

## O' Festival Tree!

*Meadowlark's entry wins award, prompts high bid*

*Submitted by Becky Fitzgerald*

Make room for another trophy! "Holiday Cheer," a Christmas tree decorated by Meadowlark employees, won the Mayor's Choice award and earned the top bid Nov. 18 at the 13<sup>th</sup> annual Festival of Trees Gala at Houston Street Ballroom. Manhattan mayor Usha Reddi greeted attendees and announced her choice, saying she had a difficult decision as she considered the 26 festival entries.

Festival of Trees is a five-day event benefitting Flint Hills Volunteer Center. Local and area businesses and community members donate decorated Christmas trees, entryway displays, mantel displays and tablescapes to be part of a live auction at the gala. The money raised from the auction goes directly to fund the center's programs.

During the live auction, Meadowlark's festival committee - Becky Fitzgerald, Mary Harness, Bridget Larkin, Magye Loya and Kinzie Jo Nelson - sat in amazement as the bids raced past \$500, past \$1000, past \$1500 and up and up and up! The bidding finally stopped at \$2800, with Neil and Janet Horton outlasting their fierce competitor. Neil currently serves as president of Meadowlark Foundation's Board of Directors.

"That was the highest bid *ever* in the festival's 13 years," said Lori Bishop, the volunteer center's executive director. "I was just floored."

"It's a beautiful tree," she added, saying that longtime festival-goers look forward to seeing Meadowlark's



Meadowlark decorating committee pose with Neil, current president of Meadowlark Foundation Board of Directors, and Janet Horton in front of "Holiday Cheer" Christmas tree.

entry each year. "We have comments like 'I wonder what their theme is this year?' and 'They'll have a winner, I'm sure.'

At the auction's conclusion, Horton approached the committee, offering to donate the tree to our community if we have space for it. Of course we do! The tree is now standing in the Community Center hallway, between the Support Services and chaplain offices, so please

take a look.

Holiday Cheer is a toast to beverages of the holiday season. To carry out the theme, the committee decked the tree's branches with pewter goblets, silver-plated punch cups, tiny liqueur glasses and wine bottles dipped in glitter. Thank you to those who've purchased wine and champagne at the restaurant and pub over the past several months. Corks from those empty bottles were strung on wire and draped around the tree.

At the festival, the committee added interest to their entry by parking a tea/bar cart next to the tree. The Hortons took home the cart and the goodies on it, which included a Holiday Cheer pillow and fuzzy blanket, an ice bucket and a bottle of white wine. In addition, Nespor's Wine & Spirits donated a bottle of champagne and a \$25 gift card, and the committee created seasonal drink recipe cards to share with attendees.

2016 marks the ninth year Meadowlark staff members have donated a decorated tree, with each of our trees winning at least one award since 2011.

## UPCOMING EVENTS & ANNOUNCEMENTS

### 2017 Part D Open Enrollment Update

Meadowlark would like to thank the residents and their family members for attending the Part D Open Enrollment day on Wednesday, Nov. 9.

The Area Agency on Aging reported the following:

- 29 total individuals attended enrollment which include five couples.
- 11 individuals changed their plans on Nov. 9. There were several who left with the information on Nov. 9, and may have changed their plans before Dec. 7.
- The Area Agency on Aging reported 11 individuals who changed their plans on Nov. 9, saved a total of **\$42,367.05** for the new year of 2017.

Reminder: If you have changed your medical insurance plans for 2017 (medical, prescriptions, etc.) please bring a copy of your new insurance card(s) to the Finance Office so your file can be updated. Thank you!

### Friday Night Program

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

### 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.

### Attention all ladies of Meadowlark

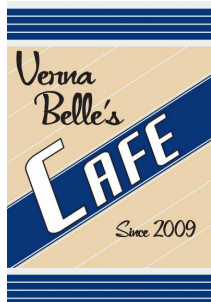
For several years the Ladies Luncheon group has met every second Thursday of the month and were called the Red Hatters. Recently, the name of the group changed to the Manhatter's Ladies Luncheon — this led to some confusion.

At the November luncheon, after some discussion, a name was voted on by those ladies of attendance.

From now on the group's name will be Meadowlark Ladies Luncheon.

It is hoped that this name will encourage more ladies who live at Meadowlark or who are Passport members to attend future luncheons.

