



# MEADOWLARK

Messenger

Feb. 14, 2019

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit organization  
enhancing senior lifestyles*

## KNOW THE RULES

## RECYCLE RIGHT

*by Sarah Duggan*

The question remains, can we place additional recycling containers in common areas, such as the Game Room, Billiards Parlor and Kansas Room & Pub and to encourage even more recycling? My short answer is no, but my explanation is a little more lengthy.

Recently recycling receptacles *were* added to Verna Belle's Café. Apart from this change, space continues to be a struggle we face every day at Meadowlark—need more space to store items, more space for exceptional events, more space for waiting and more space for exercising. The truth is, we're tight on extra space around here so it's up to us to maximize it wherever possible. Although we won't be putting recycling bins in all the common areas, there are recycling opportunities at Meadowlark.

Three recycling dumpsters are stationed around campus—one commingled and one cardboard only are located by the loading dock (across from the Physician's Office) and one is located in the Miller Place's northeast parking lot. All dumpsters are picked up by Howie's Trash Service on Tuesdays.

There are also recycling containers located behind the west tower elevators on the first floor of the main building. These are emptied into the large dumpster on a daily basis by maintenance staff.

Residents living in the duplexes and cottages have the options of utilizing curbside recycling for a monthly fee, which is picked up the second and fourth Tuesdays—the same day as trash pick-up.

No sorting is necessary in commingled dumpsters. However, glass can not be recycled in commingled dumpsters or containers. Glass can be taken to Howie's Recycling Center at 625 S. 10th Street.

All boxes should be broken down and flattened before being recycled. Cans and food boxes should be emptied and washed out if needed. Recycled items

must be loose in container, not placed in bags.

Acceptable commingled materials:

- Newspaper- no rain bags
- Catalogs
- Telephone Books
- Junk Mail
- Manila Folders
- Advertising Inserts
- Office Paper Magazines
- Brochures
- Corrugated Cardboard
- Chipboard (cereal, shoe, cracker boxes etc.)
- Paperback Books
- Cardboard Egg Cartons & Pizza Boxes (no food)
- Shredded paper (in paper bags)
- #1 & #2 Plastic containers
- Aluminum & tin cans

Items that cannot be recycled include the following— Styrofoam, glass, plastic bags, gift wrap, blueprints, hanging file folders, paper cups, paper plates, tissue paper, paper towels, photos, pet food bags, fertilizer bags, charcoal bags, kitty litter bags, batteries, ceramics, light bulbs. When in doubt, throw it out!

Recycling is very important to reduce the amount of waste and the negative impact it has on the environment. Reusing unrecyclable materials is another efficient way to keep our planet clean. For example, plastic grocery bags can be used as trash can liners, instead of bubble wrap when mailing packages and even for more groceries next time you visit the store.

### **Christian Video Worship Service**

The Christian Video Worship Service will no longer be held in the Flint Hills Room on Wednesday afternoons. Instead, the group will join residents in Tinklin Pointe at 2:30 p.m. each Wednesday. Tinklin is located inside the Assisted Living entrance (east covered drive) next to Miller Place.

### **Lost Ring**

A lost family heirloom ring has been reported, which was last seen in the Billiard's Parlor. It is a gold ring with black onyx and a stone. If you have found this ring, please return it to the Hospitality Desk.

### **Meadowlark Singers Concert, new date**

**Sunday, Feb. 17, at 3 p.m.**

The Meadowlark Singers Concert has been rescheduled for Sunday, Feb. 17. Come to the Community Room at 3 p.m. to hear the Meadowlark Singers Valentine's concert. Enjoy some beautiful love songs!

### **Vespers Services**

**Sunday, Feb. 17, at 7 p.m.**

The Vespers service will be held by retired Rev. Glenn Fogo from First United Methodist Church.

### **January Gifts to Meadowlark Foundation**

*Gifts to Meadowlark foundation during the month of January were given in memory of the following persons to benefit the Good Samaritan Fund and Parkinson's Program. Gifts were also received to support the Helping Hands Fund, Courtyard Project and Falls Prevention Program.*

#### **Memory of**

Jim Akin                      Joanna Hosenev  
Dorothy Buller              Margaret Pickett  
Doris Gaul                    Dr. M.S. Ram  
Myron Schwinn

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

Vespers service will begin at 7 p.m. Sunday, Feb. 17, in the Community Room. All are welcome.

