

December 31. 2019 Manhattan, Kansas Messenger Editor: Sarah Duggan

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

# **Tribute on the Trail**

# Children honor parents with rest stop along campus walkway

by Becky Fitzgerald, Development Director The family of Lyle House resident Lois Kennedy have honored their mother and their deceased father with a rest stop on the Meadowlark Loop trail. During the mild days of fall, a concrete pad was poured between Meadowlark Road and the Stillman Cemetery and a six-foot bench was affixed to the pad. A plaque on the bench reads: "Dedicated in loving tribute in 2019 to Carroll E. "Ken" & Lois Morgan Kennedy by their children, grandchildren, and great-grandchildren."

Columbia, Mo., approached Meadowlark Foundation with the idea to both recognize the elder Kennedys and contribute to the Meadowlark campus environment in a lasting way.

"A bench with a tribute plaque seemed an obvious choice, and for this to be created and installed while Lois is living seemed even best of all," Greg Kennedy wrote in an email. "This

Lois' son Greg and his wife, Marguerite, of

private," Greg explained. "The small tree will provide shade from the afternoon sun, and facing east could allow for some morning sunrises. It also seemed far enough away from the sounds of traffic from Tuttle Creek Boulevard."

According to Greg, Lois has appreciated her life living at Meadowlark Hills. She moved to a fifth floor apartment in 2006, and was active with Meadowlark Singers, Bible study, Sit and Be Fit, bingo,

neighborhood dinners, etc. After about six years, she relocated to an apartment in Miller Place, where she



will be a location for her children and grandchildren to come for remembering, as well as a part of the Meadowlark grounds for others to rest on their walk."

Family members divided the cost of the project, which also included labor, bench shipping, and a perpetual maintenance fee. With some input from Meadowlark staff, the Kennedys discussed rest stop locations and asked Lois to determine which spot was best suited for sitting.

"We liked that it was not too far up the hill from the road but yet away from the road enough to feel a bit

appreciated three meals a day and assistance from staff. After another six successful years at Miller Place, she moved again to Lyle House, Greg recalled.

"This seems a perfect fit for her now. She loves her room, neighbors, and caring staff," he added. Lois's husband, Ken, was a Kansas State University faculty member for 30plus years, retiring from the former College of Home Economics. He didn't live at Meadowlark,

but as a leader in Trinity Presbyterian Church, one of Meadowlark's founding churches, he was quite involved with the planning to create Meadowlark Hills.

"We all have often thought of how happy and proud he would be with Lois' life there after his death," Greg wrote.

In early November, Greg's sisters, Peggy Cordon of Wichita and Kathleen Jarrett of Liberty, Mo., were in Manhattan and were able to see their tribute gift. Their brother, Patrick, lives in California.

"We are all thrilled," Greg shared. "It looks exactly as we had hoped it would."

# **Holiday Schedule Changes**

The Hospitality Desk will be closed at 5 p.m. New Year's Eve and closed New Year's Day. Verna Belle's Café will be closed at noon on New Year's Eve and closed all day Jan. 1.

Please be aware that Transportation, Maintenance, and Housekeeping will have limited staff on site for non-emergency needs. For urgent needs, please call (785) 537-4610 for an after hours phone line.

# **Notice About Wireless Printers**

Modern home printers like Hewlett Packard, Canon and others often feature a wireless printing function that enables your laptop, Mac, or tablet to connect directly to the printer to print documents. While this is very helpful, it can create difficulties in that you can inadvertently connect to your neighbor's printer, or a printer down the hall or across the street!

To better ensure that you are connecting to the right printer, confirm the model of the printer you've selected exactly matches the printer you have before printing. Better yet would be to turn the wireless printing function of your printer off and instead use your own WiFi or connect via a USB cable directly to your printer, and never connect to a printer using its wireless printing function.