There is absolutely NO membership required. Look for the announcement for the next upcoming meeting on page 3. Remember, ALL LADIES ARE WELCOME!



## Lunch Specials Nov. 27 – Dec. 3

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

<b>Sunday, Nov. 27 - Egg Salad Sandwich with Side</b> (Egg salad on white or wheat bread with your choice of side)	\$3.75/\$5.50
<b>Monday, Nov. 28 - BLT with Cottage Cheese and Fruit</b> (Bacon, lettuce, & tomato on toasted white or wheat bread)	\$3.75/\$5.50
<b>Tuesday, Nov. 29 - Philly Cheese Steak with Soup or Chips</b> (Hot sliced Roast Beef, sautéed peppers & onions & Swiss cheese on grilled Italian bread)	\$3.75/\$5.50
<b>Wednesday, Nov. 30 - Bierocks with Side Salad</b> (Ground Beef, cabbage & onions baked inside a biscuit)	\$3.75/\$5.50
<b>Thursday, Dec. 1 - BBQ Pork Sandwich with Cheesy Potatoes</b> (Shredded Pork & BBQ sauce on a butter toasted bun with cheesy hash browns)	\$5.50
<b>Friday, Dec. 2 - Ham &amp; Beans with Cornbread Muffin</b> (Great northern beans & Ham with onions, brown sugar & spices)	\$5.50
<b>Saturday, Dec. 3 - Chicken Salad Sandwich with Side</b> (Chicken salad on white or wheat bread with your choice of side)	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Manhattan Kiwanis Club 66th Annual Pancake Feed and Silent Auction

*Saturday, Dec. 10, from 7 a.m. to 1 p.m.*

The Manhattan Kiwanis Club will be hosting the 66th Annual Pancake Feed and Holiday Silent Auction from 7 a.m. to 1 p.m. Saturday, Dec. 10, at Pottorf Hall at Cico Park. All proceeds benefit twenty plus local community projects. Tickets for adults cost \$5 during presale and \$6 the day of the feed. Tickets for children ages five through twelve cost \$3 during presale and \$4 the day of the feed. Children under five can eat for free.

### Meadowlark Ladies Luncheon

*Thursday, Dec. 8, at 12:30 p.m.*

All Meadowlark ladies are welcomed to attend the Meadowlark Ladies Luncheon hosted by Janice Parsons and Yvonne Crawford at 12:30 p.m. Thursday, Dec. 8, in the Manhattan Room.

Ladies will have the opportunity to enjoy a light lunch and holiday related activities. Please sign up in the Blue Book located at the Hospitality Desk to attend this luncheon.

### Music and Memory Movie Night

*Thursday, Dec. 1, at 6 p.m.*

The Meadowlark Memory Program invites you to Music and Memory Movie Night to view the documentary "Alive Inside" at 6 p.m. Thursday, Dec. 1, in the Community Room.

The documentary is described as a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music.

Popcorn and soda will be served during the showing. Please contact Michelle Haub at (785) 323-3899 or Kashaya Zukowske at (785) 323-3800 with questions. No reservations required to attend this event.

### The Trust Company Holiday Classic

*Friday, Dec. 2, at 3 p.m.*

The Trust Company is proud to present the 2016 Holiday Classic starting at 3 p.m. Friday, Dec. 2, in the Community Room. For this year's entertainment, the Trust Company is bringing back the trio Linda Uthoff, Thom Jackson and Joe Braun for a program of holiday classics and more! The menu will consist of a variety of savory and sweet dishes. RSVP's are necessary and can be made to the Trust Company at (785) 537-7200.

### Thanksgiving Closings

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

#### Service Areas

- **Environmental Services:** On call for emergencies on Thanksgiving
- **Finance Services:** Closed at noon on Wednesday, Nov. 23, and closed on Thanksgiving
- **Pizazz Salon:** Closed on Thanksgiving and Friday, Nov. 25
- **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

- **Exercise Classes:** All exercise classes canceled on Thanksgiving
- **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:** No luncheon in November
- **Parkinson's Exercise Class:** Canceled on Thanksgiving and Friday, Nov. 25
- **Parkinson's Care Partner Support Group:** Canceled Friday, Nov. 25
- **Rock Steady Boxing at Combative Sports Center:** Canceled Saturday, Nov. 26

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

Why did the farmer run a steamroller over his potato field on Thanksgiving Day?  
He wanted to raise mashed potatoes.

