

## The Members Recital

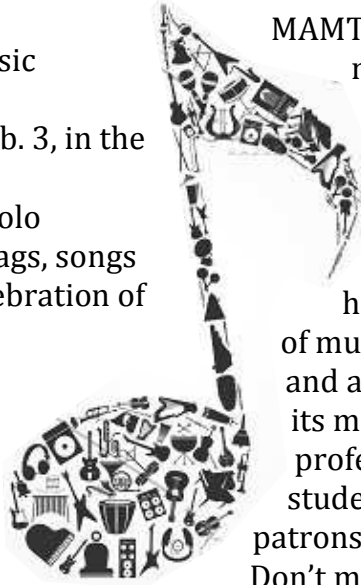
*A performance by the Manhattan Area Music Teachers Association*

**Friday, Feb. 3, at 7 p.m.**

The members of Manhattan Area Music Teachers Association (MAMTA) will be presenting a recital at 7 p.m. Friday, Feb. 3, in the Community Room.

*Repertoire* will consist of duets and solo literature, including arrangements of rags, songs and classics! The event is a belated celebration of MAMTA's 45th year in 2016.

Manhattan Area Music Teachers Association was established May 20, 1971. MAMTA is affiliated with the Music Teachers National Association (MTNA) and the Kansas Music Teachers Association (KMTA, 501(c)(3) not-for-profit educational association.



MAMTA is an organization of professional music educators from Manhattan, Kan. and the surrounding area that strive to advance the value of music study and music-making for our diverse community.

The association is dedicated to helping each student experience the joy of music. Through its educational programs and activities, this organization empowers its members—teachers with high professional standards—to foster in students a lifeline commitment to music as patrons, performers, teachers and hobbyists. Don't miss out on this wonderful celebration and a fun night filled with music!

## Osher Lifelong Learning Institute

*Sign up for Osher Institute Spring Courses!*

**Monday, Feb. 6, from 10 to 11 a.m.**

The 2017 Spring Osher Lifelong Learning catalog is now available at the Hospitality Desk and online at [www.osher.ku.edu](http://www.osher.ku.edu).

This program offers enrichment short courses and special events specially developed for folks 50 or older. It is going to be a great spring with six new courses and new instructors.

UFM Coordinator, Charlene Brownson, will be at Meadowlark from 10 a.m. to 11 a.m. Monday, Feb. 6, in the Living Room for spring Osher registration sign up. If you need help with registration or specific questions answered, you are encouraged to stop by.

Please see the Osher registration form, located at the Hospitality Desk, for a complete listing of classes. For more information call UFM at (785) 539-8763.

### Osher Institute Spring Courses & Special Events

- American's National Parks: A Journey through time
- Finding and Preserving the Stories of our Ancestors
- Manhattan, Cultural Diversity and Globalization
- Sunset Zoo Science Fellows Program
- *The Wonderful Wizard of Oz: A Distinctly American Fairy Tale*
- Military Blunders
- Science Saturday Road Show
- Fort Leavenworth Tour
- Behind the Scenes: *Monty Python's Spamalot* at MAC
- Tour Wamego, The Oz Museum and the Columbian Theatre

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

What kind of cake do snowmen like?  
The kind with lots of frosting.

What do you call a penguin the in  
Sahara desert?  
Lost!

### Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) Class

**Tuesday, Feb. 7, at 6 to 7:30 p.m.**

Back by popular demand, the KU Alzheimer Research Center's LEAP! class is back in session for a new six-week series beginning Tuesday, Feb. 7!

This multidisciplinary health program will provide the latest research-based strategies to prevent Alzheimer's and dementia. LEAP meetings will be from 6 to 7:30 p.m. every Tuesday, beginning Feb. 7, in the Community Room.

To enroll in the LEAP! program, please go to <http://bit.ly/2jw3PiL> or call UFM at (785) 539-8763. The cost is \$100, which includes a book for the class. If you have any questions, please contact Michelle Haub at (785) 323-3899.

