

# A is for Arkansas

## 20th Travelers tour features attractions in Hot Springs, Bentonville

*By Becky Fitzgerald*

We're just a few weeks into fall, but it's not too early to think about spring. Meadowlark's travel program began in the fall of 2004 with a trip to Branson, and for our 20th adventure, Monte Spiller and I are as giddy as Sesame Street characters thinking about the letter "A".

Again working with a Canadian travel agency, we've put together five days and four nights, primarily in Arkansas. Tour dates are April 11–15, 2019, and we've scheduled action, architecture and art.

In addition, we've planned a driving route to take advantage of Arkansas'



Arkansas Derby at Oaklawn Racing & Gaming, Hot Springs

amazing views. Here's a list of tour highlights:

~ **National Scenic 7 Byway:** Arguably one of the most scenic drives in America, the route winds through four of Arkansas's varied geographical regions. We'll take Highway 7 from Harrison to Hot Springs,

crossing over the Buffalo National River and through the Ozark National Forest.

~ **Arkansas Derby:** The dates of this adventure were set to coincide with this \$1 million race, which over the past 15 years has become one of the most productive prep races for

the Triple Crown races, which start the first Saturday in May with the Kentucky Derby.

The action takes place at Oaklawn Racing & Gaming in Hot Springs. Tour-goers may watch the race live or on monitors located throughout the complex. Ladies, pack a fancy hat!

Other Hot Springs attractions include a tour at **Fordyce Bathhouse**, boasting stained glass ceilings, marble walls and statues, and a dinner cruise on the **Belle of Hot Springs** riverboat. ~ **Crystal Bridges Museum of American Art:** The museum takes its name from a nearby natural spring and the bridge construction incorporated in the building. We plan to spend 5 and a half hours at the museum over two days as there is much to see, including a house designed by renowned

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## **Visions of Flint Hills Art Show & Benefit**

**Friday, Oct. 5, depart at 2:30 p.m.**

Flint Hills Art Show and Benefit at Buttonwood Art Space is Friday, Oct 5. Transportation will depart from the Village Entrance at 2:30 p.m. for the ride to downtown Kansas City. Departure from Buttonwood Art Space is flexible. Transportation is complimentary.

## **Piano Performance**

**Friday, Oct. 5, at 7 p.m.**

Piano students of Tetyana Allston, Ph.D. will be performing in the Community Room at 7 p.m. Friday, Oct. 5. The students are age 7 through 18. They will be performing works by Bach, Beethoven, Chopin, Rachmaninov, Debussy and other Contemporary composers. All are invited to attend a reception following the performance.

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

**Saturday, Oct. 6, 2:30 p.m. & Oct. 13,**

Come to the Game Room for the KSU Watch Parties listed below. GO STATE!

- Oct. 6—Kickoff at 2:30 p.m. KSU Wildcats vs. Baylor Bears & refreshments will be served at 2 p.m.
- Oct. 13—Celebrate Homecoming! Kickoff at 11 a.m. KSU Wildcats vs. Oklahoma State Cowboys & light refreshments will be served at 10:30 a.m.

## **Open Communion Service**

**Sunday, Oct. 7, at 4 p.m.**

Meadowlark Hills Open Communion Service will be celebrated Sunday, Oct. 7 at 4 p.m. 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, Oct. 7, at 7 p.m.**

The Vespers service will be led by Rev. Helen Hutchison from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. on Sunday, Oct. 7, in the Community Room. All are welcome.

## **Election Candidate Conversation**

**Monday, Oct. 8, at 2 p.m.**

**Sponsored by Harriette Janke & Kay Shanks**

Being an educated voter is as important as voting. General Election candidates who are able

to attend will be at Meadowlark to answer your questions Monday, Oct. 8, from 2 to 3:30 p.m. with informal conversation and a direct question session. Refreshments will be served at 2 p.m. All community members and Meadowlark residents are welcome to attend.

