



Margaret Wheat pictured with the previous entry sign at the Kimball entrance.

## Art Mingle

manhattan memories  2018

General Mingle tickets are still available for Meadowlark's inaugural event, **Art Mingle: Manhattan Memories**, to benefit the Meadowlark Memory Program. Guests at a Friday evening reception, March 9, are invited to mingle with friends among the colorful galleries in the Community Center. Food for thought, lively libations, treasured tunes and art appreciation are part of the night's plan.

Friday's Art Mingle will include silent and live auctions, featuring art-related items and experiences, as well as party favors for all attendees also will be part of the fun.

A VIP (very important paintings) Tour begins at 6 p.m., with a general Mingle following at 7 p.m. Mingle tickets are \$50 per person. For more information or to make reservations, call (785) 537-4610. Tickets may also be purchased online at [www.meadowlark.org](http://www.meadowlark.org). VIP Tour tickets are now sold out.

The evening's live auction will begin around 7:45 p.m. and will include the following items:

- Beach Museum of Art's Behind the Scenes Tour for 10 – also includes wine, appetizers, a catered meal & a copy of the book "To Build Up a Rich Collection: Selected Works from the Marianna Kistler Beach Museum of Art"
- Cocktails & Collection – an evening for eight at the home of Wayne & Cindy Sloan with Jay & Barbara Nelson serving as docents for the Sloans' art collection

## What Will We Call It?

### *The true story of how Meadowlark was named*

*by Margaret Wheat*

It was October 21, 1976, and the newly-created Service Committee was on its way to Wichita and Newton to look at retirement communities to try to get some ideas as to what could be presented to the newly-created Board of the Manhattan Community Foundation to consider for a retirement center for Manhattan. Hardly had the trip begun before the group talked about, "What will we call our new retirement center?"

The chairman of the group was driving and not entering in the conversation. Names such as Hillop Inn, Konza Heights and Sunset Inn were suggested, and finally the only man in the group that day suggested Hobble Inn. Very hearty laughs followed!

After a time of quiet, the driver reminded the group of the day the board members walked over the Frey's pasture with thoughts of purchasing the land, and in walking through the tall, dry grass birds flew out, startled that their resting places were being disturbed. The group was reminded that those birds were the meadowlarks that lived in the Flint Hills, and the committee decided to take the name *Meadowlark Hills* to the board as an appropriate name for the retirement community. Thus, the board liked the name and it was decided that the retirement community to come would be called *Meadowlark*.

*See Mingle, page 4*

## **Community Sing-along**

**Friday, March 2, at 7 p.m.**

You're invited to join Jane Boys and Pat Miksch for a Springtime Community Sing-along at 7 p.m. Friday, March 2, in the Community Room. Jane and Pat will lead the crowd with several tunes to get you into the spring mood. They will also include several Irish tunes to celebrate St. Patrick's Day, which is right around the corner! All who are interested are invited to attend.

## **K-State Men's Basketball Games**

**Saturday, March 3, at 1 p.m.**

You're invited to watch the KSU Men's basketball game versus Baylor in the Game Room Saturday, March 3, at 1 p.m. Refreshments will be served.

## **Nancy B. Piano School Recital**

**Saturday, March 3, at 6 p.m.**

On Saturday, March 3, at 6 p.m. in the Community Room, Meadowlark welcomes Nancy Blockcolsky and her music students. Mrs. Blockcolsky teaches piano classes and Music Appreciation at Manhattan Christian College, a position she has held since the fall of 2012. She maintains a private studio of up to 20 students in piano and violin, some who will be performing for family, friends and residents of Meadowlark. All who are interested are invited to attend.

## **Vespers Services**

**Sunday, March 4, at 7 p.m.**

The Vespers services will be led by Rev. Dennis Ackerman and the String Quartet from College Avenue Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 4, in the Community Room. All are welcome.

## **Town Meeting**

**Monday, March 5, at 9:30 a.m.**

You're invited to hear the Meadowlark news at the March Town Meeting Thursday, March 5, at 9:30 a.m. in the Community Room. This month Becky Fitzgerald, Development Director, will share about the upcoming Art Mingle event and this year's Meadowlark Travelers trip. Come to hear about these topics and more at the March

Town Meeting!