### Cupcakes, Hugs and Farewell's with Magye Friday, Jan. 20, from 2:30 to 4:30 p.m.

Magye Loya, Community Relations Assistant, is relocating to Kansas City to pursue Graduate School. Let's wish her lots of luck as she experiences the next chapter of her life by stopping by the Community Relations office, located between the KSU Classroom and Lonnie Baker's office, between 2:30 and 4:30 p.m. Friday, Jan. 20, for a come-and-go farewell celebration. Not a big fan of cupcakes? Stop by anyways and give Magye a big hug!

### Verna Belle's Café Forum

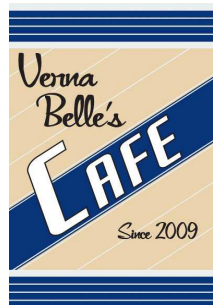
**Thursday, Jan. 26, from 1 to 2 p.m**

Have thoughts on Verna Belle's Café? We'd love to hear them! We will be holding a Forum from 1 to 2 p.m. Thursday, Jan. 26, in the KSU Classroom to hear any and all feedback on the future of Verna Belle's Café. We look forward to hearing your thoughts and ideas!

### First Friends on the First

**Wednesday, Feb. 1, at 4:15 p.m.**

Meadowlark Methodists will meet with pastors, program and refreshments in the Community Room at 4:15 p.m. Wednesday, Feb. 1, in the Community Room. All are welcome!



## Lunch Specials Jan. 22 – Jan. 28

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

<b>Sunday, Jan. 22 – Egg Salad Sandwich with Side</b> <i>(Classic Egg Salad with your choice of white or wheat bread)</i>	<b>\$3.75/\$5.50</b>
<b>Monday, Jan. 23 – Grilled Ham &amp; Cheese with Tomato Soup</b> <i>(Ham, American, Swiss &amp; Cheddar cheese on toasted white or wheat bread)</i>	<b>\$3.75/\$5.50</b>
<b>Tuesday, Jan. 24 – Cheesy Chicken Melt with Soup or Chips</b> <i>(Shredded Chicken with a variety of cheeses on an oven toasted bun)</i>	<b>\$5.50</b>
<b>Wednesday, Jan. 25 – Bierocks with Fruit Salad</b> <i>(Ground Beef, cabbage &amp; onions baked inside a biscuit)</i>	<b>\$5.50</b>
<b>Thursday, Jan. 26 – Soup &amp; Salad Day</b> <i>(Potato, Tomato feta or broccoli cheese soup in a bread bowl with a fresh garden salad)</i>	<b>\$5.50</b>
<b>Friday, Jan. 27 – Triple Meat Pizza</b> <i>(Sausage, Bacon &amp; Pepperoni on flat bread with Marianna sauce &amp; mozzarella cheese)</i>	<b>\$3.75/\$5.50</b>
<b>Saturday, Jan. 28 – Chicken Salad Sandwich with Side</b> <i>(Original Chicken salad on your choice of white or wheat bread)</i>	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### Kansas Day Celebration

*Friday, Jan. 20, at 7 p.m.*

Grasshopper plagues are no match for Kansas people, hard at work. In 1874, thousands of grasshoppers were mixed into the mortar of the foundation of the First United Methodist Church in Hutchinson. Go take a look.

All incorporated communities in Kansas are called “cities.” So whether you live in Elmdale, population 54 or Wichita, population 386,552 you live in a city. Google it.

Kansas officially became a state on Jan. 29, 1861. Kansas is The Sunflower State, The Wheat State, Midway USA, and yes, Kansas is bigger than you think!

“KANSAS is 156!”, the Meadowlark celebration, will be at 7 p.m. Friday, Jan. 20, in the Community Room. Program participants are Karen Trail, Dave Zefras and Polly Ferrell. Many prizes will be given away. You won’t want to miss this evening of toe-tappin’ music, history and trivia. See you, as we celebrate on Friday, Jan. 20.

A bonus, the following week, will be a special Kansas books display in our Meadowlark Library. Be sure to stop by and learn even more about Kansas.

### Diabetic Support Group

*Wednesday, Jan. 25, at 1:30 p.m.*

The Diabetic Support Group for January will meet at 1:30 p.m. Wednesday, Jan. 25, in the Living Room. The group discussion will be led by Lisa Schwarz, Dietitian, and will be discussing nutrition.