Apple devices use a service discovery software that allows direct printing. This particular software is offered for free and comes installed on Apple's products like the iPod, iPad, and iPhone among others. The service automatically detects and locates other computers and peripherals like printers. If you are not using your own personal WiFi network, for example the shared, open WiFi at Meadowlark, the service will actively seek out printers in the area and will connect automatically. This can lead to confusion as the service will add any other printer it is able to communicate with including your neighbors printer if it is also connected to the same WiFi network.

For any questions about printers or your computer's settings, please contact the Hospitality Desk to make an IT assistance request.

# **Open Communion Service**

Sunday, Jan. 5, at 4 p.m.

The Open Communion Service will be held at 4 p.m. Sunday, Jan. 5, in the Flint Hills Room by Ronald Williams and music by Vera Williams. Those of all faiths are welcome to attend and receive communion by intinction. The bread is gluten free.

# **Vespers Service**

#### Sunday, Jan. 5, at 7 p.m.

The Vespers service will be led by Sarah Diamond from First Presbyterian Church at 7 p.m. Sunday, Jan. 5, in the Community Room. All are welcome.

# **Town Meeting**

### Monday, Jan. 6, at 9:30 a.m.

Join us for January's Town Meeting to hear all that is happening to start off the new year. Town Meeting will take place at 9:30 a.m. Monday, Jan. 6, in the Community Room. All are welcome!

# **Osher Class Registration**

#### Monday, Jan. 6, at 10:30 a.m.

Representatives from UFM will be available to answer questions and assist with registration for Spring Osher Lifelong Learning classes at 10:30 a.m. Monday, Jan. 6, in the Flint Hills Room.

#### Change & Loss Support Group Monday, Jan. 6, at 2 p.m.

Join Bridget Larkin, LMSW, Kathleen Spearman, LMWS, and Chaplain Patty Brown-Barnett as they lead the Change and Loss Support Group at 2 p.m. Monday, Jan. 6, in the Flint Hills Room. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

# **Guided Meditation**

# Tuesday, Jan. 7, at 10:30 a.m.

Start the new year off right by doing something good for your mind, body, and spirit! You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Jan. 7, in the Grosh Cinema.

Meditation helps elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. No prior experience or understanding of meditation is necessary.

# Tap to Togetherness

Tuesday, Jan. 7, at 11 a.m.

The next session of Tap to Togetherness Across Populations will be from 11 to 11:30 a.m. Tuesday, Jan. 7, in the Community Room. This engaging opportunity uses inter-generational components and exercise to foster healthy minds, bodies, and relationships. Dance is excellent for the mind and body, and creates a way for participants to be socially engaged. No RSVP, dance experience, or specific shoes are required.

# **Coffee Corner**

# Tuesday, Jan. 7, at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, Jan. 7, in the Community Room. Verna Belle's featured dessert will be monster cookies. All are invited to attend!

# Walmart/Dillons Shopping Trip

Wednesday, Jan. 8, at 10 a.m.

Meadowlark Transportation takes a bus to Walmart and Dillons, eastside location, each Wednesday departing from the Village Entrance at 10 a.m. and returns about 11:30 a.m. There is no cost. The next trip is Wednesday, Jan. 8. Please sign up in the Blue Book at the Hospitality Desk to participate.

# Alzheimer's Assoc. Webinar

#### Wednesday, Jan. 8, at 1 p.m.

Join the Meadowlark Memory Program for a webinar at 1 p.m. Wednesday, Jan. 8, in the KSU Classroom.

These monthly programs hosted by the Topeka Alzheimer's Association Chapter are available for caregivers and professionals to learn about memory disorders and the challenges associated with managing them. For questions, contact Michelle Haub, Special Programs Leader, at (785) 323-3899.

# Artist Profile with the Beach Museum Wednesday, Jan. 8. at 6:30 p.m.

Join Kim Richards from the Marianna Kistler Beach Museum of Art for an artist profile presentation at 6:30 p.m. Wednesday, Jan. 8, in the KSU Classroom. The presentation will highlight Max Liebermann, a German Impressionist painter and printmaker of Jewish ancestry. All are welcome to attend!