## **Intermediate Meditation**

**Tuesday, March 6, at 10:30 a.m.**

The Meadowlark Memory Program & Parkinson's Program have teamed up to offer meditation opportunities. Meditation can be beneficial in reducing stress, anxiety, depression and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts in order to focus on relaxed breath and calmed senses.

You're invited to join Erin Davis for Intermediate Meditation at 10:30 a.m. Tuesday, March 6, in Grosh Cinema. In this class, participants work toward the goal of engaging in relaxed breathing and calmed focus. The class will utilize aromatherapy for a more complete sensory experience. Those with practice may find the Intermediate Class more beneficial.

Please sign up in the Blue Book to reserve your spot as seating is limited. Please contact Michelle Haub at (785) 323-3899 with questions.

## **Memory Program Luncheon**

**Wednesday, March 7, at 11 a.m.**

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, March 7, 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. Please sign up in the Blue Book by Monday, March 5. Cost is approximately \$9 per person.

## **Card Making with Michelle**

**Wednesday, March 7, at 1:30 p.m.**

You're invited to make Easter cards with Michelle Lehmer Tuesday, March 6, at 1:30 p.m. in the West Conference Room. All who are interested are invited to attend!

## **Resident Focus Group**

**Thursday, March 8, at 10 a.m.**

The Resident Focus Group will meet at 10 a.m.

Thursday, March 8, in the KSU Classroom. This session will be hosted by Sara Hillard, Personal Trainer & Massage Therapist. All who are interested in learning more about Sara and her role at Meadowlark are invited to attend.

### **A Sense of the Past**

**Thursday, March 8, at 10:30 a.m.**

Do you enjoy painting or drawing? Well if so, this is a class for you! Join Rachel Severt at 10:30 a.m. Thursday, March 8, in the South Conference Room (formerly the Tranquility Room) for a student-led activity as she works at helping participants relive memories through the use of the five senses. Each week, participants will create a piece of artwork showcasing a small aspect of this memory.

This week's theme is inspired by March 8th's random holiday of "Popcorn Lovers' Day." With this theme in mind, participants will be using their senses of taste and smell to create a piece of artwork related to a past memory about popcorn. Come out for a great hour of fun this week as we paint, eat popcorn and share favorite memories from our past! Please feel free to contact Rachel Severt for further information at (254) 285 -1363.

### **Meadowlark Ladies Luncheon**

**Thursday, March 8, at 12 p.m.**

All Meadowlark ladies are invited to the 12-noon luncheon Thursday, March 8, in the Manhattan Room. Enell Foerster and Judy Cattell are hosting a short presentation, *Moods of Machu Pichu: Inca farming, art, architecture and weaving*.

The menu will include pecan-crust chicken and a spinach salad with mandarin oranges, grapefruit and poppy seed dressing with key lime pie for dessert.

Please sign up in the Blue Book at the Hospitality Desk by Friday, March 2.

### **Art Mingle: Fine Art Fair**

**Saturday, March 10, at 10 a.m.**

On Saturday, March 10, allow your eyes and feet to wander at Art Mingle: Fine Art Fair. Local and area painters, potters, sculptors, etc., are expected to exhibit and sell their work to the public from 10 a.m. to 4 p.m. at Meadowlark Hills Community Center. There is no charge to attend the Fair, but breakfast and lunch are available for purchase at

Meadowlark's restaurant and café. Plan to spend a few hours and cure your cabin fever!

### **Numb & Number**

**Sunday, March 11, at 4 p.m.**

A special opportunity for art appreciation is to occur on Sunday, March 11, when Kansas State University theater students present a staged reading of a play, *Numb & Number*, written by Deborah Murray, an instructor in the university's English department. The play reading is planned for 4 p.m. at Manhattan Art Center.

"*Numb and Number* is based on my family's experience facing our mother's Alzheimer's diagnosis--not so much about Alzheimer's as about the emotional upheaval a family faces when someone they love gets this diagnosis," Murray writes.

Admission is by donation, with proceeds benefiting Meadowlark Memory Program. Murray's mother lived at Meadowlark Hills from 2008 until her death in 2015. Complimentary transportation for residents is available to the performance. Please register in the Blue Book.

