog," an interactive mystery show, we'll combine good food and big laughs. The action takes place at Grand Majestic Dinner Theater. More than 12 roles in this show are filled by audience members. Will a Meadowlark Traveler be part of the action?

Our tours/attractions: What's a Meadowlark Travelers adventure without an interesting historical driving tour? We've hired a guide to point out places of interest as he tells us the story of the early settlers and those the first started and helped shape the music industry in Branson.

What's a holiday tour without oodles of twinkling lights? Branson's Gift of Lights is a magical mile that might be the brightest drivethru attraction you've ever seen.

Other tour stops are St. James Winery and Titanic Museum. At Titanic, we'll experience the ship's grand staircase and view 400 artifacts directly from the ship and its passengers.

Meadowlark Travelers will have time to explore the shops at Branson Landing and the booths at Branson Craft Mall.

Cost per person based on double occupancy is \$950. Rates also are available for single and triple occupancy. In addition to motor coach transportation and three nights lodging, the fee includes nine meals, eight shows/attractions and luggage handling.

A deposit of \$250 is due with your reservation. Please complete a registration form located in the Blue Book at the Hospitality Desk. A minimum of 25 paid travelers are required to guarantee the \$950 fee.

For questions, please contact Monte Spiller at (785) 323-3801.

On More on the Dime Store

submitted by Helen Roser

There were rewards beyond our twenty cents an hour pay working at the S.S. Kresge dime store. I worked during our Easter vacation from high school, during the Great Depression.

I "worked the floor" (meaning all counters) and was with the manager as he prepared to close the store when she came. Tearful, the little elderly lady held something that was wrapped in a towel.

She said: "My iron! It is broken! I make my living ironing at the girls' school. I am sorry to be late, but I walked."

The girls' school was three miles away. She had walked. A bus chip cost ten cents or two for fifteen cents. She was trying to save money.

The manager told her: "Miss Newman will help you." I lead her to the electric counter and looked at her iron. No problem. Its plug was broken. I told her: "The plug is broken. A new one will cost ten cents, and I will put it on for you."

Crying profusely, she God-blessed me over and over as I put the new plug on. I accepted her ten cents, rang it up, and wrapped up her iron in its towel and handed it to her, saying: "Thank you for bringing your iron to us so we could help you." That brought more tears and Godblessing me again.

I loved working at the dime store.



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. 22

Breakfast: Omelets with Fruit

Monday, Sept. 23

Breakfast: Biscuits & Gravy

Lunch: Oven-Fried Chicken Thighs

chicken thighs served with green bean casserole

~\$4.50/\$6.50

Tuesday, Sept. 24

Breakfast: Breakfast Sandwich with Fruit

Lunch: BBQ Pork Sandwiches

shredded pork & BBQ sauce on a bun served with

coleslaw **~\$6.50**

Wednesday, Sept. 25

Breakfast: Breakfast Burrito & Fruit

Lunch: Hamburger Sliders

small hamburger patties & toppings from the salad bar on a bun served with potato salad **~\$6.50**

Thursday, Sept. 26

Breakfast: Biscuits & Gravy Lunch: Enchilada Beef Pie

Taco meat, tortilla & sauce served with Spanish rice

~\$4.50/\$6.50

Friday, Sept. 27

Breakfast: Waffle or Pancake

Lunch: BLT Wrap & Side

bacon, lettuce, & tomato wrapped in a tortilla ~\$6.50

Saturday, Sept. 28

Breakfast: A la carte menu options



Restaurant Hours Monday to Saturday, 10:30 a.m. to 8 p.m. Sunday, 10:30 a.m. to 7 p.m.

All specials include beverage, starter and dessert.

An extra vegetable can be substituted for the starch at no additional charge.

The restaurant can accept up to four reservation per time, depending on party size.

Reservations can be made in person or by calling 323-3820.

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\	Sept. 22 ~ Lunch \$12	Dinner \$12
SUNDAY	Roast Turkey	Baked Ham
\leq	with Dressing	with Pineapple Sauce Au Gratin Potatoes
S	Mashed Potatoes & Gravy Vegetable du Jour	Vegetable du Jour
	Sept. 23 ~ Lunch \$10	Dinner \$12
TUESDAY MONDAY	Tater Tot Casserole Choice of Vegetable	Orange Chicken Lo Mein Vegetable du Jour
X	Sept. 24 ~ Lunch \$7	Dinner \$13
TUESDA	Taco Bar (does not include drink, starter, or dessert)	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	Sept. 25 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Grilled Peach Balsamic Chicken Breast Polenta Vegetable du Jour
THURS.	Sept. 26 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Swedish Meatballs Noodles Vegetable du Jour
FRIDAY	Sept. 27 ~ Lunch \$10	Dinner \$14
	BBQ Brisket Sandwich Potato Salad Choice of Vegetable	Grilled Salmon with Dill Sauce Roasted Red Potatoes Vegetable du Jour
SAT.	Sept. 28 ~ Lunch \$10	Dinner \$15
	Grilled Chicken Parmesan Sandwich Coleslaw French Fries	Steak Baked Potato Vegetable du Jour

Purple Pride Punch

DRINK SPECIAL 1 1/2 oz. Vodka, 1 oz. Blue Curacao, 1 oz. Sweet & Sour Mix, 1 oz. Grenadine, & 1 oz. Cranberry Juice

Grosh Cinema Movies

Sunday, Sept. 22, to Saturday, Sept. 28, 2019 Show Times: 1, 4, and 7 p.m. Monday - Saturday / 2 and 6 p.m., Sunday

Sunday, Sept. 22 — <u>Incredibles 2</u> (2018)

The Incredibles hero family takes on a new mission, which involves a change in family roles: Bob Parr **(Mr. Incredible)** must manage the house while his wife Helen (Elastigirl) goes out to save the world.

