

Tired of endless phone calls and worried about fraud?

As holiday spending increases, be alert to scammer's tactics

provided by Federal Trade Commission
Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.

Do online searches. Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam." Or search for a phrase that describes your situation, like "IRS call." You can even search for phone numbers to see if other people have reported them as scams.

Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.

Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.

Consider how you pay. Credit cards have



significant fraud protection built in, but some payment methods don't. Wiring money through services like Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards and gift cards (like iTunes or Google Play). Government offices and honest companies won't require you to use these payment methods.

Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow

down, check out the story, do an online search, consult an expert — or just tell a friend.

Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.

Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.

Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.

Report to the FTC. Call 1-877-382-4357 or visit ftc.gov/complaint to report any scams.

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.

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.

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.

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.

Open Communion Service

Sunday, Dec. 2, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, Dec. 2, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122.

Vespers Services

Sunday, Dec. 2, at 7 p.m.

The Vespers service will be led by Rev. Ben Duerfeldt from First Christian Church. Vespers service will begin at 7 p.m. Sunday, Dec. 2, in the Community Room. All are welcome.

Town Meeting

Monday, Dec. 3, at 9:30 a.m.

All are invited to attend December's Town Meeting and hear the Meadowlark news at 9:30 a.m. Monday, Dec. 3, in the Community Room.

Guided Meditation

Tuesday, Dec. 4, at 10:20 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Dec. 4 in the Grosh Cinema. No prior experience or understanding of meditation is necessary. Please sign up in the Blue Book at the Hospitality Desk as seating is limited.

Coffee Corner—Feature Dessert!

Tuesday, Dec. 4, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, Dec. 4, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be Peppermint Fudge. All are welcome!

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 a.m. 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.

Shopping Trip

Wednesday, Dec. 5, at 10 a.m.

Take advantage of the weekly complimentary transportation to local shopping centers! Transportation will travel to Dillons and Walmart Wednesday, Dec. 5, departing from the Village Entrance at 10 a.m. Please register in the Blue Book.

Memory Makers Luncheon

Wednesday, Dec. 5, at 11:00 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Dec. 5, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changed in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, Dec. 3. Cost is approximately \$9 per person.

Card Making with Michelle

Thursday, Dec. 6, at 1:30 p.m.

Join Michelle Lehmer Tuesday, Dec. 6, at 1:30 p.m. in the Flint Hills Room for card making. Holiday and all occasion cards can be made. All who are interested are welcome to attend and create!

Change and Loss Series

Thursday, Dec. 6, at 2 p.m.

An informal group will be continuing Thursday, Dec. 6, from 2 to 3 p.m. in the South Conference Room. This week's topic is *Seek Reconciliation, not Resolution*.

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.

Verna Belle's Birthday Party

Friday, Dec. 7, at 2 p.m.

Join in the celebration every Friday at 2 p.m. with a Birthday Party for Verna Belle's! This will feature a special birthday treat and staff will unwrap one present from Meadowlark for the Café at every party. No gifts necessary, please.

From now to Feb. 1, every time you spend \$10 at Verna Belle's, you will be entered into a drawing! Drawings will take place at each of the ten birthday parties.

Holiday Parade & Food Drive

Friday, Dec. 7, at 5:30 p.m.

Meadowlark will have an entry in this year's 17th Annual Mayor's Spirit of the Holidays Lighted Parade, happening on Dec. 7. The parade will start at 5:30pm, and begin at 3rd Street & Poyntz Ave. and end at City Park.

The entry fee for the parade is a food donation to the Flint Hills Breadbasket, so we will be collecting food donations starting Friday, Nov. 30, in the Game Room. Ideas for non-perishable food donations include items such as oatmeal, canned meat, canned vegetables, peanut butter and jelly, and syrup.

If you are interested in participating and riding in Meadowlark's decorated bus, please contact Jana, Volunteer Coordinator, at (785) 323-3890 by Dec. 3. Two spots are still available.

Community School for Performing Arts

Friday, Dec. 7, at 7 p.m.