### **ARTful Making**

**Monday, March 12, at 11 a.m.**

Looking for a new opportunity to develop your creativity in a relaxing, nurturing environment? Join the Meadowlark Memory Program and the Marianna Kistler Beach Museum of Art for a terrific way to de-stress, improve fine motor skills and socialize with friends. Come to the first-ever ARTful Making class from 11 a.m. to 12:30 p.m. Monday, March 12, in the KSU Classroom at Meadowlark Hills. Together, we will develop new skills or revisit old ones while engaging in various art making activities (i.e. watercolor, collage).

The class meets monthly and is free of charge. The Meadowlark Memory Program will provide you with the supplies you need and the Beach Museum will help provide you with the inspiration and instruction to create your art. Sign up in the Blue Book, as seating and supplies are limited, bring an open mind and have fun exploring in ARTful Making! See you on Monday, March 12.

## Outdoor Encounters

*Submitted by Nathan Bolls*

Last week, walking the edge of Bayer Pond and into its nearby woods, I again was struck by thoughts of the phenomenon that will unfurl during the next 3-4 months. Trees, shrubs, and other perennial plants will shake off their winter dormancy. Some, as our famous Big Bluestem grass, will send up new shoots from underground hearts and roots. All plants will leaf out, and many will blossom during that time. Toads, frogs, turtles, snakes, and certain small mammals will emerge from their particular styles of hibernation. Fish will slowly (and subconsciously) switch back to enzymatic metabolic pathways that allow a normal warm weather level of activity. Several bird species will return from the South to join those who stayed the winter. And a major preoccupation of all will be the pursuit of reproduction.

Another thought—really a wish—always comes when I hike the natural world, **“The First Book of God.”** If only I could walk this area as it was 20-25 million years ago. I know that nothing would be familiar—save for, perhaps, such ancient, incredibly slow-changing forms as turtles and garfishes that would closely resemble the forms we see today. I may see ancestors of today’s dogwood, oak tree, or coyote. I may see one or more species that have become extinct. And any present-day hike may reveal one or more species that have arisen since that hypothetical walk over ancient ground.

Both extinction and change occur with stars, landforms on Earth, and with our plants, animals, and microbes. This process is normal in our Universe. Everything changes over time. Consider our methods of conveyance; of food production, preparation, and preservation; of birth control; of weather forecasting; of medical knowledge and health care; of parenting and education; of waging war; or of home heating and cooling.

Read the works of leading biblical scholars and study seriously the significant revisions made in the Old Testament through the centuries—and the reasons for them. Or study the changes made in the practice of the Christian religion from the time of Jesus to the present. Be amazed by the tenacity, imagination, and faith displayed by the human species.

Be motivated to go out and watch quietly and patiently as another busy, beautiful, and glorious spring unfolds both around and within us. We will see OUR spring, one with which we will be comfortable, not the one I might have seen, and been fearful of, 20 million years ago.

*Mingle, from page 1*

- Ralph Fontenot original, framed watercolor of Manhattan’s renovated train depot
- “A Sun Dog Barks in Pott County,” – an original framed watercolor by the late Gene Ernst (17” x 21”)
- “All the Right Ingredients,” – an original collage and acrylic by Ginny Young (38” x 38”)
- 1930 hand-pieced, hand-quilted Fan Quilt (72” x 88”, never used or displayed, initialed & dated by quilter)
- “St. Francis Restores the Neglected Church - #X – Scrubbing Floors – Homage to Stanley Spencer,” – James Munce framed print, 1/60, signed & dated by the artist (26” x 25”)

The fundraiser has generated generous support from the local business community in the form of sponsorships. Community First National Bank is the presenting sponsor, with the (Jack and Joann) Goldstein Fund, a supporting organization of Greater Manhattan Community Foundation, and Kellstrom Pharmacy also supporting the March 9 event.

Due to the Art Mingle events the weekend of March 9, the following changes have been made. Please contact Monte Spiller at (785) 323-3801 if you have questions.

- No movie will be shown in Grosh Cinema Friday, March 9.
- Verna Belle’s will close at 2 p.m. Friday, March 9, and will have extended hours (open until 1 p.m.) Saturday, March 10.
- Prairie Star Restaurant will close at 2 p.m. Friday, March 9. Please sign up to receive an evening meal delivered to your residence between 5 and 6 p.m. The delivery charged will be waived. The meal will include a garden salad with your choice of dressing, baked ham with pineapple glaze, scalloped potatoes, broccoli and dutch apple pie. Please sign up by Wednesday, March 7, in the Blue Book to receive this meal service. The cost of the dinner will be \$9 per meal.
- Painting for fun has been moved to the South Conference Room for Saturday, March 10.

