

Pizzazz Has a New Look

Meadowlark welcomes new stylists, Shannon and Kathy!

As some of you may have noticed, Pizzazz and Flair have welcomed two new stylists in the last few weeks, Shannon Creagh and Kathy Shawver.

Shannon Creagh, originally from Seattle, Washington has lived in Manhattan for four years. She has three children and is getting married in June. Shannon worked in social services for fifteen years when suddenly, two years ago, she decided to make a career change. Shannon attended cosmetology school and has been very happy with her decision. "I love it here at Meadowlark. The team work amongst staff and residents is so great." Shannon loves to make residents look and feel amazing.

Kathy Shawver was born and raised in Manhattan. She has done hair for 33 years.



left to right: Shannon Creagh and Kathy Shawver

Over that time Kathy has taught beauty school for over 12 years, as well as housed a beauty shop in her home. Kathy is married to a farmer and together they have one child and three grandchildren who will soon be moving to Tennessee. Kathy's favorite thing about Meadowlark is the clientele, "I feel that I relate well to this age group."

If you had a regular appointment set up prior to the new stylists' arrival that you would like to keep, please let Shannon and Kathy know and they will gladly confirm it for you.

Stop by to meet Shannon and Kathy and set up an appointment or give Pizzazz a call at 537-6189. Pizzazz is open Monday and Wednesday through Friday, 9 a.m. to 5 p.m. and Saturday by appointment. Flair is open Tuesdays, 8 a.m. to 3 p.m., and

by appointment.

Welcome to the team, Shannon and Kathy!

Osher Lifelong Learning Institute

America's National Parks: A Journey Through Time

Wednesday Feb. 8, from 6:30 to 8:30 p.m.

This class will examine the genesis of the National Parks in America, discuss some of the most influential thinkers related to conservation and preservation, evaluate the current state of and identify threats to the Parks, and discuss how future generations may or may not embrace National Parks. Ryan Sharp will be the course instructor. He is an assistant professor at Kansas State University where he teaches and conducts research on parks and protected area management.

This class will additionally be led, Wednesday, Feb. 15 and 22 from 6:30 to 8:30 p.m.

The UFM Program Coordinator, Charlene Brownson, will be at Meadowlark Hills from 10 to 11 a.m. Monday, Feb. 6, in the Living Room for spring Osher registration. If you need help with registration or questions answered, you are encouraged to stop by. Please see the Osher registration form, located at the Hospitality Desk or online at www.osher.ku.edu, for a complete listing of classes. For more information call UFM at (785) 539-8763.

UPCOMING EVENTS & ANNOUNCEMENTS

Parkinson's Education Group

Thursday, Feb. 2, at 2 p.m.

The Parkinson's Education Group will be held from 2 to 3:30 p.m. today, Feb. 2, in the Community Room. Duopa's Patient Partner Program nurse will provide education on the Duopa Parkinson's pump. There will also be a special guest, a local person with Parkinson's that benefits from the pump.

The Members Recital

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. Don't miss out!

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.

KSU Men's Basketball Watch Parties

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

- 2 p.m. Saturday, Feb. 4, against Baylor on channel 245 (ESPNNews)
- 8 p.m. Monday, Feb. 6, against Kansas on channel 32 (ESPN)
- 11 a.m. Saturday, Feb. 11, against West Virginia on channel 32 or 33 (ESPN or ESPN2)

Vespers Services

Sunday, Feb. 5, at 7 p.m.

The Vespers service, led by Rev. John Wright from First United Methodist Church, will be at 7 p.m. Sunday, Feb. 5, in the Community Room. All are welcome.

Super Bowl Watch Party

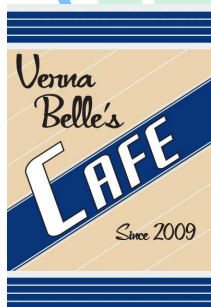
Sunday, Feb. 5, 5:30 p.m.

