



**MEADOWLARK**

Messenger

Oct. 25, 2018

Manhattan, Kansas

Messenger Editor: Sarah Duggan

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

## Meet Heidi HOG!

*Who will get to pucker up for this precious porker?*

*by Becky Fitzgerald,  
Development Director*

Heidi HOG, a feisty little piggy from Parks Pasture Pork east of Manhattan, has joined the HOGTOBERFEST team and is ready for smooching this evening at our 5<sup>th</sup> annual FOOD, FRIENDS and FUNdraising event to benefit the Good Samaritan Fund. Heidi and five financial advisors will be introduced at 6 p.m. today (Oct. 25) when this year's HOG & Kisses Contest comes to a thrilling and rewarding conclusion. The financial advisors have been raising money for the Good Samaritan Fund over the past several weeks, and the person who has raised the most will pucker up for Heidi outside Cox Bros. BBQ.

As this week's newsletter heads to the printer, Dave Nelson, an advisor with Edward Jones in Wamego, has recaptured the lead. Dave serves on the Meadowlark Foundation board, and his mother-in-law, Naomi Berber, lives in Lyle House. Since last week, there's been a change for second place, with Matt Paquette of Edward Jones in Manhattan passing Melissa Gamino at KS StateBank. Dillon Mack of Thrivent Financial and Lucy Williams of The Trust Co., are our other two competitors.

Thank you to residents Pam Oehme and Sue Hunt, who accompanied Becky Fitzgerald to the farm to select this year's baby hog. On the drive there and back, the threesome discussed possible names for this



year's perky porker, with the only criteria being that the name starts with an "H". (Previous HOGs have been named Hazel, Helga, Harriet and Honey.) Pam suggested Heidi on the drive east, and once we selected the spotted piglet, we agreed that yes, she does indeed look like a Heidi. Pam and Sue also have volunteered to be Heidi's helpers at the event, keeping her clean, warm and content prior to the smooching. Thank you!

Please join Meadowlark Foundation anytime between 11 a.m. and 9 p.m. today at Cox Bros. BBQ on McCall Road. At lunchtime, choose a pulled pork and chicken slider buffet or order off the menu, or for

dinner, order off the menu or enjoy a hog roast buffet beginning at 6 p.m. Evening event-goers also may enjoy traditional Oktoberfest-style polka music and beer selections. No time to eat in? Carry-out and drive-thru orders also count toward the day's sales total. Cox Bros. BBQ is donating 10% of the day's proceeds to the fund!

If you haven't bought chances to win at least \$3000, 50/50 Raffle tickets will be available at Cox Bros. The winning ticket will be drawn at noon on Friday, Oct. 26, at Verna Belle's Café. Good luck!

The day's fun also includes Meritrust Credit Union, an event sponsor. Meritrust staff are looking forward to meeting event-goers; be sure to stop by their booth to register to win a \$50 Cox Bros. BBQ gift certificate.



## HALLOWEEN DINNER MENU

Hot Spiced Cider  
*with Cinnamon sticks*

Cinnamon Red Hot Jell-o  
Fruit & Watermelon Goblin  
Guacamole Jack-o-Lantern  
Crudités & Red Pepper Dip  
Green Goblin Deviled Eggs  
Marinated Asparagus  
*with Boo-Berry Vinaigrette*

Butternut Squash Hummus  
*with Pita Chips*

Baked Brie  
*with Blackberry Compote*

BBQ Pulled Pork Sliders  
Mini Meatloaf  
*with Mashed Potato Topping*

Rice Krispie Treats  
Caramel Apple Slices  
Pumpkin Squares

### Restaurant schedule changes

Due to the Halloween Carnival & Dinner Buffet Wednesday, Oct. 31, Prairie Star Restaurant and Verna Belle's Café will close at 2 p.m.

The Ice Cream Social on Wednesday afternoon is rescheduled for Thursday, Nov. 1, at 3 p.m.

### Rock Steady Boxing

Rock Steady Boxing sessions are canceled Wednesday, Oct. 31. This includes classes that meet at Meadowlark and Combative Sports Center.

