



Furniture and “smalls” fill the Utopia Room at St. Thomas More Catholic Church on Sept. 23 for Meadowlark Foundation’s estate-style auction.

## Necklace top-seller at 3rd annual event

*By Becky Fitzgerald*

Two jewelry cases filled with gold, silver, rhinestones and turquoise were flowers to several bidding bees at Meadowlark Foundation’s 3rd annual auction of furniture and other household goods. The event took place Sept. 23 at St. Thomas More Catholic Church.

Resident ambassador Sue Hunt, who volunteered to keep an eye on the cases prior to the auction’s start, reported there were many requests to land on one piece in particular, a Navajo-made squash blossom necklace

of turquoise and silver.

“That necklace should be really shiny as many times as it was picked up and looked at,” Hunt said.

At about 10 a.m., 30 minutes after the auction’s start, auctioneer Vern Gannon announced the necklace as the next item for bidding, and fortunately for the Good Samaritan Fund, the buzz about the piece continued.

Dozens of raised hands and nodding heads later, a Manhattan woman was the

*cont. page 5, Auction*



Auction-goers look over a box of assorted items.



Squash blossom necklace

## **Presentation by Usha Reddi**

**Friday, Sept. 29, at 7 p.m.**

Former Manhattan Mayor and current City Commissioner Usha Reddi will be joining the residents of Meadowlark for a get-to-know-you session at 7 p.m. Friday, Sept. 29, in the Community Room.

Usha will speak about her time as Mayor of Manhattan, local government, and her passion for helping those who suffer from mental illness and raising awareness. She will also take any questions from the crowd. All are invited to attend.

*This event is hosted by Harriette Janke, resident at Meadowlark Hills.*

## **KSU Watch Parties**

**Saturday, Sept. 30, at 2:30 p.m. & Oct. 7 at 6 p.m.**

Come to the Game Room for the KSU Watch Parties listed below. Go STATE!

- Sept. 30 ~ KSU vs. Baylor, kick-off time is 2:30 p.m. & refreshments will be served
- Oct. 7 ~ KSU vs. Texas, kick-off time is 6 p.m. & refreshments will be served at 5:30 p.m.

## **Vespers Services**

**Sunday, Oct. 1, at 7 p.m.**

The Vespers services will be led by Rev. Helen Hutchinson from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Oct. 1, in the Community Room. All are welcome.

## **Game Room Project Session**

**Monday, Oct. 2, at 2 p.m.**

The next area for new design and remodel in the Community Center is the Game Room space. Residents are invited to attend the Project Idea Session focused on updating the Game Room area, while make it a more purposeful space.

The session is scheduled for Monday, Oct. 2, at 2 p.m. in the Game Room. Please contact Monte at 323-3801 with questions.

## **Opportunity to learn about the future of Manhattan Parks and Recreations**

**Tuesday, Oct. 3, at 2 p.m.**

Director of Manhattan Parks and Recreation, Eddie Eastes would like to share with Meadowlark Residents and staff about the

future of Parks and Recreation in our community and highlight information about the upcoming Recreation and Trails Sales Tax Question. What is the question, how will it impact our community and what will the areas of focus for improvements? Come learn about our community and take the opportunity to ask questions at 2 p.m. Tuesday, Oct. 3, in the Community Room just before Coffee Corner. More information is also available at [www.mhkprd.com/salestax](http://www.mhkprd.com/salestax) online.

## **Memory Activities Class (MAC)**

**Wednesday, Oct. 4, at 10 a.m.**

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet at 10 a.m. Wednesday, Oct. 4, in the KSU Classroom.

## **Memory Café**

**Wednesday, Oct. 4, at 10 a.m.**

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Oct. 4. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

## **Memory Care Partner Support Group**

**Wednesday, Oct. 4, at 10 a.m.**

Memory Care Partners Support Group will meet from 10 to 11 a.m. Wednesday, Oct. 4, in the Tranquility Room. This group provides opportunity for discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

## **Memory Program Luncheon**

**Wednesday, Oct. 4, at 11 a.m.**

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Oct. 4, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Café and Memory Care Partners Support Group, so it's a wonderful way

to carry-over the things you learn in these classes in a non-threatening social environment. The menu will include soup, salad and a dessert paired with great conversation. Please sign up in the Blue Book by Monday, Oct. 2. Cost is approximately \$9 per person.