Join us in the Game Room Sunday, Feb. 5, to watch the AFC Champion, the New England Patriots take on the NFC Champion, the Atlanta Falcons in SUPERBOWL 51! The game starts at 5:30 p.m. Appetizers will be served starting at 5 p.m.

Lunch Specials

Feb. 5 – Feb. 11

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



Sunday, Feb. 5 – French Toast Bake <i>(Sourdough bread casserole with raisins, pecans, and brown sugar)</i>	\$3.75/\$5.50
Monday, Feb. 6 – Avocado BLT with Soup or Chips <i>(Avocado, bacon, lettuce, and tomato on white or wheat bread)</i>	\$3.75/\$5.50
Tuesday, Feb. 7 – Chicken Bacon Ranch Wrap with Soup or Chips <i>(Chicken, bacon, ranch dressing, and Swiss cheese with lettuce and tomato on a flavored wrap)</i>	\$3.75/\$5.50
Wednesday, Feb. 8 – Fried Bologna Slider with Broccoli Salad <i>(Grilled bologna on a Hawaiian roll with provolone cheese, Dijon aioli, and pickles)</i>	\$3.75/\$5.50
Thursday, Feb. 9 – Philly Cheese Steak Panini with Fruit Salad <i>(Sliced roast beef, peppers, onions, and Swiss cheese on toasted Italian bread)</i>	\$3.75/\$5.50
Friday, Feb. 10 – Grilled Chicken Mac and Cheese Bowl <i>(Grilled chicken, bacon, tomatoes, green onions, and shredded cheese on top of creamy macaroni and cheese)</i>	\$3.75/\$5.50
Saturday, Feb. 11 – Tuna Melt with Soup or Chips <i>(Tuna salad and American cheese on toasted white or wheat bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Parkinson's Voice Class

Monday, Feb. 6, 2:15 p.m.

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends. Exercises are geared toward individuals with Parkinson's, but anyone who is having difficulties is welcome. The class will be held Monday, Feb. 6, from 2:15 to 3:15 p.m. in the KSU Classroom. For more information contact Michelle Haub at (785) 323-3899.

Meadowlark Singers Practice

Monday, Feb. 6, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Feb. 6, in the Community Room.

Cancellations and time changes

Monday, Feb. 6

- Seated Strength is canceled on Monday, Feb. 6
- Weights 101 will be at 12 p.m. on Monday, Feb. 6

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

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

The KU Alzheimer Research Center's LEAP! class is back for a six-week series. 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.

Memory Café

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

Memory Café will meet in the Kansas Room at 10 a.m. Wednesday, Feb. 8. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

Mending Angel canceled

The Mending Angel will be taking a trip to Taiwan. Due to this, The Mending Angel will not be on campus again until the first Friday of March.

Lutheran Video Worship Service

Wednesday, Feb. 8, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Feb. 8, in the Living Room. All are welcome to attend.

Resident Focus Group

Thursday, Feb. 9, at 10 a.m.

You're invited to get to know this month's focus group guest, Mattie Nuckols, a member of the hospitality team. The group will meet from 10 to 11 a.m. Thursday, Feb. 9, in the Manhattan Room.

Meadowlark Ladies Luncheon

Thursday, Feb. 9, at 12:30 p.m.

How close is the nearest lighthouse to Manhattan, Kansas? Did you know that there are more lighthouses on the Great Lakes than anywhere else in the world? Join Karen Trail and Yvonne Crawford at 12:30 p.m. Thursday, Feb. 9, in the Manhattan Room to learn more about this fascinating part of our American Heritage. This menu will consist of a luncheon size lasagna, garlic bread, lime jello, and ice cream and cookie for dessert. Remember to sign up in the Blue Book located at the Hospitality Desk.

Meadowlark Lecture Series: Care and Handling of Works of Art on Paper

Thursday, Feb. 9, 2017 at 4 p.m.

Do you have a painting, a photo or drawing that you would like to preserve? Kathrine Schlageck, Senior Educator and Sarah Price, Collections Manager at the Beach Museum of Art will teach you how to take care of and handle your art Thursday, Feb. 9 from 4 to 5 p.m. in the KSU Classroom

Osher Special Event: Science Saturday Road Show

Thursday, Feb. 9, at 6:30 p.m.

