

## Thanksgiving Closings

Listed below are the service areas, clinics, classes and events that will be closed during Thanksgiving.

### Service Areas

- **Environmental Services:** On call for emergencies on Thanksgiving
- **Finance Services:** Closed at noon on Wednesday, Nov. 23, and closed on Thanksgiving
- **Exercise Classes:**
  - All exercise classes canceled on Thanksgiving
  - Exercise classes will be held as scheduled on Friday, Nov. 25
  - Caul Fitness Center remains open
- **Pizazz Salon:** Closed on Thanksgiving and Friday, Nov. 25. Appointments for the week of Thanksgiving are filling up fast, so book soon!
- **Physician Office:** Closed on Thanksgiving and Friday Nov. 25
- **Hospitality Desk/Resident Services:** Closed on Thanksgiving
- **Verna Belle's:** Closed on Thanksgiving

- **Prairie Star:** Opened for Thanksgiving lunch only. To-go and delivery will not be available on Thanksgiving
- **Kansas Room Pub and Lounge:** Closed on Thanksgiving

### Clinics, Classes & Events

- **Steady Yourself:** Canceled Friday, Nov. 25
- **Chair Yoga:** Canceled Friday, Nov. 25
- **Blood Pressure Clinic:** Canceled on Thanksgiving
- **Meadowlark Bible Study:** Canceled on Thanksgiving
- **St. Paul's Episcopal Church Service:** Canceled on Thanksgiving
- **Parkinson's Partner's Luncheon:** Canceled on Friday, Nov. 25
- **Parkinson's Exercise Class:** Canceled on Friday, Nov. 25
- **Parkinson's Care Partner Support Group:** Canceled on Friday, Nov. 25

## Olsburg Swedish Supper

*Celebrating the 60th annual tradition of authentic Swedish foods*

**Saturday, Dec. 3, at 4 p.m.**

Celebrating its rich Swedish Heritage, the Olsburg Lutheran Church has hosted a traditional Swedish Supper for the past 60 years!

Meadowlark will be taking a group to Olsburg, Kan. for the 60th annual Olsburg Swedish Supper Saturday, Dec. 3, to enjoy a buffet styled supper held at McCormick Elementary School.

The Swedish Supper include meats, vegetables, salads, cheese, bread and desserts.

The group will have the opportunity to enjoy authentic Swedish foods freshly prepared from

recipes that have been handed down for generations.

The meal is \$15 per person and cost for transportation will be determined based on the number of people attending. Transportation will depart from the Village Entrance at 4 p.m.

To attend this event, please register in the Blue Book located at the Hospitality Desk.

If you have any questions, please contact Mary Lou Gibbs at (785) 320-6374. Mattie Nuckols, Receptionist, will also be joining the group on this fun-filled celebration of tradition!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Daniel Dissmore and the Jazz Ambassadors

Friday, Nov. 18, at 7 p.m.

Daniel Dissmore and the Jazz Ambassadors will be performing at 7 p.m. Friday, Nov. 18, in the Community Room.

The Jazz Ambassadors are on of the Little Apple's premier music groups! The band is led by trumpet player Daniel Dissmore. The group spreads the message, virtue and ideals of jazz wherever they perform. Playing original compositions and arrangements of classic standards, the Jazz Ambassadors keep true to the rich heritage and legacy of American's music!

### Kinzie Jo's Sparkly Sendoff

Tuesday, Nov. 22, at 3 p.m.

A sweet, sparkly ending to a brand new beginning! Kinzie Jo Nelson, Sales Leader, has accepted a position in Stillwater, Okla. as the Sales and Marketing Director of a new CCRC called The Ranch by Epworth Living. Kinzie's last day will be Wednesday, Nov. 23.

Let's celebrate and send her off in style! Kinzie Jo requests you to wear a little sparkle and stop by a special edition of Coffee Corner from 3 to 4 p.m. Tuesday, Nov. 22, in the Community Room. There will be lots of sweet creampuffs to celebrate... and maybe even a little entertainment, too!

### Game Room Christmas Tree

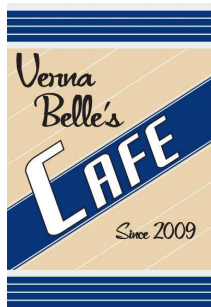
Attention all K-State University lovers, alumni and friends: The Game Room Christmas Tree has a new theme this year and that is a whole lot of purple!