### **Blood Drive**

**Monday, Feb. 18, at 10:30 a.m.**

The American Red Cross will be at Meadowlark Monday, Feb. 18, in the KSU Classroom. Timeslots are available from 10:30 a.m. to 5:30 p.m. To sign up to donate blood, contact Jayme Minton at (785) 313-0454.

### **Guided Meditation**

**Tuesday, Feb. 19, at 10:30 a.m.**

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Feb. 19, in the Grosh Cinema. Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

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

**Tuesday, Feb. 19, at 3 p.m.**

Join us in the Community Room at 3 p.m. Tuesday, Feb. 19, for a social hour. Verna Belle's Café featured dessert will be Apple Fritter Monkey Bread. All are welcome!

### **Moving for Memories**

**Wednesday, Feb. 20, at 11:05 a.m.**

Meadowlark Memory Program walking group will depart from the KSU Classroom at 11:05 a.m. Wednesday, Feb. 20. Cardiovascular exercise, including regular brisk walks, has been linked to slowing memory loss in recent studies. Additional benefits include building endurance, reducing stress, and building relationships with others. The group will meet immediately following Memory Program activities on Wednesdays (with the exception of the first Wednesday of the month due to the Memory Makers Luncheon). We will walk inside or outdoors, weather dependent, for approximately 20 minutes.

### **Card Making with Michelle**

**Wednesday, Feb. 20, at 1:30 p.m.**

Interested in making hand-made cards to share a special note? Join Michelle Lehmer from the

Housekeeping and Laundry Team to make cards for all occasions. Come and go from 1:30 to 3:15 p.m. Wednesday, Feb. 20, in the Flint Hills Room.

### **Bring It Home Discussion Group**

**Wednesday, Feb. 20, at 7 p.m.**

*sponsored by Harriette Janke*

The discussion group "Bring It Home" will meet at 7 p.m. Wednesday, Feb. 20, in the West Conference Room. This will be our third meeting discussing topics of local interest. John Exdell will talk to us about racial bias in Riley County Law Enforcement. He has studied this subject intensively and will be able to answer most of our questions.

Last month a student told us about some of the problems she encountered as a renter. We learned that some landlords will not allow the parents or friends of a student to look at the rental with the student. An association of renters are pooling their knowledge to help inexperienced new renters.

This is an informal meeting, it is a time to question someone who has some knowledge of the situation we are focusing on that evening. All are welcome to come and learn something about our local area.

### **Parkinson's Webinar**

**Thursday, Feb. 21, at 11 a.m.**

Join Meadowlark Parkinson's Program for a webinar at 11 a.m. Thursday, Feb. 21, in the KSU Classroom to learn about various aspects of living with Parkinson's disease and the Michael J. Fox Foundation's work to speed medical breakthroughs. The webinar's topic will be "Beyond Medication: Deep Brain Stimulation and Focused Ultrasound for Parkinson's."

### **Low Vision Support Group**

**Thursday, Feb. 21, at 2 p.m.**

Dr. Nick Mondero from Epic Vision Eye Centers will be the guest speaker for February's Low Vision Support Group. The group will meet at 2 p.m. Thursday, Feb. 21, in the Flint Hills Room. Dr. Mondero will be leading a discussion on age related eye disease, treatment options and general counsel support. All who are interested are welcome to attend.

### **Parkinson's Partner Luncheon**

**Friday, Feb. 22, at 12 p.m.**

Join Meadowlark Parkinson's Program for a relaxing lunch from noon to 1 p.m. Friday, Feb. 22, in the Community Room. Please sign up in the Blue Book by Monday, Feb. 18. Cost is approximately \$9 per person.

### **Emily Stillwell Performance**

**Friday, Feb. 22, at 7 p.m.**

Meadowlark welcomes back Emily Stillwell for a performance at 7 p.m. Friday, Feb. 22, in the Community Room. Emily is a jazz, folk singer-songwriter from Atlanta. 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 - all are welcome!

### **Thank You Dave!**

**Thursday, Feb. 28, at 3:30 p.m.**

Dave Zerfas, Transportation Driver, will be retiring at the end of this month. Help us celebrate all the warm car rides, safe arrivals and great conversations that Dave has provided Meadowlark residents and guests! There will be a retirement party at 3:30 p.m. Thursday, Feb. 28, in the Game Room and Pub. All are welcome!