Sunset Zoo's popular event, Science Saturday, is coming to Meadowlark. This event is for all ages and provides hands-on, tabletop science activities to engage visitors. A come-and-go event, it will feature a combination of Zoo-led activities and other activities led by Sunset Zoo's Science Communication Fellows. This event will be Thursday, Feb. 9, from 6:30 to 8:30 p.m. in the Community Room. This is a free event. Please see the Osher registration form, located at the Hospitality Desk to register. For more information call UFM at (785) 539-8763.

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Singers

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

Join us on Friday, Feb. 10, at 7 p.m. in the Community Room as the Meadowlark Hills Singers will be presenting a Valentine's Concert. Come out and listen to beautiful love songs. You are sure to leave "LOVING" the performance!!!

Painting for Fun

Saturday, Feb. 11, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 11, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure.

Shopping Trip

Wednesday, Feb. 15, 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. 15, from the Village Entrance. Please register in the Blue Book for transportation.

Meadowlark Wellness Olympiad Call for Volunteer

Planning has begun for this year's Meadowlark Wellness Olympiad. The Olympiad is a six-week Wellness Challenge open to resident and employee participants. Teams come together to compete in physical, mental and creative challenges throughout the six weeks.

The Wellness Olympiad Committee is looking for a Resident Volunteer to join us in the planning process. Being a part of the Wellness Olympiad Challenge Committee would consist of assisting creating challenges, planning of pre/post parties and judging challenges throughout the six weeks.

Please contact Jeff Heidbreder in the Caul Fitness Center or at (785) 341-2995 if you have a question or are interested in volunteering.

Messenger Ladies

Submitted by Esther Sobering

Many thanks to: Donna Alexander, Margaret Carlson, Pat Murray, Karen Trail and Nancy Marks who help with folding The Messenger every Thursday morning come rain or shine.

Goodbye to Marla Bugbee. Thank you for your years of folding.

Trash Pickup Schedule

Howie's Trash Service observes the following holidays: Memorial Day, 4th of July, Labor Day, Thanksgiving Day, Christmas Day, New Year's Eve and New Year's Day. All holiday's that fall on a Monday will delay trash pickup to the next day, Tuesday. A reminder will be indicated in the Meadowlark Messenger on the opportunities calendar of the affected weeks.

Culture Story Contest 2017

The deadline is fast approaching so do not forget to enter your story in the 2017 Culture Story Contest. The purpose of this contest is to gather resident, family, staff and stakeholder's stories that speak to the uniqueness of Meadowlark Hills and how person directed care has changed their thoughts on what it means to age.

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$500 (first), \$250 (second) and \$100 (third). Story submissions will be due by 5 p.m. Friday, Feb. 17, and must be submitted with a completed entry form. Winners will be announced at the March Town Meeting on Monday, March 6, and printed in the March 9 edition of the Meadowlark Messenger.

Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark website (www.meadowlark.org).

If you have questions regarding the contest, please visit the Community Relations office or call at Sarah at (785) 323-3860. All submissions can be dropped off in the Community Relations office (between the KSU Classroom and the CEO office) or via e-mail at sarah.duggan@meadowlark.org.

Joke of the Week

What kind of books do skunks read?
Best-smellers!



Feb. 5 to Feb. 11

Kiss Cocktail

Vodka ~ Cranberry Juice

Amaretto ~ Orange Juice

\$3.75

Outdoor Encounters

Submitted by Nathan Bolls

We have many “snowbirds” on campus during the summer. This led me, during 21 and 24 January, to hike every street and trail on our campus except for the line of trees on the ridge between Meadowlark Valley and the cottages along the east side of Meadowlark Road. I was involved in the “Sport of Kings:” a scouting and counting venture meant to impress all of us with the number of wild creatures with whom we share our campus during the “growing season.”