### **Card Making with Michelle**

**Wednesday, Oct. 4, at 1:30 p.m.**

Join Michelle Lehmer to create greeting cards, including Halloween and all-occasion cards, at 1:30 p.m. Wednesday, Oct. 4, in the Living Room. All are welcome to join.

### **Visions of the Flint Hills Art Show**

**Friday, Oct. 6, depart at 2:45 p.m.**

You're invited to the opening reception for the Visions of the Flint Hills Art Show at 5 p.m. Friday, Oct. 6, at the Buttonwood Art Space in Kansas City, MO. The evening will feature flint-hills themed food, beverages and a live performance by Annie Wilson's Tallgrass Express String Band. If you are interested in attending, please sign up in the Blue Book at the Hospitality Desk. Free transportation will depart at 2:45 p.m. Please contact Becky Fitzgerald at 323-3843 with questions.

### **Music with Jenna Henry**

**Friday, Oct. 6, at 7 p.m.**

You're invited to enjoy Music with Jenna Henry at 7 p.m. Friday, Oct. 6, in the Community Room. Jenna is a freshman at K-State from Olathe KS, majoring in Social Work. Jenna has been singing since she was a small child. It started with casual singing around the house which turned into private voice lessons in sixth grade through high school. Jenna has been part of all-girls choirs, ensembles and advanced choirs. Jenna currently volunteers at Meadowlark Hills and has performed at Miller Place for several of their residents.

### **Fall Clothing Drive with ML Ambassadors**

**Tuesday, Oct. 10, at 8 a.m.**

The Meadowlark Ambassador invite you to donate to the annual Clothing Drive between 8 a.m. and noon Tuesday, Oct. 10, in the Living Room at Meadowlark Hills. All who are interested in participating are encouraged to bring gently-used clothing items to the drive. Items will be donated to local organizations in need.

Last year's donations benefited the Ogden Friendship House, School Closet, Encore Shop and the Episcopal Church.

### **Meadowlark Ladies Luncheon**

**Thursday, Oct. 12, at 12:30 p.m.**

All ladies of Meadowlark Hills are welcome to join the monthly Meadowlark Ladies Luncheon. There is no membership required.

Join us at 12:30 p.m. Thursday, Oct. 12, for a "Halloween Party." Fun things are planned! Don't be afraid! No costumes are expected but if you want to, it would be fun to wear some of the colors of Halloween.

Black for witches, vampires, bats and cats. Orange for pumpkins and jack-o-lanterns. Green for goblins and Frankenstein. White for ghosts and mummies, and Red for blood.

Be sure to sign up in the Blue Book located at the Hospitality Desk.



### ***Parkinson's Education Group of the Flint Hills***

invites you to the monthly meeting

Thursday, Oct. 5 • 2 to 3:30 p.m.

Meadowlark Hills Community Room • 2121 Meadowlark Road

### ***"PD: What's the gut got to do with it?"***

*an Introduction to Understanding the Microbiome-PD Relationship*

Mark Haub, Ph.D., K-State Food, Nutrition, Dietetics & Health

**NEW TIME:** Exercise Class meets Mondays & Fridays at 1 p.m.

**NEW TIME:** Voice Class meets Mondays at 1:45 p.m.

Care Partner Support Group meets the 2<sup>nd</sup> & 4<sup>th</sup> Fridays at 1:15 p.m.

PD Partners Luncheon at noon Friday, Oct. 27 ~ RSVP by Oct. 23

All classes & activities meet at Meadowlark unless otherwise noted.



# October Birthdays

## Healthcare

10/3 Merle Schmidt  
**10/4 Rachel Nuss**  
 10/5 Christine Chandler  
 10/7 Evelyn Russell  
 10/10 Burritt Lacy  
 10/14 Fred Oehme  
 10/14 Bill Stolzer  
 10/15 Lee Coffey  
 10/17 Bob Benedict  
 10/17 David Alexander  
 10/17 David Bowers  
 10/24 Donna Vanier  
 10/25 Marie Doedyns

## Independent Living

10/2 Glen Leitch  
 10/3 Jackie Brewer  
 10/3 Betty Love  
 10/5 Jean Ponte  
 10/8 Miles McKee  
 10/9 Carol Balding  
 10/11 Maxine Burkhard  
 10/11 Mary Lou Gibbs  
 10/13 David Vanderbilt  
 10/15 Ed Lindly  
 10/19 Bill Stamey  
 10/21 Ernie Welti  
 10/21 Mike Sekal  
 10/23 Max Bayer  
 10/23 Don Rasmussen  
 10/24 Polly Ferrell  
**10/27 Dorothy Blacker**  
**10/27 Mary Swofford**  
 10/30 Pat Vogt