### Parkinson's Partner Luncheon

*Friday, Oct. 26, at 12 p.m.*

Join Meadowlark Parkinson's Program for a relaxing lunch Friday, Oct. 26, from noon to 1 p.m. in the Community Room. Please sign up in the Blue Book by Monday, Oct. 22. Cost is approximately \$9 per person.

### All-Campus Fall Party

*Friday, Oct. 26, at 2 p.m.*

Fall is here and it's time to celebrate the lovely weather, leaves and all things pumpkin. Join us in the Community Room Friday, Oct. 26, from 2 to 4 p.m. for an All-Campus Party. Come for fall treats and mini pumpkin decorating. All are invited!

### Riley County Historical Society

*Friday, Oct. 26, at 7 p.m.*

Join us in the Community Room Friday, Oct. 26, at 7 p.m. to hear from Allana Saenger from the Riley County Historical Society. Allana will present "Leading Ladies: Influential Women in Riley County's History."

### USD 383 School Bond Issue

*Saturday, Oct. 27, at 10 a.m.*

*sponsored by Orris & Charlotte Kelly*

Mark your calendar for Saturday, Oct. 27, at 10 a.m. in the Community Room to hear from the Chair of USD 383, Kurt Herrman, on the need for the Bond Issue that is on the Nov. 6 ballot. Kurt will discuss the growth of Manhattan USD 383 and the need for building expansions. He will be available to answer your questions and concerns.

### K-State Watch Parties

*Saturday, Oct. 27, at 2 p.m. & Nov. 3 at 2 p.m.*

Come to the Game Room for the KSU Watch Parties listed below to cheer on the KSU Wildcats!

- KSU Wildcats vs. Oklahoma Sooners. Kickoff is at 2:30 p.m. Light refreshments will be served at 2 p.m.
- KSU Wildcats vs. TCU Horned Frogs. Kickoff is 2:30 p.m. Light refreshments will be served at 2 p.m.

### Vespers Services

*Sunday, Oct. 28, at 7 p.m.*

The Vespers service will be led by Trinity Presbyterian Choir from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Oct. 28, in the Community Room. All are welcome.

### KTMA Student Recital

*Sunday, Oct. 28, at 3 p.m.*

The KMTA Chapter at Kansas State University is a group of college students who teach piano students, ages five and up. They are excited to share a recital with the residents of Meadowlark.

The recital will be at 3 p.m. Sunday, Oct. 28, in the Community Room. All are welcome!

### **Part D Open Enrollment**

**Tuesday, Oct. 30, at 8 a.m.**

The North Central Flint Hills Area Agency on Aging will be at Meadowlark Tuesday, Oct. 30 for Open Enrollment and discuss your Part D plans. Sessions beginning at 8 a.m. will take place in the KSU Classroom and West Conference Room. Bring your Medicare card, insurance card and the list of all medications you are currently taking. Contact Rita at (785) 323-3891.

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

**Tuesday, Oct. 30, at 3 p.m.**

Join us in the Community Room at 3 p.m. Tuesday, Oct. 30, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be Caramel Pecan Brownies. All are welcome!

### **Mindful Connections**

**Tuesday, Oct. 30, at 5 p.m.**

Meadowlark's Memory Program invites you to join Mindful Connections Tuesday, Oct. 30, from 5 to 6 p.m. in the Community Room.

This education series will give the opportunity for care partners to learn about topics related to Alzheimer's disease and other forms of dementia while building meaningful connections with others affected by the disease.

Heather Sloan, APRN with Meadowlark Medical Professionals, will provide education regarding the dementia process. There will be time for questions and answers. No prior registration is required. For questions, call (785) 323-3899.

### **KSU Farmer's Market**

**Wednesday, Oct. 31, at 10:50 a.m.**

Meadowlark will take a group to the KSU Farmer's Market, co-sponsored with Wildcat Wellness Coalition, located in the Bosco Student Plaza Wednesday, Oct. 31. The market features a variety of handmade and homegrown items produced by members of the K-State Family (students, student organizations, and faculty/staff). Cash is preferred. We will depart from the Village Entrance at 10:50 a.m. and return at noon. Cost for transportation is \$3. Please sign up in the Blue Book at the Hospitality Desk.

