

Trophy Tree

Festival of Trees entry wins two awards...again!



Winners again! The Meadowlark entry into the 2017 Festival of Trees event, pictured top left, was designed and decorated by Abby Cavender, Becky Fitzgerald, Bridget Larkin and Hope Laughan, pictured top right.

By Becky Fitzgerald

For the sixth straight year, a decorated tree donated by a Meadowlark team to the annual Festival of Trees Gala scored favorably with judges and event-goers. "Santa Claus is Coming to Town," decked with hand-made and store-bought ornaments representing places and businesses in Manhattan, received the Mayor's Choice and People's Choice awards.

The announcement of the prizes came on Friday,

Nov. 17, at the 13th annual event, which benefits the Flint Hills Volunteer Center. Meadowlark's entry, designed by Abby Cavender, Becky Fitzgerald, Bridget Larkin and Hope Laubhan, featured hand-painted letters spelling our city's name, a custom tree skirt stamped with the year Manhattan was founded, and a sleigh-riding Santa tree topper.

Photographs of familiar and/or iconic buildings and
see Trophy Tree, page 4

KSU Watch Parties

Saturday, Nov. 24, at 2:30 p.m.

Come to the Game Room for the KSU Watch Party listed below. Go STATE!

- Nov. 24 ~ KSU vs. Iowa State University, kick-off time is 2:30 p.m. & refreshments will be served

Vespers Services

Sunday, Nov. 26, at 7 p.m.

The Vespers services will be led by Rev. Michael Schmidt from St. Luke's Lutheran Church.

Vespers service will begin at 7 p.m. Sunday, Nov. 26, in the Community Room. All are welcome.

Deck the Halls!

Friday, Nov. 24, at 9:30 a.m.

Join us as we deck the halls at Meadowlark for the holiday season starting at 9:30 a.m. Friday, Nov. 23. You're invited to help as long as you'd like! Please sign up in the Blue Book if you are interested in helping decorate for Christmas, including assembling and dressing trees in all areas of the Meadowlark campus. 'Tis the season!

Joshua Lightfoot Band

Friday, Nov. 24, at 7 p.m.

Meadowlark welcomes back the Joshua Lightfoot Band Friday, Nov. 24, at 7 p.m. in the Community Room.

Joshua was born in Oklahoma and grew up around music as a regular part of his family gatherings. He was taught to play guitar by his father and later became multi-instrumental after learning the banjo, mandolin and fiddle. The banjo he uses today once belonged to his grandfather.

Joshua will be joined by his wife, Tove. Tove grew up in the Swedish seaport town of Gothenburg. Her interest in American folk music began at the age of 13. Inspired by musicians such as Woody Guthrie and The Carter Family, she took up banjo playing when she was still a teenager. Joshua and Tove met in 2013 at the Woody Guthrie Folk Festival in Okemah, Oklahoma. They began sharing songs one night, which grew into a relationship and musical career together.

All are invited to enjoy the musical entertainment of the Joshua Lightfoot Band!

Breakfast, Nov. 28

Tuesday, Nov. 28, 7 to 9 a.m.

Prairie Star Restaurant will be closed during breakfast Tuesday, Nov. 28, for a special event. Breakfast will be available in the Pub from 7 to 9 a.m.

Painting in Community Room

Tuesday, Nov. 28, & Thursday, Nov. 30

The Community Room is scheduled to be painted Tuesday, Nov. 28, and Thursday, Nov. 30. Exercise classes for these days have been canceled. Coffee Corner will be moved to the Game Room and Pub for Tuesday, Nov. 28.

Card Making with Michelle

Tuesday, Nov. 28, at 1:30 p.m.

Please join Michelle Lehmer at 1:30 p.m. Tuesday, Nov. 28, in the Living Room to make Christmas cards. All are welcome.

Trust Company Holiday Classic

Friday, Dec. 1, at 3 p.m.

The Trust Company Holiday Classic begins with refreshments at 3 p.m. Friday, Dec. 1, in Prairie Star Restaurant and the Manhattan Room. Entertainment will start at 4 p.m.

Reservations are required. Call (785) 323-3820 or visit the host stand in Prairie Star Restaurant to sign up. Invitations were previously distributed.

Spirit of the Holidays Lighted Parade

Friday, Dec. 1, at 3 p.m.

Meadowlark will be participating in the Spirit of the Holidays Lighted Parade Friday, Dec. 1. To enter into the parade, all participants must donate food items or cash to the Flint Hills Breadbasket.