# Meadowlark's Ladies Luncheon Thursday, Jan. 9, at 12 p.m.

"Ice, fire, and snow" will be the theme of the January Meadowlark Ladies Luncheon hosted by Mary Lou Gibbs and Harriette Janke. The lunch will be at noon Thursday, Jan. 9, in the Manhattan Room. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend.

Lunch will include a hearty vegetable beef soup, crunchy raw veggies, toasted French Bread, and blueberry crumbles with ice cream for dessert.

# Parkinson's Program Ed Group

#### Thursday, Jan. 9, at 2 p.m.

Meadowlark Parkinson's Program invites you to attend the monthly Education Group from 2 to 3:30 p.m. Thursday, Jan. 9, in the Community Room. Please note the date change of Jan. 9, instead of Jan. 2. This month's group will be led by Marcie Lechtenberg, Ph.D., LMFT, Clinic Director at the K-State Family Center. Dr. Lechtenberg will be presenting "Let's Talk: Sharing Details of Your Parkinson's Journey with Family and Friends."

# **Biggs & Gustin Live!**

Friday, Jan. 10, at 7 p.m.

Meadowlark is happy to present Biggs & Gustin Live! at 7 p.m. Friday, Jan. 10, in the Community Room. Chris Biggs and Ken Gustin bring together decades of combined musical experience and performing acoustic music.

With the combination of traditional and original music, they feature folk, bluegrass, country blues, swing and country influences, with strong vocal work and sensitive harmonies in heartfelt and energetic song arrangements. Guitars, banjos, mandolins—they use them all to share fiddle tunes, flatpicking classics, and historic and contemporary songs. Don't miss it!

# Trip to Hobby Lobby/Dollar Tree Saturday, Jan. 11, at 10:30 a.m.

Transportation is available to take a shopping trip to Hobby Lobby and Dollar Tree Saturday, Jan. 11. The bus will depart from the main Village Entrance at 10:30 a.m. Cost is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk if you are interested.

# **Outdoor Encounters**

submitted by Nathan Bolls Oh, My!, it's time to consider New Year's resolutions. Those of us who fret this cerebral game, and find ourselves re-pondering one or more of last year's plans, are admitting that we failed last year in one or more important actions, that these actions again seem more important in the present moment than they turned out to be all of last year—and maybe the year before, and...

I would like to suggest a resolution that we must take seriously for this year, for next year, and forever more. Ain't that scary. And especially so when I consider my own checkered resolution history.

Why didn't I get around to losing those extra pounds; declutter house, garage, or car; do more fishin' and less fussin'; call family and friends more often; get serious about that healthful diet and exercise program; or harass congressional representatives more with my brilliant suggestions that would cure several of our serious national and international problems—all before the spring thaw.

In contrast, I know that each of you is an exemplar of follow-through, that once you resolve to do something, you're already halfway down that Yellow Brick Road! Thus, I'm assured that you'll take seriously my reminder of our need to grow, within both ourselves and our successors, a truly deep and sincere reverence, a true sense of caring, for the interrelationships of the Natural World upon which all of us depend for our existence. We should have embraced this process long ago, but we must hesitate no longer if we wish a world habitable for those who follow.

Granted, most of us at MLH are past the point of mounting vigorous, full-blown attacks against the practices and habits used by our world society to exacerbate our growing global ecological disaster.

# January Birthdays

#### Healthcare

1/3 Anna Imel
1/4 Joe Ann Moore
1/7 James Brakey
1/8 Katherine Cook
1/9 Lois Jensen
1/9 Ivan Tompkins
1/18 Darlene Smith
1/20 Scharmal Schrock
1/26 Bob Smith
1/27 Ila Pultz
1/28 Dorothy Smith
Assisted Living
1/2 Leslie Harms
1/12 Lilly Wyatt

# Independent Living

- 1/1 Norma Larson
- 1/3 Jo Call 1/5 Ruth Wells
- 1/J RUUI WEIIS
- 1/5 Eldon Hageman
- 1/6 Edith Chaput
- 1/7 Fred Lips
- 1/12 Don Marks 1/13 Rae Stamev

