

## Hounds of the Hills

Get to know some of the paw-some companions at Meadowlark



### **Charlotte** *Mixed breed*

Charlotte found a forever home after being adopted by Jean and Cam Beatty, Meadowlark Residents. Originally, they fostered dogs from the shelter, and once Charlotte came into their home about a year ago, they knew they had found a loyal companion. "She is the definition of a couch potato", Cam says as Charlotte curled up to get a belly rub. Charlotte starts her day with some morning stretches, a little round of rough-housing and a walk around Meadowlark's campus. Napping is Charlotte's personal choice for an afternoon activity. With a big grin and ears perked up, she is always happy to welcome her family when they come home!

### **Ginger** *Chihuahua/Dachshund*

Ginger joined the Meadowlark pack in July 2018. At first, there was some hesitation about Ginger from Rachel Severt, Honstead Household Coordinator, because of her advanced age and rather large ears. But then a Honstead resident commented, "Meadowlark gave us a chance, so we should give Ginger a chance too...we are all a little different, but that is what makes being a part of Meadowlark so wonderful!" Now you can spot those large ears as Ginger takes wheelchair rides with residents through Meadowlark's Community Center.

Ginger also enjoys riding the bus during Honstead outings, especially to Sonic for ice cream!



[above] Naomi Berber with Lennie & Lillie. She loves to spoil them with attention and treats!

### **Lennie Shih Tzu/Maltese & Lillie Shih Tzu**

These two fluffy tails wagging around the Lyle House living room will make sure no one *works their tail off*. Lennie and Lillie love coming to work at Meadowlark with Sherry Smith, Lyle Household Coordinator – they beat her out the door in the mornings to get in to the car. Lennie, a year old, and Lillie, eight years old, began coming to Meadowlark when they were just 8 weeks old! Lennie had a special journey to Manhattan by flying in a private jet from Columbus, Ohio! Lennie and Lillie take a trip to the Game Room in the Community Center twice a week to get some extra attention from their fan club.

Pets are a great source of comfort and can improve our physical and mental health. We are fortunate to have these dogs and so many other pets to keep us company here at Meadowlark! If you have a Meadowlark pet, that you'd like to be featured in a future Meadowlark article, contact Michele Riter at 785-323-3832 or [mriter@meadowlark.org](mailto:mriter@meadowlark.org).

### **Electrician Work**

Electricians will be working on the 2nd and 3rd floor of the east tower apartments, starting Thursday, Sept. 6. They will be replacing lights in the hallways and will move when someone needs through. The work will take about a week to complete.

### **Stillman Cemetery Video Showing**

*Friday, Sept. 7, at 10:30 a.m.*

A 35-minute video about the relocation and dedication of the Stillman Cemetery from Sept. 14, 2007, will be shown in the Grosh Cinema on Friday, Sept. 7, at 10:30 a.m. All are invited to attend and learn more about this special piece of history located right on the Meadowlark campus.

### **Edie Jorns Memorial Service**

*Friday, Sept. 7*

A funeral service for Edie Jorns will take place at St. Luke's Lutheran Church, 330 Sunset Ave., on Friday, Sept. 7 at 5 p.m. There will be a visitation before the service from 3 to 4:30 p.m. that day.

### **K-State Volleyball Watch Party**

*Friday, Sept. 7, at 7:30 p.m.*

K-state fans are you READY? Join us on Friday, Sept. 7, at 7:30 p.m. in the Community Room to watch your K-state Women's Volleyball team take on the Beavers of Oregon State. The Wildcats are off to a hot start after defeating Hawaii this past week and look to improve on their record. Refreshments will be served at 7 p.m.

### **Trip to Hobby Lobby & Dollar Tree**

*Saturday, Sept. 8, depart at 10:30 a.m.*

On Saturday, Sept. 8, 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. Please sign up in the Blue Book at the Hospitality Desk.

### **Vespers Services**

*Sunday, Sept. 9, at 7 p.m.*

The Vespers service will be led by Rev. Melanie Martin from First United Methodist Church.

Vespers service will begin at 7 p.m. Sunday, Sept. 9, in the Community Room. All are welcome.

### **Town Meeting**

*Monday, Sept. 10, at 9:30 a.m.*

All are invited to attend! Come to hear the Meadowlark news at the September Town Meeting beginning at 9:30 a.m. on Monday, Sept. 10, in the Community Room.

### **Exercise Schedule Changes**

*Monday, Sept. 10*

On Monday, Sept. 10, Seated Strength and Weights 101 will be cancelled. Yoga will remain at its regularly scheduled time at noon in the Community Room.