Co-Starring: Greg Nelson, Holly Hunter, & Sarah Vowell

■ Rated: PG; 1 hr. 58 min.

Monday, Sept. 23 — <u>The Blindside</u> (2009)

■ The story of Michael Oher, a homeless and traumatized boy who became an All American football ■ player and first round NFL draft pick with the help of a caring woman and her family.

■ Co-Starring: Quinton Aaron, Sandra Bullock, & Tim McGraw

■ Rated PG-13; 2 hrs. 9 min.

■ Tuesday, Sept. 24 — <u>Heathers</u> (1988)

A regular girl, Veronica, tries to survive the social jungle of high school by sticking with the three
 most popular girls at school who are all called Heather. As she meets a sociopath named JD, her life
 spirals into revenge on her enemies, also known as her best friends.

Co-Starring: Winona Ryder, Christian Slater, & Shannen Doherty

Rated R for violence & language; 1 hr. 43 min.

<u> "Wednesday, Sept. 25 — The Third Man</u> (1949)

Pulp novelist Holly Martins travels to shadowy, postwar Vienna, only to find himself investigating the mysterious death of an old friend, Harry Lime.

Co-Starring: Orson Welles, Joseph Cotton, & Ailda Valli

Rated NR; 1 hr. 33 min.

Thursday, Sept. 26 — <u>A Royal Night Out</u> (2015)

■ On V.E. Day in 1945, as peace extends across Europe, Princesses Elizabeth and Margaret are
 ■ allowed out to join the celebrations. It is a night full of excitement, danger and the first flutters of
 ■ romance.

■ Co-Starring: Sarah Gadon, Bel Powley, & Emily Watson

■ Rated PG-13; 1 hr. 37 min.

■ Friday, Sept. 27 — <u>Lean On Me</u> (1989)

The dedicated but tyrannical Joe Clark is appointed the principal of a decaying inner-city school and
 he is determined to improve by any and all means.

Co-Starring: Morgan Freeman, Beverly Todd, & Robert Guillaume

Rated PG-13; 1 hr. 48 min.

Saturday, Sept. 28 — White House Down (2013) *Resident Request

While on a tour of the White House with his young daughter, a Capitol policeman springs into action to save his child and protect the president from a heavily armed group of paramilitary invaders.

Co-Starring: Channing Tatum, Jamie Foxx, & Maggie Gyllenhaal

Rated PG-13; 2 hrs. 11 min.

Weekly Opportunities Calendar Sept. 22 to Sept. 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. ~ Hymn-Singing Service, CR

Monday ◆ Sept. 23

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. ~ Yoga, CR

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

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

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

1:30 p.m. ~ Contemporary God Talk, KSU CL

1:45 p.m. ~ Parkinson's Voice Class, CR

3:30 p.m. ~ Fall Prevention Seminar, CR

4:00 p.m. ~ Meadowlark Singers Practice, KSU CL

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

Tuesday ● Sept. 24 Trash & recycling pick-up

Manhattan Room—open seating at lunch & dinner

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

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

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

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

5:30 p.m. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

Wednesday • Sept. 25

Manhattan Room—open seating at lunch & dinner

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

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ ARTFul Memories. KCU CL

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

10:45 a.m. ~ Depart for Lunch at Red Lobster, VE

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

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. ~ Diabetic Support Group, KSU CL

3:00 p.m. ~ Unitarian Universalist Fellowship, 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

5:30 p.m. ~ 1st Floor Supper, CY

5:30 p.m. ~ Gerontology Class, VB

6:30 p.m. ~ Osher Class: World War II, CR

Thursday • Sept. 26

Manhattan Room—open seating at lunch & dinner

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

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

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

2:00 p.m. ~ Osher Class: Chisholm Trail, CR

Friday • Sept. 27

Manhattan Room—open seating at dinner only

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

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

10:00 a.m. ~ Meadowlark Market, 1217 MLH Cir.

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

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

12:00 p.m. ~ Parkinson's Partners Luncheon, MR

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 Conner Fulk, CR

Saturday • Sept. 28

Manhattan Room—open seating at lunch & dinner

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

10:00 a.m. ~ Meadowlark Market, 1217 MLH Cir.

10:30 a.m. ~ Fellowship Hour, KSU CL

5:30 p.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 GC, Grosh Cinema

KR, Kansas Room (Pub) MFR, Miller Friendship Rm

PS, Prairie Star Restaurant VB, Verna Belle's

MCR, Miller Craft Room HD, Hospitality Desk KSU CL, KSU Classroom MR, Manhattan Room VE, Village Entrance CY, Courtyard

Meadowlark News and Announcements can be viewed on Channel 1960