In the week leading up to the parade (Nov. 27 to Dec. 1), Meadowlark will be collecting food items to donate. Look for collection boxes placed in Prairie Star Restaurant and near the Hospitality Desk to make a contribution.

Meadowlark will be decorating two golf carts with battery-operated lights to utilize in the parade. Residents and employees interested in walking/riding in the parade, please contact

Hether Birchmeier by Wednesday, Nov. 29, at 323-3890 or hbirchmeier@meadowlark.org. The more the merrier!

Glenn's Music Teacher Recital

Friday, Dec. 1, at 7 p.m.

Student performers from ages 7 to 16 will share holiday music at 7 p.m. Friday, Dec. 1 in the Community Room. Glenn's Music Teacher Recital from the piano studio of Bonnie Zack will bring the student's youthful enthusiasm to their musical pieces. Please join us for a lovely, musical evening.

Christmas Carousel

Wednesday, Dec. 13, varied start times

It's time to get signed up for the 2017 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is *Mystery at the North Pole*, and during the evening of Wednesday, Dec. 13, you (and your fellow elves) will be following the clues to solving the crime of the season.

The rotation for the rooms will be structured the same way it was the previous two years, however, we'll be starting in a different location. Each group will begin in Verna Belle's Café then continue down the Community Center hallways in 30-minute intervals. 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. As of Nov. 21, the remaining available slots are in Group Five.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 13. There will be a buffet lunch option available in the Pub, to-go only. Verna Belle's Café will be open Dec. 13 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.

Line Dancing

Thursday, Dec. 14, at 7 p.m.

Line Dancing is coming to Meadowlark next

month! Jayme Minton, Support Services Director, is inviting everyone down to the Community Room to learn some classic line dances. Class will meet at 7 p.m. on the following Thursdays:

Dec. 14, Electric Slide & Cupid Shuffle

Dec. 21, Achy Breaky Heart

Dec. 28, The Hustle

Jan. 4, Macarena

Jan. 11, To Be Determined

No prior sign up is necessary. Join us in the Community Room **Thursday, Dec. 14**, to get moving!

MHK Public Library Events

Chess Club

Every Monday / 6 to 8:30 p.m.

First floor of Library

The K-State Chess Club hosts this weekly event for chess players of all ages and skill levels. Meet friends, practice your skills and enjoy a fun evening together.

Yack & Yarn

Every Tuesday / 6 to 8 p.m.

Groesbeck Meeting Room

Bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

Facebook Basics

November 28 / 2 to 4 p.m.

Groesbeck Meeting Room

We'll teach you how to use this popular social networking site to connect with friends and family. If you already have an account, remember to bring your username and password with you. Registration is required. Register online at www.MHKLibrary.org or by calling the library at (785) 776-4741 ext. 300.

Craft Night: Ornaments

December 14 / 7 to 8:30 p.m.

Get in the seasonal spirit by creating cute ornaments to give as gifts or use in your own space. Supplies and templates for a variety of easy ornaments will be provided. Registration is required. Register online at www.MHKLibrary.org or by calling the library at (785) 776-4741 ext. 300.

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locations complemented glass ornaments that would easily correspond to a local business or agency. K-State's Anderson Hall, Meadowlark's six founding churches and the Johnny Kaw statue were all depicted as well as our police and fire departments, the Riley County Courthouse and Aggieville. A glass donut represented Varsity Donuts and a tag with the USD 383 logo was added to a shiny gold school bus.

An ornament created with a Christmas-time photo of Blue Earth Plaza was a no-brainer for the tree. Other organizations or businesses were chosen to be represented because of established relationships. For example, an ornament was made with a photo of Hy-Vee's store front because Meadowlark purchases restaurant and café items from Hy-Vee, and the store sponsored Meadowlark's auction café this fall.

In addition to the ornaments, faux apples were placed among the tree's branches as a nod to Manhattan being known as "The Little Apple".

Meadowlark's entry was one of eight decorated artificial trees donated by local businesses/organizations. Also on the sale bill at Houston Street Center were wreaths, mantle pieces, entryway designs and six live juniper bushes for a total of 33 live auction items.

Our tree was purchased for \$475 by Danielle

and Jamie Musa of Midland Exteriors, who spoke to the committee at the end of the evening.

"I love all the photos of everything," Danielle said. "There's so much history represented. It's so unique, and you can't buy another (tree) like it. You all did a great job."