## **ARTful Making**

**Monday, Oct. 8, at 11 a.m.**

Join the Meadowlark Memory Program and Marianna Kistler with the Beach Museum of Art for ARTful Making class Monday, Oct. 8, from 11 a.m. to 12:30 p.m. in the KSU Classroom. Together we will develop new skills or revisit old ones while engaging in various art making activities. Please sign up in the Blue Book.

## **Coffee Corner—Feature Dessert!**

**Tuesday, Oct. 9, at 3 p.m.**

Join us in the Community Room at 3 p.m. Tuesday, Oct. 9, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be a 7-Layer Bar. All are welcome!

## **Shopping Trip**

**Wednesday, Oct. 10, departs at 10 a.m.**

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

## **Artist Biography Lecture Series**

**Wednesday, Oct. 10, at 6:30 p.m.**

You're invited to join Kim Richards from the Beach Museum of Art for a biography lecture on Zhang Hongtu. The group will meet Wednesday, Oct. 10, at 6:30 p.m. in the KSU Classroom. All who are interested are welcome to attend.

## **Living with Diabetes Series**

**Thursday, Oct. 11, at 9:30 a.m.**

Meadowlark Medical Professionals is sponsoring a series titled *Living with Diabetes*. The session will be at 9:30 a.m. Thursday, Oct. 11, in the KSU Classroom. This opportunity is open to all residents and Manhattan community members. Please sign up in the Blue Book if you plan to attend.

### **Resident Focus Group**

**Thursday, Oct. 11, at 10 a.m.**

October's Resident Focus Group will spotlight Landree Jones. Landree is a new RN Case Manager with Meadowlark Home Health. The group will meet Thursday, Oct. 11 at 10 a.m in the West Conference Room.

### **Meadowlark Ladies Luncheon**

**Thursday, Oct. 11, at 12 p.m.**

All ladies of Meadowlark are invited to attend the Meadowlark Ladies Luncheon on Thursday, Oct. 11, at 12 p.m. in the Manhattan Room. Please RSVP by signing up in the Blue Book at the Hospitality Desk.

### **Change and Loss Series**

**Thursday, Oct. 11, at 2 p.m.**

An informal group offered to the Meadowlark community will meet from 2 to 3 p.m. Thursday, Oct. 11, 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 are collaborating to lead this group. This week's topic is *Dispel the Misconceptions about Grief*.

There is no required reading materials for this series, and weekly participation is not required. Feel free to drop in even if you have not been to any previous meetings. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

### **Dave Zerfas Performance**

**Friday, Oct. 12, at 7 p.m.**

Meadowlark's very own Dave Zerfas will be performing Friday, Oct. 12, at 7 p.m in the Community Room. Dave is excited to bring songs and stories of the Wild Western Kansas frontier. All are welcome to join!

### **Trip to Hobby Lobby & Dollar Tree**

**Saturday, Oct. 13, departs at 10:30 a.m.**

Transportation will be provided for a trip to Hobby Lobby & Dollar Tree Saturday, Oct. 13. 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.

### **Patriotic Journeys**

**Sunday, Oct. 14, at 2 p.m.**

All are invited to Richard Middleton's presentation "*Patriotic Journeys*" in the Community Room on Sunday, Oct. 14, at 2 p.m. Richard received his Distinguished Military Graduate officer commission in the United States Army. After receiving his commission, Dick was selected to be an instructor at the United States Military Academy in West Point, NY.

In this presentation, Dick has on display ten rare and unique flags representing 242 years of American flag history, including the Revolutionary War, Civil War and modern day flags. He will discuss intriguing, often little-known details about the evolution of the American flag design, National anthem origin, tribute to Veterans, and much more. This is an opportunity you don't want to miss!

### **Hogtoberfest**

**Thursday, Oct. 25**

Come support Meadowlark Foundation's Good Samaritan Fund with FOOD, FRIENDS and FUNdraising at Hogtoberfest! Food specials on Oct. 25 at Cox Bros. BBQ, 223 McCall Road, include a pulled pork and chicken slider buffet, available for \$9.99 from 11 a.m. to 2 p.m., and a hog roast buffet beginning at 5 p.m. for \$12.99. In addition to the buffet, enjoy traditional Oktoberfest polka music and beer selections.