### **Halloween Carnival & Dinner Buffet**

**Wednesday, Oct. 31, at 5 p.m.**

Are you ready for some Halloween fun? A group of trick-or-treaters will be visiting Meadowlark's Community Center and Households at 1 p.m. Wednesday, Oct. 31. If you would like to hand out treats, you can gather in the Game Room.

Meadowlark will be hosting a family-friendly Halloween Carnival Wednesday, Oct. 31, from 5 to 7 p.m. throughout the Community Center with a variety of games, prizes, trick-or-treating and a trip through the haunted Spookville Saloon! Decorating for Halloween will begin Monday, Oct. 29. If you would like to volunteer to help with the activities, please contact Jana Armfield, Volunteer Coordinator, at (785) 323-3890.

Join us in the Community Room from 5 to 8 p.m. for a ghoulishly delicious dinner buffet. The cost of the dinner is \$13 plus tax. No sign up is required.

### **Personhood & Dementia**

**Thursday, Nov. 1, at 9 a.m. & 1 p.m.**

The K-State Center on Aging presents Personhood & Dementia Thursday, Nov. 1, from 9 to 11 a.m. and 1 to 3 p.m. at the Bluemont Hotel. This free event will focus on acquiring skills to improve connection and quality of life for people with dementia and their care partners. Karen Stobbe, founder of In the Moment, will guide through an interactive day of improvisation to learn to use improve to increase interaction and encourage joy in dementia care.

A Caregivers Panel will discuss using creativity to maintain personhood in the care partner role. The panel will feature KSU English instructor, Deborah Murray and a scene from her original play about caregiving and dementia, *Numb and Number*.

### **Living with Diabetes Series**

**Thursday, Nov. 1, 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, Nov. 1, 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.

## **Change and Loss Series**

**Thursday, Nov. 1, at 2 p.m.**

An informal group will be continuing Thursday, Nov. 1, from 2 to 3 p.m. 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 lead this group. This week's topic is *Recognize You are Not Crazy*.

Feel free to drop in even if you have not been to any previous meetings. This opportunity is open to all in the Meadowlark Community who wish to work through life changes and loss in a supportive environment.

## **Parkinson's Education Group**

**Thursday, Nov. 1, at 2 p.m.**

Meadowlark Parkinson's program invites you to attend the Parkinson's Education Group Thursday, Nov. 1, at 2 p.m. in the Community Room. Lisa Schwarz, RND, LD will present "Parkinson's & Nutrition: It's More Than Protein."

## **Liquid Art Winery & Estate Tour**

**Thursday, Nov. 1, at 3:30 p.m.**

On Thursday, Nov. 1, Liquid Art invites you to hop on their Winemaker's Tour for an overview of what goes into getting their wine & cider into your hands. You should expect to spend about an hour touring all the nooks and crannies of their property, including our production facility, Tasting Room, and laboratory. They will be sharing a brief overview of their story, what's currently happening in the vineyard, and behind the scenes action in the winery.

This is a walking tour, both inside and outside, so wear your party pants and some good shoes. The tour will conclude in the Tasting Room where you're welcome to stay and visit for a drink! A signup sheet is in the Blue Book and transportation will depart from the Village Entrance at 3:10 p.m. with the tour starting at 3:30 p.m.

## **Peter & Jerry Yan Classical Performance**

**Friday, Nov. 2, at 7 p.m.**

Join us in the Community Room at 7 p.m. Friday, Nov. 2, for a sensational performance by Manhattan High sophomore, Peter Yan. He is a student of KSU's Slawomir Dobrzanski and will be

playing virtuoso piano works by Liszt, Chopin and Mozart. He will be accompanied by his twin brother, Jerry, to perform the first movement of Bruch's violin concerto. Don't miss out on the unusual, breathtaking talent of these promising young artists!

## **Meadowlark Ladies Luncheon**

**Thursday, Nov. 8, at 12 p.m.**

Please join us for lunch Thursday, Nov. 8, at noon in the Manhattan Room. All ladies who live at Meadowlark and Passport Members are welcome!

The program for the lunch will be Bob Crawford reflecting on his 40-year career as a reporter for CBS. During his career he interviewed many nationally known politicians and covered many historical events. He welcomes any questions you may have about his experience.