If you have any K-State ordainments that you would like to donate to make this K-State tree sparkle with wildcat pride, please contact Magye Loya at (785) 323-3890. Ordainments can also be delivered at the Community Relations Office, caddy-corner from the Fitness Center.

### Jokes of the Week

When does Christmas come before Thanksgiving?  
In the dictionary!

Why didn't the turkey eat dessert?  
He was already stuffed.



## Lunch Specials Nov. 20 – Nov. 26

Hours: Monday—Friday, 8 a.m. to 5 p.m.  
Saturday—Sunday, 9 a.m. to 1 pm.

<b>Sunday, Nov. 20 – Tuna Salad Sandwich with Side</b> <i>(Tuna salad on white or wheat bread with your choice of side)</i>	<b>\$3.75/\$5.50</b>
<b>Monday, Nov. 21 – Grilled Cheese &amp; Tomato Soup</b> <i>(American, Swiss &amp; Cheddar Cheese on butter toasted Italian bread served with creamy tomato soup)</i>	<b>\$3.75/\$5.50</b>
<b>Tuesday, Nov. 22 – Chicken Bacon Ranch Wrap with Soup or Chips</b> <i>(Shredded Chicken, Bacon &amp; ranch dressing wrapped in a flavored tortilla with lettuce &amp; tomato)</i>	<b>\$3.75/\$5.50</b>
<b>Wednesday, Nov. 23 – Triple Meat Pizza</b> <i>(Sausage, Bacon &amp; Pepperoni on a Flat bread with marinara sauce &amp; mozzarella cheese)</i>	<b>\$3.75/\$5.50</b>
<b>Thursday, Nov. 24 – Closed for Thanksgiving</b>	
<b>Friday, Nov. 25 – Chili with Cinnamon Rolls</b> <i>(Seasoned Ground Beef, onions, tomatoes &amp; chili beans in a tomato sauce served with shredded cheese &amp; crackers)</i>	<b>\$5.50</b>
<b>Saturday, Nov. 26 – Egg Salad Sandwich with Side</b> <i>(Egg salad with American cheese on toasted white or wheat bread)</i>	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### **Veteran's Group**

*Friday, Nov. 18, at 10 a.m.*

The Veteran's Group will be meeting at 10 a.m. Friday, Nov. 18, in the Grosh Cinema. The guest speaker for this month's meeting will be Major Caywood and Captain Flaming.

### **Messenger Ladies needed**

The Messenger Ladies are searching for two committed individuals to assist them with folding Meadowlark Messengers on Thursday mornings.

If you are interested or would like more information about this opportunity, please contact Esther Sobering at (785) 320-7882.

### **Meadowlark Hills Singers Practice**

*Monday, Nov. 21, at 3 p.m.*

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Nov. 21, in the Community Room.

### **Verna Belle's Café Thanksgiving hours**

Verna Belle's Café will be closed on Thursday, Nov. 24, and will be opened from 8 a.m. to 3 p.m. on Friday, Nov. 25.

### **November Diabetes Support Group**

*Wednesday, Nov. 30, at 1:30 p.m.*

The Diabetes Support Group for November will be meeting at 1:30 p.m. Wednesday, Nov. 30, in the KSU Classroom. The guest speaker is Fitness Leader Jeff Heibreder. He will be discussing "Physical Activity for Diabetes."

Jeff will be presenting over recommended amount of physical activity and go over different exercises that can be beneficial.

### **Scam warning**

Attention all residents: Several residents have received a message on the screen of their computer stating that the computer is infected with a virus and spyware.

The alert states that the following information is being stolen: Facebook login, credit card details, email account details and photos stored on the computer unless they call the number listed on the screen in the next five minutes. This is a scam! Please do not call the number and shut off your computer. Please call the Hospitality Desk at (785) 537-4610 to request IT help if the issue continues to occur.

### **Sheldon Edelman's Memorial Service**

*Thursday, Nov. 17, at 6 p.m.*

A memorial service will be held for Sheldon Edelman at 6 p.m. Thursday, Nov. 17, at Manhattan Jewish Congregation, 1509 Wreath Ave.

A reception will follow from 7:30 to 9:30 p.m. in the Community Room. Refreshments will be served at the memorial service and reception. All are welcome to attend.

