

Grow Green Match Day

Meadowlark Foundation anticipating not-for-profit event

by Becky Fitzgerald

The 6th Annual Grow Green Match Day on Friday, April 20, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match that can be used for their most crucial needs. What a great way to do "more good" for our friends and neighbors!

Our Foundation is joining 52 other local organizations in urging our donors to participate. For our Foundation, Grow Green Match Day is an opportunity to increase our endowment so that we can continue to develop our services and meet the future needs of our campus and community. Please mark your calendars and participate in this wonderful day of giving.

Here's how the event works: Although gifts of any amount are welcome and encouraged, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match!

If participation in last April's event is any indication, our endowed fund will experience a healthy growth spurt. Last year, Meadowlark Foundation received 43 gifts totaling a little more than \$12,423. With a match of nearly \$5,712 and an hourly prize of \$100 won for us by resident Pat Miksch, our Grow Green grand total was \$18,235.56. The Foundation's Board of Directors voted last year to put the matching gift in an invested



Resident Sue Hunt represents the Meadowlark Ambassadors group in 2017 at Grow Green headquarters.

account benefitting the Good Samaritan Fund.

Gifts may be made by cash, check between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online on April 20 between 12 a.m. and 11:59 p.m. at growgreenmanhattan.com.

Because there are prize incentives for donations made at event headquarters, Meadowlark is providing transportation at 10 a.m. and at 2 p.m. that day for those who are willing and able to donate in person. Please register in the Blue Book if you'd like a free ride to the event.

Refreshments are available at event headquarters for donors.

Donors who attend the event may enter for a chance to win \$100 for the participating charity of their choice. (A winner will be chosen every hour from that hour's donations!)

If you cannot visit event headquarters in person, either on your own or as part of the Meadowlark group, please leave

your donation at the Hospitality Desk. Your gift will be submitted for you. The concierges will accept donations beginning through 1 p.m. on April 20. Checks should be made payable to Greater Manhattan Community Foundation and dated 4/20/18 no matter which day they are submitted. Donations are tax-deductible, and gift receipts will be mailed to donors from GMCF.

If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!

Flint Hills Playback Company

Friday, April 13, at 7 p.m.

For the first time Meadowlark welcomes the Flint Hills Playback Company! This group is ensemble-based improvisational theater where members of the audience are invited to share stories that the actors “play back” to the spectators. It is a unique way to connect with people and have their stories in a different form of theatre. The theme for the night will be *Living. Breathing. Blooming.* Please join the group at 7 p.m. Friday, April 13, in the Community Room. All are welcome to attend.

Calling at 4-Hers!

Saturday, April 14, at 9 a.m.

A group of local 4-H youth will be coming to Meadowlark, on Saturday, April 14, from 9 a.m. to 1 p.m., to come and learn more about what makes our community so special and meet some of our wonderful residents! These youth are a part of a unique group that focuses on leadership and citizenship. If you would be interested in talking about your own 4-H experience during a casual discussion with these 4-Hers, please sign up in the Blue Book, or contact Jana at (785) 323-3890.

Haskell Indian College Performance

Saturday, April 14, at 9:30 a.m.

You’re invited to enjoy a performance from the Haskell Indian College Dance Troop at 9:30 a.m. Saturday, April 14, in the Community Room. All who are interested are invited to attend!

Trip to Hobby Lobby & Dollar Tree

Saturday, April 14, depart at 10:30 a.m.

Starting Saturday, April 14, transportation will be provided to Dollar Tree & Hobby Lobby for shopping trips. The bus will depart from the Village Entrance at 10:30 a.m. and will return around 11:45 a.m. The cost for transportation is \$3 per person and the trip will occur the second Saturday of each month. Please sign up in the Blue Book at the Hospitality Desk.

Vespers Services

Sunday, April 15, at 7 p.m.

The Vespers services will be led by Pastor Julie Robinson from First Baptist Church. Vespers service will begin at 7 p.m. Sunday, April 15, in the Community Room. All are welcome.

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Fred Atchison Memorial Service

Sunday, April 15, at 2 p.m.