## Employees

10/1 Ashlyn Moll  
 10/2 Brenda Eckels  
 10/3 Kelly Salaz  
 10/4 Madison Brockish  
 10/4 Mary Jo Eichman  
 10/5 Christina Guzman  
 10/6 Brianna Richter  
 10/7 Brittany Hernandez  
 10/8 Charles Anderson  
 10/9 Amanda Moorman  
 10/9 Emma Swisher  
 10/9 Kelli Thompson  
 10/10 Janelle Pauly  
 10/12 Jon Thompson  
 10/13 Stephanie Lugo  
 10/14 Carie Scott  
 10/15 Bridget Larkin  
 10/15 Ann Marie Lochner  
 10/16 Fred Dukes  
 10/16 Alex Horak  
 10/17 Madison Mackeprang  
 10/18 Jennifer Trapp  
 10/19 Mindy Downey  
 10/21 Kate Cashman  
 10/21 Nich Elliott  
 10/22 Betty Dishman  
 10/22 Rachel Lambotte  
 10/22 Lisa Lawton  
 10/23 Alayna Noe  
 10/26 Cathy Bristol  
 10/27 Kimm Burton  
 10/27 Kim Ensley  
 10/27 Brooke Lyle  
 10/27 Rebecca Manis  
 10/28 Cynthia Artis  
 10/28 Kaitlyn Gilmore  
 10/30 Kesha Beaufosse



***Bold denotes  
 milestone birthday  
 of 80, 90, 100 or  
 100+***

# Voting: Our American Privilege

## Submitted by Kay Shanks

Its almost time to vote again! If you have moved since the last vote, you must re-register for voting. Moves include moving to Meadowlark Hills and moving *within* Meadowlark to a different location.  
 To get ready for voting, please follow the steps and recommendations below.  
 ~ If you have any questions about your voting readiness call 539-6300 and ask for Anita. She works in the Riley County Clerk’s office in the building behind the court house.  
 ~ If you’ve moved to Meadowlark or changed living arrangements since coming to Meadowlark you must re-register to vote. You can ask for forms to do this at the Hospitality Desk here at Meadowlark or call 530-2066 or 770-5054 & ask for Kay.  
 ~ Registration to vote ends **October 17 at 5 p.m.** So don’t put it off and give up you right to vote.  
 ~ You may also request to have your ballot mailed to you. If you are interested in this service ask at the Hospitality Desk for a form to request a Permanent Advanced Ballot.  
 ~ The election is November 7. This is a non-partisan election for School Board and City Commission.  
 ~ Names of those running are listed below. If you don’t know who you want to vote for ask about them. There are also two Forums planned so you can hear the candidates speak for themselves. The next forum is Oct. 8 from 2 to 5 at the Fire Station on Kimball and Dennison.

## School Board Candidates

~ Katrina Lewison ~Karla Hagemeister  
 ~ Jurdene Coleman ~ Dr. Jennifer Prewitt

## City Commission Candidates

~ Wynn Butler ~ Kaleb James  
 ~ Trent McGee ~Jerred McGee  
 ~ Usha Reddi ~ Brian Thomason

*Auction, from page 1*

new proud owner. Her winning bid? \$1000!

Total event revenue topped \$10,500! In addition to money received from sold furniture, etc., this amount also includes Auction Café proceeds and a gift to the Foundation to cover a donation to the church for use of their event space. After expenses, the Good Samaritan Fund will receive a boost of about \$9000, besting the 2016 contribution by about \$1200. The Fund benefits Meadowlark Hills residents in healthcare households who have exhausted their financial resources.

Other signs of progress were an increase in the number of bidders this year (108) and a decrease in expenses. Hy-Vee made and/or donated items for the Auction Café, so all money received from the sale of food and beverages will go to the Fund.

Many others contributed to the success of this event. Vern Gannon, his wife and one of their regular auction employees donated their time. Pat Callaghan of O'Callaghan's What-Not Shop, donated his time and the use of his trailers. Community First National Bank advertised the auction on one of their marquees, and Diamond Real Estate Management donates the use of two 10 x 30 storage units.

Several residents, Passport members and community volunteers helped sort and place small auction items prior to the sale, and still more residents, staff, Passport members and family members assisted on auction day. They held auction items for the crowd to see, bid for people who couldn't attend, sold Café items and carried purchased furniture out of the Utopia Room. Our volunteer colony totaled 35!

