

## Speedy Pd Race celebrates 10 years

*by Sarah Duggan*  
Don Rasmussen, Meadowlark Parkinson's Program participant and resident at Meadowlark Hills, is feeling good these days. It's August and for the tenth year in row it means the season for the Speedy Pd Race for Parkinson's disease is in full

swing. The event is the main fundraiser for Meadowlark Parkinson's Program, which provides services for the Flint Hills region to improve the quality of life for all those affected by Parkinson's disease (PD).

Don was diagnosed with PD fourteen years ago while living in Houston, Texas. The doctor didn't offer Don much hope. "He said, do you have a bucket list?" Don recalled.

At the time he and his wife Bea had been considering retirement. They had spent years traveling to the K-State football games and knew from their collegiate days that they liked Manhattan. When Don and Bea visited Meadowlark, they were delighted to learn about the Parkinson's Program. "I credit the program with extending my quality of life and teaching me to live well with Parkinson's," Don said.

Since the program is free to all participants, it was clear early on that to continue growing its reach there would have to be a focus on fundraising. The Speedy Pd Race for Parkinson's disease began in 2009 with 124 participants on the Meadowlark Hills campus. That first year, Don ran the 10k fueled by his extensive running background, including marathons



Don in 2014 walking in the Speedy Pd Race for Parkinson's Disease with his sisters.

in Houston. To him, Speedy Pd is not only a time to raise funds and awareness, but also a time to celebrate successes experienced in his battle with PD and in gratitude for the support he receives from his family.

This year, the annual fundraiser will celebrate its tenth year with a goal of reaching 1,000 participants.

On race day those living with PD are referred to as VIPd-ers, Very Important People with Parkinson's disease. Every step is taken to facilitate their participation, including singing the national anthem just before the race begins. "I attribute much of the success in growing of the race to the focus on those who have PD and in the opportunities for sponsors and runners to interact with one another. Personalization brings appreciation," Don said.

The race takes place in beautiful scenic Tuttle Creek State Park and has for the past several years. The course is pretty, fast and flat with a unique and fun race headquarters at the finish line complete with beer and BBQ provided by Cox. Bros. BBQ. To register for the 10k, 5k or Half-Mile Family Fun Run/Walk, visit [www.runsignup.com](http://www.runsignup.com) or complete a paper registration at one of the following locations: Meadowlark, UMB or Body First Wellness Center.

Don appreciates all the support from businesses, race participants and his family for the Speedy Pd and Meadowlark Parkinson's Program. "I hope to see everyone at this year's Speedy Pd event," Don said. "This is truly an event that rejuvenates my soul."

### **Crosswalk Work**

A cross walk will be added near the Tuttle Creek entrance. The concrete crew is planning to begin work middle of next week, weather permitting. They will remove a section of sidewalk at the entrance to the Pond Trail. Once work begins, this section of sidewalk will be closed for three days. They will also remove curbing from the south side of the road to create a sidewalk cut out. Traffic may be narrowed to one lane at times. The project is expected to be completed by Wednesday, Aug. 22.

### **Kathryn Allyn**

**Friday, Aug. 10, at 7 p.m.**

Meadowlark welcomes back Jazz Singer Kathryn Allyn! Kathryn will be accompanied by Rick Smith, an excellent local guitarist and a former student of Dr. Wayne Goins. Kathryn and Rick will be performing at 7 p.m. Friday, Aug. 10, in the Community Room. All are welcome to attend and enjoy this performance.

### **Fryer's 50th Anniversary Party**

**Saturday, Aug. 11, at 2 p.m.**

All friends and family of Tom and Angie Fryer are invited to join the for this celebration of 50 years of life and marriage together! They will meet in Fellowship Hall (downstairs) at First United Methodist Church in Manhattan from 2 to 4 p.m. on Saturday, Aug. 11. This event is casual, come and go, cards only if you want to bring written good wishes! Please consider sharing a donation to the Fisher House Foundation, benefiting the families of injured, disabled or fallen U.S veterans in Tom and Angie's name.

### **Birthday Celebration for Ron Williams**

**Sunday, Aug. 12, at 2 p.m.**

You are invited to help Ron Williams celebrate his 80th birthday on Sunday, Aug. 12, from 2 to 4 p.m. in the Community Room. No gifts please.

### **Vespers Services**

**Sunday, Aug 12, at 7 p.m.**

The Vespers service will be led by Rev. Sarah Marsh from First United Methodist. Vespers service will begin at 7 p.m. Sunday, Aug. 12, in the Community Room. All are welcome.

