

Dec. 15, 2016 Manhattan, Kansas Editor-In-Chief: Magye Loya

A local not-for-profit organization enhancing senior lifestyles

Christmas and New Year's Closings

Holiday schedules are as follows:

Environmental Services:

- On-call for emergencies Monday, Dec. 26
- On-call for emergencies Monday, Jan. 2

• Finance Services:

- Closing at noon Friday, Dec. 23, and closed Monday, Dec. 26
- Closing at noon Friday, Dec. 30, and closed Monday, Jan. 2

Exercise Classes:

- All exercise classes canceled Monday, Dec. 26
- All exercise classes canceled Monday, Jan. 2
- · Caul Fitness Center remains open

Pizazz Salon:

- Closed Monday, Dec. 26
- · Closed Monday, Jan. 2

Physician Office:

- · Closed Monday, Dec. 26
- Closed Monday, Jan. 2

· Hospitality Desk/Resident Services:

- Closed Monday, Dec. 26
- Closed Monday, Jan. 2

Food and Beverage

- Verna Belle's Café:
 - Will resume regular weekend hours Saturday, Dec. 24, and Saturday, Dec. 31, from 9 a.m. to 1 p.m.
 - Closed Sunday, Dec. 25, and Sunday, Jan. 1
- Prairie Star Restaurant: Closing at 2 p.m.
 Sunday, Dec. 25, and boxed dinners available (advance sign up in the Blue Book required)
- Kansas Room Pub & Lounge: Closing at 5:30 p.m. Saturday, Dec. 24

Clinics, classes and events

- Dr. Tran Foot Clinic: Canceled Wednesday, Dec.
 21
- Parkinson's Luncheon: Canceled Friday, Dec. 23
- Parkinson's Exercise Class: Canceled Friday, Dec. 23
- **Vespers:** Canceled Sunday, Dec. 25, and Sunday, Ian. 1
- Steady Yourself: Canceled Tuesday, Dec. 27
- **Community Bingo:** Canceled Monday, Dec. 26, and Monday, Jan. 2

Dollar-A-Day Initiative going well

Several friends of Meadowlark have responded to Meadowlark Foundation's recent holiday letter, which promoted the sixth annual Dollar-A-Day initiative. Thank you! This campaign encourages a gift of \$365, a dollar for each day of the year, to benefit our Good Samaritan Fund, but donations of all sizes are welcome and appreciated! One-time contributions may be made by check, cash or credit card. Residents who'd like to divide their gift into monthly payments may do so with automatic withdrawals from a checking or savings account. Gifts from employees may be payroll-deducted.

A few of you have had questions as you've considered your gifts, so the Foundation offers the following information. Manhattan Retirement Foundation, doing business as Meadowlark Hills, is a not-for-profit registered 501(c)3 organization. Meadowlark Foundation provides opportunities for private giving to

further the person-directed mission of Meadowlark. Gifts supporting the Good Samaritan Fund are fully tax-deductible, and every dollar donated to the fund benefits residents living in one of our healthcare households who have exhausted their financial resources. Contributions are acknowledged with a thank you/gift receipt letter.

Don Emley, apt. 335, is credited with the idea for the Dollar-A-Day initiative, and he was recognized in 2013 with the Foundation's Good Samaritan Award. This award is given annually to individuals or organizations for donating their time, talent and resources to Meadowlark and for support of the Good Samaritan Fund.

If you have questions or suggestions regarding Meadowlark Foundation, please contact Becky Fitzgerald, Development Director, at 323-3843 or by email at *rebecca.fitzgerald@meadowlark.org*.

Christmas Cantata

Friday, Dec. 16, at 7 p.m.

Meadowlark will be joined by the College Avenue United Methodist Church Choir at 7 p.m. Friday, Dec. 16, in the Community Room. The group will be performing "Rejoice in His Coming" and are led by director Steve Easterday.

After the performance the choir invites all in attendance to join them for treats provided by College Avenue Methodist along with tea, water and coffee.

Timeless A Capella

Monday, Dec. 19, at 6:45 p.m.

A women singing group, Timeless A Capella will be performing a part of their "sing out" night event before Community Bingo at 6:45 p.m. Monday, Dec. 19, in the Community Room. This will be a short program consisting of four to five songs.

Tommy Lee Christmas Performance

Friday, Dec. 23, at 7 p.m.

