



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Oct. 2, 2014

More HOGtoberfest Fun!

Grill Package Added to HOGtoberfest

submitted by Becky Fitzgerald

Oink! Have you heard the noise about HOGtoberfest? Not only do we have the chance to support the Good Samaritan Fund by eating tasty barbecue at Cox Bros. BBQ on Oct. 16 – a portion of the restaurant’s proceeds will be donated to the Fund – but we also may donate to the Fund by participating in a HOG & Kisses Contest which began Oct. 1. Meadowlark Hills CEO Lonnie Baker and a Meadowlark Hills Foundation board member, Jackie Hartman, are two of five hog kissing candidates who have agreed to solicit votes in the form of dollars, with the candidate collecting the most money kissing a baby hog shortly after 6 p.m. in the parking lot at Cox Bros.

Two mason jars, decorated with the names of these two candidates, are now sitting on the counter of the Hospitality Desk. Please place

your vote in the form of cash or check in the jar of the candidate of your choice. The other hog kissing candidates have their jars at their places of business and have begun their hog kissing campaigns. The other potential hog kissers are Bud Cox, co-owner of

Cox Bros. BBQ and Coco Bolos; Tim Fitzgerald (Becky’s husband), editor and publisher of Powercat Illustrated and GoPowercat.com; and a team of three DJs at Q 103.5, a Manhattan/Junction City area country music station.

Lonnie’s and Jackie’s jars will be in the Community Room on Monday, Oct. 6, during Town Meeting, so residents and staff members who haven’t voted yet will have an easy chance to do so. Many residents don’t have the need to carry cash or checks with them on the Meadowlark Hills campus, but please consider doing so next Monday to support this great cause.



Happy the Hog wants you to win this grill package!

See More HOGtoberfest Fun, page 5



Thank you for your continued support of the MLH Foundation and its mission.

The Meadowlark Hills Messenger is proudly sponsored by The Trust Company.

UPCOMING EVENTS

Storytelling at the Wonder Workshop

submitted by Chaplain Patty Brown-Barnett

This Saturday, Oct. 4 — and on Oct. 11 and 25 --- I will be telling stories (biblical and “other”) at the Wonder Workshop Children’s Museum (506 S. 4th St.) in Manhattan. This program is *for all ages* and takes place each Saturday morning at 10:30 a.m. through Oct. 25. The Wonder Workshop is located directly across from free public parking and is partially wheelchair accessible. Please let me know if you plan to attend, especially if you would like details regarding accessible routes for this event.

Vespers Services

The Vespers service, led by Father Don Zimmerman with Saint Thomas More Catholic Church, will begin at 7 p.m. Sunday, Oct. 5, in the Community Room.

Dave Zerfast Musical Performance

Come enjoy Dave Zerfas, performing solo, at 7 p.m. Friday, Oct. 10, in the Community Room. It will be a great show full of old-time country music ballads. To top it all off, Dave will be playing acoustically!

Brownbag Lunch Lecture Series

Bring a lunch and listen to a televised class presentation on Heart Matters by Cheryl Daugherty, RN Case Manager, Kansas City Hospice and Palliative Care at noon Wednesday, Oct. 8, in the KSU Classroom. No registration necessary.

KSU Football Games

Transportation will depart at 4:50 p.m. Saturday, Oct. 4, from the Assisted Living entrance for the K-State game against Texas Tech University. The game will start at 6 p.m.

Sign up in the Blue Book at the Hospitality Desk for transportation to the game. The cost for transportation is \$3 per person.

KSU Football Tailgating Party

Mark your calendars for the next Kansas State University football game. The tailgate party will be hosted in the Game Room and Kansas Room Pub at 6 p.m. Saturday, Oct. 4. We encourage you to hang out, watch the game and cheer on Kansas State University! Refreshments will be served.



Lunch Specials

Oct. 5 – 11

Sunday, Oct. 5 – Chicken Enchilada Casserole	\$5.50
Monday, Oct. 6 – Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Tuesday, Oct. 7 – Fish Enchiladas with Black Beans	\$5.50
Wednesday, Oct. 8 – Chicken Garlic Pizza	\$3.75/\$5.50
Thursday, Oct. 9 – BBQ Pork Sandwich with Coleslaw	\$5.50
Friday, Oct. 10 – Meatloaf with Buttered Corn	\$5.50
Saturday, Oct. 11 – Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Transportation Pick-Up Location Change

Due to the concrete work, Meadowlark Hills transportation is unable to use the Village Entrance. Until further notice, all scheduled pick-ups from the Village Entrance will now be from the Assisted Living (Miller) Entrance.