She also purchased some wreaths and a tree with a K-State theme, which she said the company may give away as a prize to a lucky customer. She bought Meadowlark's tree, though, without a plan.

"I'm not sure where I'm going to put it," Musa said, "but I like it too much to give it away."

In keeping with a years-long tradition of adding an interactive aspect to Meadowlark's entry, a game was incorporated into the design of "Santa Claus is Coming to Town." Tiny Santa photos were added to 12 ornaments. Festival-goers were asked to find those 12 ornaments and write Santa's location on a game card. A card was drawn from the correct entries, and Angie Sullivan of Manhattan is the lucky winner of a \$25 gift Hy-Vee gift card, donated by the store. She played the game on Wednesday, Nov. 15 at the Ladies Night Out event, also at Houston Street Center's ballroom.

The 2017 trophies have been added to the collection of Festival trophies on display in the Community Center outside of Abby's office.



[above] 2017 Festival of Trees awards are displayed in the Community Center within the office nook located near the Game Room.

[right] The tree featured historical pictures of Manhattan, Kan. and the tree skirt displayed the established date for the community: 1854.



Mix & Match

by Sarah Duggan

Getting out the door to go anywhere at my house is an extreme sport played over what feels like several hours. After all the organizing, dog feeding, kid dressing and teeth brushing, I may have five minutes to pick a clean outfit and splash on some make up for myself. It doesn't seem to matter what time I get up—it always comes down to five minutes.

Tuesday morning I arrived at work, turned on my computer and sighed. This is when I took an accurate inventory of my current state and what I found were my black dress pants covered from top to bottom and front to back in fuzz. A classic palm-to-face moment. A few strips of scotch tape and I was back in business.

Fast forward a couple hours to our noontime board meeting where I effortlessly chatted with Lisa Sisley, the Foundation board chair.

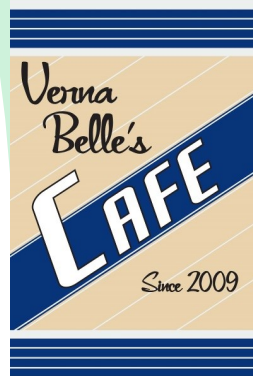
"Oh, Sarah," she exclaimed, "did your earrings come like that? Or did you do that yourself? They are just darling!"

Fumbling to feel what earrings I had selected today, because I certainly couldn't remember, I said, "Oh they"

Second palm-to-face moment. I had two very different earrings on. "Oh no—it wasn't on purpose."

We had a good chuckle as I explained to her that when you have to get two other humans out the door every morning sometimes matching earrings for yourself falls to the end of the priority list.

My goal tomorrow is to show up at my parents house for Thanksgiving dinner with not only both my kids



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Thursday, Nov. 30

Quesadilla Day!

Cheese, chicken or steak quesadilla with your choice of toppings from the salad bar grilled in a flour tortilla with shredded cheddar cheese

\$4 / \$5 / \$6

Friday, Dec. 1

*French Onion Burger Sliders with Broccoli Salad
Mini grilled hamburgers topped with swiss cheese & sautéed onions on a butter-toasted slider bun*

\$3.99 / \$5.99

and husband, matching shoes and side dishes to share, but with my sense of humor firmly intact. Family time can bring the same craziness as trying to get out the door on a Monday morning, but keeping my smile seems to be the key to a successful day.

I'm thankful for a place to enjoy a meal, people to spend time with and friends who will let you know when your accessories don't match. I wish each of you a happy Thanksgiving and remember, life is always changing.



CORRECTION

Unfortunately, a November milestone birthday wasn't correctly recognized in the Oct. 26 Messenger. Please note **Leonard Parker** will celebrated his **90th Birthday Tuesday, Nov. 21**. Happy birthday, Leonard!