Saxophonist Tommy Lee has been playing in the Manhattan area since 1949 and is a familiar face to many! Tommy will be entertaining Meadowlark Hills with a variety of music including Christmas classics at 7 p.m. Friday, Dec. 23, in the Community Room.

Jokes of the Week

What do you get if you cross Santa with a detective?
Santa Clues!

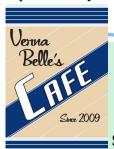
What did Adam say on the day before Christmas? It's Christmas, Eve.

Boxed Dinners on Christmas

Prairie Star Restaurant will be closed in the evening on Christmas, but boxed dinners will be available. The boxed dinners will include:

- · Choice of a turkey or ham sandwich
- · Choice of white or wheat bread
- · Chips
- · Banana
- · Choice of cherry, apple pie, no sugar added cherry pie or no sugar added apple pie

The cost for the boxed dinner is \$7, and they can be picked up starting at 4 p.m. in Prairie Star Host Station Sunday, Dec. 25. Sign up in the Blue Book no later than 5 p.m. Thursday, Dec. 22, if you would like a boxed dinner.



Lunch Specials Dec. 18 - Dec. 24

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

Sunday, Dec. 18 - Tuna Salad Sandwich with Side (Tuna salad on white or wheat bread with your choice of side)

Monday, Dec. 19 - Fried Bologna Slider with Soup or Chips \$3.75/\$5.50

(Grilled Bologna on Hawaiian roll with provolone cheese, Dijon aioli & pickles)

Tuesday, Dec. 20 – Chili with Cinnamon Rolls \$3.75/\$5.50

(Seasoned ground Beef, onions, tomatoes & chili beans in a tomato sauce served with shredded cheese & crackers)

Wednesday, Dec. 21 - Chicken Bacon Ranch Quesadilla with Fruit Salad (Shredded Chicken, bacon, cheddar cheese & ranch dressing on a crispy flour tortilla) \$3.75/\$5.50

Thursday, Dec. 22 – Cuban with Soup or Chips \$3.75/\$5.50

(Pulled Pork & Ham with Swiss cheese, pickles & mustard on toasted Italian Bread)
Friday, Dec. 23 - Triple Meat Pizza \$3.75/\$5.50

(Sausage, Bacon & Pepperoni on Flat bread with Marinara sauce & mozzarella cheese)

Saturday, Dec. 24 - Bacon Cheddar Egg Salad Sandwich with Side (Bacon, cheddar & Egg salad sandwich on white or wheat bread)

\$3.75/\$5.50

\$3.75/\$5.50

Holiday Piano Recital

Saturday, Dec. 17, at 1 p.m.

Students represented by Pickering Family Piano Studies will be presented in recital at 1 p.m. Saturday, Dec. 17, in the Community Room.

The three teachers whose students will be represented are Dr. David Pickering, Associate Professor of Music at Kansas State University, his wife Melinda Pickering, piano teacher in the Manhattan community who holds a Master of Music degree from Piano Pedagogy from Kansas State University; daughter Audrey, piano student of Sheila Page and a senior in High School.

Building and Grounds committee sign-up

Submitted by Bob Klemm

You're invited:

It's again that time of the year to sign up for committee service. The Building and Grounds committee heartily invites you to join us at 9 a.m. on the second Wednesday of every month in the Living Room to participate in healthy, earth-shaking and not so big deliberations on matters Meadowlarkish. Your counsel and competence are invaluable (and we are a jovial group). Please sign up in the Blue Book located at the Hospitality Desk and join us.

Christmas Sing-a-long

Sunday, Dec. 18, at 3 p.m.

Jane Boys is back with a Christmas sing-a-long performance starting at 3 p.m. Sunday, Dec. 18, in the Community Room. Residents, family and friends are invited to partake in a joyous time of singing wonderful holiday classics as Meadowlark resident, Pat Miksch leads the sing-a-long!

Video Worship Series

Wednesday, Dec. 21, at 4 p.m.

You are invited to watch a televised worship sermon by Rev. Dr. Daniel Brege titled "Discouraged Prophet?" at 4 p.m. Wednesday, Dec. 21, in the Living Room.

Shopping Trip

Wednesday, Dec. 21, 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, Dec. 21, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Memory Care Partner Support Group Wednesday, Dec. 21, at 10 a.m.