I, of course, missed some in each category, but did observe 52 bird nests, 19 squirrel leaf-nests, 11 squirrel tree trunk dens, 9 bird tree trunk nests, 3 bat shelter boxes, and 46 of those closely-branched, yew-like, globe-shaped shrubs, either in front of or beside buildings. Several bird species, especially robins, like to nest in these shrubs. I did not look for and count these shrub nests. I didn’t bother looking for nest remnants from those several bird species that nest on the ground. I skipped potential nests and dens in and under fallen trees. Also, the tiny, fragile nests for such as hummingbirds and blue-gray gnat-catchers have long since been destroyed by winter weather. And winter winds may account for my not seeing a single pendulous oriole nest. Orioles do visit our feeders.

For the 60-plus species that may nest on our campus, the average clutch size is 3-6 eggs—and most of them probably hatch and fledge. And we know that some bird species have several breeding pairs on campus each summer. We also must include the many deer mice and prairie voles, the opossums, skunks, raccoons, fox squirrels, the several species of other wild mice and rats that most people don’t know to be natural residents of our area—and the coyote I saw (on the 24th) using our new Natural Area asphalt trail. And something high in the top of one tree made me take a very careful binocular look before discerning the object to be a wind-filled plastic bag of a species I have named *Targetus manhattanensis*.

We really notice but a fraction of this huge group of wild neighbors. And for these few, we rarely “see” any of them long enough to sense the designs of their various lives. I am reminded of Brueghel the Elder’s painting *Icarus*. In his poem, “*Musee de Beaux Arts*,” W. H. Auden comments that those on the ship nearby must have seen the boy falling into the sea—but the ship did not slow. Like us, the ship “had somewhere to get to and sailed calmly on.”

On I Shoulda Been an Entertainer

Submitted by Helen Roser

Now it can be told. Instead of a respectable government para-legal, I should have been an entertainer. The ham in me adored the thunderous applause.

It was in the days when CBS Television had its first three-camera show. It was taped and would circulate for two years. Very big deal.

I was invited to be a jury member on the new show called “Face the Facts”, about trials. The director told us: “This is for entertainment, not a legal education. Let them enjoy it.” He meant our studio audience as well as the television watchers.

One trial was about a truly dumb housewife who blew up her kitchen by using her new gas stove which the installer had told her was not ready for use yet.

When it was my turn to give my verdict and reason, I supported the wife. “She was just trying to prepare a nice meal for her hardworking husband”, I said piously. There were shrieks of delight from the studio audience (who apparently were mostly women) and wild applause.

I resisted smiling as I thought of men watchers who probably were saying to each other: “Isn’t that just like a woman?”

Eventually, I learned that, better than applause, is an audience who are nearly falling out of their seats laughing. I should a been a comedian.

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!

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.

Feb. 5 - Feb. 11

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.

SUNDAY	February 5 ~ Lunch \$12	Dinner \$10
	Pecan Crusted Chicken Roasted Red Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	February 6 ~ Lunch \$11	Dinner \$13
	Hot Brown Choice of Vegetable	Grilled Shrimp Pasta Penne Marinara Vegetable du Jour
TUESDAY	February 7 ~ Lunch \$8	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Pork Tenderloin Picata Cheesy Potato Pancake Vegetable du Jour
WED.	February 8 ~ Lunch \$11	Dinner \$12
	Caesar Salad with Grilled Flank Steak Garlic Toast	Sweet & Sour Chicken Rice Vegetable du Jour
THURS.	February 9 ~ Lunch \$8	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Ham Loaf Smoked Gouda Au gratin Potatoes Vegetable du Jour
FRIDAY	February 10 ~ Lunch \$10	Dinner \$15
	Chicken Ala King Rice Pilaf Choice of Vegetable	Seared Cod with Honey Lime Cole Slaw Roasted Red Potatoes Vegetable du Jour
SAT.	February 11 ~ Lunch \$9	Dinner \$14
	Grilled Cheese with Tomato & Bacon Cream of Tomato Soup	Burgundy Braised Beef Tips Fettuccine Vegetable du Jour

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

Grosh Cinema Movies

Sunday, Feb. 5 - Saturday, Feb. 11

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

Sunday, Feb. 5 – Army Dogs (2016)

An Army sergeant, his faithful dog and a teen daughter embark on a camping trip to heal the wounds of his absence but are stalked by a dangerous wolf.

