

## Dreaming of a White Christmas

*Meadowlark participates in 2018 Festival of Trees Gala*



[right] Meadowlark staff, Michele Riter, Jayme Minton, Abby Cavender, Becky Fitzgerald and Jana Armfield (from right to left) attended the 15th annual Festival of Trees Gala.



*submitted by Michele Riter, Community Relations Assistant*  
As a fundraiser for the Flint Hills Volunteer Center, local area business and community members donated decorated Christmas trees, front porch and mantel displays to be auctioned off at the 15th annual Festival of Trees Gala. The money raised from the auction goes directly to fund the Flint Hills Volunteer Center's programs. The gala held on Friday, Nov. 30, was a bright and merry evening. Twinkling lights, glistening ornaments and dazzling décor filled the room

Lt. General Mike Dodson, Mayor of Manhattan, spoke about various programs and volunteer opportunities provided by FHVC. He highlighted the S.A.V.E. Farm, which gives veterans and transitioning

service members training to learn the culture of agriculture. Through this process, they are able to gain the potential to work on, manage or own a farm while being supported by mentors.

Abby Cavender, Sales Specialist and designer of Meadowlark's tree, was inspired by the famous Christmas tune, "White Christmas by Bing Crosby. Many people dream about waking up to a snowy Christmas morning. The "snow" flocked tree was adorned with fluffy white garland and sparkling white lights. The highest bidder not only received the glistening tree, but an assortment of holiday necessities including wall décor, comfy blanket, snowflake pillow, wine and tasty chocolates.

### **Holiday Parade & Food Drive**

**Friday, Dec. 7, at 5:30 p.m.**

Meadowlark will have an entry in this year's 17<sup>th</sup> Annual Mayor's Spirit of the Holidays Lighted Parade, on Friday, Dec. 7. The parade will start at 5:30 p.m. and begin at 3<sup>rd</sup> Street & Poyntz Ave. and end at City Park.

The entry fee for the parade is a food donation to the Flint Hills Breadbasket. Please bring non-perishable food donations to the Game Room.

### **Community School for Performing Arts**

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

On Friday, Dec. 7, at 7 p.m. in the Community Room, Meadowlark welcomes CSPA. Violin and viola students from the Strings Division will perform solo and small ensemble music. Works will include pieces from the standard violin repertoire and holiday favorites. All are invited to attend!

### **Mennonite Christmas Carolers**

**Saturday, Dec. 8, at 3 p.m.**

Traveling from McPherson, KS, young adults from the Church of God in Christ Mennonite will be here Saturday, Dec. 8, to sing lovely Christmas carols to residents. Their performance will take place in the Community Room. Songs such "Joy to the World," "Silent Night" and "Oh Come All Ye Faithful" are just a few songs that will be a part of their a cappella repertoire.

### **Vespers Services**

**Sunday, Dec. 9, at 7 p.m.**

The Vespers service will be led by Rev. Sarah Marsh from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Dec. 9, in the Community Room. All are welcome.

### **ARTful Making**

**Monday, Dec. 10, at 11 a.m.**

Join the Meadowlark Memory Program and Marianna Kistler with the Beach Museum of Art for ARTful Making class Monday, Dec. 10, from 11 a.m. to 12:30 p.m. in the KSU Classroom. Together we will develop new skills and revisit old ones while engaging in various art making activities. Please sign up in the Blue Book.

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

**Tuesday, Dec. 11, at 3 p.m.**

Join us in the Community Room at 3 p.m. Tuesday, Dec. 11, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be Buckeye Brownies. All are welcome!

### **Fancy T's & More**

**Tuesday, Dec. 11, at 1:30 p.m.**

The ladies from Fancy T's and More will be displaying their garments and visiting with the ladies on Tuesday, Dec. 11, at 1:30 p.m. in the Flint Hills Room. They offer t-shirts, sweatshirts and specialty tops with a variety of rhinestone designs. They have been in business since 1991 and have visited Meadowlark many times in the past. For questions, contact Marilyn Ray at (785) 776-9099.