## Thank you

*Submitted by Duane & Pat Miskch*

We thank all those who came to share in our program on the Tobacco Ware last Friday night.

We especially thank Leah for her being there for us to help begin and end on time and for staying late to see that the necessary equipment was secured.

## Sunday Worship Time

### Experiment

*Submitted by Chaplain Patty Brown-Barnett*

Due to the request of a number of residents, we will try moving our Sunday morning worship services a half an hour later, for at least a month. Then we will evaluate the pros and cons of making the time change official.

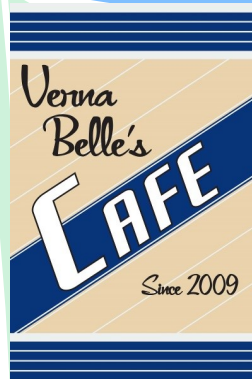
What better day to initiate a later worship time than on Sunday, March 11, when we "spring forward" for Daylight Savings Time. Beginning on March 11, the worship service in the Miller Friendship Room will begin at 9:30 a.m. and the service in the Community Room will begin at 10:30 a.m. We will try these times at least through Easter Sunday on April 1. Then I hope to hear how the new time is working for those who wish to come.

Any feedback on Sunday morning worship times is greatly appreciated.

## Easter Brunch Reservations

Starting today, March 1, Prairie Star Restaurant will be accepting reservations for the Easter Brunch Buffet on Sunday, April 1. Reservations can be made at the host stand in Prairie Star. The menu will be available in next week's edition of the Messenger.

Seating will be available at the following times: 11 a.m.; 11:30 a.m.; 12-noon; 1 p.m.; 1:30 p.m. and 2 p.m. Please contact Brook Marcotte at 323-3821 with questions.



# LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
**EXTENDED HOURS MARCH 10**  
**7 A.M. TO 1 P.M.**  
Sunday, 7 to 11 a.m.

### Monday, March 5

Chicken Fajita Wrap with Choice of Side  
*grilled chicken, shredded cheddar cheese, sautéed peppers & onions wrapped in a flour tortilla*  
**\$3.99 / \$5.99**

### Tuesday, March 6

Grilled Ham & Cheese with Tomato Soup  
*sliced ham, American & cheddar cheese on butter-toasted white or wheat bread*  
**\$3.99 / \$5.99**

### Wednesday, March 7

Triple Meat Pizza  
*pepperoni, sausage & bacon baked on a flatbread crust topped with mozzarella cheese & marinara*  
**\$3.99 / \$5.99**

### Thursday, March 8

Patty Melt with Choice of Side  
*grilled hamburger, sautéed onions, swiss cheese & thousand island dressing on toasted rye bread*  
**\$3.99 / \$5.99**

### Friday, March 9

Quesadilla Day  
*crispy flour tortilla & cheese with your choice of vegetarian, chicken or steak, plus veggies from the salad bar*  
**\$4 / \$5 / \$6**

# PRAIRIE★STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 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.

<b>SUNDAY</b>	March 4 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Celery & Onions Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	March 5 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Chicken Piccata Wild Rice Vegetable du Jour
<b>TUESDAY</b>	March 6 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Roast Brisket with Wild Mushroom Sauce Potato Pancake Vegetable du Jour
<b>WED.</b>	March 7 ~ Lunch \$10	Dinner \$12
	Swedish Meatballs Noodles Choice of Vegetable	Chicken & Dumplings Mashed Potatoes Vegetable du Jour
<b>THURS.</b>	March 8 ~ Lunch \$7	Dinner \$13
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Salmon Fettucine with Sun Dried Tomato Sauce Garlic Toast Vegetable du Jour
<b>FRIDAY</b>	March 9 ~ Lunch \$10	Dinner \$9
	Beef Stroganoff over Noodles Choice of Vegetable	Restaurant closed at 2 p.m. <i>Sign up for evening meal delivery in the Blue Book. Dinner will be delivered between 5 and 6 p.m. See page 4 for full menu.</i>
<b>SAT.</b>	March 10 ~ Lunch \$10	Dinner \$14
	Salisbury Steak Mashed Potatoes Choice of Vegetable	Shrimp Scampi Rissoto Vegetable du Jour

**DRINK SPECIAL** | Old Fashioned  
 1.5 oz. Bulliet Rye, Aromatic Bitters & 1/2 oz. Water  
 \$3.75



## Grosh Cinema Movies

Sunday, March 4 to March 10, 2018

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

### **Sunday, March 4—The Jungle Book (2016)**

A bumbling bear and a shrewd panther make terrific pals when you're a curious little boy in a most dangerous jungle.