A memorial service for Fred Atchison will be held at 2 p.m. Sunday, April 15, in the Community Room. All are welcome to attend.

Flint Hills Children’s Choir

Monday, April 16, at 5:30 p.m.

The Flint Hills Children Choir will be performing at 5:30 p.m. Monday, April 16, in the Community Room. They are a group of young people ranging from grades 3rd to 10th, with the mission to provide excellence in choral music instruction and performance for children and to provide enrichment in the arts for Manhattan, Kansas and surrounding communities. All are welcome to attend this wonderful concert!

Intermediate Meditation

Tuesday, April 17, at 10:30 a.m.

You’re invited to join Erin Davis for Intermediate Meditation at 10:30 a.m. Tuesday, April 17, 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.

Coach Bill Snyder & players visit

Tuesday, April 17, at 2:30 p.m.

Following an eight-win season, including a Cactus Bowl victory over UCLA, KSU Football Head Coach Bill Snyder and the KSU Wildcats are primed for a run at the Big 12 Championship. It’s never too early to get excited about K-State Football, so join us at 2:30 p.m. Tuesday, April 17, in the Community Room for a special edition of our weekly Coffee Corner with Coach Snyder and the players. The feature dessert will be Powercat Pie, a blueberry sour cream pie.

Kansas Plant Presentation

Wednesday, April 18, at 1:30 p.m.

Join Gregg Eyestone at 1:30 p.m. Wednesday, April 18, in the Community Room as he presents on Kansas plants. Gregg is the Riley County Horticulture Agent and his areas of specialty

included Adapted Varieties for Kansas and Composting. He is also their Master Gardner Coordinator. All who are interested are invited to attend.

Change & Loss Series

Wednesday, April 18, at 2 p.m.

Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., and Social Work Intern Ebonie Christian are working together to lead The Change & Loss Series. Together they hope to provide a supportive environment for finding hope and healing in a safe place.

The topic for the meeting scheduled for 2 p.m. Wednesday, April 18, is *Dispel the Misconceptions About Grief*. All who are interested in joining the group are invited to do so.

Pig Out for Parkinson's

Thursday, April 19, at 11 a.m.

To help us elevate people's understanding of Pd, we are celebrating the 8th Annual Pig Out for Parkinson's at Cox Bros. BBQ on Thursday, April 19. Cox Bros. BBQ donates 10-percent of the sales from this day to the Program. K-State Football Coach, Bill Snyder, will be present at lunch for autographs and pictures. The evening is filled with activity including: a hog roast buffet & performance by country singer Bryton Stoll.

Additionally we have an exciting raffle opportunity this year! Take your chances to win the ultimate K-State Football Fan Experience, which includes two Presidential Suite tickets to the Texas Tech game on November 14, an autographed pair of Nike Cortez shoes (like Coach Snyder wears) and a \$100 gift certificate to Academy Sports. Tickets are \$1 for one/\$5 for six and can be purchased at the Hospitality Desk and Verna Belle's Café (until noon on Thursday, April 19) and at Cox Bros BBQ. The winner will be drawn at Pig out for Parkinson's at 8:30 p.m. and need not be present to win.

Transportation will be available to Cox Bros. BBQ for lunch and will depart from the Village Entrance at 11 a.m. If you would like to take advantage of this opportunity, please sign up in the Blue Book at the Hospitality Desk.

Low Vision Support Group

Thursday, April 19, at 2 p.m.

Low Vision Support Group will meet at 2 p.m.

Thursday, April 19, in the KSU Classroom. April Bonilla with OCCCK Inc. will share about their resources and available assistance.

All-Campus Party

Thursday, April 19, at 2:30 p.m.

You're invited to join Sloan House as they host an all-campus party to celebrate the delightful season of Spring! The party will start at 2:30 p.m. Thursday, April 19, in the Community Room. Come and enjoy bug-themed appetizers and desserts. All are invited to attend.

Haymakers

Friday, April 20, at 7 p.m.

On Friday, April 20, Meadowlark welcomes back the Haymakers! The Haymakers are no strangers to Meadowlark Hills. They will be performing a variety of music, including traditional Kansas songs, old-time tunes, Bluegrass and Country songs from the '30s and '40s.