### **ARTful Making**

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**Monday, Aug. 13, at 11 a.m.**

Join the Meadowlark Memory Program and Marianna Kistler with the Beach Museum of Art for ARTful Making class from 11 a.m. to 12:30 p.m. on Monday, Aug. 13, in the KSU Classroom. Together we will develop new skills or revisit old ones while engaging in various art making activities. Please sign up in the Blue Book.

### **Coffee Corner Feature Dessert**

**Tuesday, Aug. 14, at 3 p.m.**

The Feature Dessert for Coffee Corner Tuesday, Aug. 14, is a Raspberry Crumble Bar made by Verna Belle's Cafe. Come enjoy this delicious dessert!

### **Parkinson's Webinar**

**Thursday, Aug. 16, at 11 a.m.**

This month's topic is *Urinary Problems in Parkinson's Disease*. The Michael J. Fox Foundation team will still answer submitted questions throughout the hour as panelists discuss how and why Parkinson's causes urinary problems, how this symptom can be managed and ongoing research on the topic. Join us in the K-State Classroom on Thursday, Aug. 16, from 11 a.m to 12 p.m.

### **Low Vision Support Group**

**Thursday, Aug. 16, at 2 p.m.**

The Low Vision Support Group will meet at 2 p.m. Thursday, Aug. 16, in the KSU Classroom. We will hear from guest speaker, Dr. Nick Mondero from Epic Vision Eye Centers. Dr. Mondero will be speaking on various topics including eye disease types, treatments, and available resources. All who are interested are invited to attend.

### **Cowboy Poet Ron Wilson**

**Friday, Aug. 17, at 7:00 p.m.**

You will be in for a treat on Friday, Aug. 17, when Ron Wilson comes to Meadowlark Hills. Ron is a relaxed entertainer, blending his unique insights on life with a down-home sense of humor appropriate for all ages. All of his original poetry is family-oriented, patriotic and has a particular appeal to folks who live in the country and appreciate the American West. Ron appears in full cowboy costume, complete with the white hat worn by the good guys, and within seconds, has audiences eager to listen and laugh. So tell your friends to come on down to the Community Room at 7 p.m. for some great entertainment.

### **Meadowlark Singers**

**Monday, Aug. 20, at 3:30 p.m.**

It's almost time!! Grab your best smile and head for the Community Room, Monday, Aug. 20, at 3:30 p.m. to join the Meadowlark Singers for a season of fun and music. Give us a try... you do NOT need a beautiful voice or previous experience, just a love of music. If you are breathing, you are at the top of the list for your very own chair, stand and notebook! It's one of Meadowlark's experiences you will wish you would have at least tried once! See YOU there...start humming now!

**NEW Theatre Trip**

**Wednesday, Aug. 22, at 9 a.m.**

We will be taking a trip on Wednesday August 22, to the NEW Theatre Restaurant located in Overland Park, KS. The show for the day is *Mamma Mia*. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past to the door of the church. Featuring the #1 hits of legendary group ABBA, including Dancing Queen, Knowing Me-Knowing You, Take a Chance on Me, and many more. This Super Trouper musical comedy hit sold out 14 years on Broadway. The cost for the trip is \$60 per person, which includes transportation and admission into the theater where the group will enjoy a fantastic dinner and show. Dinner includes a choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at additional cost. We will depart from

the Village entrance at a.m. Seating begins at 11:30 a.m. and lunch will be served from 12:15 to 1 p.m. The show starts at 1:15 p.m. A sign-up sheet is located in the Blue Book at the Hospitality Desk. For questions, call Monte Spiller at (785) 323-3801.

**Walk to End Alzheimer's**

**Saturday, Sept. 22, at 8 a.m.**

Just a reminder that the Alzheimer's Associations Walk to End Alzheimer's is happening Saturday, Sept. 22, at Manhattan City Park! Meadowlark will have a team that all residents, staff and family members can join. If you would like to receive a Meadowlark team shirt, you will need to sign up for the race by Tuesday, Aug. 14. You may still sign up for the race after that, but there is the possibility that you will not receive a shirt. T-Shirts will be free to all residents and staff who sign up to participate the race. We are asking that family members who would like to receive a shirt make a suggested donation of \$20 to Meadowlark – we will be donating the money back to the Alzheimer's Association. There is a Blue Book sign-up for the race. If you have any questions, please contact Erin Hildreth via e-mail at [ehildreth@meadowlark.org](mailto:ehildreth@meadowlark.org) or at (785) 323-3800.

**Diabetic Support Group**

The Diabetic Support Group will not meet in the month of August. Regular scheduled meetings will resume in September.