### **Building & Grounds Committee**

*Wednesday, Sept. 12, at 9 a.m.*

The Building and Grounds Committee will meet at 9 a.m. Wednesday, Sept. 12, in the Flint Hills Room. All committee members are encouraged to attend.

### **Legal and Financial Planning for Alzheimer's disease**

*Monday, Sept. 10, at 5:30 p.m.*

The Alzheimer's Association is providing an educational program on Monday, Sept. 10, from 5:30 to 7:30 p.m. at the Manhattan Public Library, 629 Poyntz Avenue. The workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place for yourself or a family member who is affected by Alzheimer's disease or dementia. Speakers for the workshop include Paul Shipp, J.D. from Kansas Legal Services, Gabrielle M. Thompson, J.D. and Chris Bailey, J.D. from Thompson & Bailey Attorneys at Law.

### **Special Edition Coffee Corner**

*Tuesday, Sept. 11, at 3 p.m.*

On Tuesday, Sept. 11, at 3 p.m. in the Community Room, visiting scholar, Marzanna Pogorzelska will discuss the Irena Sendler story and the Unsung Heroes Project during Coffee Corner. Irena Sendler rescued thousands of babies and young children from the Warsaw Ghetto during the Holocaust. The play "Life in a Jar" was written by a group of Kansas high school students and told of Sendler's heroic efforts.

Their creative history storytelling project was the catalyst for the founding of the Unsung Heroes Project. Pogorzelska is an assistant professor at the University of Opole in Poland and serves as the European Director for the Lowell Milken's Center for Unsung Heroes Project, which has its main center located in Fort Scott, Kansas. Pogorzelska is a visiting scholar through the European Union ERASMUS+ program and will be hosted by Kansas State University's College of Education. Pogorzelska's presentation is available to the public through a collaboration with KSU College of Education, UFM Community Learning Center, and Meadowlark Hills.

### **Associated Audiologists at Meadowlark** *Wednesday, Sept. 12, at 1:30 p.m.*

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 1:30 to 4:30 p.m. Wednesday, Sept. 12. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

### **Artist Biography Lecture Series** *Wednesday, Sept. 12 at 6:30 p.m.*

The Artist Discussion with the Beach has a new name—Artist Biography Lecture Series. You're invited to join Kim Richards from the Beach Museum of Art for a biography lecture on Gustav Klimt. The group will meet at 6:30 p.m. Wednesday, Sept. 12, in the KSU Classroom. All who are interested are welcome to attend.

### **Resident Focus Group** *Thursday, Sept. 13 at 10 a.m.*

The month of September Resident Focus Group will spotlight Rita Harsh. Rita is Meadowlark's Financial Counselor and has a wealth of knowledge to share, not only about herself but any financial questions you may have. The group will meet at 10 a.m. Thursday, Sept. 13, in the KSU Classroom.

### **Meadowlark Ladies Luncheon** *Thursday, Sept. 13, at 12 p.m.*

Jeanne Lundin and Janice Parsons invite all

ladies of Meadowlark to join us at the Meadowlark Ladies Luncheon on Thursday, Sept. 13 at 12 p.m. in the Manhattan Room. We will have an Irish theme with Jeanne's daughter, Jan Jaeger of Dallas, presenting the program. She will show slides and tell us about her trip with the KSU Travelers to Ireland. For lunch, we will have a ham and spinach quiche, croissant, fruit salad, and a dessert. The cost for the lunch is \$10. Please sign up in the Blue Book before Tuesday, Sept. 11.

### **Meadowlark Watermelon Feed** *Friday, Sept. 14, at 4 p.m.*

Come one, come all, to the annual Meadowlark Watermelon Feed hosted by the Meadowlark Ambassadors! This casual come-and-go event will take place on the Prairie Star Patio, on Friday, Sept. 14, from 4 to 5 p.m. Don't miss out on the good company, conversation, and of course, the refreshing, delicious slices of watermelon that will be in abundance!

### **Emily Stillwell Performance** *Friday, Sept. 14, at 7 p.m.*

Meadowlark welcomes for the first time, Emily Stillwell. Emily is a jazz, folk singer-songwriter from Atlanta, Georgia. Her repertoire ranges from classical piano to jazz standards and down-home blues greats of the 20's and 30's. You will be in for a treat on Friday, September 14th at 7:00 pm in the Community Room.

### **K-State Watch Party** *Saturday, Sept. 15, at 3 p.m.*

Come to the Game Room for the KSU Watch Party on Saturday, Sept. 15, at 3 p.m. as the K-State Wildcats take on the UTSA Roadrunners! Refreshments will be served.