Raffle tickets for a 50/50 drawing are available for \$5 each, and may be purchased at the Hospitality Desk, at the Verna Belle's Cafe or from Meadowlark's board members: Residents on the boards include Jean Beatty, Bob Crawford, Sandra Emley, Harriette Janke, Nyle Larson and Duane Miksch.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a (young) hog shortly after 6 p.m. on Oct. 25 at Cox Bros.

### **Part D Open Enrollment**

**Tuesday, Oct. 30**

The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills Tuesday, Oct. 30. for Open Enrollment and discuss your Part D plans. Sign up in the Blue Book at the Hospitality Desk. Timeslots are available from

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9 a.m. to 4 p.m. Last day to register is Oct. 12.

Your current Part D plan will notify you if they are changing anything. Bring your Medicare card, insurance card and the list of all medications you are currently taking (name of drug, dosage, 30-day quantity and monthly cost), your pharmacy can send you a copy of your medications upon request. Contact Rita at (785) 323-3891 with questions.

### **Concrete repair & road closures**

Concrete repair work has begun in front of 2142 and 2150 Meadowlark Road. This will close the road north of the Village Entrance only having access for 2140 and 2142 Meadowlark Rd. The north end will be closed southbound from 2150 and 2152 Meadowlark Rd. with access to their driveways only. Traffic will have to go around and there will be no parking on the street where the cones will be during this time. Please avoid this area. The concrete repair is scheduled to take two weeks to complete, weather permitting.

*TOUR, from page 1*

American architect Frank Lloyd Wright. Lunch on Day 5 will be at Eleven, the museum's restaurant.

This adventure includes four breakfasts, three lunches and three dinners. In addition to the itinerary details previously mentioned, we plan other stops along Highway 7 and attractions on Days 4 and 5 between Hot Springs and Manhattan. Motor coach transportation and luggage service also are included.

A minimum of 25 travelers are required for the trip to occur. If the required minimum or a number near 25 has been met by Dec. 7, we'll be able to announce what is sure to be the highlight of Day 1. We have an opportunity to stay at a fabulous resort, but there is a strict cancellation policy.

Once Monte has received a quote from Arrow Coach Lines, we'll be able to announce the cost of this tour. Packages for double and single occupancy will be offered.

A \$250 deposit is required with your registration. Please indicate your interest by registering in the Blue Book. We'll follow up with interested persons once a total fee is known.

### **IL Resident Council Minutes, Sept. 10, 2018**

**Members Present:** Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Marilyn Ray, Steve Owens, Charlotte Kelly, Carol Balding, Jan Vanderbilt, Janice Parsons, Sharon Smith, Pam Oehme, Ron Williams, Jo Call and Jo Lyle.

**Staff Present:** Jayme Minton and Monte Spiller

#### **Updates**

General Update: Meadowlark has approved Kevin Cowan as the architect to head up the Praire Star Kitchen renovation. The start date for the renovation is estimated to take place in February or March of 2019. Prior to that date, we will hold a discussion forum to get feedback and ideas from residents and others of what they would like to have included with the renovation. Those discussion will also include the atrium/event center that will expand onto the patio area.

Meadowlark will visit Blueville Nursery to look at samples and the layout options that are being proposed to go in the courtyard. A walking trail has also been added around the exterior of the courtyard and we are looking at a tinted film to place on windows where you can't see in but an individual inside can see out. The fundraising for the Courtyard renovation is going very well and we are getting close to meeting the budgeted number.

Jayme met with a designer last week in regards to the front lobby. We will have another open session to discuss wants, such as furniture, design aesthetic and input concerning the front area. A timeline on this project has yet to be determined.

The 2018 Meadowlark auction has been canceled due to a large amount of items were damaged in the recent flooding that took place in Manhattan.