- 1/13 Anna Walsh 1/14 Robert Reeves
- 1/19 Joan Lloyd
- 1/20 Pat Niernberger
- 1/21 Ed Skidmore
- 1/29 John Schlender
- 1/30 Betty Campbell
- 1/30 Theda Loehr

# Employees

- 1/2 Lane Henricks
  1/5 Lenita Glanzer
  1/5 Madison Cunnigham
  1/5 Nathaniel Thomas
  1/6 Wanda Allen
- 1/8 Kelsey Grindstaff
- 1/8 Ellie Bredemeier
- 1/8 Patrick Rendolph
- 1/9 Michelle Brown
- 1/12 Sheridan Blasche
- 1/13 Maria Montes-Gonzalez
- 1/14 Shandra Johnson
- 1/16 Korina Almanza
- 1/17 Barbara McCosh
- 1/19 Tesha Washington
- 1/19 Thatcher Damman

# 1/19 Rebecca Campbell1/20 Donna Davis1/20 Julia Howey

- 1/20 Jasmine Stevens
- 1/23 Rochelle Norris
- 1/23 ROCHEILE NOTHS
- 1/23 Nicholas Sixbury
- 1/27 Chris Jensen
- 1/27 Julie Fowler 1/27 Trent Arnold
- L/27 Trent Arnoic
- 1/28 Sara Neslter
- 1/29 Taliyah Childs
- 1/30 Janell Huffaker
- 1/30 Jaynae Cole
- 1/30 Megan Chase
- 1/30 Katherine Coleman
- 1/31 Whitley Coke

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



But younger members of your families are at once both capable of such corrective actions and direct beneficiaries thereof!

A special type of education is needed, as is the will to both accept that learning and to act upon it. But, in a society attuned to the constant search for instant gratification, convenience, consumption, newest gadgets, and a sweat-free lifestyle, selling the education of which I speak will be the "hardest sell" ever attempted in the history of humankind. Thankfully, groups of younger people already are thinking and acting "green."

That's where we come in; with the broad reservoir of both knowledge and process we possess, we too must be among the beginners. Our job will be very difficult because much of world society (especially the West) long ago lost the idea of equating wisdom with age. I know my suggestion advocates a Sea Change in human thinking, but who better than we to help ruffle the surface and kick off a much-needed tsunami to upset the habitual and destructive habits of humankind?

We also must realize that Mother Earth and Father Sky will not stop their increased lashings of Earth's Crust with just one lesson, not in just one year, not even in one decade—but we must begin now. Why not start by rethinking the basic essentials of the life you want for grandchildren, the nature of the gifts you give, the things they do for which you offer encouragement, reward, or thanks.

Educational gifts for our young people have been all the rage for years. The question is: education for what? Time for grandparents and parents to step up, to begin to really think deeply creatively about how to answer that question. Instead of material gifts, how about gifts that promote gestures of love? How about gifts of exposure to objects, places or concepts that promote a rich appreciation of the ecological realm upon which we depend? Much rides on how we and ours respond. Indeed, each of us must resolve to think out-of-the-box.





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

<u>Sunday, Jan. 5</u> Breakfast: Omelets with Fruit

<u>Monday, Jan. 6</u> Breakfast: Biscuits & Gravy Lunch: Baked Ziti & Garlic Bread penne pasta, Italian sausage, marinara sauce, & onions tossed together & topped with a threecheese blend ~\$4.50/6.50

### Tuesday, Jan. 7

**Breakfast:** Breakfast Sandwich with Fruit **Lunch:** French Onion Burger & Side grilled hamburgers seasoned with beefy onion seasoning topped with Swiss cheese & sautéed onions on a butter-toasted bun **~\$6.50** 