### **Tea Party, Anyone?** *Monday, Sept. 21, at 10 a.m.*

Pre-K students & teachers from St. Luke's Early Learning Center will be here on Monday, Sept. 21, to sing songs and enjoy some yummy tea & tasty cookies with Meadowlark residents! All are invited to join the party in the Community Room from 10 to 11 a.m.

### **Walk to End Alzheimer's** *Saturday, Sept. 22, at 8 a.m.*

The Alzheimer's Association's Walk to End



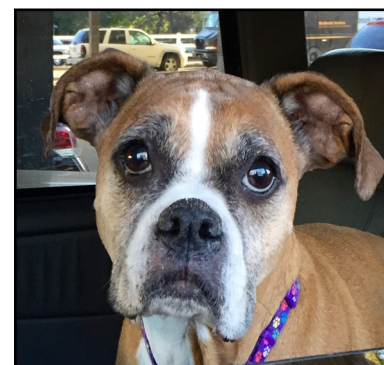
**Gretchen** English bulldog



For Sara Snell, Health Information Management Leader, it was puppy love at first sight when Gretchen was brought to Meadowlark by another staff member. As the smallest of the litter, Gretchen had not been sold yet and Sara couldn't resist those English bulldog wrinkles. Having a unique palate, Gretchen's favorite treats are bananas, pork rinds and ice cubes. She will even come running from the other room if she hears the freezer open! She does not like to be left home alone, so luckily she gets to spend time with staff and residents at Meadowlark!

**Holly** Boxer

If you walk down Meadowlark Road, make sure to wave and wag hi to Holly! With her nose pressed up to the glass, she enjoys watching the people, bikes, cars and squirrels that go by her window. Holly moved to Meadowlark with her grand-dog-parents, Tom & Angie Fryer. Even though Holly is a grand-dog of the Fryers', she has lived with them since she was a puppy. Now 13 years old, Holly is a teenager who loves to take a morning, afternoon, and evening nap. She likes to help in the kitchen by cleaning up any food crumbs that land on the floor. With those sweet Boxer eyes, she may even beg for some food that is on the counter too. Holly has learned to ring bells with her nose when she wants to go outside. You really can teach an old dog new tricks!



**Donation Drive for Flood Victims**

Many of those affected by the recent flooding are families who shop at the FIT Closet. The FIT Closet primarily serves homeless students and their families in USD 383. The FIT Closet is currently low on the following supplies & clothing: Boy's/Men's/Women's socks & underwear, diapers size 5/6, Deodorant, toilet paper, pads & tampons laundry soap, dish soap, and all-purpose cleaner (new/in package). Gently used or new: Boy's/ Men's pants, shorts, jeans, girl's & juniors tops & bottoms, Women's pants and shorts size 6 & 8, towels and blankets/ bedding.

The Meadowlark Ambassadors would like to help these families and children by having a clothing drive. Donation boxes will be placed in the Community Center as drop off locations; one in the Game Room and at the Hospitality Desk. We will be collecting donations until Friday, Sept. 21. If you have any questions, please give Jana, Volunteer Coordinator a call at 785-323-3890.

**August Gifts to Meadowlark Foundation**

*Gifts to Meadowlark Foundation during the month of August were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Meadowlark Parkinson's Program and Meadowlark Memory Program. Gifts also were received to support the Helping Hands Fund and the Courtyard Project.*

**Memory of**

- |                 |                     |
|-----------------|---------------------|
| Diane Erbe      | Pearl Watson        |
| Ralph Turnquist | Adella Gaston       |
| John Rees       | Kim Bulk            |
| Belva Bliss     | Edna O'Connor       |
| Gene Hoerman    | Dora & Rodney Smith |

**Honor of**

- |                    |                    |
|--------------------|--------------------|
| Team DBS Energized | Wayne Bailie       |
| Team Vanderbilt    | Bette LaMar        |
| Sean's Super Squad | Marcia Smies       |
| Team Rasmussen     | Sally Lansdowne    |
| Phyllis Mentgen    | Bea Rasmussen      |
| Michelle Haub      | Virginia Snodgrass |
| Dean Strohm        | Dennis Graham      |

*If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.*



Events, from page 2

Alzheimer's is at 9 a.m. Saturday, Sept. 22, at Manhattan City Park! Meadowlark will have a team that all residents, staff and family members can join. There is a Blue Book sign-up for the race. If you have any questions, please contact Erin Hildreth via e-mail at (785) 323-3800.