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

Rated PG; 1 hr. 47 min.

### **Monday, March 5—Wonder Woman (2017)**

Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, when an American pilot crashes on their shores and tells of a massive conflict raging in the outside world, Diana leaves her home, convinced she can stop the threat.

Co-Starring: Gal Gadot, Chris Pine & Robin Wright

Rated PG-13; 2 hrs. 21 min.

### **Tuesday, March 6— Just Wright (2010)**

Good-hearted physical therapist Leslie Wright is looking for romance but keeps finding duds until she meets professional basketball player Scott McKnight. When Scott suffers a major injury, it's up to Leslie to save his career. Leslie and Scott become close as they work together, but Leslie's beautiful, gold-digging childhood chum threatens their relationship.

Co-Starring: Queen Latifah, Common & Paula Patton

Rated PG; 1 hr. 41 min.

### **Wednesday, March 7— She Wore a Yellow Ribbon (1949)**

As Capt. Nathan Brittles a cavalry officer in his final week of service, readies his troops for battle against an Indian tribe, his soldiers become embroiled in personal confrontations when a female visitor captures the attention of several men.

Co-Starring: John Wayne, Joanne Dru & John Agar

Rated NR; 1 hr. 43 min.

### **Thursday, March 8— First Do No Harm (1997)**

Meryl Streep stars as a mother who goes to extraordinary lengths to help find treatment for her epileptic son. When insurance coverage runs out, she immerses herself in medical research in a last-ditch effort to discover a cure based on a true story.

Co-Starring: Meryl Streep, Fred Ward & Seth Adkins

Rated PG; 1 hr. 35 min.

**Friday, March 9 – No movies showing due to the Art Mingle event.**

### **Saturday, March 10— Wonder (2017)**

Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.

Co-Starring: Julia Roberts, Owen Wilson & Jacob Tremblay,

Rated PG; 1 hr. 53 min.

# Weekly Opportunities Calendar *March 4- March 10*

## Sunday • March 4

*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 with Rev. Dennis Ackerman & the String Quartet from College Ave. Methodist, CR

## Monday • March 5

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

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:30 a.m. ~ 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, SCR
- 12:00 p.m. ~ Weights 101, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • March 6

*Trash pick-up day*

*Breakfast at Verna Belle's—Breakfast Sandwich w/Fruit*

- 9:30 a.m. ~ Literature of Aging, WCR
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Intermediate Meditation, GC
- 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
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, WCR
- 4:00 p.m. ~ Newspaper & Bible, LR

## Wednesday • March 7

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 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, SCR
- 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

- 1:00 p.m. ~ Pitch, GR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Card Making with Michelle, WCR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR

## Thursday • March 8

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

- 8:30 a.m. ~ Messenger Ladies, WCR
- 9:30 a.m. ~ Literature of Aging, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:00 a.m. ~ A Sense of the Past, SCR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 4:00 p.m. ~ Great Decisions, LR
- 6:30 p.m. ~ Osher Class: Killers of Kansas, CR

## Friday • March 9

*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 & Be Fit, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partners Support Grp, LR
- 6:00 p.m. ~ Art Mingle: VIP Experience
- 7:00 p.m. ~ Art Mingle: General Mingle

## Saturday • March 10

*Breakfast at Verna Belle's—Omelets with fruit*

- 9:30 a.m. ~ Painting for Fun, SCR
- 10:00 a.m. ~ Art Mingle: Fine Art Fair, 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	KR, Kansas Room (Pub)
VE, Village Entrance	KSU CL, KSU Classroom
WL, Wroten Library	PSP, Prairie Star Patio
HD, Hospitality Desk	MS, Miller Spa
BFH, Bank of Flint Hills	CSC, Combative Sports Center
SCR, South Conference Room	(formerly Tranquility Rm.)