What is a turkey's favorite dessert?  
Peach gobbler!

### **Card Making with Michelle**

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

Join Michelle Lehmer at 1:30 p.m. Wednesday, Nov. 30, in the Living Room. The group will be making cards for the holiday season. This will be the last class this year to make holiday cards.

### **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. 27, 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. 27, in the Community Room.

### **Memory Café**

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

Memory Café will meet in the West Conference Room 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. 26, at 11 a.m.**

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on University of Kansas Jayhawks Saturday, Nov. 26! The game will kick off at 11 a.m. in the Game Room.

### **Catholic Mass canceled**

Catholic Mass is canceled Friday, Dec. 2, in the Community Room.

### **Olsburg Swedish Supper**

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

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 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.

### **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 ornaments that you would like to donate to make this K-State tree sparkle with wildcat pride, please contact Magye Loya at (785) 323-3890. Ornaments can also be delivered at the Community Relations Office.

### **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.

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

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

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

## UPCOMING EVENTS & ANNOUNCEMENTS

### Thanksgiving Box Meals

Thursday, Nov. 24, from 4 p.m. to 5 p.m.

If you have signed up for a box dinner from Prairie Star Restaurant, please pick up between 4 and 5 p.m. Thursday, Nov. 24, at Prairie Star Restaurant.

### ASK SARAH

#### Don't forget the turkey!

Submitted by Sarah Duggan

Between the chilly weather, the many party plans and the eagerness of the retail stores to put out their holiday goodies – it seems like Thanksgiving is shrinking away little by little. Just last week my husband asked me if I noticed that Christmas seemed to be coming earlier and earlier every year. When I thought about it - the lights that are up around the neighborhood, the holiday deals running at local shops and the Christmas music already stuck in my head – then yes, Christmas is closing in on us quicker than ever.

I'm not innocent in this phenomenon. I think it started for me a few years ago when I no longer observed a long weekend for the Thanksgiving holiday. My new practice was to drive to my parent's the morning of Thanksgiving, celebrate, then return to Manhattan so I could go to work on Friday. In fact this year, we are headed to Brooklyn, NY to celebrate Christmas with my in-laws so my gift shopping is nearly done in preparation for our trip. Yikes – I've nearly missed Thanksgiving all together and it hasn't even come yet!

Now I am taking a moment to appreciate all I have to be thankful for this year. I am thankful for my growing family and the excitement that comes with anticipating the arrival of a new baby. I am thankful to have a roof over my head and food on the table. I am thankful for my friends who make me laugh when I need it most. I am thankful for mashed potatoes and pumpkin pie. I am thankful to work in a place that makes each week something to look forward to.

Before we lose ourselves in tinsel, lights and candy canes let's all take a moment to consider what we makes us thankful. Happy Thanksgiving!



### Holiday Bereavement

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

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. 30, at 4 p.m.

You are invited to watch a televised worship bible study at 4 p.m. Wednesday, Nov. 30, in the Living Room. All are welcome.

### 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 Heidbreder. He will be discussing "Physical Activity for Diabetes."

### Meadowlark Hills Singers Practice

Monday, Nov. 28, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Nov. 28, in the Community Room.

### Second Session of Grief Support Group

Tuesday, Nov. 29, from 2 to 3 p.m.

The next second session of Grief Support Group is at 2 p.m. Tuesday, Nov. 29, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