The menu for the luncheon will be a lunch portion lasagna, garlic bread, small garden salad and dessert. Your hostesses, Yvonne Crawford and Karen Trail, ask you to please sign up in the Blue Book at the Hospitality Desk located at Meadowlark's main entrance.

## **Veteran's Day Display**

**Friday, Nov. 9, until Sunday, Nov. 11**

There will be a variety of items in honor of Veteran's Day displayed in the Game Room starting Friday, Nov. 9, through Sunday, Nov. 11. If you have any items that you would like to be included in the display, please stop by Jayme Minton's office or contact Monte Spiller at 323-3801.

## **Birthday Celebration**

**Sunday, Nov. 11, at 1:30 p.m.**

Betty Brodersen and her family invite you to join in the celebration of her 95th birthday! A reception will be Sunday, Nov. 11, at 1:30 p.m. in the Community Room.

## **Hale Concert Series**

**Sunday, Nov. 11, at 3 p.m.**

This year's Hale Concert Series will be hosted in other venues due to the fire damage in Hale Library. The first performance of the series will be at 3 p.m. Sunday, Nov. 11, as Dr. Bryan Pinkall and Amanda Arrington will present "Voices on the Western Front." The concert portrays the story of

three men's lives during World War I, English composer George Butterworth, Olympic gold medalist Frederick Kelly and French composer Alberic Magnard through video stories and live music.

There will be no charge for this concert, so bring all your friends! It is an Outreach Concert sponsored by the Friends of the K-State Libraries and the Department of Music, Theater, and Dance. It will be in All Faiths Chapel and there will be a free bus for transportation from Meadowlark.

For more information, contact Mary Ellen Titus at (785) 537-7656.

### **Holiday Shopping Trip**

**Wednesday, Dec. 5, at 9 a.m.**

With Christmas around the corner, there is shopping to be done! Let Meadowlark make the shopping easier. We have chartered a 56 passenger bus going to the Oak Park Mall in Overland Park, Kan.

We will depart from the Village Entrance and load near the Prairie Star Patio on Wednesday, Dec. 5, at 9 a.m. and will return to Manhattan by 5:30 pm. The cost for transportation is \$23 per person and lunch will be on your own. There are over 140 stores and 33 eating establishments located inside the mall. There is a sign-up sheet in the Blue Book. Contact Monte Spiller at 323-3801 or Abby Cavender at 323-2247 for any questions.

### **Give Graciously to the Employee Gift Fund**

*submitted by Charlotte Kelly*

Now is the time to thank all the 471 employees of Meadowlark who make our lives so comfortable. Since Meadowlark has a no-tip policy during the year, we can show our deeply felt appreciation at this time of the year. Please put the envelope with your contribution in the box at the Hospitality Desk. The final collection date is Friday, Nov. 2.



## **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. 28**

**Breakfast:** Omelets with Fruit

### **Monday, Oct. 29**

**Breakfast:** Biscuits & Gravy

**Lunch:** Crispy Chicken & Mashed Potato Bowl  
*mashed potatoes topped with corn, crispy chicken & home-style gravy ~ \$5.99*

### **Tuesday, Oct. 30**

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Chili Cheese Dog & Choice of Side  
*grilled hot dog topped with chili & shredded cheddar cheese ~ \$5.99*

### **Wednesday, Oct. 31**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Blueberry French Toast Casserole or Pumpkin Pancakes  
*blueberry French Toast casserole with a streusel topping or pumpkin flavored pancakes/breakfast a la carte menu also available ~ \$3.99*

### **Thursday, Nov. 1**

**Breakfast:** Biscuits & Gravy

**Lunch:** Beef & Bean Burritos with Spanish Rice  
*seasoned ground beef, refried beans & shredded cheese wrapped in a flour tortilla ~ \$5.99*

### **Friday, Nov. 2**

**Breakfast:** Waffle or Pancake

**Lunch:** Creamy Cheese Tortellini & Choice of Side  
*cheese tortellini in a creamy sauce with mushrooms, onions, tomatoes & spinach ~ \$5.99*

### **Saturday, Nov. 3**

**Breakfast:** Omelets with Fruit

# Changes, updates, renovations—OH MY!



**Sarah Duggan flipping with excitement at the upcoming renovations planned for [from left to right] a parking lot addition, courtyard and Prairie Star Restaurant.**

*by Sarah Duggan, Community Relations Director*

My husband and I bought our first house three and half years ago. We loved the yard, the layout and the fact the neighborhood was full of young families with more moving in each month. Most of all we were, and continue to be, very excited about the options to make it our own.

