

Visions of the Flint Hills Art Show & Benefit

*By Becky Fitzgerald,
Development
Director*

Buttonwood Art Space and Friends of Konza Prairie are again partnering for the 10th annual **Visions of the Flint Hills Art Show and Benefit**. The exhibition opening will be held on First

Friday, Oct. 5, at Buttonwood Art Space in Kansas City, Mo. This exhibition features 163 original works of art by 94 different artists throughout the United States, all derived from and inspired by the Flint Hills region of Kansas. The Visions of the Flint Hills Benefit and Sale will run from Oct. 5 through Nov. 16.

Meadowlark again is a sponsor for the exhibit, and that connection offers a couple of perks. Residents, staff, Passport members, etc., are invited to attend a VIP reception beginning at 5 p.m., and Meadowlark will receive a 10% discount on any artwork the organization wishes to purchase.

The reception features live music performed by “Kaw Creek”, a two-piece band. We’ll also enjoy Flint Hills-themed food, alcoholic and non-alcoholic beverages, and we’ll have a chance to meet the participating artists.

Covering more than 4 million acres, the Flint Hills holds the largest expanse of intact tallgrass prairie in the nation and offers the best opportunity to study, preserve and celebrate this unique ecosystem. Characterized by limestone and flint, this 50 mile-wide strip stretches 300 miles from Nebraska to Oklahoma and is the priceless remnant of 142 million acres of prairie that once covered the United States.

The exhibit is held in conjunction with KC Crossroads October 5th First Friday Art Walk. \$1,000 will be awarded to artists in categories including: painting, photography, and 3-dimensional works.



Elizabeth Seaton, curator for The Beach Museum of Art, juried the exhibition. Purchases of art during this exhibit will further the research, education and preservation of this unique ecosystem. Half (50%) of sale prices compensate artists for their beautiful artwork with the remainder

(50%) going to Friends of Konza Prairie to benefit their efforts to support the Konza Environmental Education Program (KEEP). In 2017, over 30 pieces of art sold for a total of nearly \$15,000 in sales with half of net sales benefiting FOKP.

Located in the Flint Hills of northeastern Kansas, approximately six miles south of Manhattan, the Konza Prairie Biological Station is an 8,600-acre native tallgrass prairie preserve owned by The Nature Conservancy (TNC) and Kansas State University (KSU). Operated as a field research station by the K-State Division of Biology, Konza Prairie is dedicated to a three-fold mission of long-term ecological research, education, and prairie conservation. Diane Barker, a past President of Friends of Konza Prairie, explains, “The artists turn their laser-like focus on all things Flint Hills, sweeping vistas of grass and sky, farmers and ranchers, hidden valleys with waterfalls, tiny juniper hairstreak butterflies, and collared lizards doing push-ups. Opening night brings together researchers, ranchers, educators, environmentalists, conservationists, poets and musicians, with a vision for thriving Flint Hills. Come help protect this unique ecosystem for future generations.”

If you’d like to attend the reception and view the exhibit, please register in the Blue Book. Meet at the Village Entrance at 2:30 p.m. for the ride to downtown Kansas City. Departure from Buttonwood Art Space is flexible. Transportation is complimentary.

Pet Away Stress!

Sunday, Sept. 16, at 3 p.m.

This weekend there will be a special event, featuring some four-legged friends! Sunday, Sept. 16, from 3 to 5 p.m. come hang out on Prairie Star Patio with a group of adorable doggies to “pet your stress away.” Tiffany, Meadowlark’s new Social Work Intern, will be bringing many of these docile dogs from Purple PAWS, an animal welfare society here in Manhattan, for Meadowlark residents to enjoy. All participating pups have updated vaccination records and will be on leashes. Light refreshments will be served.

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 Prairie Star Patio from 4 to 5 p.m. Friday, Sept. 14. 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 and 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 at 7 p.m. Friday, Sept. 14, in the Community Room.

K-State Watch Party Events

Saturday, Sept. 15, at 3 p.m. & Sept. 22, at 3:30 p.m.

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

- Sept. 15—kickoff at 3 p.m. KSU Wildcats vs. UTSA Roadrunners & refreshments will be served at 2:30 p.m.
- Sept. 22—kickoff at 3:30 p.m. KSU Wildcats vs. West Virginia Mountaineers & refreshments will be served at 3 p.m.