This group will meet from 10 to 11 a.m. Wednesday, Dec. 21, in the Tranquility Room.

Gift Wrapping

Until Friday, Dec. 23

Gift wrapping is available at the Hospitality Desk for \$0.75 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. Gift services will be available until Friday, Dec. 23. Times designated to have gifts wrapped are from 5:30 to 8 p.m. Monday through Friday and 10 a.m. to 7 p.m. Saturday and Sunday. The Hospitality Staff is excited to wrap your gifts!

Being Mortal Book Study

Wednesday, Jan. 11, at 1:30 p.m.

Being Mortal by Atul Gawande is a book about the worst kept secret for all humans, we are mortal. While we all have a level of denial about our own mortality, Gawande attempts to highlight how one might live a fuller, more satisfying life if we learn to embrace our mortality.

Please join Dr. Matt Floersch on this six-week journey after the first of the year as he leads a book study on *Being Mortal*. The first book study will be from 1:30 to 2:30 p.m. Wednesday, Jan. 11, in the Community Room and will last for six weeks.

Please sign up in the Blue Book between now and Thursday, Dec. 22. If you do not have your own book Meadowlark will provide one at a cost of \$17.

If you have any questions, please contact Tracy Musselman at (785) 323-3878.

LETTER TO THE MESSENGER

Thank you!

Submitted by Kinzie Jo Nelson

Thank you to EVERYONE at Meadowlark for my fabulous Sparkly Send-Off! I was so overwhelmed by your thoughtfulness, cards and words of kindness and my heart ached as I walked through the front doors on my last day. You are all special and dear to my heart.

I am enjoying my work in Stillwater very much, but it's not completely perfect because you're not here with me! I look forward to seeing you again, soon. Best wishes during this Holiday Season!

Sign up for Resident Committees

Attention residents! Every year during the month of January, residents have the opportunity to sign up (or remove themselves from committees). The following committees are:

- Ambassador Committee
- · Art Committee
- · Building & Ground Committee
- Messenger Delivery Committee
- Messenger/Clerical Committee

Committee rosters are now available in the Blue Book at the Hospitality Desk. In January, residents will be contacted to confirm their membership.

Memory Activities Class

Wednesday, Dec. 21, 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 from 10 to 11 a.m. Wednesday, Dec. 21, in the KSU Classroom.

Volunteers Needed!

We are in need of volunteers for a study at K-State in the Department of Food, Nutrition, Dietetics and Health. The study primarily involves coming into the lab, eating a meal (slice of chocolate pie) and remaining in the lab for six hours while we monitor your metabolic response.

Benefits include:

- \$20
- Free chocolate pie
- Valuable information regarding personal health status, including body composition and metabolic markers
- Most of the time in the lab can be spent as you wish (on your computer, reading, etc.) — you can even come in with a friend.

Requirements include:

- Men and women that are age 60 years or older and do not regularly engage in exercise
- Not using lipid-lowering medication or having a diagnosed metabolic disease

Interested? Please email *same@ksu.edu* or call Sam at (972) 342-6473 for more information!



Seven Dolors Book Discussion canceled *Tuesday Dec.* 20

The Seven Dolors Book Discussion is canceled Tuesday, Dec. 20.

A Quiet Christmas Eve

Saturday, Dec. 24, at 7 p.m.

Join Jane Boys at 7 p.m. Saturday, Dec. 24, in the Community Room for a special Christmas Eve musical performance. Titled "A Quiet Christmas Eve."

Winter Ball 2017

Friday, Jan. 27, from 6 to 9 p.m.

The Meadowlark 2017 Winter Ball is set for Friday, Jan. 27, from 6 to 9 p.m. in the Community Center, including the Community Room, Game Room and Prairie Star Restaurant. The Community Center will be transformed into the elegant ballroom to host Winter Ball. All residents and staff are invited.

The selected theme this year is "Winter Wonderland." Elegant and sparkly decorations will set the stage for this formal event. Feel free to dress the part in your best formal attire! Formal attire is suggested but not required.

Enjoy music provided by, not one, but two live bands beginning at 6 p.m. in the Community Room and simultaneously in the Prairie Star Restaurant.

Feel free to mingle between both bands throughout the night and enjoy heavy appetizers catered by the Prairie Star Restaurant.

No registration is required for this free event. You may come and go as you please.

St. Mary's School Choir

Friday, Dec. 16, at 12 p.m.