### **Pictures with Santa Claus!**

**Tuesday, Dec. 11, at 4:30 p.m. & Dec. 19 at 6 p.m.**

Santa is coming to town (*twice!*) and visiting Meadowlark Hills to spread holiday cheer! A photo opportunity will be set up in the Community Room Tuesday, Dec. 11, from 4:30 to 7:30 p.m. and Wednesday, Dec. 19, from 6 to 9 p.m. You can get your personal photos with Santa Stephen and Mrs. Claus. Bring your own camera to capture the joy. Enjoy family-friendly activities. Hot cocoa and snacks will be served.

### **Bergman Elementary Choir**

**Wednesday, Dec. 12, at 11:00 a.m.**

Meadowlark welcomes the Bergman Elementary Choir Wednesday, Dec. 12, at 11 a.m. in the Community Room. This group of young people will be singing holiday favorites, getting you into the Christmas spirit.

### **Focus & Feedback Session**

**Wednesday, Dec. 12, at 11:30 p.m.**

A Focus & Feedback Session regarding the upcoming Kitchen Renovation will occur Wednesday, Dec. 12, at 11:30 a.m. in the Community Room. The architects and kitchen consultants will be present to receive feedback from staff and residents about the changes to Prairie Star Restaurant and the addition of a larger event space off the existing dining room. Refreshments will be served.

## **Christmas Carousel**

**Wednesday, Dec. 12, various start times**  
**Reservations are required.**

This year's theme is *1978 Holiday Variety Show* and during the evening of Wednesday, Dec. 12, you will enjoy a live performance straight out of the 1970s. You may even meet a celebrity or two!

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 12. There will be a buffet lunch option available in the Pub, to-go only. Verna Belle's Café will be open Dec. 12 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.

## **Wakefield School Choir**

**Thursday, Dec. 13, at 10 a.m.**

The Wakefield, Kansas Middle School and High School choir will be performing Thursday, Dec. 13, at 10 a.m. in the Community Room. These young people are excited to once again bring Christmas cheer to the residents of Meadowlark.

## **Meadowlark Ladies Luncheon**

**Thursday, Dec. 13, at 12 p.m.**

Karen Trail and Yvonne Crawford invite the ladies of Meadowlark for a luncheon Thursday, Dec. 13, at noon in the Manhattan Room. Karen Trail and Yvonne Crawford will be your hosts. Please sign up in the Blue Book at the Hospitality Desk. All are welcome to attend!

## **Verna Belle's Birthday Party**

**Friday, Dec. 14, at 2 p.m.**

Join in the celebration every Friday at 2 p.m. with a Birthday Party for Verna Belle's! This will feature a special birthday treat and staff will unwrap one present from Meadowlark for the Café at every party. No gifts necessary, please.

From now to Feb. 1, every time you spend \$10 at Verna Belle's, you will be entered into a drawing! Drawings will take place at each of the ten birthday parties.

## **Change and Loss Series**

**Thursday, Dec. 13, at 2 p.m.**

An informal group will be continuing Thursday, Dec. 6, from 2 to 3 p.m. in the South Conference

Room. This week's topic is *Appreciate Your Transformation*.

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.

## **Meadowlark Singers Winter Concert**

**Friday, Dec. 14, at 7 p.m.**

Our very own Meadowlark Singers will be center stage Friday, Dec. 14, at 7 p.m. in the Community Room. The singers led by Jane Boys will entertain you with an evening of great singing as they present their Winter Concert.

## **Cookies with First Lutheran Church**

**Sunday, Dec. 16, at 1 p.m.**

Members from the Manhattan First Lutheran Church will be here Sunday, Dec. 16, from 1 to 1:30 p.m. to sing Christmas carols and visit with residents. They plan to bring yummy cookies to enjoy with coffee. All are invited.