### **Meadowlark Memory Program:**

#### **Art Exhibition**

**Thursday, Feb. 28, at 5:30 p.m.**

From Thursday, March 1, through Monday, March 18, Meadowlark Memory Program will host a free Art Exhibition at the Flint Hills Discovery Center (315 S. Third St., Manhattan) Featured art will include pieces created by residents and community members through Memories in the Making and ARTful Making programs made possible by collaborations between Meadowlark Memory Program, the Marianna Kistler Beach Museum of Art and the Alzheimer's Association. All are invited to attend an opening reception for the exhibition at 5:30 p.m. Thursday, Feb. 28.

#### **King Lear Showing**

**Thursday, Feb. 28, at 6 p.m.**

There will be a special showing of Shakespeare's *King Lear*, starring renowned British

*See Events/Announcements, page 5*

# Happy Anniversary!



Congratulations to residents Bill and Donna Sesler on celebrating their 60th Wedding Anniversary today, Feb. 14!!

## IL Resident Council Minutes, Jan. 7, 2019

**Members present:** Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Ron Williams, Jo Call, Elaine Manges, Marilyn Ray, Steve Owens, Charlotte Kelly, Carol Balding, Jo Lyle, Janice Parsons, Pam Oehme, Jan Vanderbilt and Leo Lake,

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

### Updates

General Update: The Courtyard renovation continues to move forward and when it's completed, it will be much more usable than in previous years. Looking ahead, we may revamp the plans around how much seating is made available with the fire pit and pavilion being rather spacious.

The parking lot project is underway allowing the addition of 25 spaces with the potential to add another 25 spaces to the south if needed. We anticipate the completion to take two months, weather permitting.

Campus census has been really strong, but the area of concern is with the decrease of cottage occupants in the last couple of years. With these concerns in mind, staff asks if Meadowlark needs to reconsider what our Passport membership

offers. We are also running a special for referrals in efforts to peak interest in our seven open cottages at this time.

**Support Services Update:** Jayme announced the new RN Case Manager starts today in Topeka. Aubrey has 11 years of experience at Stormont Vail and we are excited to have her as part of the Meadowlark team.

Due to growth and changes in Prairie Star Restaurant, Brooke Marcotte will now be the Event Services and Café Leader. Other changes taking place is that John Shapel will now be the Prairie Star General Manager, but will continue to cook for Prairie Star in addition to his new management duties.

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

**New Business:** None.

**Old Business:** None.

### Additional Discussion Topics

There was question asking how often the pull cord and alert systems were tested. It was explained there is a loop associated with the system and they are able to tell if it is online and working properly. It was also explained in the case of a "true" emergency, call 911 first if you are able to and then resort to other means such as the pull cord system or calling the front desk.

It was requested that a reminder be placed in the Meadowlark Messenger, to bag all trash that is set out on the curb to avoid scattering due to the high winds.

**Meeting adjourned**



**Events/Announcements, from page 3**

Shakespearean Anthony Hopkins, at 6 p.m. Thursday, Feb. 28, in the Grosh Cinema. This most profound of his tragedies, addressing issues of aging parents, parent-child relations, sibling rivalry, rejection and poverty.

The show will be followed by a short conversation led by Professors Sally Bailey (KSU Theater Dept.) and Don Hedrick (KSU English Dept.). They will discuss the play and what it says about these issues personally and relevance today. Seating is limited. Please sign up in the Blue Book at the Hospitality Desk.

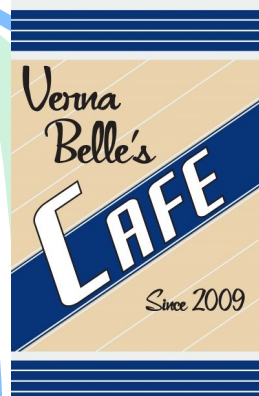
**Memory Matters Symposium**

**Thursday, March 21, from 5 p.m. to 8 p.m.**

Join the Meadowlark Memory Program for an educational opportunity for those in the Flint Hills region Thursday, March 21, in the Ballroom at Holiday Inn at the Campus in Manhattan. The goal of Memory Matters Symposium is to provide outreach and education about dementia and Alzheimer's, while also helping to encourage engagement and understanding; ultimately helping to destigmatize cognitive decline/ changes. No reservations are required to attend this free event and you welcome to come and go as your schedule allows.