The basement is unfinished (still), but since we've moved in our projects have included a backyard fence, sealing the driveway, painting three rooms, replacing the carpet with wood flooring throughout the house and tiling the hallway bathroom floor. Edward is nothing short of busy keeping up with all the changes that are turning our house into our home.

Meadowlark is moving toward some changes of its own throughout the coming months. On top of the list is the addition of a fleet parking lot, which will be located directly behind the maintenance shop and the garden apartments on the southwest side of campus. This addition will add 25 new spots where we will park our transportation and maintenance vehicles. As a result, 25 spots in the west parking lot will be made available for visitors and employees. Pending final approval from the city, the project is anticipated to begin in the next couple of weeks. Our hope is to complete the parking lot before the holidays.

Slightly more exciting (okay, A LOT more exciting) is the Courtyard Renovation! This project is expected to be underway soon. The entire courtyard will be laid with pavers and will feature a bocce court, outdoor seating, bar and grill, fire pit and a putting green. Once the project begins, the courtyard will be closed until the completion of the construction. Currently the project is pending final design renderings based on feedback from the city of Manhattan. In the meantime, a Courtyard Celebration is planned for Monday, Nov. 5, around 10 a.m. immediately following Town Meeting. We'll gather in the Game Room, Grosh Cinema and the Manhattan Room. Pete Reid from Blueville Nursery created the courtyard plan with feedback from residents and staff and will attend to answer your questions and show an updated version of the video that was played August's Town Meeting. He's also putting together a display of some of the building materials: pavers, landscape block and the new bar/grill countertop. There will be food and drink served during the celebration, including grilled French toast bites with toppings and mimosas (alcoholic and non-alcoholic).

Lastly, an architect has been chosen for the upcoming Kitchen Renovation. Kevin Cowan Architects out of Overland Park met with our

Meadowlark team early last week to discuss preliminary expectations for the renovation. A focus group will be scheduled to gain feedback from residents and staff on the project, particularly on the changes that will affect Prairie Star Restaurant and the possible addition of an event and/or atrium space. This project will take several months to complete, and it is our goal to schedule as little kitchen downtime as possible. Regardless, we can expect at least a few weeks of time where the kitchen won't be in use. Updates will be shared regularly in the Meadowlark Messenger throughout the duration of all pending projects.

I am excited about the opportunities our updated spaces will bring once they are completed. As I say, life is always changing.

### On the Special Ring

*submitted by Helen Roser*

Recently, there was mention here of marriage proposals done in public with the man on one knee, holding out a ring. But not all proposals began with a ring. Here is an account of one given fifty years later.

When I worked in Washington, D.C., my visits to downtown always included five things. One was buying a gardenia for my lapel from the street vendor. The other was my visit to see The Ring in the window of A. Kahn, Inc.

It was a ten carat, emerald-cut diamond set in platinum. It was breath-taking. But one day it wasn't there. So, I searched for it, a man inside beckoned for me to come in. So I went in.

Smiling, he said, "You're looking for the ring, aren't you?" I said I was, he told me: "I've seen you looking at it before, I thought you might like to know where it will be."

He told me: "A good customer bought it for his wife on their fiftieth wedding anniversary. When they married, he had nothing and couldn't give her a ring. But she has encouraged him and he has prospered. They will go on a European cruise. When the ship pulls out, he will put her engagement ring on her finger. I thought you'd like to know."

They hadn't sent it out for sizing yet. He got it and put it on my finger for a moment. I wished in God speed in its message of devotion.