So if you are looking for a good time, come on down to the Community Room at 7 p.m. Friday, April 20, and enjoy a performance by the Haymakers!

Concert at Hale Library

Friday, April 20, at 7:30 p.m.

You're invited to Hale Library to enjoy a concert titled *A Tribute to Leonard Bernstein*.

The concert will begin at 7:30 p.m. Friday, April 20, in the Hale Library Hemisphere Room. There will be free transportation provided to and from Meadowlark and Hale Library. If you would like to attend, please contact Darchelle Martin for tickets at 532-7442. The free transportation can be reserved in the Blue Book at the Hospitality Desk.

Take Me Out to the Ballgame!

Wednesday, May 30, depart at 1:15 p.m.

Residents, staff and family members are invited to Kansas City's Kaufman Stadium to watch the 2018 Royals. This year's trip is scheduled for Wednesday, May 30, with the first pitch at 7:30 p.m. against the Minnesota Twins. The cost of the trip is \$35, which includes a ticket to the game, transportation on a chartered 56-passenger bus, and a tailgate supper catered by Prairie Star Restaurant.

The bus will depart from the visitor parking area

Continued on page 4, see events

NEW books at the Library!

Fiction titles

Iron Mike, by Patricia Rose
The Christma Trains, by David Baldacci
End of the Drive, by Louis L'Amour
The Leavers, by Lisa Ko
The Child, by Fiona Barton
All is Bright: Thomas Kinkade's Cup Light, by Katherine Spencer
Handle With Care, by Jodi Picoult
The Target, by David Baldacci
A Slender Thread, by Katherine Davis
The Body in the Casket; a Faith Fairchild Mystery, by Katherine Hill Page
The Lightkeepers, by Abby Geni
The Laughing Monsters, by Denis Johnson (large print)
Thirsty, by Tracy Bateman (large print)
Monument to a Murder, by Margaret Truman (large print)
When the Killings Done, by T.C. Boyle
Threads of Love, by Judith Miller (large print)
Any Day Now, by Terry Bisson
Skeleton Man, by Tony Hillerman
Some Luck, by Jane Smiley

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by Prairie Star's Patio at 1:15 p.m. Travelers should arrive by 12:30 p.m. Upon arrival at the stadium, the tailgate-supper will be set up and will include an assortment of sandwiches, chips and dip, fruit, salads, water and soda. Attendees are encouraged to bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside of the stadium and snacks for the ride home. Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration for the KC Royals trip is open and a sign-up sheet is in the Blue Book located at the Hospitality Desk. When signing up, please include

Non-fiction titles

Doc Susie: the True Story of a Coutry Physician in the Colorado Rockies, by Virginia Cornell
Bella Tuscany, by Frances Mayes
Skunk Works, by Ben R. Rich and Leo Janos
Killers of the Flower Moon: the Osage Murders and the Birth of the FBI, by David Grann
Plunder and Deceit: Big Government's Explotation of Young People and the Future, by Mark R. Levin
Treachery: How Averica's Friends and Foes Are Secretly Arming Our Enemies, by Bill Gertz
Seasons and Days: A Hunting Life, by Thomas McIntyre
Twenty Letters To a Friend, by Svetlana Alliluyeva (daughter of Joseph Stalin)
Jewels of the Romonovs Family and Court, by Stefano Papi
An Accidental Sportswriter, by Robert Lipsyte
A Life in Words, by Studs Terkel

Audio books

The Second Time Around, by Mary Higgins Clark
Pretend You Don't See Her, by Mary Higgins Clark

Movies & Documentaries

Built, with Steve McQueen
Saving Private Ryan, starring Tom Hanks
Joan of Arcadia: The First Season
WWII, from the History Channel
WWII: the Air War, from the History Channel

your name, phone number, and indicate whether you are a resident or staff member and your method of payment. There is a limited amount of tickets available and registration will be on a first-come, first-serve basis. Cancelations need to be made by Wednesday May 23 for full reimbursement.

Departure from the stadium to return home will be contingent on when the game ends, but expect to return around midnight. Let's go Royals!