Billiards Tournament

Registration for the semi-annual Rasmussen 8-Ball Billiards Tournament began on Sept. 25, and runs until Monday, Oct. 6. A sign-up sheet can be found in the Billiards Room. Tournament play will begin Tuesday, Oct. 7. Look for the bracket to be displayed Tuesday morning at 10 a.m.

Tournament is open to players with all different skill levels; you don't have to be a "shark!" Participants will contact their opponent to schedule a time to play. Post-it notes will be placed in the Billiards Room to reserve the table for tournament play. The only time slot not allowed to be scheduled is during the Ladies Pool Time, from 1:30 to 2:30 p.m. every Monday.

Please contact Resident Services Leader, Darcy Reinbold-Olson, if you have any questions. Stay tuned for the 2014 Fall Champion!

Arlington National Cemetery: Its History and Its Heros

This Osher course reviews the Arlington Cemetery's colorful history from pre-Civil War days as Robert E. Lee's home through current U.S. conflicts. The first session of this course will be from 2 to 4 p.m. on Thursday, Oct. 9, at the Manhattan Arts Center. Transportation will depart from the Assisted Living entrance at 1:30 p.m. There is no charge for transportation. Prior registration is required to attend this course.

The War for America, 1775—1783

This Osher course examines the military and social aspects of the American Revolution. Robert Smith, Ph.D., will be the presenter of this course. The second class of this course will be from 2 to 4 p.m. Wednesday, Oct. 8, in the Community Room. Prior registration is required to attend this course.

Twin City Travelers

A slide show presentation of the Minneapolis trip will be shown at 7 p.m. Friday, Oct. 24, in the Community Room. Please email any photos you would like to be used in the slideshow to Darcy at darcy.olson@meadowlark.org or drop off pictures at the Resident Services office.

Center on Aging Lecture Series

The second session of the K-State Faculty Lecture Series hosted by the KSU Center on Aging is 4 to 5 p.m. Thursday, Oct. 9, in the Community Room. The speaker is Sherry Haar. The title of her session is: "From the Garden: Dyeing and Printing with Plants." Join Sherry to hone your creative skills using plants.

Case Bonebrake's Skydiving Adventure

On Friday, Sept. 26, Case Bonebrake skydived from one plane and flew another. Case jumped out of an airplane 10,000 feet above the Abilene Airfield. He flew with pilot Steve O'Berg of Kansas City, MO in a two-person Pitts S2-B. They performed a few spins and figure-eight maneuver. They were in the air for about 15 minutes.

Case received a lot of media attention at the event. Radio stations, newspaper reporters and K-State students interviewed and photographed him. When he was asked if he was scared or nervous about the jump, he told them that he was not. When asked, what made him decide to skydive, Case responded, "After Ruth Wells jumped in April, I thought why not do it too."

Red Hat Luncheon

Red Hat Ladies are invited to an Autumn Leaves-themed luncheon at 12:30 p.m. Thursday, Oct. 8, in the Manhattan Room. Hostess Marla Bugbee invites you to dine with your friends. Please RSVP by signing up in the Blue Book located at the Hospitality Desk

Festival of Trees Items Needed

The Festival of Trees committee is in need of Christmas postcards. Christmas postcards from the early 1900s would work best for this year's themed tree, but the committee will also accept any older postcards. Please drop off any donations of postcards to Kinzie Zimmerman in the Sales office. Thank you, in advance, for your support!

UPCOMING EVENTS & ANNOUNCEMENTS CONT.

Buttonwood Art Space Reception

Meadowlark Hills opted to be a sponsor for an artist reception and opening gala planned for Friday, Oct. 3, at Buttonwood Art Space in Kansas City. All sponsors, and consequently, Meadowlark Hills residents, staff and Passport members, are invited to a special VIP opening reception from 4 to 6 p.m. that day. In addition to having a first look at the Visions of the Flint Hills exhibit, attendees also will enjoy a variety of hors d'oeuvres and libations, hear live music and meet the artists.