## November Birthdays

**Healthcare**  
 11/6 Terry Seematter  
 11/6 Betty Wilson  
**11/14 Ruth Houghton**  
 11/7 Cassondra Koch  
**11/17 Dixie Tessman**  
 11/9 Patricia Thompson  
 11/10 KaZoua Lo  
 11/11 Ben Smith  
 11/12 Yekaterina Nechitaylo  
 11/13 John Gasser

**Assisted Living**  
 11/5 John Roberts  
 11/8 Rose Bissey  
 11/18 Fati Alzouma  
 11/18 Timothy Oliver  
 11/19 Erin Anderson  
 11/19 Chase Fox  
 11/19 Becky Fitzgerald  
 11/20 Nick Lundeen  
 11/20 Brennan Williams

**Independent Living**  
 11/3 John Lindholm  
 11/6 Sharon Spencer  
 11/7 Duane Miksch  
 11/7 Richard Ellner  
 11/7 Scott Merritt  
 11/25 Mikah Wolf  
 11/9 Betty Brodersen  
 11/26 Reagan Rickel  
 11/9 Eleanor Deibler  
 11/27 Sarah Cox  
 11/13 Margaret Carlson  
 11/28 Liz Thomas  
 11/17 Pam Oehme  
 11/29 Aaliyah Hutchinson  
 11/19 Alice Morton  
 11/30 Brian Neuman  
 11/19 Jo Lyle  
 11/30 Royce Ramsey  
 11/21 Leonard Parker  
 11/24 Esther Sobering  
 11/24 Peggy Ziser  
 11/25 Alice Howard  
 11/26 William Jorns  
 11/27 Mary Basham

**Employees**  
 11/1 Katrina Chitwood  
 11/1 Ace Descuatan  
 11/1 Belinda Holcomb  
 11/2 Bayleigh Bisnette  
 11/2 Jerrie Rieck  
 11/3 Verenis Garcia  
 11/4 Connie Smith  
 11/6 Rachel Dickinson  
 11/6 Lillie Huckaby  
 11/6 Lexi Sanders



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

# PRAIRIE STAR RESTAURANT

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m. to 8 p.m.**  
**Sunday, 10:30 a.m. to 7 p.m.**

All specials include beverage, starter and dessert.  
 An extra vegetable can be substituted for the starch at no additional charge.  
 The restaurant can accept up to four reservation per time, depending on party size.  
 Reservations can be made in person or by calling 323-3820.

SUNDAY	Oct. 28 ~ Lunch \$12	Dinner \$11
	Grilled Cilantro Lime Chicken Breast Mango Salsa Wild Rice Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Oct. 29 ~ Lunch \$10	Dinner \$12
	Salisbury Steak <i>with Mushroom Sauce</i> Mashed Potatoes Choice of Vegetables	Baked Ham <i>with Pineapple Sauce</i> Au Gratin Potatoes Vegetable du Jour
TUESDAY	Oct. 30 ~ Lunch \$8	Dinner \$14
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Coconut Shrimp Twice Baked Potatoes Vegetable du Jour
WED.	Oct. 31 ~ Lunch \$10	Dinner \$13
	Chicken Salad Melt Choice of Vegetable	Halloween Buffet <i>see Page 2 for menu</i>
THURS.	Nov. 1 ~ Lunch \$8	Dinner \$13
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Stuffed Pork Tenderloin <i>with Mushrooms, Spinach &amp; Sun-dried Tomatoes</i> Roasted Red Potatoes Vegetable du Jour
FRIDAY	Nov. 2 ~ Lunch \$10	Dinner \$14
	Balsamic Braised Chicken Breast Roasted Red Potatoes Choice of Vegetable	Herb Crusted Cod <i>with Marinara Sauce</i> Rice Pilaf Vegetable du Jour
SAT.	Nov. 3 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK  
SPECIAL**

**Halloween Sunset**  
**3 1/2 oz. Orange Juice, 1 1/2 oz. Bacardi Superior Rum & 3/4 oz. Grenadine**  
**\$3.75**



## Grosh Cinema Movies

Sunday, Oct. 28, to Saturday, Nov. 3, 2018

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

### **Sunday, Oct. 28 — Honey, We Shrunk Ourselves! (1997)**

■ A wacky, absent-minded inventor is back again, but only this time he decides to use his infamous shrink machine just one more time.