## **Festival of Lights**

**Tuesday, Dec. 18, at 5:50 p.m.**

A bus ride to the Festival of Lights is scheduled for Tuesday, Dec. 18. There will be two buses departing from the Village Entrance at 5:50 p.m. You will be able to see thousands of lights sparkling with color on a tree towering 60 feet above the Blue Earth Plaza next to the Flint Hills Discovery Center. The area has been transformed into wonderland of lights! Prior to going to the Blue Earth Plaza, residents will travel to a few of the surrounding neighborhoods and take in some of the beautiful lights displayed by locals. Upon arrival of the Festival of Lights, you will have the option to get off the bus to take pictures. A sign-up sheet can be found in the Blue Book at the Hospitality Desk. Cost for transportation is \$3.

## **Wanted: Weekly Elementary School Readers!**

Marcia Schreiner, a Title 1 Reading Teacher at Ogden Elementary, is looking for resident volunteers who would be interested in spending time with the children she works with, by reading with them, working on sight words, and practicing math with flash cards, etc. Many of the students



Marcia serves do not have a strong support system at home and would benefit from a grandparent-like influence and a positive role model.

This would be a 15 week program on Fridays, starting in January and ending in May, with two different time sessions. The first reading session is from 11:45a.m. to 1:30 p.m. and will include kindergarten and 2nd grade students. The second session is from 1:45 p.m. to 3:40 p.m. and will include 1st through 3rd graders. Each volunteer will have a student partner or a group of five or less students. Transportation will be provided. Please sign up in the Blue Book if you are interested in helping.

If you have any questions please call Jana Armfield, Volunteer Coordinator, at (785) 323-3890. There will also be an informational meeting on Dec. 14, at 10am in the West Conference Room.

### Document Shredding

If you have documents with personal information that you would like to be shredded, you may bring them to any Meadowlark employee. This can be done at anytime for no cost.

### Christmas Lunch

A Christmas Lunch will be served Tuesday, Dec. 25, at the Prairie Star Restaurant. The lunch will cost \$17 for adults and \$9 for children. Please sign up at the host stand in Prairie Star.

Verna Belle's Café close at 1 p.m. on Dec. 24 and will not be open on Christmas Day.

#### Choice of Starter Shrimp Bisque

Bibb Lettuce Tossed with Artichoke Hearts  
with Roasted Yellow Pepper Ranch Dressing  
Tossed Greens with Choice of Dressing

#### Choice of Entrée

Roast Prime Rib with Au Jus © Horseradish  
Grilled Raspberry Chicken  
Grilled Salmon with Dill Sauce

#### Choice of Starch Rice Pilaf

Smoked Gouda Scalloped Potatoes

#### Choice of Vegetable Asparagus Broccoli Medley

#### Choice of Dessert Eggnog Snickerdoodle Cheesecake Apple Tart with Caramel

### Town Meeting Notes, Dec. 3

*Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Dec. 3.*

**Welcome** Monte welcomed the meeting attendees. New residents Janet Anders and Nancy & Bill Goulden were introduced. Staff members thanked the residents for their generous gift, which was distributed in recent weeks.

**Campus Update** The Meadowlark Home Health expansion in Topeka is going well. Within the first month, the agency admitted six clients. The projects around campus are continuing. Progress on the Courtyard and the Fleet Parking Lot are weather dependent. The annual survey of our long-term care area was completed the week before Thanksgiving. It went well; Meadowlark only received one minor documentation tag.

**Support Services Update** Christmas Carousel is next week. Reservations are required, so please make sure you are signed up. There will be a Focus & Feedback Session regarding the Kitchen and Restaurant Renovation with the architects and kitchen designer at 11:30 a.m. Wednesday, Dec. 12. All residents and staff who are interested are invited to attend. Santa Claus will visit Meadowlark two times during the month of December. This is a free event open to the community.

**Dollar-A-Day Campaign** The 8th annual Dollar-A-Day Campaign has kicked off for the holiday season. Letters were distributed last week. This campaign supports the Good Samaritan Fund. If you have questions, please contact Becky Fitzgerald at (785) 323-3843.

**Upcoming Events** Monte reviewed the events coming up in the month of December. Please see the weekly Meadowlark Messenger for details.