Transportation will depart from the Assisted Living entrance at 1:30 p.m. Registration is full to attend this event, but there is a wait-list in the Blue Book if seats open up. There is no cost for this event; the reception and transportation are complementary. If you have questions, please contact Darcy Reinbold-Olson.

LETTER TO THE MESSENGER

Fall is Now Showing Her Colors

submitted by Sue Hunt

I took a hike on all three trails this AM [Sept. 30] - before the rains predicted. At the pond, Mark has planted rye grass in all the construction sites to hold the soil till Spring when he will replant buffalo grass. The wild flowers have mostly put themselves to bed for the winter, still a few hardy sunflowers and mounds of white heath asters are in bloom. It's a great time to see the grasses—swtich, indian, big blue and purple top.

Stillmans trail had lots of red sumac, some heath asters and fluffy white bonset.

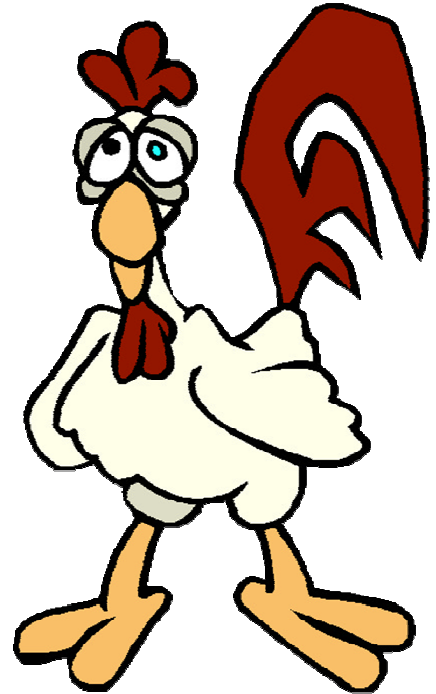
The quarry trail has some purple aromatic aster and lots of fall joe rye weed.

Soon they will mow everything—but in the Spring we should have lots of bloomers.

62nd Annual Lee Elementary School Chicken BBQ

Enjoy an evening of BBQ and fellowship: The 62nd Annual Lee Elementary School Chicken BBQ will be held on Friday, Oct. 17, from 5 to 8 p.m. at Lee School, 701 Lee Street, Manhattan KS. The same recipe has been used since the beginning of the BBQ, with chickens cooked the “old

fashioned” way over a bed of charcoal. In addition to the delicious chicken, potato salad, barbeque beans, a roll, and dessert are included in the price of the meal. Dine in or carryout: Quarter Chicken meal is \$8, Half Chicken Meal is \$10, Veggie Burger meal is \$6. Stop by the Lee School Office (8 a.m. to 4:30 p.m.) to pick up your tickets or order online at www.leechickenbbq.com. If a group of five or more orders are placed by Meadowlark Hills Residents, delivery to Meadowlark Hills would be made available. Contact: Tracy Robinson with any questions at (785) 564-0332.



Joke of the Week

I wondered why the frisbee was getting bigger, and then it hit me.

ASK ANNIE

Q: Several of the Osher Learning Institute programs will be at the Manhattan Arts Center. Will there be a Meadowlark Hills bus trip for residents so they can attend? Also the trip to the zoo through Osher— does it require walking very far?



submitted by Annie Peace

There will be transportation available for the trips off campus. Please be sure to sign up in the Blue Book at the Hospitality Desk once you have registered for the class. You can grab a brochure up in the front lobby to fill out and register. A member of the Hospitality Team can help you fax it over to get signed up to attend. The following are the two remaining programs available and their date and times at the Manhattan Arts Center:

Arlington National Cemetery: Its History and Its Heroes

Thursdays, Oct. 9, 16 and 23, 2 to 4 p.m.

Instructor: Jim Peters

More HOGtoberfest Fun, from page 1

If you'd rather vote online with a credit card, please visit the Meadowlark Hills website at www.meadowlark.org and click the Donate Now button, located on the home page. Online donations and contributions to Lonnie's and Jackie's jars will be accepted through Oct. 15. On Oct. 16, all of the jars will be on display and available for additional donations at Cox Bros. BBQ, 223 McCall Road.