Guided Meditation

Tuesday, Sept. 18, at 10:30 a.m.

The next session for Guided Meditation is Tuesday, Sept. 18 from 10:30 to 11 a.m. in the

Grosh Cinema. Guided Meditation classes are open to all who would like relax and learn more about meditation. No prior experience or RSVP is required to attend.

Coffee Corner: Feature Dessert!

Tuesday, Sept. 18, at 3 p.m.

Join us in the Community Room on Thursday, Sept. 18 at 3 p.m. for a social hour with coffee and a delicious dessert. Verne Belle’s Café featured dessert will be a Toffee Bar.

Parkinson’s Webinar

Thursday, Sept. 20, at 11 a.m.

You’re invited to the monthly Parkinson’s Webinar at 11 a.m. Thursday, Sept. 20, in the KSU Classroom. The webinar is titled *Cramping More than Your Style: Dystonia Causes & Care*. The panelists will discuss dystonia: a movement disorder on its own and a Parkinson’s symptom that causes muscle cramping. Join us to hear about the latest treatments and research to better understand this condition.

All-Campus Party

Thursday, Sept. 20, at 1:30 p.m.

Collins House is hosting a welcome to Fall Party for all Meadowlark residents to enjoy in the Community Room on Thursday, Sept. 20, from 1:30 to 2:30 p.m. There will be autumn and apple themed games and crafts.

Tea Party, anyone?

Friday, Sept. 21, at 10 a.m.

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

Fall Prevention Event

Friday, Sept. 21, at 2:15 p.m.

Join the fitness and physical therapy leaders on Friday, Sept. 21, from 2:15 to 3:15 p.m. in the Community Room for a come-and-go fall prevention event. Physical therapy will have their Biodex machines available to do balance assessments. Booths will be set up for discussions on nutrition and bone health, blood pressure checks and information of the Stepping On fall prevention class.

Heather Augustine Performance

Friday, Sept. 21, at 7 p.m.

Come to the Community Room at 7 p.m. Friday, Sept. 21, for a good ol' fashion hymn sing along with Heather Augustine. Heather is a 1996 graduate from Kansas State University majoring in music education. She currently works as the K-6 music teacher at Woodrow Wilson Elementary in Manhattan. She is excited to share some good singing with the residents of Meadowlark and will also be taking hymn/gospel/praise and worship songs upon request. All are invited for a joyous time!

KSU Student Project—Fitness Bingo

Saturday, Sept. 22, at 3 p.m.

As part of a class project, KSU student Jasmine Williams and a few of her classmates will be holding a Fitness Bingo Game on Saturday, Sept. 22, at 3 p.m. in the Community Room. The event will include bingo game with exercises available for any fitness level. This will be a fun interactive hour. All who are interested are invited to attend.

Health Screening & Vaccinations Clinic

Thursday, Sept. 27, at 10 a.m.

The Riley County Seniors' Service Center and the Riley County Health Department are offering a free community clinic on Thursday, Sept. 27 from 10 a.m. to 2 p.m. The clinic will take place at the Riley County Seniors' Service Center, 301 N. 4th Street.

The clinic will offer various screenings including eyeglass adjustments and cleanings, blood pressure checks, hearing screenings, balance checks, assistive mobility device checks, emotional health and mental wellness screenings, dental checks and memory screenings. Vaccinations offered by the Health Department include Tdap, flu shots, pneumonia vaccine, and new-pneumonia vaccine. Cost and Medicare coverage varies on vaccinations. To pre-register for the clinic, please call the Center at 537-4040. Deadline to pre-register is Monday, Sept. 24.

Change and Loss Series

Thursday, Sept. 27, at 2 p.m.

An informal group will be starting on Thursday, Sept. 27, from 2 to 3 p.m. in the South

Conference Room. Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., Social Worker Kathleen Spearman, and Social Work Intern Tiffany Bohl will collaborate to lead this group. This opportunity is open to all who wish to work through life changes and loss in a supportive environment. The group will gather for twelve weeks on Thursdays.

There will be no required reading materials for this series, and weekly participation is not required. Those who wish to purchase *Understanding Your Grief* by Alan D. Wolfelt, Ph.D., as a resource, will be able to follow group sessions in more detail. We hope to keep our conversations flexible, depending on the desires and needs of those who participate.