### Birthday Announcement

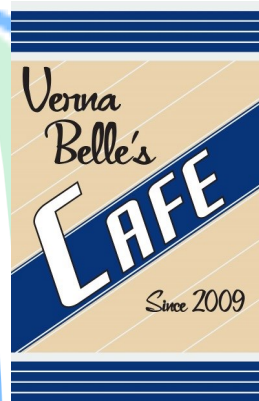
Unfortunately, a December birthday wasn't recognized in the Nov. 29 Messenger. Please note **Brian Spooner** will celebrate his birthday on Thursday, Dec. 27. Happy birthday, Brian!



# LEADER OF THE PACK



Congrats to Meadowlark's Leader of the Pack for December 2018, Rachel Dillard! Rachel is the Clinical Coordinator for Honstead House. Rachel does an amazing job serving the residents of Honstead House and supporting her team of staff members. Rachel has been recognized for organizing enjoyable meals, activities and parties for the household. Meadowlark is proud to have Rachel as a part of the team. We appreciate you, Rachel!



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, Dec. 9

**Breakfast:** Omelets with Fruit

### Monday, Dec. 10

**Breakfast:** Biscuits & Gravy

**Lunch:** Chicken Bacon Ranch Casserole with Side shredded chicken, bacon & penne pasta in a creamy ranch dressing ~\$4.50/\$6.50

### Tuesday, Dec. 11

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Cheeseburger with Baked Beans & Chips grilled hamburger topped with cheese on a bun served with baked beans & potato chips ~ \$4.50/\$6.50

### Wednesday, Dec. 12 –Closes at 12:30 p.m.

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Pumpkin Cinnamon Roll Bake pumpkin & cinnamon rolls combined into a yummy casserole. Add any items from our a la carte menu ~ \$3.50

### Thursday, Dec. 13

**Breakfast:** Biscuits & Gravy

**Lunch:** Meatball Sub with Choice of Side meatballs, marinara sauce & mozzarella cheese on a sub roll ~ \$4.50/\$6.50

### Friday, Dec. 14

**Breakfast:** Waffle or Pancake

**Lunch:** Chili & Cinnamon Rolls ground beef, onions, chili beans & tomatoes in a stew served with a warm frosted cinnamon roll ~ \$4.50/\$6.50

### Saturday, Dec. 15

**Breakfast:** Omelets with Fruit

## Outdoor Encounters

*submitted by Nathan Bolls*

One of the many social dynamics in our lives that can cause tension is whether to comment on another's opinion or to just leave it alone. This tension sometimes is rooted in the old adage "Beauty is in the eye of the beholder." This time-honored truism reveals the deeply subjective nature of beauty, which—to quote Webster—is anything that has "the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit."

Tolerance is as necessary here as in any other arena of human endeavor. The list of what any of us personally considers as beautiful is not a subject for which judgment from another contributes anything positive. My 75-year-old great Grandmother Wright, busy using a rug beater on a throw rug she had draped over her clothesline, gave this eight-year-old a life lesson with her response to some smart-aleck comment I had made: "Everyone to his own likin' said the old woman—as she kissed the cow."

Many entities seem to hold a greater innate beauty than do others. How long has it been since you've seen someone **not follow** a butterfly in flight? But our esthetic sense is a bit harder to muster concerning a rusty nail or old tilting barn, a wet and rotting pine cone or tree or the mangled carcass of a road kill. But each of these has a history and probably one or more beautiful moments in their conception, construction, use, or significance. We often forget that, to realize some beauty, the big picture and the long view are required.

But there's enough beauty to go around, with each person being enriched by whatever makes **that** person vibrate. Although I'm a great fan of Leonardo de Vinci's work, his "Mona Lisa" in the Louvre did much less for me than did the variously named sculpture—also in the Louvre—that I call the "Winged Victory of Samothrace." This work really got to me; my emotions were on the surface each of the many moments I stared at her. Coyote song or a V-shaped chorus of geese against the sky will do the same.