DRINK SPECIAL



Nov. 28 to Dec. 3  
Fuzzy Blue Gobbler

1 oz. Peach Schnapps  
1 oz. Blue Curacao  
1 oz. Wild Turkey

\$3.75

# PRAIRIE STAR RESTAURANT

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

## Nov. 27 - Dec. 3

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 27 ~ Lunch \$12	Dinner \$12
	Meatloaf Mashed Potatoes & Gravy Vegetable of the Day	Lasagna Garlic Toast Vegetable of the Day
<b>MONDAY</b>	November 28 ~ Lunch \$11	Dinner \$12
	Sweet & Sour Pork Steamed Rice Choice of Vegetable	Chicken Veronique Cous Cous Vegetable of the Day
<b>TUESDAY</b>	November 29 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	BBQ Shrimp Corn Salsa Roasted Red Potatoes
<b>WED.</b>	November 30 ~ Lunch \$10	Dinner \$13
	Turkey Ala King Egg Noodles Choice of Vegetable	Roasted Pork Loin with Apple Cider Sauce Mashed Potatoes Vegetable of the Day
<b>THURS.</b>	December 1 ~ Lunch \$8	Dinner \$12
	Salad & Soup Bar (does not include drink, starter or dessert)	Baked Chicken Thighs with Balsamic Sauce Scalloped Potatoes Vegetable of the Day
<b>FRIDAY</b>	December 2 ~ Lunch \$10	Dinner \$14
	Cat Fish Po Boy French Fries Choice of Vegetable	Braised Beef Brisket Potato Pancake Vegetable of the Day
<b>SAT.</b>	December 3 ~ Lunch \$10	Dinner \$14
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Stuffed Sole with Crab & Roasted Red Pepper Cream Sauce Wild Rice 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. 27 - Saturday, Dec. 3

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

## Sunday, Nov. 27 – Paddington (2014)

Rescued from a train station, Paddington Bear finds a haven with a London family—until a taxidermist decides to add Paddington to her collection.

**Co-Starring: Hugh Bonneville, Sally Hawkins & Julie Walters**

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

## Monday, Nov. 28 – Under The Tuscan Sun (2003)

After divorcing her cheating husband, Frances Mayes tries to overcome her depression and writer's block by taking a vacation to Tuscany.

**Co-Starring: Diane Lane, Sandra Oh & Lindsay Duncan**

**Rated PG-13; 1 hr. 52 min.**

## Tuesday, Nov. 29 – Julia (1977)

A case of writer's block and a chance to reconnect with lifelong friend Julia prompt American dramatist Lillian Hellman to journey to 1930s Europe.

**Co-Starring: Jane Fonda, Vanessa Redgrave & Jason Robards**

**Rated PG; 1 hr. 57 min.**

## Wednesday, Nov. 30 – Sliding Doors (1998)

Two different universes unfold in this fantasy about alternate realities, the reliability of subway schedules and fate's role in shaping lives.

**Co-Starring: Gwyneth Paltrow, John Lynch & John Hannah**

**Rated PG-13; 1 hr. 38 min.**

## Thursday, Dec. 1 – The Jungle Book (2016)

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder.

**Co-Starring: Bill Murray, Ben Kingsley & Idris Elba**

**Rated PG; 1 hr. 45 min.**

## Friday, Dec. 2 – Ball of Fire (1941)

Gary Cooper plays a serious but lovable English professor working with his colleagues on a dictionary of American slang. When a red-hot nightclub singer on the run from the mob takes refuge in their house, she also finds a place in their hearts.

**Co-Starring: Gary Cooper, Barbara Stanwyck & Oskar Homolka**

**Not Rated; 1 hr. 52 min.**

## Saturday, Dec. 3 – The Christmas Bunny (2010)

Julia, a foster child, finds a wounded rabbit on Christmas Eve and takes it to the Bunny Lady, a lonely woman who runs an animal shelter on her farm.

**Co-Starring: Sophie Bolen, Madeline Vail & Colby French**

**Rated PG; 1 hr. 39 min.**

# This Week's Opportunities November 27 - December 3

## SUNDAY • NOVEMBER 27

*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. ~ Wrotten Worship Service, WL
- 7:00 p.m. ~ Vespers, led by Rev. Michael Schmidt, CR

## MONDAY • NOVEMBER 28

*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
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, CON
- 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
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • NOVEMBER 29

*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
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:00 p.m. ~ Holiday Bereavement, CON
- 4:00 p.m. ~ Newspaper & Bible, LR

## WEDNESDAY • NOVEMBER 30

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

- 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, KSU CL
- 10:00 a.m. ~ Memory Café, CON
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 1:30 p.m. ~ Card Making with Michelle, LR

- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR & CSC
- 4:00 p.m. ~ Video & Discussion, LR

## THURSDAY • DECEMBER 1

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

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 6:00 p.m. ~ Music & Memory Event, CR

## FRIDAY • DECEMBER 2

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

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand and Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, KSU CL
- 2:30 p.m. ~ Trust Company Holiday Classic, CR
- 7:00 p.m. ~ Resident Program: Cuz'n Jed & Friends, CR

## SATURDAY • DECEMBER 3

*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

## 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, Wrotten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center

\*Meadowlark News Channel can be viewed on channel 1960