**Approval of August Minutes:** Motion to approve minutes was moved and passed.

#### **New Business:**

Nyle Larson reported the Employee Appreciation Gift Committee met on August 18. During the work session, the committee stuffed about 400 envelopes with instructions on donating. There will be a drop box located at the Hospitality Desk to leave donations and that box will be locked up

every night. A reminder letter will be sent in about three weeks.

### **Old Business**

Bob Crawford shared the Board of Trustees met on August 23. The Board received an Executive Report from Lonnie Baker. Among several highlights, Lonnie reported that the census at Meadowlark's census has remained in the 90-percent range, and that Meadowlark Home Health had a very successful quarter and ended the fiscal year significantly favorable to the budget. The Board received and approved a routine financial report from Financial Services Director, Chris Nelson.

The Board gave routine approval to five policy renewals and also received for further review, a study prepared by the firm of CliftonLarsonAllen on Senior Living Trends.

Pam Oehme gave a reminder about the need for the crosswalk near 2140 Meadowlark road to be repainted.

### **Additional Discussion Topic**

Ron Williams expressed that Tom Barcellina at the Hospitality Desk makes a great first impression and is appreciative of his efforts. He also gave kudos to Dave Prockish for his daily kindness and empathy towards residents here at Meadowlark.

There was a question in regards to the accuracy of the after-hours number for maintenance on the refrigerator magnets that were provided. Monte Spiller followed up, and it was determined the number was correct and working properly.

Residents were really appreciative of the Wine and Food pairing event that took place at Prairie Star Restaurant. They look forward to having similar events soon.

### **Meeting adjourned**

### **Town Meeting Notes, Oct. 1**

*Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Oct. 1*

**Welcome** Monte welcomed the meeting attendees. New independent living residents Candace and Dick Pannbaker and Fred Lips

introduced themselves.

**Campus Update** Parking spots in front of Bramlage have been reassigned to allow for more visitor parking. Work on an additional parking lot behind the Maintenance shop will begin this month. The courtyard project will progress in multiple stages. The first stage will begin soon with setting the pavers. There will be a viewing party to see progress and design plans. Meadowlark Home Health is expanding to Topeka to establish a relationship with hospitals and rehabilitation centers. Home Health will be co-branding with Brewster Place as "Meadowlark Home Health at Brewster Place." Meadowlark staff continues to grow, currently with 471 employees. Pam Oehme, Employee Gift Fund Committee Member, gave a reminder about donating to the Employee Gift Fund.

**Support Services Update** There will be a Halloween Carnival on Wednesday, Oct. 31, with various activities open to the community and Meadowlark residents. A dinner buffet and entertainment will take place in the Community Room. Christmas Carousel date was announced for Dec. 12. More details to come.

**Personhood & Dementia Event** Kathryn Sigman with the KSU Center on Aging welcomed all to attend the 6th annual event Thursday, Nov. 1, at the Bluemont Hotel. This free event will explore creativity in Dementia care partner roles. Karen Stobbe will present and lead workshops on improvisation interactions. No registration required.

**Hogtoberfest** The 5th annual Hogtoberfest will take place Thursday, Oct. 25, at Cox Bros. BBQ. Ten percent of the day's orders will benefit the Good Samaritan Fund. Dave Nelson, a Hogs & Kisses candidate introduced himself via video. Contributions for candidates can be placed in donation jars in the main lobby.

**Upcoming Events & Announcements** Monte reviewed the events coming up for the month of October. Please see weekly Meadowlark Messenger for details. Arkansas was announced as the destination for the 2019 Meadowlark Traveler's trip in April. Contact Becky Fitzgerald or Monte Spiller for more details.



# LEADER OF THE PACK

Congrats to the Meadowlark's Leader of the Pack for October 2018, Julie Underwood. Julie is a CNA for Collins House. With a positive attitude, Julie serves residents with a kind spirit. Julie is dedicated to her work as a CNA and has recently completed her CMA certification. Meadowlark is proud to have Julie as a part of the team. We appreciate you, Julie!