Fortunately, beauty is everywhere, in every conceivable form. I also love leafed-out trees, but

consider dead, bark-bare trees to be beautiful. Such trees provide yet another micro-habitat in Nature's never ending need for them. A variety of habitats is the launch pad for a healthy bio-diversity—the mother of any healthy ecosystem. Significance is a part of beauty.

Most of us stop for beauty, perhaps more frequently than we realize, with touring an art gallery being one of the most obvious examples. We may stop for anything that sparks in us the sensation Webster described. Even the hardened heart or one now devoid of hope may stop for beauty—or beauty may stop for them. Birds and flowers do this! The late, great poet, Emily Dickinson, had something to say about this. And, if significance is added to the equation, most all of the countless parts and particles of Nature contain a beauty that may be—in its way—more profound than what you are seeing in the moment. Life has a way!

It seems that many MLH residents pay at least some attention to what is outside. This is an healthful activity. Because it is, many dollars (much donated) have been spent supporting the work of MLH employees, various contractors, and MLH volunteers to enhance the natural beauty and bio-diversity of our campus—and to provide accessibility to its more remote areas.

Beauty knows no season! All that is required, especially in winter, is to listen quietly and patiently, to look closely—and to study some histories! So, bundle up and get out there. Treat your body, mind, and soul to a jump start. Who could not find time for something so totally healthful—out where beauty awaits?

### November Gifts to Meadowlark Foundation

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

#### Memory of

Bonita Clark  
Dorothy Buller  
Doris Gaul  
Gil Kemnitz  
John Vogt

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

## **IL Resident Council Minutes, Nov. 5, 2018**

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

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

### **Updates**

General Update: Lonnie expects construction for the fleet parking area behind the maintenance shop to start within the next 30 days. Meadowlark is still working with the city of Manhattan to move forward on this project.

There will be a kick-off party immediately following Town Meeting introducing the plans and some specifics about the Courtyard Renovation. Also, we have a designer and architect hired for the Kitchen Renovation. They have presented several options, which we are exploring to provide the best outcome for the renovation.

The idea of looking into adding a wellness center next to Bramlage continues to be explored. The goal is to have primary care associated with Bramlage available seven days a week, which will include a medical practice and a pool possibility.

Meadowlark Home Health is now officially providing services in the Topeka-area through a collaboration with Brewster Place. We currently have two new clients and is excited about the future.

Support Services Update: Jayme thanked everyone that came to the Halloween Party. There was an estimated over 200 kids that attended.

Santa is coming to Meadowlark! Santa will be visiting Meadowlark Hills to spread holiday cheer. He and Mrs. Claus will be here on Dec. 11 from 4:30 to 7:30 p.m. and Dec. 19 from 6 to 9 p.m.

Verna Belle's Café will kick off its celebration of its

one-year anniversary since its renovation on Friday, Nov. 30. There will also be a month-long celebration honoring the past years 10 years.

Prairie Star Restaurant will be adding a kid's menu effective immediately for ages 12 and under.

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

### **New Business**

A question was asked about the maintenance of air ducts around campus. Follow up will be completed with maintenance.

Leo Lake was formally introduced as the new representative for the Kimball West neighborhood.

### **Old Business**

The Gift Committee reported they are scheduled to meet at 10 a.m. on Tuesday, Nov. 6, to write checks for the employee appreciation gifts. The estimated number of employees receiving a gift is 476.

### **Additional Discussion Topics**

There was a request to make comment cards available for Verna Belle's Café similar to the ones we have for Prairie Star.

There was a suggestion to make the plate return and disposal area more accommodating to residents in Verna Belle's Cafe. The area has been modified and appears to be more user friendly based on early feedback..

A reminder that staff in Pizazz Salon can be tipped as they are contracted staff.

It was expressed there may be a need for an additional coat rack near the rear entry as the weather starts to get colder.