**Wine Pairing Event**

Tuesday, Sept. 4 / 5:30 p.m. / Prairie Star Restaurant



Enjoy great tastes and smells with a wine and food pairing event at 5:30 p.m. Tuesday, Sept.4, at Prairie Star Restaurant. The cost for the full event will be \$35 per person. If you would like to just enjoy the meal without the wine, the cost is \$30 per person. Please sign up at the host stand in Prairie Star. The restaurant will be closed for the evening of the event.

Lamb Rack on Roasted Red Pepper Risotto  
Poached Pear stuffed with Spinach, Scallops,  
Champagne Vinaigrette and Brie Toast  
Raspberry Sorbet  
Lobster Tail Thermidor, Roasted Fingering  
Potatoes, Vegetable Bundles of Carrots,  
Asparagus and Green Beans  
Grand Mariner Soufflé

## **IL Resident Council Minutes, July 2, 2018**

**Members present:** Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Marilyn Ray, Steve Owens, Charlotte Kelley, Carol Balding, Bea Rasmussen, Jan Vanderbilt, Janice Parsons, Elaine Manges, Sharon Smith, Pam Oehme and Jo Lyle.

**Staff present:** Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

### **Updates**

General Update: Lonnie stated the concrete work has been completed, creating eight additional parking spots near the main entrance. Once work starts and is finished behind the maintenance shop, twenty-five spaces will be created, and we should feel the difference immediately.

Concerning the Prairie Star kitchen project, we are in the process of selecting an architect. A kitchen designer has been chosen and we have put out an RFP with a 30-day window to respond. Once that step is taking care of we will move forward in talks looking to see specifically what we want to get accomplished.

No date is set for the two new traffic signs to be installed, but they are part of the current fiscal budget. The signs will let drivers know if they are speeding by flashing a “slow down” sign, or a “thank you” sign for complying with the posted speed limit. The speed of the driver will flash, as well.

We are getting close to a final design for the Courtyard and once we get that in, we can look at scheduling the work for the project. The design will include a covered serving station, grill, putting green and a bocce court among other additions and renovations.

Support Services Update: Jayme expressed that during the upcoming August Town meeting, Dr. Chance Williams will be formally introduced as a new member of the clinical team with Meadowlark Medical Professionals.

**Approval of June Minutes:** Motion to approve minutes was moved and passed with corrections.

### **New Business**

Jan Vanderbilt was introduced as the new Meadowlark Valley Representative.

### **Old Business**

Pam Oehme expressed how appreciative her neighborhood was of the new concrete and pavement of Meadowlark Road. The crew and teams did a wonderful job.

### **Additional Discussion Topics**

Questions about inconsistencies in Prairie Star were brought up during Council. Jayme documented the concerns and will address them with staff.

It was stated the crosswalk in front of 2142 Meadowlark Road had yet to be repainted after the concrete work was recently completed. Project Manager Jon Bechtel, is aware of this and stated the team is working on repairing a few cracks on a curb near that area and will be repainted upon completion.

### **Meeting adjourned**

## **Town Meeting Notes, Aug. 6**

*Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Aug. 6.*

**Physician’s Office Update** Dr. Matt Floresch introduced two new providers for his community practice and the Meadowlark Medical Professionals Clinic. Dr. Chance Williams will see patients in clinic starting this week and Dr. Autumn Caycedo will follow patients at the hospital when they are admitted. Meadowlark Medical Professionals is accepting new patients. Please call 537-1900 for more information.

**Campus Update** Planning and execution for new projects around campus has started. An additional parking lot will be added behind the maintenance shop and work will start soon. The Meadowlark team is preparing for interviews with potential architects for the kitchen renovation.

**Walk to End Alzheimer’s** The Walk to End Alzheimer’s is Saturday, Sept. 22, at City Park. If you would like to walk with the Meadowlark team, please sign up in the Blue Book. To receive a team t-shirt, please sign up by Aug. 14.

**Osher Classes & UFM** The Fall Catalog for Osher Classes and UFM offerings are now available.

**Upcoming Events** Monte reviewed the events coming up in the month of August. Please see the weekly Meadowlark Messenger for details.

**Speedy Pd Race for Parkinson’s Disease** The

tenth annual Speedy Pd Race for Parkinson's Disease is Saturday, Aug. 25. Please watch the Messenger for more details.

**Foundation Update** Becky presented the proposed layout for the Courtyard project. If you are interested in donating to the Courtyard project, please contact Becky Fitzgerald at (785) 323-3843.

### On Fifty Pages & a Tight Schedule

*Submitted by Helen Roser*

Death is big business. Regardless of politics or the weather, it goes on. Handling the business of final tributes and guests requires tight scheduling of the parking lot and turn over of chapel guests. To keep this moving along requires a staff with one eye on the clock.