On Friday, Dec. 7, at 7 p.m. in the Community Room, Meadowlark welcomes CSPA. Violin and viola students from the Strings Division will perform solo and small ensemble music. Works will include pieces from the standard violin

December Birthdays

Healthcare	12/5	Terri Parr
12/2	Ann Weston	12/6 Jalen
12/7	Bill Sesler	Havel-Stephens
12/11	Mary Smith	12/7 Rita Alouya
12/15	Janice Lee	12/8 Joyce Hicks
12/16	Betty Roudybush	12/9 Ed Payne
12/16	Marjorie Schlegel	12/9 Amber Theobald
12/17	Frances Ellis	12/9 Taylor Wheelock
12/17	Ruth Diller	12/9 Danny Bond
12/19	Betty Banks	12/10 Samantha
12/22	Claudene Emrich	Lindenberg
12/27	Delores Case	12/11 Debra Johnson
12/28	Marva Manus	12/12 Abby Cavender
12/30	John Silva	12/13 Rose Valenciano
		12/14 Tiffany Miller
Assisted Living	12/15	Devin Moore
12/29	Pauline Livingston	12/16 Irina Rehberg
		12/16 Bruna Abdo
12/29	Alice Edmunds	12/19 Jennie Brown
		12/19 Shelby Miller
Independent Living	12/19	Bridgett Sutton
12/1	Donna Alexander	12/21 Latoria Hobbie
12/1	Bob Cranmer	12/21 Hannah Norman
12/2	Mertyce Rohles	12/23 Christine
12/4	Bill Phillips	Borggreen
12/4	Arnold Spencer	12/25 Brenda Emory
12/7	Pauline Lindgren	12/25 Christine Dickerson
12/12 Bob Pulford	12/25	Marta Stetsiv
12/14	Sue Hunt	12/30 Marking Daniels
12/21	Verna Turnquist	12/30 Dorothea Mies
12/23	Fred Rohles	12/31 Michelle Row
12/26	Janice Parsons	12/31 Ashley Pieper
12/27	Bea Rasmussen	12/31 Anna Spencer
12/28	Orlan Buller	
12/28	Bob Robinson	
12/29	Angie Fryer	
12/30 Linda Hood		
12/30 Dorothea Boutz		
12/31	Don Emley	

**Bold denotes
milestone birthday of
80, 90, 100 or 100+**



Employees

12/1	Doug Fiser
12/2	Teresa Power
12/4	Sara Huntwork
12/4	Hailey Havenstein
12/5	Ken Kelley
12/5	Angela Osburn

repertoire and holiday favorites. All are invited to attend!

Trip to Hobby Lobby & Dollar Tree

Saturday, Dec. 8, at 10:30 a.m.

Transportation will be provided for a trip to Hobby Lobby & Dollar Tree Saturday, Dec. 8. The bus will depart from the Village Entrance at 10:30 a.m. and 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.

Mennonite Christmas Carolers

Saturday, Dec. 8, at 3 p.m.

Traveling from McPherson, KS, young adults from the Church of God in Christ Mennonite will be here Saturday, Dec. 8, to sing lovely Christmas carols to residents. Their performance will take place in the Community Room. Songs such "Joy to the World," "Silent Night" and "Oh Come All Ye Faithful" are just a few songs that will be a part of their a cappella repertoire.

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!

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.

Project Update

submitted by Sarah Duggan

We're approved! The City of Manhattan has given the final approval on the addition of the fleet parking lot, which will be located behind the Maintenance Shop. This parking lot will add 25

parking spots to the Meadowlark campus to be used for Meadowlark vehicles and staff parking. The work on the lot is expected to begin Monday, Dec. 10, weather permitting.

A Focus & Feedback Session regarding the upcoming Kitchen Renovation will occur Wednesday, Dec. 12, at 11:30 a.m. in the Community Room. The architects and kitchen consultants will be present to receive feedback from staff and residents about the changes to Prairie Star Restaurant and the addition of a larger event space off the existing dining room. Refreshments will be served.