Learn about local community resources and enjoy brain healthy appetizers starting at 5 p.m.

From 5:30 to 6:30 p.m., Dr. Eric D. Vidoni, Director of Outreach, Recruitment and Education Core for KU Alzheimer's Disease Center, will present on education about dementia and Alzheimer's, as well as explain current treatment options. He will also update the audience on regional and national research trials' impacts. Sally King, MSW, LCSW, LCSW (Licensed Clinical Social Worker - Missouri/Kansas) will expanded on Dr. Vidoni's presentation in regards to how dementia/Alzheimer's affects the whole person in her presentation "Meeting the Unseen Needs for Those Affected by Dementia" from 7 to 8 p.m.



**LUNCH &  
BREAKFAST  
SPECIALS**

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

**Sunday, Feb. 17**

**Breakfast:** Omelets with Fruit

**Monday, Feb. 18**

**Breakfast:** Biscuits & Gravy

**Lunch:** Mini Chicken Bacon Ranch Sandwich & Side  
*shredded chicken, bacon & cheddar cheese topped with  
ranch dressing on a slider bun ~ \$4.50/\$6.50*

**Tuesday, Feb. 19**

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Sausage & Sauerkraut with Cornbread  
*smoked sausage & sauerkraut served with a side of  
cornbread ~ \$6.50*

**Wednesday, Feb. 20**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** The Kansas with Choice of Side  
*roast beef, cheddar, Swiss, grilled onions & mushrooms  
on Sourdough with a side of jalapeno ranch ~ \$4.50/  
\$6.50*

**Thursday, Feb. 21**

**Breakfast:** Biscuits & Gravy

**Lunch:** Street Tacos with Choice of Side  
*shredded pork, cheddar cheese, cilantro lime slaw & an  
avocado sauce on a mini flour tortilla ~ \$4.50/\$6.50*

**Friday, Feb. 22**

**Breakfast:** Waffle or Pancake

**Lunch:** Bacon Jam-Brie Sandwich with Choice of Side  
*brie cheese & bacon jam on butter-toasted Italian bread  
~ \$4.50/\$6.50*

**Saturday, Feb. 23**

**Breakfast:** A la cart menu options

# 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>	Feb. 17 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions, Celery Mashed Potatoes Vegetable du Jour	Beef & Sausage Lasagna Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Feb. 18 ~ Lunch \$10	Dinner \$12
	Beef Tips Noodles Choice of Vegetable	Grilled Ham Steak with Pineapple Sauce Hashbrown Casserole Vegetable du Jour
<b>TUESDAY</b>	Feb. 19 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Fried Catfish with Tartar Sauce Roasted Potatoes Vegetable du Jour
<b>WED.</b>	Feb. 20 ~ Lunch \$10	Dinner \$13
	Grilled Lemon Chicken Rice Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
<b>THURS.</b>	Feb. 21 ~ Lunch \$7	Dinner \$14
	Pizza Bar (does not include drink, starter, or dessert)	Sautéed Shrimp with Honey Garlic Sauce Rice Vegetable du Jour
<b>FRIDAY</b>	Feb. 22 ~ Lunch \$10	Dinner \$12
	Sautéed Trout with Lemon Butter Roasted Red Potatoes Choice of Vegetables	Chef's Choice Buffet <b>Restaurant closing at 6 p.m.</b>
<b>SAT.</b>	Feb. 23 ~ Lunch \$10	Dinner \$13
	Meatball Sub French Fries Coleslaw	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable du Jour

## DRINK SPECIAL

**Moscow Mule**  
 1 1/2 oz. Vodka, 1/2 oz. of Lime Juice & Ginger Beer  
**\$3.75**

## Grosh Cinema Movies

Sunday, Feb. 17, to Saturday, Feb. 23, 2018

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

### **Sunday, Feb. 17 — Lilo & Stitch 2 : Stitch Has a Glitch (2005)**

The rowdy extraterrestrial is getting used to life with his new ohana. As a creation of Dr. Jumba, Stitch has a malfunction threatening to ruin his friendship with Lilo.