Winter Bird Feeding

Friday, Sept. 28, at 7 p.m.

Meadowlark welcomes Chuck Otte at 7 p.m. Friday, Sept. 28, in the Community Room. Chuck is the Ag & Natural Resources Agent at Geary County Extension Office. He will be giving a presentation on bird feeding during the winter. Severe winter weather is not only hard on people but can be a life and death struggle for birds. Though birds also require water and shelter, food is often the resource most lacking during cold weather. Many different bird food mixes are available because various species often prefer different grains.

Part D Open Enrollment

Tuesday, Oct. 30

The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills Tuesday, Oct. 30. for Open Enrollment and discuss your Part D plans. Sign up in the Blue Book at the Hospitality Desk.

Watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2018/2019 Open Enrollment period. Your current Part D plan will notify you if they are changing anything. Bring your Medicare card, insurance card and the list of all medications you are currently taking (name of drug, dosage, 30-day quantity and monthly cost), your pharmacy can send you a copy of your medications upon request.

Contact Rita at (785) 323-3891 with questions.

IL Resident Council Minutes, Aug. 6, 2018

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

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees, including Ron Williams, the new First Floor representative.

Updates

General Update: Lonnie explained there are currently a lot of projects happening around campus. A video will be shared during Town Meeting depicting the vision for the courtyard renovation. Becky Fitzgerald is currently leading the effort with raising funds to get this project completed.

The team is in the process of selecting an architect for the kitchen renovation and should have a final decision in the next several weeks.

Environmental Services Leader, Mike Davis has received the go ahead to start work on the new parking lot, which will be located behind the maintenance shop. This lot will add 25 parking spaces to campus.

The two new traffic signs have been ordered with a six to eight weeks timetable for delivery. The signs will be solar powered which allows flexibility to move the signs around if needed. The signs will let drivers know if their speed is appropriate by flashing a “slow down” or a “thank you” message.

Support Services Update: Jayme expressed Home Health is doing well. Meadowlark Home Health has been able to see more people in the community and on campus for Medicare home health services.

The physician office is growing with the addition of Dr. Williams, who will be working eight hours a week and the newly hired Hospitalist, Autumn Caycedo, which is a very welcomed addition. Jen Peterson is also back from maternity leave.

Lastly, Sales Leader, Abby Cavender is staying busy with a lot of transitions internally.

Approval of July Minutes: Motion to approve

minutes was moved and passed.

New Business

Ron Williams was officially introduced as the new First Floor Representative.

Pam Oehme gave a reminder about the need for the crosswalk near 2140 Meadowlark road to be repainted.

Her neighborhood wanted to pass along, they really enjoyed the fireworks on the 4th of July.

The Gift Committee is very organized and has approved the initial letter that will go out very soon. Reminders about donating will be put in the messenger and the next committee meeting is scheduled for August 18.

Old Business: None.

Additional Discussion Topics

The Eastside will now have their neighborhood supper on the second Wednesday of the month at 5 p.m.

Meeting adjourned

Town Meeting Notes, Sept. 10

Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Sept. 10.

Welcome New Independent Living residents, Nancy Goulden and Nancy & Warren Prawl introduced themselves to the meeting attendees.

Support Services Update Meadowlark is in its survey window for the long-term care households. Staff expects the surveyors to visit any time between now and mid-February. Architects have been selected for the restaurant and kitchen renovation. The new restaurant comment cards have been a great resource for feedback and dining service reviews. The financial support for the Courtyard Project is greatly appreciated, but the project is not fully funded yet. The courtyard, which is in the center of the main building accessible through the Game Room and Verna Belle's Café, will feature areas for dining and relaxing. The renovated courtyard will include a fire pit, outdoor bar & grill, bocce court and putting green.

Gift Committee Nyle Larson was appointed to the Employee Gift Committee this year. The committee members include Charlotte Kelly, Janice Parsons, Steve Owens and Pam Oehme.

Gifts are for employees due to no-tipping policy at Meadowlark. Any amount can be given for appreciation and gratitude of employees' hard work throughout the year. Gifting instructions will be sent out by mail starting Sept. 16. A lock box will be at the Hospitality Desk for donations. No one at Meadowlark will know the amount of individual donations, just a grand total. The total will then be divided among employees, not including salon & therapy staff and director-level positions.