Another HOGtoberfest fundraising tool is a Louisiana Grill package, purchased with the generous help of two Manhattan businesses: Cool Enterprises and The Backyard Kitchen. Chances to win the package, with a retail value of \$1,100.75, are available at the Hospitality Desk for a suggested donation of \$1 per chance or six chances for \$5. The package includes a Louisiana Grill LG700 series grill/smoker, a quick-move side shelf, a 40-pound bag of wood pellets and a \$200 gift card that may be used at The Backyard Kitchen for outdoor cooking accessories, such as pellets, sauces, rubs, etc. The grill can be seen in the game room through Oct. 15,

Coronado in Old Quivira
Mondays, Nov. 3, 10 and 17, 2 to 4 p.m.

Instructor: Roy Bird

For the Osher program at the zoo, the classroom is located near the entrance and the majority of the class will take place there, with special guest speakers and through virtual technology.

Conserving Our Natural World

Wednesdays, Oct. 29, Nov. 5 and 12, 2 to 4 p.m.

Instructor: Jared Bixby

Thank you for another great question, and please keep them coming.

and will be on display at Cox Bros. BBQ during HOGtoberfest, where chances to win also will be available.

If you have questions, please contact a member of the HOGtoberfest committee, composed of Becky Fitzgerald, Tracy Musselman and Pam Reding. We appreciate your support!



Oct. 6—11

Zombie Cocktail

1 oz. Vodka

1 oz. Peach Schnapps

1 oz. Sour Apple Schnapps

1 oz. Coconut Rum

1 oz. Sweet & Sour mix

\$3.75

DRINK SPECIAL

PRAIRIE★STAR

RESTAURANT

Oct. 5– Oct. 11

Includes beverage, starter and dessert.

SUNDAY	Oct. 5 ~ Lunch \$11	Dinner \$10
	Braised Cajun Chicken Wild Rice Vegetable of the Day	Italian Sausage Fettuccine with Sweet Peppers & Garlic Toast Vegetable of the Day
MONDAY	Oct. 6 ~ Lunch \$10	Dinner \$11
	Turkey Loaf Sandwich Steak Fries Choice of Vegetable	London Broil Twice Baked Potato Vegetable of the Day
TUESDAY	Oct. 7 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Sauteed Chicken Ala Orange Rice Pilaf Vegetable of the Day
WED.	Oct. 8 ~ Lunch \$10	Dinner \$11
	Chicken & Dumplings Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day
THURSDAY	Oct. 9 ~ Lunch \$6	Dinner \$11
	Salad Bar (does not include drink, starter or dessert)	Roasted Pork Loin with Balsamic Cherry Sauce Swiss Green Onion Scalloped Potatoes Vegetable of the Day
FRIDAY	Oct. 10 ~ Lunch \$9	Dinner \$13
	Tuna Noodle Casserole Choice of Vegetable	Herb Crusted Cod Sun Dried Tomato Mashed Potatoes Vegetable of the Day
SATURDAY	Oct. 11 ~ Lunch \$10	Dinner \$11
	Chicken Parmesan Sandwich French Fries Choice of Vegetable	Grilled Chicken Breast with Mango Salsa & Rice Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Monday, October 6 - Sunday, October 12

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

Monday, October 6 – Uncommon Valor (1983)

A group of Vietnam War veterans re-unite to rescue one of their own left behind and taken prisoner by the Vietnamese.

Co-Starring: Gene Hackman, Patrick Swayze & Robert Stack

Rated R; 1 hr. 55 min.

Tuesday, October 7 – Scent of A Woman (1992)

A prep school student needing money agrees to "babysit" a blind man, but the job is not at all what he anticipated.

Co-Starring: Al Pacino, Chris O'Donnell & James Rebhorn

Rated R for Language; 2 hrs. 36min.

Wednesday, October 8 – Will Penny (1968)

Aging cowboy Will Penny gets a line camp job on a large cattle spread and finds his isolated cabin is already occupied by a husbandless woman and her young son.

Co-Starring: Charlton Heston, Joan Hackett & Donald Pleasence

Not Rated; 1 hr. 48 min.

Thursday, October 9 – August Osage County (2013)

A look at the lives of the strong-willed women of the Weston family, whose paths have diverged until a family crisis brings them back to the Oklahoma house they grew up in, and to the dysfunctional woman who raised them.

Co-Starring: Meryl Streep, Dermot Mulroney & Julia Roberts

Rated R; 2 hrs. 1 min.