Co-Starring: Chris Sanders, Dakota Fanning & Tia Carrere

Rated PG; 1 hr. 8 min.; Animated Comedy

### **Monday, Feb. 18 — Roma (2018)**

"Roma" chronicles the joyous highs and devastating lows of Cleo as she helps raise her boss Sofia's four young children. Cleo is modeled on Cuaron's real-life nanny, a dark-skinned, indigenous woman who was fundamental in his early upbringing in the early 1970s.

Co-Starring: James Dean, Raymond Massey & Julie Harris

Rated R for nudity & language; 2 hrs. 15 min.; Critically-Acclaimed Drama

### **Tuesday, Feb. 19 — The Flying Deuces (1939) \*Resident Request**

Ollie has fallen in love with the innkeeper's daughter in Paris. The only problem - she's very much in love with her husband. To forget her he joins the Foreign Legion with Stan—bad idea...

Co-Starring: Stan Laurel, Oliver Hardy & Jean Parker

Rated NR; 1 hr. 9 min.; Comedy

### **Wednesday, Feb. 20 — Any Gun Can Play (1967)**

A gang robs a gold shipment from a train. A so called bounty hunter is sent to track down the robbers and decides to let them lead him to the gold.

Co-Starring: Edd Byrnes, George Hilton & Gilbert Roland

Rated NR; 1 hr. 45 mins.; Western

### **Thursday, Feb. 21 — The Fundamentals of Caring (2016)**

A writer retires after a personal tragedy and becomes a disabled teen's caregiver. When the two embark on an impromptu road trip, their ability to cope is tested as they start to understand the importance of hope and friendship.

Co-Starring: Craig Roberts, Paul Rudd & Selena Gomez

Rated R for language & mild sexual content; 2 hrs. 23 min; Comedy

### **Friday, Feb. 22 — Joseph & the Amazing Technicolor Dreamcoat (1999)**

In this filmed adaption of the long-running musical, we see the story of Joseph, son of Jacob. The favored son, he is betrayed by his jealous brothers. Joseph perseveres through wit and faith

Co-Starring: Donny Osmond, Maria Friedman & Richard Attenborough

Rated PG; 1 hr. 16 min.; Musical

### **Saturday, Feb. 23 — United 93 (2006)**

A real-time account of the events on United Flight 93, one of the planes hijacked on September 11th, 2001 that crashed near Shanksville, Pennsylvania when passengers foiled the terrorist plot.

Co-Starring: David Alan Basche, Olivia Thirlby & Liza Colon-Zayas

Rated R for language and some violence; 1 hr. 51 min.; Historical Drama

# Weekly Opportunities Calendar Feb. 17 to Feb. 23

## Sunday • Feb. 17

*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. ~ Meadowlark Singers Concert, CR
- 7:00 p.m. ~ Vespers with Rev. Glenn Fogo, CR

## Monday • Feb. 18

*Manhattan Room—open seating at lunch only*

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 8:00 a.m. ~ Blood Drive, KSU CL
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit
- 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 • Feb. 19 *Trash & recycling pick-up*

*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, CR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • Feb. 20

*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. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, WCR
- 10:00 a.m. ~ Memory Care Support Group, SCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:05 a.m. ~ Moving for Memories, KSU CL
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Card Making with Michelle, FHR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR

- 3:00 p.m. ~ Call Hall Ice Cream Social, KR
- 6:30 p.m. ~ Osher Class: America's Little War, CR
- 7:00 p.m. ~ Bring It Home Discussion, WCR

## Thursday • Feb. 21

*Manhattan Room—no open seating available*

- 8:30 a.m. ~ Messenger Team, WCR
- 8:30 a.m. ~ Apple Help Lab, SCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:00 a.m. ~ Parkinson's Webinar, KSU CL
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, KSU CL
- 2:00 p.m. ~ Low Vision Group, FHR
- 2:30 p.m. ~ Gerontology Class, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • Feb. 22

*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
- 12:00 p.m. ~ Parkinson's Partner Luncheon, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Support Group, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Emily Stillwell Performance, CR

## Saturday • Feb. 23

*Manhattan Room—open seating for lunch & dinner*

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

## 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	VB, Verna Belle's
	VE, Village Entrance

\*Meadowlark News Channel can be viewed on Channel 1960