### Memory Activities Class Artful Memories

*Wednesday, Jan. 25, from 9:45 to 11 a.m.*

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for a Artful Memories Class from 10 to 11 a.m. Wednesday, Jan. 25, at the Beach Museum.

During this monthly session, the museum’s Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

Since this month’s session will be held at the museum, please sign up in the Blue Book located at the Hospitality Desk for free transportation. Transportation will be covered by the Memory Program and will depart from the Village Entrance at 9:45 a.m. All are welcome to attend.

### Messenger Ladies Help

Esther Sobering, Chair of the Messenger Ladies, is searching for two individuals willing to fold Meadowlark Messengers every Thursday morning. If you are interested or would like more information about this opportunity, please contact Esther at (785) 320-7882.

## LETTER FROM THE EDITOR

### It’s not a goodbye, just a see ya later

*Submitted by Magye Loya*

As many of you may know, I have decided to accept a position at a healthcare software company in Kansas City that has offered to pay for my Graduate School. Although I am extremely humbled by this opportunity, I can’t help but feel heartbroken to leave you.

I started my Meadowlark journey as a young gal fresh out college, with no clue in the world of what to pursue as a career. College taught me three things: taxes are inevitable, death is certain and serving others is my passion. Meadowlark has shaped me into the better version of myself. Without these past two years with you, I wouldn’t have received the clarity to pursue a career in healthcare. All my thanks goes out to you.

I thank you for being my teachers, teaching me that life is a beautiful and special journey even at age 95. You are truly aspiring beams of light! You have taught me that making mistakes can be knee-slapping experiences and learning from them is the most important part of growth. As my teachers, you have showed me to be strong, caring, empathic and to laugh at my own mistakes (even if it means mistaking the word crab for another word in the Christmas lunch menu—oh my!).

The magic that occurs when you give a person just enough comfort to be herself — that is the magic you have given me.

You have been my true companions, loving life and giving me the opportunity to get to know your stories and your families. I thank you for loving me ten times more than I possibly could.

Please know that you have impacted my life in the most beautiful way and I will never forget you.

I leave you with this: please love the next editor-in-chief and give them as much hugs and opportunity to grow as you’ve given me.

If you would like to keep in touch, even if it’s just to say a sweet hello, please email me at [magyelo@gmail.com](mailto:magyelo@gmail.com). I would love to be pen-pals!

All my love, your editor-in-chief.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Card Making with Michelle

*Thursday, Jan. 19, at 1:30 p.m.*

Join Michelle Lehmer at 1:30 p.m. today, Jan. 19, in the Living Room for card making inspired by Valentines Day. The group will be making cards for Valentines Day and all occasions!

### PD Partners Luncheon

*Friday, Jan. 20, at 12 p.m.*

This month, the PD Partners Luncheon will be held on a different date. Typically, this group meets the fourth Friday of every month at noon; however this month's gathering is set for Friday, Jan. 20.

A lunch is planned at noon in the Community Room. After lunch, we invite you to transition to the KSU Classroom at 12:45 p.m. to hear our guest speaker. Don Rasmussen's presentation is titled, "I Have Parkinson's? Now What?"

To attend this luncheon, please sign up in the Blue Book located at the Hospitality Desk no later than Tuesday, Jan. 17.

We hope you will join us for the opportunity to visit with others living with PD and learn from the experiences Don shares.

### Painting for Fun

*Saturday, Jan. 21, at 9:30 a.m.*

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Jan. 21, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure. Hope to see you all there!

### KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at:

- 3 p.m. Saturday, Jan. 21, against West Virginia on channel 244 (ESPNU)
- 8 p.m. Wednesday, Jan. 24, against Iowa State on channel 244 (ESPNU)
- 1 p.m. Saturday, Jan. 28, against Tennessee on channel 33 (ESPN2)
- 6:30 p.m. Wednesday, Feb. 1. against TCU on channel 245 (ESPNews)
- 2 p.m. Saturday, Feb. 4, against Baylor on channel 245 (ESPNews)

### Vespers Services

*Sunday, Jan. 22, at 7 p.m.*

The Vespers service, led by Rev. Cam McConnell from First Presbyterian Church, will be at 7 p.m. Sunday, Jan. 22, in the Community Room. All are welcome.