Meadowlark Wellness Olympiad

The Olympiad is underway! Participants should be tracking physical activity on the sheet labeled *Week 1*. Tracking sheets need to be turned in by next Tuesday, April 17, at 5 p.m. Sheets can be turned in at the Hospitality Desk, Caul Fitness Center, or Monte's office.

Tomorrow, April 13, will be the Triathlon Challenge; teams will meet in the Village Entrance at 3 p.m. Next week, Group Walks will take place on Monday and Wednesday at Noon, leaving from the Village Entrance. Tuesday, April 17, will be the Nutrition Quiz, which will be available all day at the Hospitality Desk.

The Stations Challenge will be held on Friday, April 20, from 2 to 3 p.m. in the Community Room. Teams will need to sign up for a few of our upcoming challenges; sign-up sheets are located at the Hospitality Desk.

Challenge Winners: Team Norway was the winner of Kick-off Party Drawing Contest, which earned them 10 points. Team France was second, earning 5 points and Germany was third, earning 3 points. Congratulations to those teams!

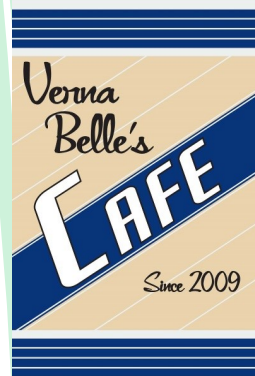
Farewell Concert

Michael Oldfather, former Meadowlark Singers director, will be retiring from his position as choral director and music chair with the Unitarian Universalist Fellowship after 21 years of service. To mark the occasion, there will be a farewell concert at 1:30 p.m. Saturday, April 21, at the church.

All who are interested are invited to attend the program. The Unitarian Universalist Fellowship is located at 481 Zeandale Road.

Save the Date

Save the date for 3 p.m. Tuesday, May 1, for a Sip'n'See with Brook Marcotte, a baby shower *after* the baby so we can meet him or her, while enjoying cake and some party games! All are invited to attend. No gifts, please.



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, April 16

Hawaiian BBQ Chicken Wrap with Side
*grilled chicken, pineapple, cilantro & red onion
smothered in BBQ sauce in a flour tortilla*
\$3.99 / \$5.99

Tuesday, April 17

Italian Panini with Choice of Side
*ham, pepperoni, salami, lettuce & tomato on a flavored
tortilla with Italian cream cheese spread*
\$3.99 / \$5.99

Wednesday, April 18

Grilled Cheese Sandwich & Tomato Soup
*American, swiss & cheddar cheeses on your choice
of toasted Italian or wheatberry bread*
\$3.99 / \$5.99

Thursday, April 19

Tuna Salad Sandwich with Choice of Side
*tuna, relish, mayo, mustard & boiled eggs served on
toasted wheatberry bread*
\$3.99 / \$5.99

Friday, April 20

Street Tacos with Broccoli Salad
*shredded pork, cheddar cheese, slaw & avocado
dressing on a mini flour tortilla*
\$3.99 / \$5.99

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.

SUNDAY	April 15 ~ Lunch \$12	Dinner \$12
	Chicken & Dumplings Mashed Potatoes Vegetable du Jour	Beef Stew Vegetable du Jour
MONDAY	April 16 ~ Lunch \$10	Dinner \$13
	Spinach & Mushroom Quiche Rice Pilaf Choice of Vegetable	Pork Tenderloin Marsala Rissoto Vegetable du Jour
TUESDAY	April 17 ~ Lunch \$8	Dinner \$11
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Lasagna Garlic Toast Vegetable du Jour
WED.	April 18 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Baked Ham <i>with Peach Sauce</i> Au Gratin Potatoes Vegetable du Jour
THURS.	April 19 ~ Lunch \$7	Dinner \$12
	Hamburger & Hot Dog Bar <i>(does not include drink, starter, or dessert)</i>	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	April 20 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy Sweet Potato Fries Coleslaw	Seared Scallops Baked Potato Vegetable du Jour
SAT.	April 21 ~ Lunch \$10	Dinner \$13
	Tater Tot Casserole Choice of Vegetable	Braised Short Ribs Garlic Mashed Red Potatoes Vegetable du Jour

DRINK SPECIAL | Tequila Sunrise
 1.5 oz. Tequila, 3 oz. Orange Juice & 1/2 oz. Grenadine
 \$3.75

Grosh Cinema Movies

Sunday, April 15, to Saturday, April 21, 2018

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

Sunday, April 15 — Evan Almighty (2007)

■ God contacts Congressman Evan Baxter and tells him to build an ark in preparation for a great flood.