Friday, October 10 – Draft Day (2014)

At the NFL Draft, general manager Sonny Weaver has the opportunity to rebuild his team when he trades for the number one pick. He must decide what he's willing to sacrifice on a life-changing day for a few hundred young men with NFL dreams.

Co-Starring: Kevin Costner, Chadwick Boseman & Jennifer Garner

Rated R for Brief Strong Language; 1 hr. 50 min.

Saturday, October 11 – Bears (2014)

A documentary that follows an Alaskan bear family as its young cubs are taught life's most important lessons.

Co-Starring: Alastair Fothergill & Keith Scholey

Rated G; 1 hr. 18 min.

Sunday, October 12 – Old Yeller (1957)

A boy brings a yellow dog home. The dog loves the family as much as they love him, but can the love last?

Co-Starring: Dorothy McGuire, Fess Parker & Tommy Kirk

Not Rated; 1 hr. 23 min.

This Week's Opportunities Oct. 5–11

SUNDAY • OCTOBER 5

Breakfast at Verna Belle's—Omelets with Fruit

- 10:00 a.m. ~ Church Service, CR
- 2:00 p.m. ~ Movie, GC
- 6:00 p.m. ~ Movie, GC
- 7:00 p.m. ~ Vespers, Father Don Zimmerman, CR

MONDAY • OCTOBER 6

Trash Pick-Up Day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
Dental Hygiene Clinic, Miller Spa— By Appointment Only

- 8:30 a.m. ~ IL Resident Council, KSU CR
- 9:30 a.m. ~ Town Meeting, CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:15 p.m. ~ Parkinson's Voice, KSU CR
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Woodwinds Anonymous, LR
- 7:00 p.m. ~ Community Bingo, CR
- 7:00 p.m. ~ Game Time, GR

TUESDAY • OCTOBER 7

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Presbyterian Men's Bible Study, MR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 1:00 p.m. ~ Tai Chi, CR
- 2:00 p.m. ~ Life Story, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 P.M. ~ Ambassador Committee, KSU CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 7:00 p.m. ~ Dominoes, GR

WEDNESDAY • OCTOBER 8

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 8:00 a.m. ~ Centering Prayer, TR
- 9:00 a.m. ~ Building & Grounds, LR
- 9:00 a.m. ~ New Perspectives, MR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Memory Support Group, CON
- 10:00 a.m. ~ Church Service, KSU CR
- 10:20 a.m. ~ Weights 101, CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ 2nd Men's Club, LR
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 12:00 p.m. ~ Brownbag Series (Heart Matters), KSU CR
- 1 to 2 p.m. ~ Fitness Center Office Hour, FC

- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ The War for America 1775-1783 (Osher Class), CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 5:30 p.m. ~ KSU Gerontology Class, CR
- 7:00 p.m. ~ LWV Board Meeting, CON
- 7:00 p.m. ~ Game Time, GR

THURSDAY • OCTOBER 8

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 99:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, MR
- 10:00 a.m. ~ Great Decisions, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:30 p.m. ~ Red Hat Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:30 p.m. ~ Depart to MAC (Arlington National Cemetery: Its History and Its Heros), ALE
- 3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
- 4:00 p.m. ~ Center on Aging Lecture Series, CR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • OCTOBER 10

Breakfast at Verna Belle's—Waffle or Pancake

- 9:00 a.m. ~ Men's Coffee Group, MR
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:15 a.m. ~ Sit and Be Fit, CR
- 1:00 p.m. ~ Hand and Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Group, CR
- 1:15 p.m. ~ Parkinson's Caregiver Support Group, LR
- 1:30 p.m. ~ Brain Booster, GR
- 7:00 p.m. ~ Dave Zervas Musical Performance, CR

SATURDAY • OCTOBER 11

Breakfast at Verna Belle's—Omelets with Fruit

- 9:30 a.m. ~ LWV Voters, KSU CR
- 1:00 p.m. ~ Movie, GC
- 4:00 p.m. ~ Movie, GC
- 7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

ALE, Assisted Living Entrance	LB, Library
BP, Billiards Parlor	LR, Living Room
CR, Community Room	MR, Manhattan Room
CON, Conference Room	MCR, Miller Craft Room
FC, Fitness Center	PS, Prairie Star Restaurant
GR, Game Room	TR, Tranquility Room
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room (Pub)	WS, Woodshop
KSU CR, KSU Classroom	