Although the team hopes to complete the Courtyard Project by the first of the year, weather will play a large part in the continued progress. Thank you for your patience as we work through these awesome enhancements to the Meadowlark community!

The Amber Beads

submitted by Polly Ferrell

My mother treasured her long strand of amber breads. They were a gift from Aunt Rachel, a missionary in China, just before World War II. In her later years, Mama gave the beads to me. The beads were so long and heavy that I wore them only at Christmas time when the deep rich color suited the season. After a few years, I made plans to have them restrung into two strands—one for my daughter and one for me. Imagine my disbelief when the jeweler said they were not amber at all. They were only glass.

All those years, my mother had been deceived! Farming with my Papa during the depression years and raising six children had not been an easy life. The beads represented beauty in the midst of difficult days. Suddenly I knew! Glass or amber—it really did not matter. Those beads represented the gift most precious of all. The gift of love and hope for a brighter day.

The beads are still among my most treasured “things.” God works in wondrous and delightful ways.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Dec. 2

Breakfast: Omelets with Fruit

Monday, Dec. 3

Breakfast: Biscuits & Gravy

Lunch: White Chicken Chili with Cornbread Muffin
shredded chicken, onions & great northern beans in a creamy stew ~\$4.50/\$6.50

Tuesday, Dec. 4

Breakfast: Breakfast Sandwich & Fruit

Lunch: Everything Bagel Sandwich with Side
turkey, ham & swiss cheese on an everything bagel with a honey mustard glaze ~ \$4.50/\$6.50

Wednesday, Dec. 5

Breakfast: Breakfast Burrito & Fruit

Lunch: Mexican Lasagna with Choice of Side
layers of ground beef, tortillas, refried beans, tomatoes, corn & cheddar cheese~ \$6.50

Thursday, Dec. 6

Breakfast: Biscuits & Gravy

Lunch: Bierocks with Choice of Side
ground beef, cabbage & onions wrapped in a biscuit ~\$6.50

Friday, Dec. 7

Breakfast: Waffle or Pancake

Lunch: Mini Buffalo Chicken Sandwich with Side
shredded chicken, mild buffalo sauce, ranch dressing & cheddar cheese on a slider bun ~ \$4.50 / \$6.50

Saturday, Dec. 8

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	Dec. 2 ~ Lunch \$12	Dinner \$11
	Ranch Cornflake Baked Chicken Mashed Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Dec. 3 ~ Lunch \$10	Dinner \$12
	Beef & Broccoli Stir Fry Rice Choice of Vegetable	Chicken Piccata Risotto Vegetable du Jour
TUESDAY	Dec. 4 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Shepard's Pie Vegetable du Jour
WED.	Dec. 5 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes Choice of Vegetable	Pot Roast <i>with Carrots, Celery & Onion</i> Mashed Potatoes Vegetable du Jour
THURS.	Dec. 6 ~ Lunch \$8	Dinner \$12
	Breakfast Bar <i>(does not include drink, starter, or dessert)</i>	Balsamic Demi-Glace Braised Chicken Wild Rice Vegetable du Jour
FRIDAY	Dec. 7 ~ Lunch \$14	Dinner \$14
	Crab Cakes <i>with Remoulade Sauce</i> Roasted Red Potatoes Choice of Vegetables	Trout Almondine <i>with Tartar Sauce</i> Baked Potato Vegetable du Jour
SAT.	Dec. 8 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetables	Cordon Bleu <i>with Supreme Sauce</i> Rice Pilaf Vegetable du Jour

DRINK SPECIAL | **White Russian**
 2 oz. Vodka, 1 oz. Kahlua & Half and Half
 \$3.75

Grosh Cinema Movies

Sunday, Dec. 2, to Saturday, Dec. 8, 2018

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

■ **Sunday, Dec. 2 — The NeverEnding Story (1984)**

- A troubled boy dives into a wondrous fantasy world through the pages of a mysterious book.
- **Co-Starring:** Noah Hathaway, Barret Oliver & Tami Stronach
- **Rated PG;** 1 hr. 42 min.