### **Pizzaz Salon**

Need fixed up before Thanksgiving holiday? Appointment times are filling up FAST at Pizzaz Salon. Stop by or give Pizzaz a call at 537-6189, to reserve a spot. The Salon will be closed Thanksgiving and Friday, Nov. 25.

### **Memory Activities Class Artful Memories**

*Wednesday, Nov. 23, at 10 a.m.*

This Wednesday, Nov. 23, Memory Café and Memory Activities Class (MAC) are joining together for a Artful Memories Class.

During this monthly session, the Memory Program is collaborating with the Marianna Kistler Beach Museum of Art. Education Assistant, Kim Richards, will conduct a session of Artful Memories from 10 to 11 a.m. in the KSU Classroom.

This will be a facilitated discussion of three different art images with joint participation by those experiencing memory changes and care partners. All are welcome to attend.

### **Parkinson's Classes canceled**

The following Parkinson's classes and events are canceled during the dates listed below:

- **Parkinson's Voice Class:** Canceled Monday, Nov. 21
- **Parkinson's Exercise Class:** Canceled Thursday, Nov. 24
- **Parkinson's Care Partner Support Group:** Canceled Thursday, Nov. 24
- **Parkinson's Partner's Luncheon:** Canceled Thursday, Nov. 24
- **Rock Steady Boxing at Combative Sports Center:** Canceled Saturday, Nov. 26

## UPCOMING EVENTS & ANNOUNCEMENTS

### Shopping Trip

**Wednesday, Nov. 23, at 10 a.m.**

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart.

The next trip departs at 10 a.m. Wednesday, Nov. 23, from the Village Entrance. Please sign up in the Blue Book to register for transportation.



### Memory Activities Class

**Wednesday, Nov. 30, at 10 a.m.**

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. This group will meet at 10 a.m. Wednesday, Nov. 30, in the KSU Classroom.

### Vespers Services

**Sunday, Nov. 20, at 7 p.m.**

The Vespers service, led by Rev. Michael Schmidt from St. Luke's Lutheran Church, will be at 7 p.m. Sunday, Nov. 20, in the Community Room.

### Painting for Fun

**Saturday, Nov. 19, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Nov. 19, in the KSU Classroom. No experience needed, just come with a sense of fun and adventure!

### Memory Café

**Wednesday, Nov. 30, at 10 a.m.**

Memory Café will meet in the Kansas Room & Pub at 10 a.m. Wednesday, Nov. 30.

This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate and snacks are provided.

### Kansas State Football Watch Party

**Saturday, Nov. 19, at 11 a.m.**

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the Baylor University Bears Saturday, Nov. 19! The game will kick off at 11 a.m. in the Game Room.

### Cuz'n Jed's Christmas

**Saturday, Dec. 2, at 7 p.m.**

Come out and enjoy a fun filled hour of Christmas classics with Jed Wymore at 7 p.m. Friday, Dec. 2, in the Community Room.

Jed will be joined by other musicians as they entertain Meadowlark with an array and holiday music.

### Jamin' Northstars Elementary Choir Presents: National Pearl Harbor Day Concert

**Wednesday, Dec. 7, at 7 p.m.**

You are invited to a Bob Hope style U.S.O. Show extravaganza! There will be singing, dancing, jokes, fun costumes and great entertainment to honor our WWII Veterans at 7 p.m. Wednesday, Dec. 7, in the Peace Memorial (City) Auditorium.

Entertainers will be Blake Bunning presenting the National Anthem, the Thundering Cats Swing Band, Cadence, an acapella choir from Kansas State University and the Jamin' Northstars Choir.

All who enjoy good music from the 40's and want to be a part of honoring our WWII Veterans are welcome.

The Jamin' Northstars Elementary Choir will be accepting donations for renovations and repairs to the Peace Memorial Auditorium via checks or money orders made out to:

Friends of Peace Memorial Auditorium  
P.O. Box 265  
Manhattan, KS 66505-0265

### Sweet, Sweet Honey for Sale

Verna Belle's Café is now selling 12 oz. bottles of honey for \$6 and 16 oz. bottles for \$8. Happy shopping!