### Dental Clinic

*Monday, Jan. 23*

The Healthy Smiles Dental Clinic is scheduled for Monday, Jan. 23, in the Miller Craft Room. This clinic operates by appointments only.

### Cancellations due to Winter Ball

*Friday, Jan. 27*

Due to Winter Ball preparations, Parkinson's Exercise Class and the resident program will be canceled Friday, Jan. 27.

### Memory Café

*Wednesday, Feb. 1, at 10 a.m.*

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Feb. 1. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

### Shopping Trip

*Wednesday, Feb. 1, at 10 a.m.*

Take advantage of the complimentary transportation to local shopping centers. Transportation goes to Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, Feb. 1, from the Village Entrance. Please register in the Blue Book for transportation.



**DRINK SPECIAL**

**Jan. 23 to Jan. 28**  
**Cran-Apple Cocktail**  
Red Apple Schnapps ~ Cranberry Juice

**\$3.75**

## UPCOMING EVENTS & ANNOUNCEMENTS

### Meadowlark Singers Practice

*Monday, Jan. 23, at 3 p.m.*

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Jan. 23, in the Community Room.

### Lutheran Video Worship Service

*Wednesday, Jan. 25, at 4 p.m.*

You are invited to watch a televised worship service at 4 p.m. Wednesday, Jan. 25, in the Living Room. All are welcome to attend.

### NEW Theatre Restaurant Trip

*Wednesday, Jan. 25, at 9 a.m.*

Meadowlark will be taking a trip to the NEW Theatre Restaurant located in Kansas City, Kan. Wednesday, Jan. 25. The show for the day is a musical comedy hit, *The Fabulous Lipitones*, by John Markus and Mark St. Germain.

The cost for the trip is \$15 for transportation and \$35 for theatre admission, which includes a fantastic dinner and show, choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at additional cost.

The group will depart from the Village Entrance at 9 a.m. with a restroom break along the way. Seating begins at 11:30 a.m. with lunch served from 12 to 1 p.m. and the show starting at 1:15 p.m.

If you are interested in attending this event, please sign up in the Blue Book located at the Hospitality Desk. If you have any questions, please direct them to Monte Spiller, Resident Services Leader. at (785) 323-3801.

### Memory Activities Class

*Wednesday, Feb. 1, 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, Feb. 1, in the KSU Classroom.

### Stephen Stover Memorial Service

*Saturday, Feb. 4, at 1:30 p.m.*

A memorial service will be held for Stephen Stover at 1:30 p.m. Saturday, Feb. 4, at the First United Methodist Church, Poyntz Ave. All are welcome to attend.

### Winter Ball 2017

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

The Meadowlark 2017 Winter Ball is almost here. Are you getting excited? Because we sure are!

The event 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! Formal attire is suggested but not required.

### 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!*

# PRAIRIE STAR

## RESTAURANT

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

### Jan. 22 - Jan. 28

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant will 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>	January 22 ~ Lunch \$13	Dinner \$10
	Roasted Brisket with Bordelaise sauce Au Gratin Potatoes Vegetable of the Day	Ham & Beans Vegetable of the Day Cornbread
<b>MONDAY</b>	January 23 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Cajun Braised Chicken Thighs Dirty Rice Vegetable of the Day
<b>TUESDAY</b>	January 24 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day
<b>WED.</b>	January 25 ~ Lunch \$10	Dinner \$13
	Turkey Reuben Potato Salad Choice of Vegetable	Roasted Cod with Caramelized Shallot Crust & Asparagus Sauce Scalloped Potatoes Vegetable of the Day
<b>THURS.</b>	January 26 ~ Lunch \$8	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Meatloaf Mashed Potatoes with Gravy Vegetable of the Day
<b>FRIDAY</b>	January 27 ~ Lunch \$11	Dinner
	Baked Chicken Legs White Beans Choice of Vegetable	* Winter Ball *
<b>SAT.</b>	January 28 ~ Lunch \$11	Dinner \$15
	Fettuccine Alfredo with Ham & Peas Choice of Vegetable Garlic Toast	Steak Night Baked Potatoes Vegetable of the Day

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

## Grosh Cinema Movies

Sunday, Jan. 22 - Saturday, Jan. 28

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

### **Sunday, Jan. 22 – Bee Movie (2007)**

Barry, a worker bee stuck in a dead-end job making honey, sues humans when he learns they've been stealing bees' nectar all along.