#### Wednesday, Jan. 8

**Breakfast:** Breakfast Burrito & Fruit **Lunch:** Street Tacos & Side shredded pulled pork topped with cheddar cheese, cilantro lime slaw, & a creamy avocado sauce in a mini flour tortilla ~\$4.50/\$6.50

# Thursday, Jan. 9

**Breakfast:** Biscuits & Gravy **Lunch:** Meatloaf & Garlic Mashed Potatoes ground beef, bread crumbs, & onions formed into a loaf then wrapped in bacon. Served with buttery, garlic mashed potatoes **~\$6.50** 

# Friday, Jan. 10

**Brunch:** Waffle or Pancake **Lunch:** Chicken Pot Pie & Side shredded chicken, onion, carrots, celery, & peas in a creamy chicken gravy topped with a flaky biscuit

<u>Saturday, Jan. 11</u> Breakfast: A la carte

# **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.

Y	Jan. 5 ~ Lunch \$12	Dinner \$11
SUND/	Roasted Pork Loin with Balsamic Cherry Sauce Gruyere Scalloped Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
TUESDAY MONDAY SUNDAY	Jan. 6 ~ Lunch \$10	Dinner \$12
	Turkey Loaf Mashed Potatoes & Gravy Choice of Vegetable	Chicken Pecan <i>with Dijon Sauce</i> Wild Rice Vegetable du Jour
X	Jan. 7 ~ Lunch \$8	Dinner \$12
TUESDA	Fajita Bar (does not include drink, starter, or dessert)	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
	Jan. 8 ~ Lunch \$10	Dinner \$13
WED.	Meatball Subs French Fries Choice of Vegetable	Shrimp & Chicken Penne with Spinach, Sun-dried Tomatoes, Basil & Mushrooms in Sherry Garlic Sauce Garlic Toast & Vegetable du Jour
	Jan. 9 ~ Lunch \$7	Dinner \$13
THURS.	Breakfast Bar (does not include drink, starter, or dessert)	London Broil Garlic Mashed Potatoes Vegetable du Jour
FRIDAY	Jan. 10 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy Coleslaw French Fries	Baked Sole <i>with Dill Sauce</i> Twice Baked Potato Vegetable du Jour
	Jan. 11 ~ Lunch \$10	Dinner \$15
SAT.	Turkey Reuben Sweet Potatoes Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

# Red Wine Mule

4 oz. Red Wine, 1 oz. Vodka with Ginger Beer & Lime DRINK \$3.75 SPECIAL

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Grosh Cinema Movies		
Sunday, Jan. 5, to Saturday, Jan. 11, 2019		
Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday		
Sunday, Jan. 5 — <u>Under the Tuscan Sun</u> (2003) A writer impulsively buys a villa in Tuscany in order to change her life. Co-Starring: Diane Lane, Raoul Bova, & Sandra Oh Rated: PG-13; 1 hr. 53 min.		
Monday, Jan. 6 — <u>Gigi (1958)</u> *Resident Request Weary of the conventions of Parisian society, a rich playboy and a youthful courtesan-in-training enjoy a platonic friendship, but it may not stay platonic for long. Co-Starring: Leslie Caron, Maurice Chevalier, & Louis Jourdan Rated G; 1 hr. 55 min.		
<b>Tuesday, Jan. 7 — <u>Set It Up</u> (2018)</b> Two corporate executive assistants hatch a plan to match-make their two bosses. <b>Co-Starring: Zoey Deutch, Glen Powell, &amp; Lucy Liu</b> Rated PG-13; 1 hr. 45 min.		
Wednesday, Jan. 8 — <u>The Book of Eli</u> (2010) A post-apocalyptic tale, in which a lone man fights his way across America in order to protect a sacred book that holds the secrets to saving humankind. Co-Starring: Denzel Washington, Mila Kunis, & Ray Stevenson Rated R for violence and language; 1 hr. 58 min.		
Thursday, Jan. 9 — <u>They Shall Not Grow Old</u> (2018) *Resident Request A documentary about World War I with never-before-seen footage to commemorate the centennial of the end of the war. Rated R for disturbing war images; 1 hr. 49 min.		
Friday, Jan. 10 — <u>Imagine That</u> (2009) A financial executive who cant stop his career downspiral is invited into his daughter's imaginary world, where solutions to his problems await. Co-Starring: Eddie Murphy, Thomas Haden Church, & Yara Shahidi Rated PG; 1 hr. 47 min.		
Saturday, Jan. 11 — <u>The Rainmaker (1997)</u> A young attorney and a scrappy paralegal work to help the parents of a terminally ill boy in their suit against an insurance company. Co-Starring: Matt Damon, Danny DeVito, & Claire Danes Rated PG-13; 2 hr. 15 min.		