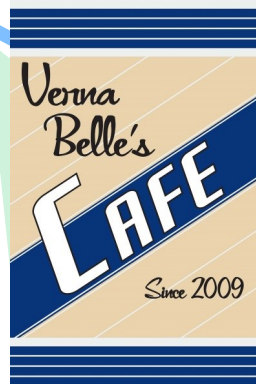
Diabetes Series Meadowlark Medical Professionals is sponsoring a series titled *Living with Diabetes*. There will be an informational session at 9 a.m. Thursday, Sept. 27, in the KSU Classroom. This opportunity is open to all residents and Manhattan community members. Please sign up in the Blue Book if you plan to attend.

Fall Prevention A come-and-go event is scheduled for Friday, Sept. 21, regarding fall prevention. Please see page 2 of this Messenger for more information.

Auction & HOGtoberfest This year's Meadowlark Auction is canceled due to extensive water damage in the storage units from the recent flooding. The fifth annual HOGtoberfest event is Thursday, Oct. 25, at Cox Bros. BBQ. Watch future Messengers for more information.

Special Programs Update Meditation classes are available on the first and third Tuesdays of each month at 10:30 a.m. in Grosh Cinema. The Parkinson's Program Voice Classes have started for the fall semester. They meet each Monday at 1:45 p.m. Watch future Messengers for a full Speedy Pd wrap from the tenth annual event, which was Saturday, Aug. 25, at Tuttle Creek State Park.

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



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. 16

Breakfast: Omelets with Fruit

Monday, Sept. 17

Breakfast: Biscuits & Gravy

Lunch: Chicken Bacon Ranch Quesadilla with Side shredded chicken, bacon & ranch on a crispy flour tortilla with shredded cheddar cheese ~ \$3.99 / \$5.99

Tuesday, Sept. 18

Breakfast: Breakfast Sandwich & Fruit

Lunch: Chili Cheese Dog with Choice of Side grilled hotdog topped with chili and shredded cheddar cheese on a hotdog bun ~ \$5.99

Wednesday, Sept. 19

Breakfast: Breakfast Burrito & Fruit

Lunch: Meatloaf Sandwich with Choice of Side meatloaf, bacon & ketchup on toasted Italian bread ~ \$3.99 / \$5.99

Thursday, Sept. 20

Breakfast: Biscuits & Gravy

Lunch: Linda's Chicken Tacos with Choice of Side grilled cilantro lime chicken, avocado salsa & queso fresco in a mini taco shell ~ \$3.99 / \$5.99

Friday, Sept. 21

Breakfast: Waffle or Pancake

Lunch: Turkey Avocado Wrap with Choice of Side turkey, avocado & shredded Swiss cheese wrapped in a flavored tortilla with lettuce and tomato ~ \$3.99 / \$5.99

Saturday, Sept 22

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	Sept. 16 ~ Lunch \$13	Dinner \$11
	Roast Brisket with Wild Mushroom Sauce Green Chili Mashed Potatoes Vegetable du Jour	Beef Lasagna Garlic Toast Vegetable du Jour
MONDAY	Sept. 17 ~ Lunch \$10	Dinner \$11
	BBQ Pulled Pork Sandwich French Fries Coleslaw	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	Sept. 18 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Cajun Braised Chicken Red Beans & Rice Vegetable du Jour
WED.	Sept. 19 ~ Lunch \$10	Dinner \$13
	Salmon Cakes with Cream Peas Roasted Red Potatoes Choice of Vegetable	Pork Tenderloin with Spinach, Portobello Mushrooms & Mozzarella Wild Rice Vegetable du Jour
THURS.	Sept. 20 ~ Lunch \$8	Dinner \$13
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Beef Fromage Garlic Toast Vegetable du Jour
FRIDAY	Sept. 21 ~ Lunch \$10	Dinner \$14
	BLT with Avocado Sweet Potato Fries Choice of Vegetable	Parmesan Crusted Tilapia with Lemon Butter Sauce Roasted Red Potatoes Vegetable du Jour
SAT.	Sept. 22 ~ Lunch \$10	Dinner \$15
	Honey Soy Chicken Drumsticks Rice Choice of Vegetable	Steak Night Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

New York Sour
 2 oz. Bourbon, 3/4 oz. Lemon Juice, 1 oz. Simple Syrup, 1/2 oz.
 Orange Juice, and 1/2 oz. Red Wine
 \$3.75

Grosh Cinema Movies

Sunday, Sept. 16, to Saturday, Sept. 22, 2018

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

Sunday, Sept. 16 — Despicable Me 3 (2017) **Resident Request*

Gru meets his long-lost charming, cheerful, and more successful twin brother Dru who wants to team up with him for one last criminal heist.

Co-Starring: Steve Carell, Kristen Wiig & Trey Parker

Rated PG; 1 hr. 29 min.

Monday, Sept. 17 — Doctor Strange (2016)

Marvel's "Doctor Strange" follows the story of the talented neurosurgeon Doctor Stephen Strange who, after a tragic car accident, must put ego aside and learn the secrets of a hidden world of mysticism and alternate dimensions.

Co-Starring: Benedict Cumberbatch, Chiwetel Ejiofor & Rachel McAdams

Rated PG-13; 1 hr. 55 min.

Tuesday, Sept. 18 — The Case for Christ (2017)

An investigative journalist and self-proclaimed atheist sets out to disprove the existence of God after his wife becomes a Christian.

Co-Starring: Erika Christensen, Faye Dunaway & Frankie Faison

PG; 1 hr. 52 min.

Wednesday, Sept. 19 — Silverado (1985)

In 1880, four men travel together to the city of Silverado. They come across many dangers before they finally engage the "bad guys" and bring peace and equality back to the city.

Co-Starring: Kevin Kline, Scott Glenn & Kevin Costner

Rated PG-13; 2 hrs. 13 min.

Thursday, Sept. 20 — Coal Miner's Daughter (1980) **Resident Request*

Biographical story of Loretta Lynn, a legendary country singer that came from poverty to worldwide fame. She rose from humble beginnings in Kentucky to superstardom and changing the sound and style of country music forever.

Co-Starring: Sissy Spacek, Tommy Lee Jones & Levon Helm

Rated PG-13; 2 hrs. 4 min.

Friday, Sept. 21 — In the Heart of the Sea (2015)

A recounting of a New England whaling ship's sinking by a giant whale in 1820, an experience that later inspired the great novel Moby-Dick.

Co-Starring: Chris Hemsworth, Cillian Murphy & Brendan Gleeson

Rated PG-13; 2 hrs. 2 min.

Saturday, Sept. 22 — A Beautiful Mind (2001)

A mathematical genius made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery.

Co-Starring: Russell Crowe, Ed Harris & Jennifer Connelly

Rated PG-13; 2 hrs. 15 min.

Weekly Opportunities Calendar Sept. 16 to Sept. 22

Sunday • Sept. 16

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
 3:00 p.m. ~ Pet Away Stress, PSP
 7:00 p.m. ~ Vespers with Rev. John Parsley from First Baptist Church, CR

Monday • Sept. 17

Manhattan Room open seating at lunch only

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
 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
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:30 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 18

Trash pick-up day

Manhattan Room open seating at lunch & dinner

10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Guided Meditation, GC
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:30 p.m. ~ 2nd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Sept. 19

Manhattan Room open seating at lunch & dinner

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Worship Service, Lyle House
 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
 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

Thursday • Sept. 20

Manhattan Room open seating at lunch only

8:30 a.m. ~ Messenger Team, WCR
 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
 1:30 p.m. ~ All-Campus Party, CR
 5:00 p.m. ~ Osher Class: Civil War in the West, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Sept. 21

Manhattan Room open seating at lunch & dinner

10:00 a.m. ~ Tea Party with St. Luke's ELC, CR
 10:00 a.m. ~ Veteran's Group, GC
 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
 2:15 p.m. ~ Fall Prevention Event, CR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:30 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Heather Augustine Performance, CR

Saturday • Sept. 22

Manhattan Room open seating at lunch & dinner

7:45 a.m. ~ Depart for Walk to End Alz, Park Entrance (next to Sloan & Honstead House)
 9:30 a.m. ~ Painting for Fun, SCR
 3:00 p.m. ~ KSU Student Project—Fitness Bingo, CR
 3:30 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

*Meadowlark News Channel can be viewed on Channel 1960

Exercise classes, canceled

Exercise classes are canceled for Wednesday, Sept. 19, and Friday, Sept. 21. Please contact Jeff Heidbreder with questions.