Thanks, also, to the many Meadowlarkians who donated items and/or attended the auction. Whether you ate at the café, raised a hand during the bidding and/or donated your time before, during or after, you all helped create a lively, enjoyable atmosphere to benefit a cause that's dear to so many.

*Please direct questions or suggestions to Becky Fitzgerald, Development Director, at 785-323-3843.*

## Manhattan Public Library Opportunities

### Drop-In Tech Training

Get one-on-one help with your technology questions and conundrums from 2 to 4 p.m. on Tuesday, Oct. 3, in the Manhattan Public Library's Groesbeck Room. Several staff members and volunteers will be on hand to provide expert assistance.

### Yack & Yarn

Every Tuesday from 6 to 8 p.m., you are invited to bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

### Brownbag Book Club

The first Thursday of each month, stop by the library from noon to 1 p.m. to enjoy your lunch with fellow book lovers! We will be discussing a wide variety of contemporary book club favorites. Drinks will be provided. The book choice for Oct. 5 is *All the Light We Cannot See* by Anthony Doerr. This beautiful work of historical fiction won the 2015 Pulitzer Prize for Fiction and the 2015 Andrew Carnegie Medal for Excellence in Fiction. Extra copies are available for checkout at the Reference Desk. Registration is required. Please visit the online calendar at [www.MHKLlibrary.org](http://www.MHKLlibrary.org) or call the library at (785) 776-4741 ext. 300 to sign up.

### Star Wars Reads Day

Celebrate all things Star Wars on Saturday, Oct. 7, from 10 a.m. to noon at Manhattan Public Library. Fans of all ages are invited to join the fun and activities will include crafts, trivia, and a costume parade. At noon, gather in the auditorium for a big-screen showing of a major box office movie. (The library's movie licensing agreement prevents the use of the title in this publication. Please call the library at (785) 776-4741 ext. 300 if you have questions.)

**PRAIRIE★STAR**  
**RESTAURANT**

**Extended Hours**  
**Monday to Friday, 7 a.m.to 8 p.m.**  
**Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.**

All specials include beverage, starter and dessert.  
An extra vegetable can be substituted for the starch at no additional charge.  
The restaurant can accept up to four reservation per time, depending on party size.  
Reservations can be made in person or by calling 323-3820.

SUNDAY	Oct. 1 ~ Lunch \$12	Dinner \$10
	Roasted Pork Loin Scalloped Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Oct. 2 ~ Lunch \$7	Dinner \$12
	Penne with Roasted Veggies & Chicken Garlic Toast Choice of Vegetable <i>No starter or dessert included.</i>	Grilled Chicken Raspberry Wild Rice Vegetable du Jour
TUESDAY	Oct. 3 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Apricot Glazed Ham Smoked Gouda & Scallion Scalloped Potatoes Vegetable du Jour
WED.	Oct. 4 ~ Lunch \$7	Dinner \$13
	Chicken ala King Rice Pilaf Choice of Vegetable <i>No starter or dessert included.</i>	Pork Tenderloin Marsala Sautéed Polenta Vegetable du Jour
THURS.	Oct. 5 ~ Lunch \$8	Dinner \$12
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Braised Cajun Chicken Red Beans & Rice Vegetable du Jour
FRIDAY	Oct. 6 ~ Lunch \$7	Dinner \$14
	Grilled Turkey & Swiss Sandwich Sweet Potato Fries Coleslaw <i>No starter or dessert included.</i>	Pecan-Crusted Trout with Orange Rosemary Butter Sauce Baked Sweet Potato Vegetable du Jour
SAT.	Oct. 7 ~ Lunch \$10	Dinner \$13
	Steamed Brats with Sautéed Sweet Peppers Potato Salad Choice of Vegetable	Braised Short Ribs Oven Roasted Yukon Gold Potatoes Vegetable du Jour

**DRINK SPECIAL** | Redhead  
**1 1/4 oz. Maker's Mark, Club Soda & Cranberry Juice**  
**\$3.75**

## Grosh Cinema Movies

Sunday, October 1 to Saturday October 8, 2017

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

2 and 6 p.m., Sunday

### **Sunday, Oct. 1—Hotel For Dogs (2009)**

Placed in a foster home that doesn't allow pets, 16 year-old Andi and her younger brother Bruce turn an abandoned hotel into a home for their dog.