■ Co-Starring: Rick Moranis, Eve Gordon & Bug Hall

■ Rated PG; 1 hr. 14 min.

### **Monday, Oct. 29 — Flock of Four (2017)**

■ An amateur quartet of white teenage jazz fans from Pasadena have an all-night adventure in Los Angeles's jazz hub — legendary Central Avenue, circa 1959. Division may run deep, but music runs deeper.

■ Co-Starring: Braedan Lemasters, Uriah Shelton & Isaac Jay

■ Rated NR; 1 hr. 20 min.

### **Tuesday, Oct. 30 — Invasion of the Body Snatchers (1956)**

■ A small-town doctor learns that the population of his community is being replaced by emotionless alien clones.

■ Co-Starring: Kevin McCarthy, Dana Wynter & Larry Gates

■ Rated NR; 1 hr. 20 min.

### **Wednesday, Oct. 31 — Hocus Pocus (1993)**

■ 300 years have passed since the Sanderson sisters were executed for practicing dark witchcraft. Returning to life thanks to a combination of a spells and the accidental actions of Max, the new-kid-in-town, the sisters have but one night to secure their continuing existence.

■ Co-Starring: Bette Midler, Sarah Jessica Parker & Kathy Najimy

■ Rated PG; 1 hr. 36 min.

### **Thursday, Nov. 1 — Coco (2017)**

■ Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead on Día de Muertos to find his great-great-grandfather, a legendary singer.

■ Co-Starring: Anthony Gonzalez, Gael García Bernal & Benjamin Bratt

■ Rated PG; 1 hr. 45 min.

### **Friday, Nov. 2 — My Fair Lady (1964)**

■ A snobbish phonetics professor agrees to a wager that he can take a flower girl and make her presentable in high society.

■ Co-Starring: Audrey Hepburn, Rex Harrison & Stanley Holloway

■ Rated G; 2 hrs. 50 min.

### **Saturday, Nov. 3 — I Am Number Four (2011)**

■ Aliens and their Guardians are hiding on Earth from intergalactic bounty hunters. They can only be killed in numerical order, and Number Four is next on the list. This is his story.

■ Co-Starring: Alex Pettyfer, Timothy Olyphant & Dianna Agron

■ Rated PG-13; 1 hr. 51 min.

# Weekly Opportunities Calendar Oct. 28 to Nov. 3

## Sunday • Oct. 28

*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. ~ KTMA Student Recital, CR
- 7:00 p.m. ~ Vespers with Trinity Pres. Choir, CR

## Monday • Oct. 29

*Manhattan Room open seating at 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. ~ 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
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Oct. 30 *Trash pick-up day*

*Manhattan Room open seating at lunch & dinner*

- 8:00 a.m. ~ Part D Open Enrollment, KSU CL & WCR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 4:30 p.m. ~ Mindful Connections, CR
- 6:30 p.m. ~ Osher Class: Life is a Safari, UC
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • Oct. 31

*Manhattan Room—no open seating available*

- 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 Partner's Support, SCR
- 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. ~ Unitarian Universalist Fellowship, SCR
- 4:00 p.m. ~ Christian Video Worship Service, FHR
- 5:00 to 7:00 p.m. ~ Halloween Buffet, CR
- 5:00 p.m. ~ Halloween Carnival, Community Center

## Thursday • Nov. 1

*Manhattan Room open seating at lunch only*

- 8:30 a.m. ~ Messenger Team, SCR
- 9:30 a.m. ~ Living with Diabetes Series, KSU CL
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, KSU CL
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 2:00 p.m. ~ Change and Loss Series, SCR
- 3:00 p.m. ~ Ice Cream Social, KR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 6:30 p.m. ~ Osher Class: Killers of Kansas, CR

## Friday • Nov. 2

*Manhattan Room open seating for lunch & dinner*

- 9:30 a.m. ~ Art Committee Meeting, FHR
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Peter & Jerry Yan Performance, CR

## Saturday • Nov. 3

*Manhattan Room open seating at lunch & dinner*

- 9:30 a.m. ~ Painting for Fun, SCR
- 2:00 p.m. ~ 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
UC, Unger Complex	

\*Meadowlark News Channel can be viewed on Channel 1960