**Co-Starring: Jerry Seinfeld, Renee Zellweger & Matthew Broderick**

**Rated PG; 1 hr. 31 min.**

### **Monday, Jan. 23– Madea's Witness Protection (2012)**

After a Wall Street Ponzi scheme sends George Needleman and his family into witness protection, Madea's home becomes a haven... of sorts.

**Co-Starring: Tyler Perry, Eugene Levy & Romeo Miller**

**Rated PG-13; 1 hr. 54 min.**

### **Tuesday, Jan. 24 – Heavyweights (1995)**

A summer retreat for overweight boys is taken over by a tyrannical fitness guru who puts the kids on a cruel regimen that goes too far.

**Co-Starring: Tom McGowan, Aaron Schwartz & Ben Stiller**

**Rated PG; 1 hr. 37 min.**

### **Wednesday, Jan. 25 – Dutch (1991)**

Dutch is a working-class guy who offers to take his girlfriend's son home from boarding school, not realizing the kid is a snotty brat.

**Co-Starring: Ed O'Neill, Ethan Embry & JoBeth Williams**

**Rated PG-13; 1 hr. 47 min.**

### **Thursday, Jan. 26 – Unfinished Song (2012)**

With his wife Marion terminally ill, 72-year-old Arthur sees a future that's nothing but grim. But when he takes Marion's place in the church's very unconventional choir, he begins to find job in life again.

**Co-Starring: Terence Stamp, Gemma Arterton & Christopher Eccleston**

**Rated PG-13; 1 hr. 33 min.**

### **Friday, Jan. 27 – Next (2007)**

Las Vegas magician Cris can see a few minutes into the future and an FBI agent wants his help thwarting a nuclear attack.

**Co-Starring: Nicolas Cage, Julianne Moore & Jessica Biel**

**Rated PG-13; 1 hr. 36 min.**

### **Saturday, Jan. 28 – Hello, Dolly! (1969)**

Composer Jerry Herman's Tony-winning musical lands on the big screen in an outsize production featuring Barbra Streisand as matchmaker Dolly Levi.

**Co-Starring: Barbra Streisand, Walter Matthau & Michael Crawford**

**Rated G; 2 hrs. 26 min.**

# This Week's Opportunities January 22 - January 28

## SUNDAY • JANUARY 22

*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, led by Cam McConnell from Presbyterian from First Christian Church, CR

## MONDAY • JANUARY 23

*Wash 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 & 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
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • JANUARY 24

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

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 11:30 a.m. ~ AAUW Serendipity Luncheon, CON
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR

## WEDNESDAY • JANUARY 25

*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
- 9:45 a.m. ~ Depart for the Beach Museum of Art for Memory Activities Class: ArtFull Memories, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, TR
- 1:30 p.m. ~ Pitch, GR

- 1:30 p.m. ~ Collins Worship Service, CH
- 1:30 p.m. ~ Diabetic Support Group, LR
- 1:30 p.m. ~ Dr. Matt's Book Club—First Session, CR
- 2:45 p.m. ~ Dr. Matt's Book Club—Second Session, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, KSU CL
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, MR

## THURSDAY • JANUARY 26

*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
- 1:00 p.m. ~ Verna Belle's Café Forum, KSU CL
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

## FRIDAY • JANUARY 27

*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
- 1:15 p.m. ~ Parkinson's Care Partner Support Group, CON
- 6:00 p.m. ~ Winter Ball, CR & PS

## SATURDAY • JANUARY 28

*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
- 10:00 a.m. ~ Tai Chi, CR

## 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