■ **Monday, Dec. 3 — Pagan Love Song (1950) **Resident Request***

- A man from Ohio inherits a coconut plantation and falls in love with a half-American, half-Tahitian beauty. Song-and-swim musical ensues in the tropical paradise.
- **Co-Starring:** Esther Williams, Howard Keel & Minna Gombell
- **Rated PG;** 1 hr. 16 min.

■ **Tuesday, Dec. 4 — Good Will Hunting (1997)**

- Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life.
- **Co-Starring:** Robin Williams, Matt Damon & Ben Affleck
- **Rated R** for strong language; 2 hrs. 6 min.

■ **Wednesday, Dec. 5 — This Man Can't Die (1968)**

- Two government agents pose as arms dealers to try to infiltrate a gang. One of the agents returns home to find his partners murdered and his sister assaulted. Seeking revenge, the agent tracks down those responsible.
- **Co-Starring:** Guy Madison, Lucienne Bridou & Rik Battaglia
- **Rated NR;** 1 hr. 30 min.

■ **Thursday, Dec. 6 — The Sea of Trees (2015)**

- After traveling to Japan's Aokigahara Forest, a troubled teacher meets a mysterious stranger who takes him on a life-changing journey of love, discovery and redemption.
- **Co-Starring:** Matthew McConaughey, Namoi Watts, Ken Watanabe
- **Rated PG-13;** 1 hr. 50 min.

■ **Friday, Dec. 7 — The Immortal Life of Henrietta Lacks (2017)**

- An African-American woman becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s.
- **Co-Starring:** Oprah Winfrey, Renee Elise Goldsberry, Sylvia Grace Crim
- **Rated R** for language; 1 hr. 33 min.

■ **Saturday, Dec. 8 — Life of Pi (2012)**

- A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger.
- **Co-Starring:** Suraj Sharma, Irrfan Khan & Adil Hussain
- **Rated PG;** 2 hrs. 7 min.

Weekly Opportunities Calendar Dec. 2 to Dec. 8

Sunday • Dec. 2

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
- 4:00 p.m. ~ Open Communion Service, FHR
- 7:00 p.m. ~ Vespers with Rev. Ben Duerfeldt

Monday • Dec. 3

Manhattan Room—open seating for lunch only

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, SCR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 4 *Trash pick-up day*

Manhattan Room—open seating at dinner only

- 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. ~ Kimball Luncheon, MR
- 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
- 3:30 a.m. ~ Ambassador Committee Meeting, WCR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Dec. 5

Manhattan Room—open seating at dinner only

- 9:00 a.m. ~ Depart for Holiday Shopping Trip, VE
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Care Support Group, SCR
- 10:00 a.m. ~ Memory Café, WCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Makers Luncheon, MR
- 11:30 p.m. ~ 1st Men's Club Luncheon, WCR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR
- 1:00 p.m. ~ Library Committee Meeting, FHR

- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 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
- 3:00 p.m. ~ Unitarian Universalist Fellowship, SCR
- 4:00 p.m. ~ Christian Video Worship Service, FHR
- 5:30 p.m. ~ Gerontology Class, CR

Thursday • Dec. 6

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
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:30 p.m. ~ Card Making with Michelle, WCR
- 1:30 p.m. ~ PD Program Christmas Celebration, CR
- 2:00 p.m. ~ Change & Loss Series, SCR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Dec. 7

Manhattan Room—open seating for lunch & dinner

- 9:30 a.m. ~ Art Committee Meeting, FHR
- 9:30 a.m. ~ Seated Strength, CR
- 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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Mass, CR
- 5:30 p.m. ~ Holiday Parade, Downtown/City Park
- 7:00 p.m. ~ Community School Performing Arts, CR

Saturday • Dec. 8

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, SCR
- 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE
- 3:00 p.m. ~ Christmas Carolers, 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, Gosh 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