## 2018 General Elections

*Submitted by Kay Shanks*

It's that time again! The 2018 General State Election is around the corner. If you have moved your residence to or within Meadowlark since the last election, law requires you to re-register updating your information with your new address. If you do not update your address, your ballot may be returned to the Clerk's office. Ballots cannot be forwarded. If you are unsure, you can either get a Voter Registration Application at the Hospitality Desk, contact Kay Shanks at 539-2066, or contact the Riley County Clerk's office at 537-6300.

Are you new to Kansas and would like to register to vote? If so, you will need to complete a new voter registration application.

The deadline to register to vote or update your information is Oct. 16. Election Day is on Tuesday, Nov. 6, 2018. If you are not sure about your voter registration, feel free to call the Riley County Clerk's Office at 785-537-6300. They have access to search the State of Kansas to see if you have registered or not.

Absentee Ballots will be mailed Oct. 17, and must be date stamped for return no later than election day, Nov. 6, 2018 and received at the Clerk's Office by Nov. 9, at noon. If you would like to receive a Permanent Advance Ballot, you may get a form at the Hospitality Desk. If you find that the form is difficult, Kay is very knowledgeable and would be glad to help get you the forms as well as answer any question you may have. If she is unable to answer your question, she will call the clerk's office and get you the information you need.

Meadowlark Residents can vote at the Denison Firehouse at the corner of Kimball and Denison. Advance voting at the Riley County Clerk's Office Building, 2nd floor, begins on Oct. 17 and ends

Nov. 5 at noon. A sample ballot can be obtained online by visiting <https://myvoteinfo.voteks.org/VoterView/RegistrantSearch.do>.

Voting is our privilege. Let's get familiar with the issues and on those running for office. Let your voice be heard—*your vote matters*. 2018 is a critical election year.

The voters of Kansas deserve and should expect a substantive debate on the future direction of our state. Elections do matter and candidates should strive to present their vision on solving the economic and political challenges facing Kansas. The big issues center around the solvency of the State budget and state services, the future of agriculture in Kansas, the provision of medical services, the affordability of housing, the crisis with water management, and electoral engagement by many more Kansans.

## Outdoor Encounters

*Submitted by Nathan Bolls*

We soon will lose our summer umbrella of living shingles: the marvelous evolutionary development we call the green plant leaf. In addition to the leaves' essential process of photosynthesis, they offer shade to plants, animals, and soils in thousands of different ways.

But leaves, even on conifer trees, are temporary structures. For deciduous trees, we celebrate this ephemerality by looking forward to the change in leaf colors—our palette of fall--knowing full well that color change is related to leaf drop and death.

Several factors influence fall leaf color: increasing night length, lowering air temperatures, distribution of leaf pigments, and genetics. Genetics determine why leaves or fruits of certain species turn certain colors. But the astronomically-based trend of steadily longer nights during fall is the big unvarying factor in the equation. Color intensity is enhanced by ample

rainfall and by steadily falling air temperatures, but is impeded by suddenly freezing temperatures.

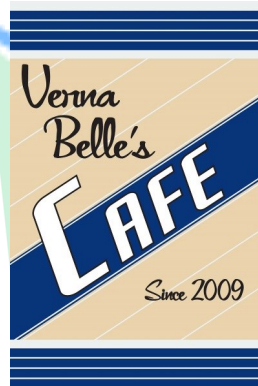
The green pigment, chlorophyll, during the growing season, constantly is being produced and broken down within leaves, but chlorophyll production slows down and eventually stops as nights lengthen and temperatures drop. And other existing pigments are unmasked. The carotenoid pigments, present along with chlorophyll during the growing season, produce the yellow, orange, and brown pigments we see in some leaves and in corn, buttercups, carrots, daffodils, rutabagas, and bananas.

The anthocyanin pigments, most produced in leaves as days shorten and nights lengthen, give their colors to some leaves and to cranberries, red apples, blueberries, plums, Concord grapes, cherries, and strawberries. Genetics play the big role of determining the combination of carotenoid and anthocyanin pigments present in both ripe fruits and in the changing colors of leaves.