PRAIRIE STAR RESTAURANT

Extended Hours
Monday to Friday, 7 a.m. to 8 p.m.
Saturday, 9 a.m. to 8 p.m. Sunday, 9 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	Nov. 26 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable du Jour	White Lasagna Garlic Toast Vegetable du Jour
MONDAY	Nov. 27 ~ Lunch \$7	Dinner \$12
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup <i>No starter or dessert included.</i>	Baked Ham with Balsamic Cherry Sauce Mashed Sweet Potatoes Vegetable du Jour
TUESDAY	Nov. 28 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Florentine Rice Pilaf Vegetable du Jour
WED.	Nov. 29 ~ Lunch \$7	Dinner \$13
	Baked Chicken with Lemon Thyme Sauce Wild Rice Choice of Vegetable <i>No starter or dessert included.</i>	Braised Beef Brisket with Wild Mushroom Sauce Garlic Mashed Red Potatoes Vegetable du Jour
THURS.	Nov. 30 ~ Lunch \$8	Dinner \$13
	Potato Bar <i>(does not include drink, starter, or dessert)</i>	Oriental Steak Stir Fry Vegetables Chinese Noodles
FRIDAY	Dec. 1 ~ Lunch \$10	Dinner \$14
	Steamed Polish Sausage Hot German Potato Salad Choice of Vegetable	Shrimp & Grits Vegetable du Jour
SAT.	Dec. 2 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

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

Grosh Cinema Movies

Sunday, November 26, to Saturday, December 2

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

2 and 6 p.m., Sunday

Sunday, Nov. 26 — Charlotte's Web (2006)

When Wilbur the pig discovers he's destined for the dinner table, kindly spider Charlotte hatches a plan to keep him around.

Co-Starring: Dakota Fanning, Julia Roberts, Steve Buscemi & John Cleese

Rated G; 1 hr. 37 min.

Monday, Nov. 27— Hidden Figures (2016)

In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to Orbit Earth.

Co-Starting: Taraji P. Henson, Octavia Spencer & Janelle Monae

Rated PG; 2 hrs. 7 min.

Tuesday, Nov. 28 — The Pirates of the Caribbean: Curse of Black Pearl (2003)

A daring pirate wants his ship back. A poor blacksmith pursues his true love. And a nightmare curse unites them.

Co-Starring: Johnny Depp, Geoffrey Rush, Orlando Bloom & Keira Knightley

Rated PG-13; 2 hrs. 23 min.

Wednesday, Nov. 29 – The Pursuit of Happyness (2006)

When Chris and his son are evicted, they face trying times as a desperate Chris accepts an unpaid internship at a stock brokerage firm.

Co-Starring: Will Smith, Jaden Smith, Thandie Newton & Brian Howe

Rated PG-13; 1 hr. 57 min.

Thursday, Nov. 30— Beiimaan Love (2016)

After having her heart broken by a man who deduced her at a party, a young ambitious woman concocts a scheme to get revenge.

Co-Starring: Sunny Leone, Rajneesh Duggal, Yuvraj Siddharth Singh & Ziesha Nancy

Rated TV-MA; 1 hr. 55 min.

Friday, Dec. 01— Going In Style (2017)

Cheated out of their pensions, three elderly friends decide to extract justice from the system.

Co-Staring: Morgan Freeman, Michael Caine & Alan Arkin

Rated PG-13; 1 hr. 36 min.

Saturday, Dec. 02— Mudbound (2017)

Two men return home from World War II to work on a farm in rural Mississippi, where they struggle to deal with racism and adjusting to life after war.

Co-Starring: Carey Mulligan, Garrett Hedlund & Jason Clarke

Rated R for some disturbing violence, brief language and nudity ; 2 hrs. 14 min.

Weekly Opportunities Calendar Nov. 26 to Dec. 2

Sunday • November 26

Breakfast at Prairie Star—Pastries with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Rev. Michael Schmidt from St. Luke's Lutheran Church, CR

Monday • November 27

Breakfast at Prairie Star—Biscuits & Sausage Gravy

- 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. ~ Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • November 28

Trash pick-up day

Breakfast in the Pub—Breakfast Sandwich with Fruit

- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 1:30 p.m. ~ Card Making with Michelle, LR
- 3:00 p.m. ~ Coffee Corner, KR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 3rd Floor Supper, CR

Wednesday • November 29

Breakfast at Prairie Star—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, WCR
- 10:00 a.m. ~ Worship Service, LR
- 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
- 1:30 p.m. ~ Collins Worship Service, CH
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 5:30 p.m. ~ 1st Floor Supper, LR

Thursday • November 30

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:30 a.m. ~ Messenger Ladies, WCR

Friday • December 1

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 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. ~ Trust Company: Holiday Classic, PS
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Glenn's Music Teacher Recital, CR

Saturday • December 2

Breakfast at Verna Belle's—Omelets wit Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center
HD, Hospitality Desk	MS, Miller Spa

*Meadowlark News Channel can be viewed on Channel 1960

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