St. Mary's School Choir and Band will be performing Christmas tunes for all to hear at 12 p.m. Friday, Dec. 16, in the Community Room. Don't miss out on this wonderful performance of all ages!

Christmas Caroling

Saturday, Dec. 17, at 3 p.m.

Christmas caroling will be provided by children of all ages at 3 p.m. Saturday, Dec. 17, in the Community Room. Christmas and Holiday classics will be sung. Don't miss out on this fun performance!

Vespers Services

Sunday, Dec. 18, at 7 p.m.

The Vespers service, led by Rev. Allen and First Christian Church Choir from First Christian Church, will be at 7 p.m. Sunday, Dec. 18, in the Community Room. All are welcome.

Floor Suppers canceled

The Firth Floor Supper is canceled Monday, Dec. 19, and the Second Floor Supper is canceled Tuesday, Dec. 20.

Second Session of Grief Support Group Tuesday, Dec. 20, from 2 to 3 p.m.

The next second session of Grief Support Group is at 2 p.m. Tuesday, Dec. 20, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

Memory Café

Wednesday, Dec. 21, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Dec. 21.

This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

ASK SARAH

The evolution of change

Submitted by Sarah Duggan

Murphy Rose had a trip to the ER this week after she took a tumble and hit her head on the footboard of my bed. She cried for less than five minutes when it initially happened and there were no tears throughout the whole process

at the hospital. She climbed up into the chair as instructed by the triage nurse, opened her more

the triage nurse, opened her mouth for the thermometer and stepped onto the scale unassisted to get her weight. After arriving to the treatment room she sat in the bed all by herself and laid back quietly as they used the medical glue to fix her "ouchie."

What a moment as a parent to watch your child, your *baby*, behave in such a grown-up way. I know she is destined to change, but it seems like overnight she grew into a big kid with her own thoughts and opinions, and the ability to listen during a stressful experience.

But no matter how proud I am of her, change still requires an adjustment and can be hard, even when we are expecting it. You may have noticed some



changes (however slowly) in our print materials around Meadowlark. I mentioned at Town Meeting a couple months ago that I am working with the team at a local marketing firm to update our advertising and marketing materials, including our logo. Our logo received a refresh, not a total change, and by February most things will bear the updated graphic. One of the biggest changes is the absence of the word "Hills."

Although you may not see "Hills" on all materials, it isn't completely gone. Our campus living areas are still named Meadowlark Hills. People come to live at Meadowlark Hills. However, Meadowlark in general has a lot to offer the community beyond a living option, and for those services we have dropped the word "Hills."

This is a change that will take some adjusting, but I am excited about our updated branding and hope that it can help illustrate to others that Meadowlark is more than a place to live. It's a lifestyle and a local not-for-profit organization that strives to support healthy aging directed by the individual.

If you have additional questions regarding the updates, please contact me at (785) 323-3860.

See you next week and thanks for stopping by!

PRAIRIE*STAR RESTAURANT

Dec. 18 - Dec. 24

Includes beverage, starter and dessert.

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

A minimum of one hour notice is required for reservations. 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.

>	Dec. 18 ~ Lunch \$12	Dinner \$10
TUESDAY MONDAY SUNDAY	Roasted Rosemary Pork Loin with Natural Sauce Scalloped Potatoes Vegetable of the Day	Beef Chili Corn Bread Vegetable of the Day
\	Dec. 19 ~ Lunch \$10	Dinner \$12
MOND/	Tamale Pie Baked Beans Spanish Rice	Swiss Steak Mashed Potatoes with Gravy Vegetable of the Day
>	Dec. 20 ~ Lunch \$7	Dinner \$12
TUESDA	Fajita Bar (does not include drink, starter or dessert)	Pan Seared Chicken Breast with Peach Salsa Lime Cilantro Couscous Vegetable of the Day
•	Dec. 21 ~ Lunch \$10	Dinner \$13
WED.	Swedish Meatballs Over Egg Noodles Choice of Vegetable	Shrimp Crab Fettuccine Garlic Toast Vegetable of the Day
	Dec. 22 ~ Lunch \$8	Dinner \$13
THURS.	Caesar Salad Bar (does not include drink, starter or dessert)	Stuffed Pork Chop Mashed Potatoes & White Gravy Vegetable of the Day
\vdash	Dec. 23 ~ Lunch \$10	Dinner \$13
FRIDAY	Chef's Grilled Cheese on Vegetable Bread Coleslaw French Fries	Baked Sole Bonne Femme Rice Pilaf Vegetable of the Day
	Dec. 24 ~ Lunch \$10	Dinner \$15
SAT.	BBQ Wings Vegetable Sticks Potato Salad	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, Dec. 18 - Saturday, Dec. 24

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

Sunday, Dec. 18 – <u>Christmas Ranch</u> (2016)

Sent to her grandmother's ranch for Christmas, a rebellious teen bonds with her grandmother's horse and resolves to save the ranch from foreclosure.