■ Tools and wood arrive in Evan's yard, animal pairs follow.

■ **Co-Starring:** Steve Carell, Morgan Freeman & Lauren Graham

■ **Rated PG; 1 hr. 36 min.**

Monday, April 16 — Tomorrowland (2015)

■ Bound by a shared destiny, a teen bursting with scientific curiosity and a former boy-genius inventor embark on a mission to unearth the secrets of a place somewhere in time and space that exists in their collective memory.

■ **Co-Starring:** George Clooney, Britt Robertson & Hugh Laurie

■ **Rated PG; 2 hrs. 10min.**

Tuesday, April 17 — Tinker, Tailor, Solider, Spy (2011)

■ In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet Agent within MI6.

■ **Co-Starring:** Gary Oldman, Colin Firth & Tom Hardy

■ **Rated R for violence and sexual content; 2 hrs. 2 min.**

Wednesday, April 18— X-Men (2000)

■ Two mutants come to a private academy for their kind whose resident superhero team must oppose a terrorist organization with similar powers.

■ **Co-Starring:** Patrick Stewart, Hugh Jackman & Ian McKellen

■ **Rated PG-13; 1 hr. 44 min.**

Thursday, April 19 – The Devil Wears Prada (2006)

■ A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine.

■ **Co-Starring:** Anne Hathaway, Meryl Streep & Adrian Greiner

■ **Rated PG-13; 1 hr. 49 min.**

Friday, April 20 – The Big Sick (2017)

■ Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

■ **Co-Starring:** Kumail Nanjiani, Zoe Kazan & Holly Hunter

■ **Rated R for language; 2 hrs.**

Saturday, April 21 – Lee Daniel's The Butler (2013)

■ As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.

■ **Co-Starring:** Forest Whitaker, Oprah Winfrey & John Cusack

■ **Rated PG-13; 2hrs. 12 min.**

Weekly Opportunities Calendar April 15- April 21

Sunday • April 15

Verna Belle's—Omelets with Fruit

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Fred Atchison Memorial Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Pastor Julie Robinson from First Baptist Church, CR

Monday • April 16

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 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. ~ Group Walk, VE
- 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
- 2:00 p.m. ~ Osher Class: True North, BFH
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Flint Hills Children's Choir, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 6:00 p.m. ~ LEAP!, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • April 17 *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 Dolours Book Discussion, FHR
- 1:30 p.m. ~ Card Making with Michelle, WCR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:30 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • April 18

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, FHR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, KR
- 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
- 12:00 p.m. ~ Yoga, CR

12:00 p.m. ~ Group Walk, VE

1:00 p.m. ~ Pitch, GR

1:30 p.m. ~ Kansas Plant Presentation, CR

2:00 p.m. ~ Change & Loss Series, SCR

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Rock Steady Boxing, CSC

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

4:00 p.m. ~ Lutheran Video Worship Service, FHR

Thursday • April 19

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, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:00 a.m. ~ Transportation to Pig Out departs, VE
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:30 p.m. ~ All-Campus Party, CR
- 2:00 p.m. ~ Low Vision Support Group, FHR
- 2:00 p.m. ~ Stepping On, KSU CL
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 6:30 p.m. ~ Osher Class: Life & Teachings of Christ, CR

Friday • April 20

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GC
- 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
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 2:00 p.m. ~ Wellness Olympiad Challenge, CR
- 2:30 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Haymakers, CR

Saturday • April 21

Breakfast at Verna Belle's—Omelets with fruit

- 9:30 a.m. ~ Painting for Fun, SCR

BP, Billiards Parlor	CH, Collins House
CON, Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance