

## Party Time!

*Weekly specials, gifts celebrate first decade of Verna Belle's Café*

*by Becky Fitzgerald, Development Director*

In February 2019, Verna Belle's Café will mark 10 years of business. Ten years of hearty soups, gooey cinnamon rolls and cheesy quesadillas. From day one, Verna Belle's has been the place to meet friends for lunch after an exercise class or grab a chilled coffee beverage to go. Now, as the 3650<sup>th</sup> day approaches, it's time to celebrate the café's success and look forward to many future years of satisfying food and fellowship.

Nov. 30 is the anniversary of the café's grand re-opening after last year's renovations, so the first of 10 parties to wish Verna Belle's a happy birthday is planned for that Friday. Beginning at 7 a.m. when the café opens, there will be a free food or beverage sample each hour to unveil new menu items. Be one of the first to taste the VBC sandwich made with Velveeta cheese, grilled bologna and Kettle chips. Potato chips on a sandwich? An unconventional ingredient to be sure, but the sandwich's creator, Brook Marcotte, encourages you not to knock it 'til you've tried it! Meadowlark honey is drizzled over the layers before the second piece of artisan bread is added.

At 2 p.m. on the 30th and nine consecutive Fridays, sing "Happy Birthday," enjoy a special dessert and watch as staff unwrap a gift for the café provided by Meadowlark. Also beginning Nov. 30, spend at least \$10 during one Verna Belle's visit, and you'll be entered into a weekly drawing for a prize, such as a café gift certificate. The first of nine drawings will be between 2 and 3 p.m. on Friday, Dec. 7.

The final prize drawing is planned for between 2 and 3 p.m. Friday, Feb. 1, the day of the 10<sup>th</sup> party.



You need not be present to win any of the prizes.

Meadowlark's popular eating and shopping spot opened in February of 2009 in what had been the Starkey House kitchen, dining room and living room. A \$3.5 million capital campaign funded the Bramlage/Wroten building as well as the Community Center renovations and additions. The café was named for Verna Belle Cassell, former owner of a Manhattan potato chip company and a former Meadowlark resident. During her nearly 12 years at Meadowlark, she lived first in a West Tower apartment, then in an Assisted Living apartment, and in three long-term care households before her death in 2011 at the age of 100.

It's a fun coincidence that Verna Belle's initials, VBC, are the same as the abbreviation used for the café. The letters V-B-C hang over the drink station on the café's north wall.

During Verna Belle's residency at Meadowlark, her daughter and son-in-law, Sally and Dennis von Waaden, became quite familiar with the community and approached Meadowlark about making a donation during the Our Home, Our Health, Our Future campaign that began in 2006.

"Steve (Shields, former CEO) may have had the idea to name the café and general store for Verna Belle," Dennis said in 2011. Observant patrons will notice the café signage resembles the bag Verna Belle is holding in the photo on the café's east wall.

The von Waadens find it fitting that Verna Belle's name lives on through the café after she had spent a few decades making and then delivering a snack food – Sally's Quality Spudettes.

"It makes us feel good that people are using the café and appreciate it," Dennis added.

### **Emily Stillwell Performance**

*Friday, Nov. 23, at 7 p.m.*

As requested, Meadowlark welcomes back Emily Stillwell! Emily is a jazz, folk singer-songwriter from Atlanta, GA. 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 this performance Friday, Nov. 23, at 7 p.m. in the Community Room.

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

*Saturday, Nov. 24, at 5:30 p.m.*

Join the fun on Saturday, Nov. 24, in the Game Room as our Cats finish up the regular season against the Cyclones of Iowa State with the hopes of becoming bowl eligible. Refreshments will be served at 5:30 p.m. with the game starting at 6 p.m. Go Cats!

### **Vespers Services**

*Sunday, Nov. 25, at 7 p.m.*

The Vespers service will be led by Rev. Michael Schmidt from St. Luke's Lutheran Church. Vespers service will begin at 7 p.m. Sunday, Nov. 25, in the Community Room. All are welcome.

### **Coffee Corner—Feature Dessert!**

*Tuesday, Nov. 27, at 3 p.m.*

Join us in the Community Room at 3 p.m. Tuesday, Nov. 27, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be a Lemon Cheesecake Crescent Roll. All are welcome!

### **Flint Hills Children's Choir**

*Monday, Nov. 26, at 6 p.m.*

Meadowlark welcomes The Flint Hills Children's Choir Monday, Nov. 26, at 6 p.m. in the Community Room. The Choir provides a choral experience for students with treble voices entering grades third through tenth. The Choir seeks to provide excellence in music instruction and performance for children and enrichment in the art for the Manhattan area community. The Choir is just beginning its fourth year and looks forward to performances at Wichita's Century II Christmas Gala and Carnegie Hall in NYC.

### **ARTful Memories**

*Wednesday, Nov. 28, at 10 a.m.*

Memory Cafe and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for ARTful Memories Class from 10 to 11 a.m. Wednesday, Nov. 28, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of ARTful Memories by sharing three pieces of art.

### **Holiday Decorating**

*Wednesday, Nov. 28, at 1 & 3 p.m.*

Representatives from Legacy Realty will be available to assist some residents with their holiday decorating. They can help with getting out their resident's holiday decorations, setting up trees, etc. They will not provide decorations, just assistance Wednesday, Nov. 28, at two times. Two helpers are available from 1 to 2:45 p.m. and 3 to 4:45 p.m. Please sign up in the Blue Book.

### **Diabetic Support Group**

*Wednesday, Nov. 28, at 1:30 p.m.*

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, Nov. 28, in the KSU Classroom. All who are interested are welcome to attend.

### **Change and Loss Series**

*Thursday, Nov. 29, at 2 p.m.*

An informal group will be continuing Thursday, Nov. 29, 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 lead this group. This week's topic is *Reach Out for Help*.

Feel free to drop in even if you have not been to any previous meetings. This opportunity is open to all in the Meadowlark Community who wish to work through life changes and loss in a supportive environment.

### **Trust Company Holiday Classic**

*Friday, Nov. 30, at 3 p.m.*

The Trust Company is hosting Holiday Classic Friday, Nov. 30, in Prairie Star Restaurant and the Manhattan Room. Refreshments will be served at 3 p.m. and holiday entertainment will begin at 4 p.m. Reservations are required. Please call (785) 323-3820 or sign up at the Prairie Star host stand

to reserve your seats.

Prairie Star Restaurant will be closed for regular dinner service during this event. Verna Belle's Café will be open until 6:30 p.m. and serving a Chicken Enchilada meal for \$7.

### **Amy Rosine Recital**

**Friday, Nov. 30, at 7 p.m.**

Students of Dr. Amy Rosine will be performing a Studio Recital on Friday, Nov. 30, at 7 p.m. in the Community Room. The students will be accompanied by Alicia Willard. All singers are pursuing a Vocal Music major or minor and range from freshman to graduate level. Dr. Rosine is in her 11th year at Kansas State University and directs the Chancel Choir at First Methodist Church.

### **Parkinson's Caregiver Summit**

**Saturday, Dec. 1, at 9:45 a.m.**

This free event specifically for caregivers of people living with Parkinson's disease will be Saturday, Dec. 1, from 9:45 a.m. to 2 p.m. at Manhattan Public Library, 629 Poyntz Ave. Registration and networking begins at 9 a.m. Join your local caregiving community in Manhattan, KS as they tune in live to the bilingual presentation of 2018 Parkinson's Foundation Caregiver Summit/ Cumbre Para Cuidadores. To register or for more information, visit [Parkinsons.org/Summit](http://Parkinsons.org/Summit).

### **Olsburg Swedish Supper**

**Saturday, Dec. 1, at 4:10 p.m.**

Olsburg Lutheran Church is sponsoring a buffet style supper Saturday, Dec. 1. The supper will take place at Olsburg grade school and transportation is provided. The cost of the meal is \$15 and cost for transportation will be determined based on the amount signed up to attend. Please sign up in the Blue Book at the Hospitality Desk. Transportation will leave from the Village Entrance at 4:10 p.m. If you have any questions, please contact Mary Lou Gibbs at 320-6374 or Monte Spiller at 323-3801.

### **Presenting Holiday Music**

**Saturday, Dec. 1, at 2 p.m.**

Students of Bonnie Zack from Glenn's Music Studio will present a piano recital Saturday, Dec. 1, at 2 p.m. in the Community Room. Enjoy the old holiday familiars with beautiful new

arrangements. Performers range in age from seven to 17 years old with all of them bringing their youthful enthusiasm to their playing.

### **Bring It Home**

**Tuesday, Dec. 4, at 7 p.m.**

*hosted by Harritte Janke*

Learn and discuss local needs for long-term social change. What type of housing is available for low income people? Is racial profiling in the Riley County Police Department? What is the situation with wage levels in Manhattan? Brandon Irwin, Community Organizer, and Anne Cowan, Activist, members from the Manhattan Alliance for Peace and Justice will be sharing information Tuesday, Dec. 4, at 7 p.m. in the KSU Classroom. This event is hosted by Harriette Janke, contact her for any questions.

### **Holiday Shopping Trip**

**Wednesday, Dec. 5, at 9 a.m.**

With Christmas around the corner, there is shopping to be done! Let Meadowlark make shopping easier. We have chartered a 56-passenger bus going to the Oak Park Mall in Overland Park, KS.

We will depart from the Village Entrance and load near the Prairie Star Patio on Wednesday, Dec. 5, at 9, with us set to make it back to Manhattan by 5:30 pm. As part of your trip to Overland Park, Meadowlark will provide snack packs, beverages and adult beverages. In addition, we will have fun games to play as we travel down I-70.

The cost for transportation is \$23 per person and lunch will be on your own. There are over 140 stores and 33 eating establishments located inside the mall. There is a signup sheet in the Blue Book. Contact Monte Spiller at 323-3801 or Abby Cavender at 323-2247 for any questions.

### **Christmas Carousel**

**Wednesday, Dec. 12**

Sign ups are filling fast for the 2018 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is *1978 Holiday Variety Show* and during the evening of Wednesday, Dec. 12, you will enjoy a live performance straight out of the 1970s. You may even meet a celebrity or two!

The rotation for the rooms will be structured the same way it was in recent years. The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events. Start times are as follows: Group One, 3:15 p.m.; Group Two, 3:50 p.m.; Group Three, 4:25 p.m.; Group Four, 5:00 p.m.; Group Five, 5:35 p.m. Reservations are required (and limited) for this event. You can make your reservation by visiting the Hospitality Desk staff or calling (785) 323-3847.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 12. There will be a buffet lunch option available in the Pub, to-go only.

Verna Belle's Café will be open Dec. 12 until 12:30 p.m. and will serve a brunch-style meal.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel.

## Happy Birthday Anna!

Anna Noll, Miller Place resident, celebrates her 107th birthday on Nov. 24! Wish her a happy birthday for this special milestone!



## Project Update

Demolition of the existing courtyard has been completed! The next step is to prep the area for installing infrastructure, such as electrical and water. There will be a lot of digging and trenching in this phase of the project. The team remains optimistic on the timeline for the project, but of course, weather could have an effect on the progress. Please remember, the courtyard is closed during the construction project.

Meadowlark is waiting final approval from the city prior to moving forward with the work on the fleet parking lot. Timeline on completion for this project is dependent on when the city gives the okay to proceed.

## Arkansas Travelers Trip

There is an official registration sheet in a Travelers binder at the Hospitality Desk. If you originally marked interest in the trip, you will still need to complete a registration form. A \$250 deposit is required with your registration and can be paid by check, credit card or added to monthly statement.

The 20th Travelers tour will take place April 11 through 15, 2019. The tour will feature attractions in Hot Springs, Bentonville including the National Scenic 7 Byway, Arkansas Derby, Fordyce Bathhouse and Crystal Bridges Museum of American Art.

For more information, contact Becky Fitzgerald at 323-3842 or Monte Spiller at 323-3801.

## Christmas Card Helpers

Would you like some assistance writing your Christmas cards this year to send out to your family and friends? Don't fret! Riley County 4-H members from the "Strong Satellite" 4-H club here in Manhattan would love to be your holiday helpers and be of service! If you would like to have your own holiday helper this season, please sign up in the Blue Book. Last day to sign up will be Friday, Nov. 30. For questions, contact Jana, Volunteer Coordinator at (785)323-3890.

## On Sandy and the Enemy Agent

*submitted by Helen Roser*

As a high security government employee in Washington D.C. during WWII, I was vulnerable to approach by enemy agents, I had Security Training.

My friend Sandy did not have a high security job. After work, as we sat in a bar having a coffee, Sandy told me: "I looked up your record. My gosh! Why didn't you tell me?"

I said quietly: "Sandy, don't." Too late. The man sitting next to me asked to buy us a drink. I look at him. He looked like a Prussian general, but was wearing olive drab and a corporal's stripes.

We had been told the Germans were so anxious, they were sending poorly trained agents.

Flirtatiously, I asked him where he was stationed. He told me: "Fort Belvoir." Belvoir was all Engineers. He was wearing insignia of Field Artillery.

Time to make an excuse to get away and call the Bureau. (F.B.I, whose headquarters were one long block down Pennsylvania Avenue.) Call the Bureau. Give my code. Trot down the block through the snow. Receive my orders. Return. Two agents would follow.

My orders were to "Stay with him as long as possible. If he is on to you, arrange for Sandy to be with him."

Sandy hadn't a clue what was going on. He was on to me so I suggested we three go dancing. He readily agreed.

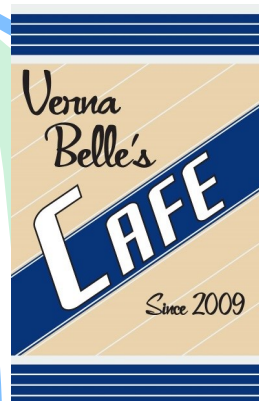
Out in the snow, I hailed a taxi. Sandy got in the back first. He told me to get in. I said: "Oh no! You next so we can share you!"

He got in. I slammed the door shut and yelled to the driver: "Roseland Ball Room!" and the taxi took off, with them, but not me.

Next day, Sandy had a big scarf around her neck. She took it off. Her neck was badly bruised. She cried: "He scared me! He kept saying 'Who is Helen?' I told him you were my friend."

I told her: "I am so sorry, Sandy. Excuse me, I have to make a phone call." I called the Bureau as ordered. I told him: "He hurt Sandy." The agent told me: "Yes, we know. I am sorry." Click. End of call.

Sandy never understood the connection between a high security clearance and silence.



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, Nov. 25

**Breakfast:** Omelets with Fruit

### Monday, Nov. 26

**Breakfast:** Biscuits & Gravy

**Lunch:** Turkey & Avocado Wrap with Side sliced turkey, guacamole, and shredded cheddar cheese wrapped in a flavored tortilla with lettuce & tomato  
~\$3.99/\$5.99

### Tuesday, Nov. 27

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** BBQ Chicken Sandwich with Choice of Side grilled chicken, BBQ sauce, cheddar cheese & fried onions on a butter-toasted bun ~ \$5.99

### Wednesday, Nov. 28

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Mardi Gras Mac & Cheese baked mac & cheese with smoked sausage & roasted red & green bell peppers served with a butter-toasted baguette ~ \$5.99

### Thursday, Nov. 29

**Breakfast:** Biscuits & Gravy

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

### Friday, Nov. 30

**Breakfast:** Waffle or Pancake

**Lunch:** Design Your Own Grilled Cheese & Side create your own grilled cheese with new items from our salad bar & menu ~ \$4.50 / \$6.50

**Dinner:** Chicken Enchiladas with Spanish Rice & Refried Beans ~ \$7

### Saturday, Dec. 1

**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>	Nov. 25 ~ Lunch \$12	Dinner \$11
	Roast Pork Loin with Balsamic Cherry Sauce Vegetable du Jour	White Spaghetti Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Nov. 26 ~ Lunch \$10	Dinner \$11
	Turkey ala King Rice Pilaf Vegetable du Jour	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
<b>TUESDAY</b>	Nov. 27 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Breaded Pork Cutlets with Cream Gravy Mashed Potatoes Vegetable du Jour
<b>WED.</b>	Nov. 28 ~ Lunch \$10	Dinner \$13
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable	Chicken Veronique Wild Rice Vegetable du Jour
<b>THURS.</b>	Nov. 29 ~ Lunch \$8	Dinner \$13
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Roasted Pork Tenderloin Roulades with Spinach, Sundried Tomatoes, Mozzarella Roasted Red Potatoes Vegetable du Jour
<b>FRIDAY</b>	Nov. 30 ~ Lunch \$10	Dinner
	Fish Tacos Spinach Rice Black Beans	<i>Restaurant closed for event.</i>
<b>SAT.</b>	Dec. 1 ~ Lunch \$10	Dinner \$15
	BBQ Wings French Fries Coleslaw	Steak Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Martini  
 3 oz. Gin or Vodka with 1 oz. Martini & Rossi Extra Dry  
 \$3.75

## Grosh Cinema Movies

Sunday, Nov. 25, to Saturday, Dec. 1, 2018

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

### **Sunday, Nov. 25 — Gnome Alone (2017)**

■ When Chloe discovers that her new home's garden gnomes are not what they seem, she must decide between the pursuit of a desired high school life and taking up the fight against the Troggs.

■ Co-Starring: Becky G., Josh Peck & Tara Strong

■ Rated PG; 1 hr. 25 min.

### **Monday, Nov. 26 — Fly Away Home (1996)**

■ A father and daughter decide to attempt to lead a flock of orphaned Canada Geese south by air. The bond between them is strengthened as they grow together.

■ Co-Starring: Jeff Daniels, Anna Paquin & Dana Delany

■ Rated PG; 1 hr. 47 min.

### **Tuesday, Nov. 27 — Outlaw King (2018)**

■ A true David vs. Goliath story of how the 14th century Scottish 'Outlaw King' Robert the Bruce used cunning and bravery to defeat the much larger and better equipped occupying English army.

■ Co-Starring: Chris Pine, Stephen Dillane & Rebecca Robin

■ Rated R for war violence & language; 2 hrs. 1 min.

### **Wednesday, Nov. 28 — Gene Autry: Texans Never Cry (1951)**

■ Texas Ranger Sergeant Gene Autry and his pal save from eviction the family of Nancy Carter whose father has purchased fake Mexican lottery tickets. Gene suspects the leader of the lottery counterfeit gang, but has no proof.

■ Co-Starring: Gene Autry, Champion & Mary Castle

■ Rated PG; 1 hr. 6 min.

### **Thursday, Nov. 29 — The 33 (2015)**

■ Based on the real-life event, when a gold and copper mine collapses, it traps 33 miners underground for 69 days.

■ Co-Starring: Antonio Banderas, Rodrigo Santoro & Juliette Binoche

■ Rated PG-13; 2 hrs. 7 min.

### **Friday, Nov. 30 — Mamma Mia! Here We Go Again (2018) *\*Resident Request***

■ Five years after the events of Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

■ Co-Starring: Lily James, Amanda Seyfried & Meryl Streep

■ Rated PG-13; 1 hr. 53 min.

### **Saturday, Dec. 1 — Swordfish (2001) *\*No 4 or 7 p.m. showings***

■ A covert counter-terrorist unit called Black Cell led by Gabriel Shear wants the money to help finance their war against international terrorism, but it's all locked away.

■ Co-Starring: John Travolta, Hugh Jackman & Halle Berry

■ Rated R for some violence & language; 1 hr. 39 min.

# Weekly Opportunities Calendar Nov. 25 to Dec. 1

## Sunday • Nov. 25

*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. Michael Schmidt, CR

## Monday • Nov. 26

*Manhattan Room—open seating for dinner only*

- 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. ~ 1st Pres. Men's Luncheon, MR
- 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
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Nov. 27 *Trash pick-up day*

*Manhattan Room—open seating at lunch & dinner*

- 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—FEATURE DESSERT, CR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 3rd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • Nov. 28

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ ARTful Memories, KSU CL
- 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
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 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. ~ 1st Floor Supper, FHR
- 5:30 p.m. ~ Gerontology Class, CR

## Thursday • Nov. 29

*Manhattan Room—open seating at lunch & dinner*

- 8:30 a.m. ~ Messenger Team, WCR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 2:00 p.m. ~ Stepping On, KSU CL
- 2:00 p.m. ~ Change & Loss Series, SCR
- 3:00 p.m. ~ Unitarian Universalist Fellowship, SCR

## Friday • Nov. 30

*Manhattan Room—open seating for 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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 7:00 p.m. ~ Amy Rosine Recital, CR

## Saturday • Dec. 1

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Painting for Fun, SCR
- 2:00 p.m. ~ Bonnie Zack Piano Recital, CR

### 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