Co-Starring: Francine Locke, Ken Arnold & Taylor Lyons

Rated G; 1 hr. 21 min.

Monday, Dec. 19 – Holiday Baggage (2008)

Sarah and Pete have drifted apart from each other and their grown daughters, but a holiday visit may inspire old feelings and second chances.

Co-Starring: Cheryl Ladd, Barry Bostwick & Julia Sobaski

Rated PG; 1 hr. 32 min.

Tuesday, Dec. 20 – Christmas With The Kranks (2004)

They're sick of holiday hype. But saying no to the ho-ho-ho just might get them run out of suburbia.

Co-Starring: Tim Allen, Jamie Lee Curtis & Dan Aykroyd

Rated PG; 1 hr. 38 min.

Wednesday, Dec. 21 – Just Friends (2005)

Years after high school, a once-portly nice guy comes home for the holidays and reunites with a former crush he still has feelings for.

Co-Starring: Ryan Reynolds, Amy Smart & Anna Faris

Rated PG-13; 1 hr. 34 min.

Thursday, Dec. 22 – The Spirit of Christmas (2016)

As Christmas approaches, attorney Kate Jordan travels to Vermont to oversee the sale of an inn, where she falls for a handsome but cursed ghost.

Co-Starring: Jen Lilley, Thomas Beaudoin & Kati Salowsky

Rated PG; 1 hr. 31 min.

Friday, Dec. 23 – White Christmas (1954)

Two war buddies fall for two sisters and follow the girls to a resort owned by their former commanding officer, who is in danger of losing the place.

Co-Starring: Bing Crosby, Danny Kaye & Rosemary Clooney

Rated G; 2 hrs.

Saturday, Dec. 24 – <u>Christmas Eve</u> (2015)

On Christmas Eve, a power outage traps six groups of eccentric New Yorkers in six different elevators. In one compartment, a fired employee confronts the HR manager who just let him go. In another, a claustrophobic tuba player starts to fall apart.

Co-Starring: Patrick Stewart, Jon Heder & James Roday

Rated PG; 1 hr. 35 min.

This Week's Opportunities December 18 - December 24

SUNDAY • DECEMBER 18

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

3:00 p.m. ~ Christmas Sing-A-Long, CR

7:00 p.m. ~ Vespers, led by Rev. Allen and First

Christian Church Choir, CR

MONDAY • DECEMBER 19

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

6:45 p.m. ~ Timeless A Cappella, CR

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

TUESDAY • DECEMBER 20

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

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

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

2:00 p.m. ~ Grief Support Group, CON

2:00 p.m. ~ LifeStory Writing Group, LR

3:00 p.m. ~ Coffee Corner & 4H Carolers, CR

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

WEDNESDAY • DECEMBER 21

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

10:00 a.m. ~ Memory Care Partners Support Group, TR

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

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. ~ 2nd Men's Club Luncheon, LR

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ Call Hall Ice Cream, KR

3:00 p.m. ~ Fit 2 Fight PD, CR

4:00 p.m. ~ Video Worship Service, LR

THURSDAY • DECEMBER 22

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, LR

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

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

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

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

FRIDAY • DECEMBER 23

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

7:00 p.m. ~ Resident Program: Tommy Lee Christmas

Performance, CR

SATURDAY • DECEMBER 24

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Fit 2 Fight PD, CSC

9:30 a.m. ~ Painting for Fun, KSU CL

7:00 p.m. ~ A Quiet Christmas Eve, CR

ROOM ABBREVIATIONS

BP, Billiards Parlor

CH, Collins House

CR, Community Room

CON, Conference Room

GR. Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

CSC, Combative Sports Center

*Meadowlark News Channel can be viewed on channel 1960