**Co-Starring: Emma Roberts, Jake T. Austin, Kayla Pratt, Lisa Kudrow, Kevin Dillon**

**Rated PG; 1 hr. 40 min.**

### **Monday, Oct. 2 – The Giver (2014)**

In a future society without hardship or free choice, young Jonas discovers a powerful truth and becomes determined to expose it.

**Co-Starring: Jeff Bridges, Meryl Streep, Brenton Thwaites, Katie Holmes**

**Rated PG-13; 1 hr. 37 min.**

### **Tuesday, Oct. 3 – Mona Lisa Smile (2003)**

In 1953, the women of Wellesley College are measured by how well they marry—until the arrival of a professor who threatens to upend the status quo.

**Co-Starring: Julia Roberts, Kirsten Dunst, Julia Stiles, Maggie Gyllenhaal, Juliet Stevenson**

**Rated PG-13; 1 hrs. 59 min.**

### **Wednesday, Oct. 4 – Easy Virtue (2008)**

An American widow impulsively marries a wealthy young Englishman, but when they visit his family's country estate, she receives a chilly reception.

**Co-Starring: Jessica Biel, Ben Barnes, Kristin Scott, Colin Firth, Kimberly Nixon**

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

### **Thursday, Oct. 5 – Trouble with the Curve (2012)**

Slowed by age and failing eyesight, crack baseball scout Gus Lobel takes his grown daughter along as he checks out the final prospect of his career.

**Co-Starring: Clint Eastwood, Amy Adams, Justin Timberlake, John Goodman,**

**Rated PG-13; 1 hr. 51 min.**

### **Friday, Oct. 6 – Jackie (2016)**

Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy and to define her own.

**Co-Starring: Natalie Portman, Peter Sarsgaard, Greta Gerwig**

**Rated R for brief strong violence and some language; 1hrs. 40 min.**

### **Saturday, Oct. 7 – The Break-Up (2006)**

Cohabiting couple Gary and Brooke find their once-blissful romance on the rocks resulting in a custody battle for their upscale Chico condo.

**Co-Starring: Jennifer Aniston, Vince Vaughn, Jason Bateman**

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

# Weekly Opportunities Calendar Oct. 1 to Oct. 7

## Sunday • October 1

*Breakfast at Prairie Star—Pastries 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 with Rev. Helen Hutchinson from Trinity Presbyterian Church, CR

## Monday • October 2

*Breakfast at Prairie Star—Biscuits & Sausage Gravy*

- 7:30 a.m. ~ 1sr Pres. Men’s Bible Study, LR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke’s Communion, TR
- 12:00 p.m. ~ Weights 101, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson’s Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:45 p.m. ~ Parkinson’s Voice Class, CR
- 2:00 p.m. ~ Game Room Project Session, GR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR

## Tuesday • October 3

*Trash pick-up day*

*Breakfast at Prairie Star—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
- 12:00 p.m. ~ Kimball Luncheon, MR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:00 p.m. ~ MHK Parks & Rec Presentation, CR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, WCR
- 4:00 p.m. ~ Newspaper & Bible, LR

## Wednesday • October 4

*Breakfast at Prairie Star—Breakfast Burrito with Fruit*

- 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, WCR
- 10:00 a.m. ~ Memory Care Partners Support Grp, TR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:30 a.m. ~ 1st Men’s Club Luncheon, WCR
- 12:00 p.m. Yoga, CR
- 1:15 p.m. ~ Dr. Tran’s Foot Clinic, CR
- 1:30 p.m. ~ Card Making with Michelle, LR

- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Collins Worship Service, CH
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ Gerontology Class, CR
- 6:30 p.m. ~ Osher Class: Amelia Earhart, CR

## Thursday • October 5

*Breakfast at Prairie Star—Biscuits & Sausage Gravy*

- 8:30 a.m. ~ Messenger Ladies, WCR
- 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 & Responder Clinic, GR
- 2:00 p.m. ~ Parkinson’s Education Group , CR
- 2:00 p.m. ~ Stepping On, KSU CL
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • October 6

*Breakfast at Prairie Star—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 & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson’s Exercise Class, CR
- 2:45 p.m. ~ Depart for Visions of the Flint Hills, VE
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Music with Jenna Henry, CR

## Saturday • October 7

*Breakfast at Prairie Star—Pastries with Fruit*

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 5:30 p.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
HD, Hospitality Desk	MS, Miller Spa

\*Meadowlark News Channel can be viewed on Channel 1960