**Earl Gritton's Birthday Celebration  
Sunday, Sept. 30, at 3 p.m.**

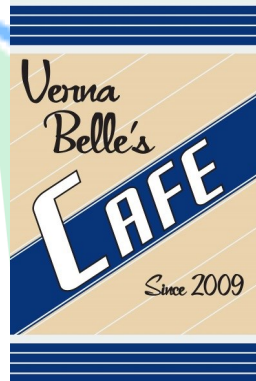
Join Earl Gritton, a Meadowlark Passport member, and his family in celebrating his 90th birthday! There will be an open house reception on Sunday, Sept. 30, from 3 to 5 p.m. The celebration will take place at St. Thomas More Church in the Tower Room.

## LEADER OF THE PACK



Congrats to the Meadowlark's Leader of the Pack for September 2018, Jayne Klinge!

Jayne is a Homemaker for the Lyle House at Meadowlark. Jayne is willing to go the extra mile, including baking and cooking from scratch for the residents! Residents and staff enjoy her positivity and dedication to making Meadowlark a welcoming experience for all. We're glad to have Jayne as a part of the team!



## LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

**Sunday, Sept. 9**

**Breakfast:** Omelets with Fruit

**Monday, Sept. 10**

**Breakfast:** Biscuits & Gravy

**Lunch:** Monte Cristo with Choice of Side ham, turkey, Swiss cheese and raspberry jam on French toast ~ **\$3.99 / \$5.99**

**Tuesday, Sept. 11**

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Bacon & Tomato Grilled Cheese bacon, tomato, American & cheddar cheese on butter toasted Italian or wheatberry bread ~ **\$3.99 / \$5.99**

**Wednesday, Sept. 12**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Cheesy Chicken Melt with Choice of Side shredded chicken mixed with assorted cheese on an everything bagel with honey mustard glaze ~ **\$3.99 / \$5.99**

**Thursday, Sept. 13**

**Breakfast:** Biscuits & Gravy

**Lunch:** Steak Fajita Quesadilla with Choice of Side steak, sautéed peppers, onions, shredded cheddar cheese in a crispy flour tortilla ~ **\$3.99 / \$5.99**

**Friday, Sept. 14**

**Breakfast:** Waffle or Pancake

**Lunch:** Mini Crispy Chicken Sandwich with Side crispy chicken on a slider bun topped with pickles and roasted garlic aioli ~ **\$3.99 / \$5.99**

**Saturday, Sept 15**

**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.

<b>SUNDAY</b>	Sept. 9 ~ Lunch \$12	Dinner \$11
	Rosemary Roasted Porkloin <i>with Natural Sauce</i> Scalloped Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	Sept. 10 ~ Lunch \$10	Dinner \$12
	Meatball Sandwich French Fries Coleslaw	Creamy Cilantro Lime Chicken Rice Vegetable du Jour
<b>TUESDAY</b>	Sept. 11 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Herb-Crusted Pork Tenderloin <i>with Burgundy Vinaigrette</i> Loaded Mashed Potatoes Vegetable du Jour
<b>WED.</b>	Sept. 12 ~ Lunch \$10	Dinner \$13
	Cuban Sandwich Sweet Potato Fries Choice of Vegetable	Pot Roast with Carrots, Onions, Celery Mashed Potatoes with Gravy Vegetable du Jour
<b>THURS.</b>	Sept. 13 ~ Lunch \$7	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Breast Cordon Bleu <i>with Supreme Sauce</i> Wild Rice Vegetable du Jour
<b>FRIDAY</b>	Sept. 14 ~ Lunch \$10	Dinner \$13
	Trout Almondine <i>with Tartar Sauce</i> Roasted Red Potatoes Choice of Vegetable	Braised Short Ribs Roasted Fingerling Potatoes Vegetable du Jour
<b>SAT.</b>	Sept. 15 ~ Lunch \$10	Dinner \$14
	Beef Quesadilla Spanish Rice Black Beans	Stuffed Sole with Crab Rice Pilaf Vegetable du Jour

**DRINK  
SPECIAL**

Scotch & Soda  
 1 1/2 oz. Dewars Scotch & 4 oz. Club Soda  
 \$3.75

## Grosh Cinema Movies

Sunday, Sept. 9 to Saturday, Sept. 15, 2018

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

### **Sunday, Sept. 9 — Evan Almighty (2007)**

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

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

Rated PG; 1 hr. 36 min.