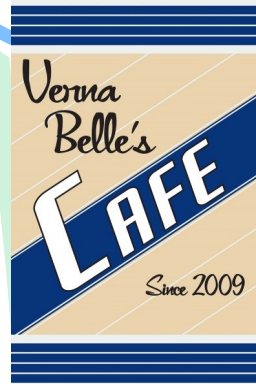
So it was that I was introduced to the staff person as the one who "will say a few words". Knowing that many of my friend Bud's aged friends couldn't be there, I had triple-spaced my three minutes of remarks in caps and had made 50 copies so attendees could take them to his absent friends.

As I stood holding my 50 pages, the staff person looked at them with alarm and whimpered: "Is that, uh, what you are going to say?" I said it was. Looking full of distress, gaping at the 50 pages, he whispered: I, uh, will be glad to, uh..."

I noticed he was looking at the 50 pages. I said: "Oh, these are copies for his friends who couldn't be here. My remarks will take only three minutes." He gasped: "Oh, thank God! I could see our parking lot all filled up and you in there, droning on and on."

I realized that long-winded speakers for a loved one could really blow a busy schedule. I burst out laughing. The gloriously relieved staff person joined me.

When I explained to the gathered ones why we were laughing so hard, they all joined us. Bud, long a master of show business tight scheduling and entertainment, would have loved it.



## LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.

Saturday & Sunday, 7 to 11 a.m.

(785) 323-3818

### Sunday, Aug 12

**Breakfast:** Omelets with Fruit

### Monday, Aug 13

**Breakfast:** Biscuits & Gravy

**Lunch:** Sweet Chili Chicken Wrap with Side *grilled chicken, lettuce, tomato, cucumber & a sweet chili sauce wrapped in a flour tortilla* ~ \$3.99 / \$5.99

### Tuesday, Aug 14

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Cranberry Turkey Sandwich with Side *turkey, Swiss cheese & cranberry sauce on a butter toasted wheatberry bread* ~ \$3.99 / \$5.99

### Wednesday, Aug 15

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Mini Bacon Cheeseburger with Side *small burger patty, cheddar cheese & bacon on a Hawaiian roll with lettuce, tomato & pickle* ~ \$3.99 / \$5.99

### Thursday, Aug 16

**Breakfast:** Biscuits & Gravy

**Lunch:** Street Tacos with Choice of Side *shredded pork, cheddar cheese & cilantro lime slaw topped with an avocado sauce on mini flour tortillas* ~ \$3.99 / \$5.99

### Friday, Aug 17

**Breakfast:** Waffle or Pancake

**Lunch:** Avocado BLT with Choice of Side *avocado, bacon, lettuce & tomato on toasted wheatberry bread* ~ \$3.99 / \$5.99

### Saturday, Aug 18

**Breakfast:** Omelets with Fruit

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	Aug 12~ Lunch \$12	Dinner \$11
	Bake Ham with Pineapple Sauce Au gratin Potatoes Vegetable du Jour	White Lasagna Garlic Toast Vegetable du Jour
MONDAY	Aug 13 ~ Lunch \$10	Dinner \$12
	Tatar Tot Casserole Vegetable du Jour	Parmesan Crusted Pork Chop Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
TUESDAY	Aug 14 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter, or dessert)	BBQ Chicken Loaded Mashed Potatoes Vegetable du Jour
WED.	Aug 15 ~ Lunch \$10	Dinner \$13
	Hot Turkey Sandwich Mashed Potatoes & Gravy Vegetable du Jour	Roast Brisket with Portobello Mushroom Sauce Potato Pancakes Vegetable du Jour
THURS.	Aug 16 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter, or dessert)	Beef Stir Fry with Chinese Noodles Vegetable du Jour
FRIDAY	Aug 17 ~ Lunch \$10	Dinner \$12
	Salisbury Steak Mashed Potatoes & Gravy Vegetable du Jour	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Aug 18 ~ Lunch \$10	Dinner \$14
	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour	Seared Scallops with Sherry Lobster Sauce Roasted Red Potatoes Vegetable du Jour

DRINK  
SPECIAL

Gin Rickey  
2oz. Beefeater, Club Soda, Simple Syrup & Lime Slice  
\$3.75

## Grosh Cinema Movies

Sunday, Aug. 12, to Saturday, Aug. 18, 2018

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

### **Sunday, Aug. 12 — Speed Racer (2008)**

A young driver, Speed Racer, aspires to be champion of the racing world with the help of his family and his high-tech Mach 5 automobile.