Many marvelous processes are in progress as plants and animals prepare for the cold, but one of the most obvious, and most beautiful, is that process by which trees and shrubs shed their most vulnerable parts: leaves—that will be broken down over the winter by microbes into compounds and elements that can, in turn, be used for building by both plants and animals. The cycle continues!

**Our palette of fall!  
Gently falling, fading—gone,  
Save in grateful eyes.**

**Haiku poem by NJB**



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, Oct. 7

**Breakfast:** Omelets with Fruit

### Monday, Oct. 8

**Breakfast:** Biscuits & Gravy

**Lunch:** Patty Melt with Choice of Side  
*grilled hamburger patty, sautéed onions, Swiss cheese & thousand island dressing on butter toasted rye bread*  
~ \$5.99

### Tuesday, Oct. 9

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Ham & Swiss Croissant with Choice of Side  
*sliced ham and Swiss cheese on a croissant with a sweet mustard sauce* ~ \$3.99 / \$5.99

### Wednesday, Oct. 10

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Crunchy BBQ Chicken Sandwich with Side  
*grilled chicken breast, provolone cheese, BBQ sauce & fried onions on a toasted bun* ~ \$3.99 / \$5.99

### Thursday, Oct. 11

**Breakfast:** Biscuits & Gravy

**Lunch:** Quesadilla Day  
*choice of vegetarian, chicken or beef quesadilla with toppings from the salad bar & shredded cheddar cheese in a crispy flour tortilla* ~ \$3.99 / \$5.99

### Friday, Oct. 12

**Breakfast:** Waffle or Pancake

**Lunch:** White Chicken Chili with Cornbread Muffin  
*shredded chicken, great northern beans & onion in a creamy stew* ~ \$3.99 / \$5.99

### Saturday, Oct. 13

**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>	Oct. 7 ~ Lunch \$12	Dinner \$12
	Ranch Cornflake Chicken Scalloped Potatoes Vegetable du Jour	White Lasagna Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Oct. 8 ~ Lunch \$10	Dinner \$11
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
<b>TUESDAY</b>	Oct. 9 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Fairmont <i>with Hunter's Sauce</i> Rice Pilaf Vegetable du Jour
<b>WED.</b>	Oct. 10 ~ Lunch \$10	Dinner \$12
	Lemon Thyme Braised Drumsticks Wild Rice Choice of Vegetable	Roast Porkloin <i>with Balsamic Cherry Sauce</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
<b>THURS.</b>	Oct. 11 ~ Lunch \$7	Dinner \$13
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stroganoff Noodles Vegetable du Jour
<b>FRIDAY</b>	Oct. 12 ~ Lunch \$10	Dinner \$12
	Fried Catfish Po Boy Coleslaw French Fries	Cornish Game Hen Wild Rice Vegetable du Jour
<b>SAT.</b>	Oct. 12 ~ Lunch \$10	Dinner \$14
	Tamale Pie Black Beans Spanish Rice	Stuffed Orange Roughy <i>with Shrimp &amp; Crab</i> Roasted Red Potatoes Vegetable du Jour

**DRINK SPECIAL** | Redhead  
 1 1/4 oz. Maker's Mark, Club Soda & Cranberry  
 Juice  
 \$3.75



## Grosh Cinema Movies

Sunday, Oct. 7 to Saturday, Oct. 13, 2018

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

### **Sunday, Oct. 7 — Cop and a Half: New Recruit (2017)**

A precocious kid and a police officer join forces to catch a criminal at large.

Co-Starring: Lou Phillips, Lulu Wilson & Janet Kidder

Rated PG; 1 hr. 37 min.

### **Monday, Oct. 8 — Book Club (2018) *\*Resident Request***

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Co-Starring: Diane Keaton, Jane Fonda & Candice Bergen

Rated PG-13; 1 hr. 44 min.

### **Tuesday, Oct. 9 — The Stray (2017)**

The story of how a stray dog, Pluto, comes out of nowhere and impacts the Davis family, who are struggling in many ways.