### **Monday, Sept. 10 — My Cousin Vinny (1992)**

*\*Resident Request*

Two New Yorkers are accused of murder in rural Alabama while on their way back to college, and one of their cousins--an inexperienced, loudmouth lawyer not accustomed to Southern rules and manners--comes in to defend them.

Co-Starring: Joe Pesci, Marisa Tomei & Ralph Macchio

Rated R for language; 2 hrs.

### **Tuesday, Sept. 11 — Wish I Was Here (2014)**

A struggling actor, father and husband finds himself at a major crossroads, which forces him to examine his life, his family and his career.

Co-Starring: Zach Braff, Joey King & Pierce Gagnon

Rated R for language and some sexual content; 1 hr. 46 min.

### **Wednesday, Sept. 12 — The Singing Hill (1941)**

If a young lady gives up her inheritance, the local ranchers will lose their free grazing land.

Co-Starring: Gene Autry, Smiley Burnette & Virginia Dale

Rated NR; 1 hr. 15 min.

### **Thursday, Sept. 13 — Candy Jar (2018)**

Dueling high school debate champs who are at odds on just about everything forge ahead with ambitious plans to get into the colleges of their dreams.

Co-Starring: Jacob Latimore, Sami Gayle & Tom Bergeron

Rated PG-13; 1 hr. 32 min.

### **Friday, Sept. 14 — The Aviator (2004)**

A biopic depicting the early years of legendary Director and aviator Howard Hughes' career from the late 1920s to the mid 1940s.

Co-Starring: Leonardo DiCaprio, Cate Blanchett & Kate Beckinsale

Rated PG-13; 2 hrs. 50 min.

### **Saturday, Sept. 15 — The Hitchhiker's Guide to the Galaxy (2005)**

Mere seconds before the Earth is to be demolished by an alien construction crew, journeyman Arthur

Dent is swept off the planet by his friend Ford Prefect, a researcher penning a new edition of the novel,

"The Hitchhiker's Guide to the Galaxy."

Co-Starring: Martin Freeman, Yasiin Bey & Zooey Deschanel

Rated PG; 1 hr. 49 min.

# Weekly Opportunities Calendar Sept. 9 to Sept. 15

## Sunday • Sept. 9

*Manhattan Room open seating at 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  
 7:00 p.m. ~ Vespers with Rev. Melanie Martin, CR

## Monday • Sept. 10

*Manhattan Room—no open seating available*  
 8:30 a.m. ~ IL Resident Council, KSU CL  
 9:30 a.m. ~ Town Meeting, CR  
 11:00 a.m. ~ ARTful Making, KSU CL  
 11:00 a.m. ~ St. Luke's Communion, SCR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 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. ~ Blood Pressure & Responder Clinic, GR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:30 p.m. ~ Hearing Aid Doctor, WCR  
 1:45 p.m. ~ Parkinson's Voice Class, CR  
 3:30 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Tuttle Creek Supper, MR  
 5:30 p.m. ~ Alzheimer's Legal Planning, MPL  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Sept. 11

*Trash pick-up day*  
*Manhattan Room open seating at 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—Special Edition  
 4:00 p.m. ~ Newspaper & Bible, FHR  
 5:30 p.m. ~ 4th Floor Supper, MR  
 6:30 p.m. ~ Osher Class: Triumph Over Terror, UC  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • Sept. 12

*Manhattan Room open seating at lunch only*  
 9:00 a.m. ~ Building & Grounds Meeting, FHR  
 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  
 10:20 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

1:30 p.m. ~ Assoc. Audiologists—Dr. Schotte, WCR  
 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  
 5:30 p.m. ~ Gerontology Class, CR  
 6:30 p.m. ~ Artist Bio Lecture Series, KSU CL

## Thursday • Sept. 13

*Manhattan Room open seating at dinner only*  
 8:30 a.m. ~ Messenger Team, WCR  
 10:00 a.m. ~ Resident Focus Group, KSU CL  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 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. ~ LEAP! Graduates Meeting, KSU CL  
 4:00 p.m. ~ Great Decisions, FHR  
 5:00 p.m. ~ Osher Class: Civil War in the West, CR

## Friday • Sept. 14

*Manhattan Room open seating at lunch & dinner*  
 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 Partner Grp, FHR  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 4:00 p.m. ~ Watermelon Feed, PSP  
 7:00 p.m. ~ Emily Stillwell Performance, CR

## Saturday • Sept. 15

*Manhattan Room open seating at lunch & dinner*  
 9:30 a.m. ~ Painting for Fun, SCR  
 3:00 p.m. ~ K-State Football Watch Party, GR

### 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
UC, Unger Complex	MPL, Manhattan Public Library