DRINK SPECIAL



**Nov. 21 to Nov. 26**  
**Spiced Apple Cider**

1 1/4 oz. Captain Morgan  
Top off with Hot Apple Cider  
Hot glass rimmed with Cinnamon Sugar

**\$3.75**

## UPCOMING EVENTS & ANNOUNCEMENTS

### Second Session of Grief Support Group

*Tuesday, Nov. 22, from 2 to 3 p.m.*

The next second session of Grief Support Group is at 2 p.m. Tuesday, Nov. 22, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

### Friday Night Program

There will be no Friday night program Friday, Nov. 25, as it is the day after Thanksgiving.

### Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack.

Stop by Verna Belle's Café or the Human Resource office to fill out a nomination form with information about an outstanding employee.

*Ask Sarah*



Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or directly to Sarah via phone, e-mail or by stopping her office!

Sarah is located in the office next to Lonnie Baker, CEO, and catty-corner from the Fitness Center.

*Thanks for stopping by!*

### Holiday Bereavement

*Tuesday, Nov. 29, from 3 to 4 p.m.*

While the holiday season is a joyous time of the year, it can be difficult for individuals who have experienced loss. Holiday Bereavement support sessions are an opportunity to share feelings and receive support from Meadowlark's licensed social worker, chaplain and other individuals who have experienced loss. Sessions will be informal and individuals are welcome to stop by at any point during session.

The next support session is scheduled from 3 to 4 p.m. Tuesday, Nov. 29, in the West Conference Room. RSVP is not required to attend the sessions. For more information please contact Patty Brown-Barnett at (785) 532-8925 or via email at [Patricia.Brown-Barnett@meadowlark.org](mailto:Patricia.Brown-Barnett@meadowlark.org)

### Video Worship Series

*Wednesday, Nov. 23, at 4 p.m.*

You are invited to watch a televised worship bible study at 4 p.m. Wednesday, Nov. 23, in the Living Room. All are welcome.

### Dental Clinics canceled

Dental Clinics are canceled during the following dates:

- Monday, Nov. 21
- Monday, Dec. 19

### Thanksgiving Lunch

*Thursday, Nov. 24, at 11 a.m. & 1:30 p.m.*

Prairie Star Restaurant is hosting a Thanksgiving Lunch at 11 a.m. and 1:30 p.m. Thursday, Nov. 24. Cost is \$15 per adult and \$8 for children. Reservations are required and can be made in Prairie Star Restaurant or by calling (785) 323-3820. Prairie Star Restaurant will be closed for all other orders during lunch and closed for dinner.

Box meals will be available for dinner for those who sign up in the Blue Book located at the Hospitality Desk by Monday, Nov. 21. The box dinner includes a sandwich, chips, apple and pie. Verna Belle's Café will be closed on Thanksgiving. Box meals can be picked up from 4 to 5 p.m. at Prairie Star Restaurant.

# PRAIRIE STAR RESTAURANT

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

## Nov. 20 - Nov. 26

Includes beverage, starter and dessert.

The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

<b>SUNDAY</b>	November 20 ~ Lunch \$12	Dinner \$10
	Baked Ranch Cornflake Chicken Au Gratin Potatoes Vegetable of the Day	Ham & Beans Cornbread Vegetable of the Day
<b>MONDAY</b>	November 21 ~ Lunch \$11	Dinner \$12
	BBQ Brisket Sandwich Potato Salad Choice of Vegetable	Chicken Milenese Wild Rice Vegetable of the Day
<b>TUESDAY</b>	November 22 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day
<b>WED.</b>	November 23 ~ Lunch \$10	Dinner \$13
	Grilled Ham & Cheese with Tomato Soup	Shrimp Crab Cakes Rice Pilaf Vegetable of the Day
<b>THURS.</b>	November 24 ~ Lunch	Dinner
	Thanksgiving Lunch <i>Adults — \$15</i> <i>Children — \$8</i>	Closed for Thanksgiving
<b>FRIDAY</b>	November 25 ~ Lunch \$11	Dinner \$12
	Sautéed Orange Roughy Rice Pilaf Choice of Vegetable	Cilantro Lime Grilled Chicken with Mango Salsa Rice Vegetable of the Day
<b>SAT.</b>	November 26 ~ Lunch \$10	Dinner \$15
	Chicken Pot Pie Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

\*You may substitute an extra vegetable for the starch on any special for no additional charge.