# Weekly Opportunities Calendar Jan. 5 to Jan. 11

Sunday • Jan. 5 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 by Sarah Diamond, CR	<ul> <li>1:00 p.m. ~ Pitch, GR</li> <li>1:00 p.m. ~ Alzheimer's Assoc. Webinar, KSU CL</li> <li>3:00 p.m. ~ Rock Steady Boxing, CSC</li> <li>3:00 p.m. ~ Rock Steady Boxing, CR</li> <li>3:00 p.m. ~ Ice Cream Social, VB</li> <li>5:30 p.m. ~ Eastside Supper, MR</li> <li>6:30 p.m. ~ Artist Profile with Beach Museum KSU CL</li> </ul>
Monday <ul> <li>Jan. 6</li> </ul> <li>Manhattan Room—open seating at lunch only</li>	Thursday • Jan. 9 Manhattan Boom-open seating at dinner only

Manhattan Room—open seating at lunch only 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR 8:30 a.m. ~ IL Resident Council, KSU CL 9:30 a.m. ~ Town Meeting, CR 10:00 a.m. ~ Osher Class Registration, FHR 11:00 a.m. ~ Sit & Be Fit, CR 12:00 p.m. ~ Weights 101, CR 12:00 p.m. ~ Yoga, KSU CL 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 2:00 p.m. ~ Change & Loss Support Group, FHR 3:45 p.m. ~ Meadowlark Singers Practice, CR 5:30 p.m. ~ Tuttle Creek Supper, MR 7:00 p.m. ~ Community Bingo, CR

# **Tuesday** • Jan. 7 Trash & recycling pick-up

Manhattan Room— open seating at dinner only 10:30 a.m. ~ Guided Meditation. GC 10:30 a.m. ~ Steady Yourself, CR 11:00 a.m. ~ Tap to Togetherness, CR 11:15 a.m. ~ Chair Yoga, KSU CL 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. ~ MLH Ambassadors Meeting, WCR 7:00 p.m. ~ Dominoes, GR

# Wednesday • Jan. 8

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, FHR 10:20 a.m. ~ Weights 101, CR 11:00 a.m. ~ Sit & Be Fit, CR 12:00 p.m. ~ Yoga, CR

Manhattan Room—open seating at dinner only 8:30 a.m. ~ Messenger Team, WCR 10:00 a.m. ~ Meadowlark Bible Study, FHR 10:30 a.m. ~ Steady Yourself, CR 11:15 a.m. ~ Chair Yoga, CR 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR 2:00 p.m. ~ Parkinson's Education Group, CR 4:00 p.m. ~ Great Decisions, FHR

### Friday • Jan. 10

Manhattan Room—open seating at lunch & dinner 9:30 a.m. ~ Seated Strength, CR 10:20 a.m. ~ Weights 101, CR 11:00 a.m. ~ Sit & Be Fit, CR 1:00 p.m. ~ Hand & Foot Card Games, GR 1:00 p.m. ~ Parkinson's Exercise Class, CR 1:00 p.m. ~ PD Care Partner Support Grp., FHR 7:00 p.m. ~ Biggs & Gustin Live!, CR

## Saturday • Jan. 11

Manhattan Room—open seating at lunch & dinner 9:30 a.m. ~ Painting for Fun, MCR 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE

# **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