Co-Starring: Emile Hirsch, Matthew Fox & Christina Ricci

Rated PG; 2 hrs. 15 min.

### **Monday, Aug. 13 — Coffee Shop (2014)**

When a young coffee shop owner is threatened with repossession she must take a chance with life and love as she fights to save her business.

Co-Starring: Laura Vandervoort, Cory Grant & Josh Ventura

Rated PG; 1 hr. 28 min.

### **Tuesday, Aug. 14 — Deceived (1991)**

A marriage that seemed perfect comes crashing down after the death of Jack Saunders, husband of Adrienne Saunders. Strange developments begin to be discovered by Adrienne regarding Jack's past, developments that lead her to believe she has been deceived.

Co-Starring: Goldie Hawn, John Heard & Damon Redfern

Rated PG-13; 1 hr. 44 min.

### **Wednesday, Aug. 15 — Like Father (2018)**

A workaholic woman who is left at the altar takes her honeymoon trip anyway with her overachieving father who left her mother because he believed his family was holding back his career.

Co-Starring: Kristen Bell, Danielle Davenport & Kimiko Glenn

Rated PG-13; 1 hr. 38 min.

### **Thursday, Aug. 16 — Million Dollar Baby (2004)**

A determined woman works with a hardened boxing trainer to become a professional.

Co-Starring: Hilary Swank, Clint Eastwood & Morgan Freeman

Rated PG-13; 2 hrs. 12 min.

### **Friday, Aug. 17 — L.A. Confidential (1997)**

As corruption grows in 1950s LA, three policemen - one strait-laced, one brutal, and one sleazy - investigate a series of murders with their own brand of justice.

Co-Starring: Kevin Spacey, Russell Crowe & Guy Pearce

Rated R for violence & language; 2 hrs. 18 min.

### **Saturday, Aug. 18 — The Shack (2017) *\*Resident Request***

A grieving man receives a mysterious, personal invitation to meet with God at a place called "The Shack."

Co-Starring: Sam Worthington, Octavia Spencer & Tim McGraw

Rated PG-13; 2 hrs. 12 min.

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# Weekly Opportunities Calendar *August 12 to August 18*

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## Sunday • Aug. 12

*Manhattan Room open seating @ lunch & dinner*

9:30 a.m. ~ Miller Worship Service, MFR  
10:30 a.m. ~ Worship Service, CR  
2:00 p.m. ~ Wroten Worship Service, WL  
2:00 p.m. ~ Ron William's Birthday Celebration, CR  
7:00 p.m. ~ Vespers with Rev. Sarah Marsh, CR

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## Monday • Aug. 13

*Manhattan Room open seating @ dinner only*

9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
11:00 a.m. ~ ARTful Making, KSU CL  
11:30 a.m. ~ Meadowlark Valley Luncheon, MR  
12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR  
12:00 p.m. ~ Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
1:30 p.m. ~ Hearing Aid Doctor, WCR  
7:00 p.m. ~ Community Bingo, CR

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## Tuesday • Aug. 14

*Trash pick-up day*

*Manhattan Room open seating @ lunch only*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!  
4:00 p.m. ~ Newspaper & Bible, FHR  
5:30 p.m. ~ 4th Floor Supper, MR  
7:00 p.m. ~ Dominoes, GR

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## Wednesday • Aug. 15

*Manhattan Room open seating @ lunch only*

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, WCR  
10:00 a.m. ~ Memory Care Support Group, SCR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
12:00 p.m. ~ Yoga, CR  
1:00 p.m. ~ Pitch, GR  
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. ~ Christian Video Worship Service, FHR

5:30 p.m. ~ Eastside Supper, MR

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## Thursday • Aug. 16

*Manhattan Room open seating @ lunch only*

8:30 a.m. ~ Messenger Team, WCR  
9:00 a.m. ~ Speedy Pd Training Session, VE  
10:00 a.m. ~ Meadowlark Bible Study, FHR  
10:30 a.m. ~ Steady Yourself, CR  
11:00 a.m. ~ Parkinson's Webinar, KSU CL  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
2:00 p.m. ~ Low Vision Support Group, KSU CL  
2:00 p.m. ~ Stepping On Booster Class, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR

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## Friday • Aug. 17

*Manhattan Room open seating @ lunch & dinner*

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Veteran's 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  
2:30 p.m. ~ Rock Steady Boxing, CSC  
3:30 p.m. ~ Catholic Rosary, CR  
7:00 p.m. ~ Cowboy Poet Ron Wilson, CR

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## Saturday • Aug. 18

*Manhattan Room open seating @ lunch & dinner*

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

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### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West 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

\*Meadowlark News Channel can be viewed on Channel 1960