Co-Starring: Michael Cassidy, Sarah Lancaster & Connor Corum

PG; 1 hr. 32 min.

### **Wednesday, Oct. 10 — Hickok (2017)**

Legendary lawman and gunslinger, Wild Bill Hickok, is tasked with taming the wildest cow-town in the west. While delivering his own brand of frontier justice, the infamous gunfighter's reputation as the fastest draw in the west is put to the test.

Co-Starring: Luke Hemsworth, Kris Kristofferson & Trace Adkins

Rated NR; 1 hr. 28 min.

### **Thursday, Oct. 11 — Young Frankenstein (1974)**

An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

Co-Starring: Gene Wilder, Madeline Kahn & Marty Feldman

Rated PG; 1 hr. 46 min.

### **Friday, Oct. 12 — The Leisure Seeker (2017) *\*Resident Request***

A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker. Co-

Starring: Helen Mirren, Donald Sutherland & Christian McKay

Rated R for sexual content; 1 hr. 52 min.

### **Saturday, Oct. 13 — When We First Met (2018)**

Noah thinks he has the perfect first night with Avery, the girl of his dreams, but gets relegated to the friend zone. He gets the unexpected chance to travel back in time and change that night - and his fate - over and over again.

Co-Starring: Adam Devine, Alexandra Daddario & Shelley Hennig

Rated PG-13; 1 hr. 37 min.

# Weekly Opportunities Calendar Oct. 7 to Oct. 13

## Sunday • Oct. 7

*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, FHR  
 7:00 p.m. ~ Vespers with Rev. Helen Hutchison, CR

## Monday • Oct. 8

*Manhattan Room open seating at dinner only*  
 9:30 a.m. ~ Seated Strength, CR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 11:00 a.m. ~ ARTful Making, KSU CL  
 11:00 a.m. ~ St. Luke's Communion, FHR  
 11:30 a.m. ~ Meadowlark Valley Luncheon, MR  
 12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR  
 12:00 p.m. ~ Yoga, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:30 p.m. ~ Hearing Aid Doctor, WCR  
 1:45 p.m. ~ Parkinson's Voice Class, CR  
 2:00 p.m. ~ Election Candidate Conversation, FHR  
 3:30 p.m. ~ Meadowlark Singers Practice, CR  
 6:00 p.m. ~ LEAP! Class, KSU CL  
 7:00 p.m. ~ Community Bingo, KSU CL

## Tuesday • Oct. 9 *Trash pick-up day*

*Manhattan Room open seating at lunch only*  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
 1:00 p.m. ~ Osher Class: Barleycorn, MAC  
 3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR  
 4:00 p.m. ~ Newspaper & Bible, FHR  
 5:30 p.m. ~ 4th Floor Supper, MR  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • Oct. 10

*Manhattan Room open seating at lunch only*  
 9:00 a.m. ~ Building & Grounds Meeting, FHR  
 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  
 10:20 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  
 3:00 p.m. ~ Rock Steady Boxing, CR

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. ~ Gerontology Class, CR  
 5:30 p.m. ~ Eastside Supper, MR  
 6:30 p.m. ~ Artist Bio Lecture Series, KSU CL

## Thursday • Oct. 11

*Manhattan Room open seating at dinner only*  
 8:30 a.m. ~ Messenger Team, SCR  
 9:30 a.m. ~ Living with Diabetes Series, KSU CL  
 10:00 a.m. ~ Resident Focus Group, WCR  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Stepping On, KSU CL  
 2:00 p.m. Change and Loss Series, SCR  
 4:00 p.m. ~ Great Decisions, FHR  
 6:30 p.m. ~ Osher Class: Life of David, CR

## Friday • Oct. 12

*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. ~ Parkinson's Care Support Grp, FHR  
 1:00 p.m. ~ Hand & Foot Card Games, GR  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 7:00 p.m. ~ Dave Zerfas Performance, CR

## Saturday • Oct. 13

*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  
 . ~ K-State Football Watch Party, GR

### 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
MAC, Manhattan Art Center	