# Grosh Cinema Movies

Sunday, Nov. 20 - Saturday, Nov. 26

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

## **Sunday, Nov. 20 – Pup (2013)**

While some sheepdogs are happy just to tend the herd, Pup is determined to prove he's the greatest sheepdog in the world — by flying to the moon.

**Co-Starring: Kristina Hughes, Emilee Wallace & Sarmarie Klein**

**Rated PG; 1 hr. 22 min.**

## **Monday, Nov. 21 – You've Got Mail (1998)**

Book superstore magnate Joe Fox and independent book shop owner Kathleen Kelly fall in love in the anonymity of the internet — both blissfully unaware that he's trying to put her out of business.

**Co-Starring: Tom Hanks, Meg Ryan & Greg Kinnear**

**Rated PG; 1 hr. 59 min.**

## **Tuesday, Nov. 22 – Mr. Holmes (2015)**

Long retired to a country farmhouse, 93-year-old Sherlock Holmes tends his apiary and reflects on his remarkable career. But the legendary sleuth, whose mental powers are fading, remains haunted by the unsolved case that caused him to call it quits.

**Co-Starring: Ian McKellen, Laura Linney & Milo Parker**

**Rated PG; 1 hr. 43 min.**

## **Wednesday, Nov. 23 – Cats (1998)**

Elaine Paige — the original London Grizabella — leads an all-star cast culled from London, Broadway and Amsterdam productions of Andrew Lloyd Webber's smash-hit musical, captures on film by director David Mallet.

**Co-Starring: Elaine Paige, John Mills & Ken Page**

**Not Rated; 2 hrs.**

## **Thursday, Nov. 24 – Planes, Trains and Automobiles (1987)**

While trying to get home to his family in Chicago for Thanksgiving, marketing executive Neal Page runs into one disaster after another — which includes being stuck with insufferable salesman Del Griffith as his unshakable traveling companion.

**Co-Starring: Steve Martin, John Candy & Laila Robins**

**Rated R for strong language and a brief sexual image; 1 hr. 32 min.**

## **Friday, Nov. 25 – Move Over, Darling (1963)**

A woman presumed death for five years returns from a desert island to find that her husband has just remarried and is on his honeymoon.

**Co-Starring: Doris Day, James Garner & Polly Bergen**

**Rated PG; 1 hr. 43 min.**

## **Saturday, Nov. 26 – The Pacifier (2005)**

A tough Navy SEAL never imagined he'd end up baby-sitting a crop of unruly kids — and is shocked to discover it's the hardest job he's ever had.

**Co-Starring: Vin Diesel, Lauren Graham & Faith Ford**

**Rated PG; 1 hr. 35 min.**

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# This Week's Opportunities November 20 - November 26

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## SUNDAY • NOVEMBER 20

*Breakfast at Verna Belle's—Omelets with Fruit*

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers, Rev. Michael Schmidt from St. Luke's Lutheran Church, CR

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## MONDAY • NOVEMBER 21

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

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## TUESDAY • NOVEMBER 22

*Breakfast at Verna Belle's—Breakfast Sandwich with Fruit*

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ Grief Support Group, CON
- 3:00 p.m. ~ Coffee Corner & Farewell to Kinzie Jo, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR

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## WEDNESDAY • NOVEMBER 23

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

- 9:00 a.m. ~ Messenger Ladies, CON
- 9:00 a.m. ~ New Perspectives, KR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class—ArtFull Memories, KSU CL
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Collins Worship Service, CH
- 3:00 p.m. ~ Call Hall Ice Cream, KR

- 3:00 p.m. ~ Fit 2 Fight PD, CR & CSC
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, MR

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## THURSDAY • NOVEMBER 24

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 11:00 a.m. ~ First Seating for Thanksgiving Lunch, PS
- 1:30 p.m. ~ Second Seating for Thanksgiving Lunch, PS



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## FRIDAY • NOVEMBER 25

*Breakfast at Verna Belle's—Waffle or Pancake*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 1:00 p.m. ~ Hand and Foot Card Games, GR

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## SATURDAY • NOVEMBER 26

*Breakfast at Verna Belle's—Omelets with Fruit*

- 9:30 a.m. ~ Painting for Fun, KSU CL
- 11:00 a.m. ~ KSU Watch Party, GR

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## ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center

\*Meadowlark News Channel can be viewed on channel 1960