Co-Starring: Casper Van Dien, Grace Van Dien & Stelio Savante

Rated PG; 1 hr. 27 min.

Monday, Feb. 6 – Flash of Genius (2008)

A college professor goes up against the giants of the auto industry when they fail to give him credit for inventing intermittent windshield wipers.

Co-Starring: Greg Kinnear, Lauren Graham & Dermot Mulroney

Rated PG-13; 1 hr. 59 min.

Tuesday, Feb. 7 – Olympus Has Fallen (2013)

Director Antoine Fuqua's action thriller stars Gerard Butler as a disgraced Secret Service agent who must come to the rescue when Korean terrorists descend on the White House and take the president hostage.

Co-Starring: Gerard Butler, Aaron Eckhart & Finley Jacobsen

Rated R for strong violence and language; 1 hr. 59 min.

Wednesday, Feb. 8 – The Confirmation (2016)

A divorced handyman with a drinking problem bonds with his 8-year-old son when a search for his stolen toolbox leads to a series of misadventures.

Co-Starring: Clive Owen, Maria Bello & Patton Oswalt

Rated PG-13; 1 hr. 40 min.

Thursday, Feb. 9 – Central Intelligence (2016)

When a career accountant reconnects with a former classmate who now works as a CIA operative, the mid-mannered number cruncher soon finds himself waist deep in a lethal counterespionage operation.

Co-Starring: Kevin Hart, Dwayne Johnson & Amy Ryan

Rated PG-13; 1 hr. 54 min.

Friday, Feb. 10 – The 300 Spartans (1962)

A tiny cadre of Greek warriors from Sparta defend a mountain pass at Thermopylae against the overwhelming invasion of a vicious Persian Army.

Co-Starring: Richard Egan, Ralph Richardson & Diane Baker

Not Rated; 1 hr. 53 min.

Saturday, Feb. 11 – Now You See Me (2013)

Brainy magicians Atlas and Henley lead a troupe of illusionists who specialize in robbing from the rich, in the form of banks and giving to the poor.

Co-Starring: Morgan Freeman, Isla Fisher & Mark Ruffalo

Rated PG-13; 1 hr. 56 min.

This Week's Opportunities February 5 - February 11

SUNDAY • FEBRUARY 5

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
- 5:00 p.m. ~ Super Bowl Party, GR
- 7:00 p.m. ~ Vespers led by Rev, John Wright, First United Methodist Church, CR

MONDAY • FEBRUARY 6

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 10:00 a.m. ~ Osher Registration, LR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, 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
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR
- 8:00 p.m. ~ KSU Watch Party, GR

TUESDAY • FEBRUARY 7

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
- 12:00 p.m. ~ Kimball Luncheon, MR
- 12:00 p.m. ~ Seven Dolors Book Discussion, CON
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 6:00 p.m. ~ LEAP! Class, CR

WEDNESDAY • FEBRUARY 8

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ New Perspectives, KR
- 9:00 a.m. ~ Building & Grounds Meeting, LR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, TR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, KR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Collins Worship Service, CH
- 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. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Osher Class: America's National Parks - A Journey Through Time, CR
- 6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

THURSDAY • FEBRUARY 9

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, CON
- 10:00 a.m. ~ Resident Focus Group, MR
- 10:00 a.m. ~ Great Decisions, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:30 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 4:00 p.m. ~ Center on Aging Lecture Series, KSU CL
- 6:30 p.m. ~ Osher Special Event: Science Communication Fellows, CR

FRIDAY • FEBRUARY 10

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 & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
- 7:00 p.m. ~ Resident Program: Meadowlark Singers Valentine's Presentation, CR

SATURDAY • FEBRUARY 11

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 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, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center