There was a question in regards to the window washing process and if it was worth the cost of the service

**Meeting adjourned**

# 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>	Dec. 9 ~ Lunch \$13	Dinner \$11
	Roast Brisket with French Onion Au Jus Sauce Twice Baked Potato Vegetable du Jour	White Lasagna Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Dec. 10 ~ Lunch \$10	Dinner \$12
	Prime Rib Sandwich French Fries Choice of Vegetable	Grilled Cilantro Lime Chicken with Mango Salsa Citrus Rice Vegetable du Jour
<b>TUESDAY</b>	Dec. 11 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter, or dessert)	Shrimp Scampi Roasted Red Potatoes Vegetable du Jour
<b>WED.</b>	Dec. 12 ~ Lunch \$8	Dinner
	Beef Stroganoff Bar Brussels Sprouts	<i>Restaurant Closed</i>
<b>THURS.</b>	Dec. 13 ~ Lunch \$8	Dinner \$12
	Mac & Cheese Bar (does not include drink, starter, or dessert)	Beef Stew Vegetable du Jour
<b>FRIDAY</b>	Dec. 14 ~ Lunch \$10	Dinner \$13
	Seared Roughy with Lemon Butter Sauce Rice Pilaf Choice of Vegetables	Shrimp & Chicken Penne with Sherry Sage Garlic Sauce Garlic Toast Vegetable du Jour
<b>SAT.</b>	Dec. 15 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich Coleslaw Sweet Potato Fries	Steak Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Irish Coffee  
 2 1/2 oz. Regular or Decaf Coffee, 1 oz. Jameson Whiskey  
 & 1 oz. Half n Half Cream  
 \$3.75



## Grosh Cinema Movies

Sunday, Dec. 9, to Saturday, Dec. 15, 2018

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

### **Sunday, Dec. 9 — White Fang (2018)**

Based on the timeless novel by Jack London. A loyal wolfdog's curiosity leads him on the adventure of a lifetime while serving a series of three distinctly different masters.

Co-Starring: Nick Offerman, Rashida Jones & Paul Giamatti

Rated PG; 1 hr. 25 min.

### **Monday, Dec. 10 — Mamma Mia 2: Here We Go Again (2018) *\*Resident Request***

Discover Donna's young life, experiencing the fun she had with the three possible dads of Sophie. As she reflects on her mom's journey, Sophie finds herself to be more like her mother than she ever even realized.

Co-Starring: Lily James, Amanda Seyfried & Meryl Streep

Rated PG-13; 1 hr. 54 min.

### **Tuesday, Dec. 11— Pirates of the Caribbean: At World's End (2007)**

Captain Barbossa, Will Turner and Elizabeth Swann must sail off the edge of the map, navigate treachery and betrayal, find Jack Sparrow, and make their final alliances for one last decisive battle.

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

Rated PG-13; 2 hrs. 49 min.

### **Wednesday, Dec. 12— No Movies Due to Christmas Carousel**

### **Thursday, Dec. 13— Sex & the City (2018)**

A New York City writer on sex and love is finally getting married to her Mr. Big. But her three best girlfriends must console her after one of them inadvertently leads Mr. Big to jilt her.

Co-Starring: Sarah Jessica Parker, Kim Cattrall & Cynthia Nixon

Rated R for sexual content; 2 hrs. 20 min.

### **Friday, Dec. 14— The Babe (1992) *\*Resident Request***

Traces the career of Babe Ruth from his days as a youngster in an orphanage to his last days as a manager. Includes such moments as the famous predicted home run and the promise to little Johnny. Co

-Starring: John Goodman, Kelly McGillis & Trini Alvarado

Rated PG; 1 hr. 55 min.

### **Saturday, Dec. 15— Elf (2003)**

After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity.

Co-Starring: Will Ferrell, James Caan & Bob Newhart

Rated PG; 1 hr. 37 min.

# Weekly Opportunities Calendar *Dec. 9 to Dec. 15*

## Sunday • Dec. 9

*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
- 7:00 p.m. ~ Vespers with Rev. Sarah Marsh, CR

## Monday • Dec. 10

*Manhattan Room—no open seating available*

- 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
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
- 11:30 p.m. ~ Meadowlark Valley Luncheon, MR
- 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
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Dec. 11 *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
- 1:30 p.m. ~ Fancy T's & More, FHR
- 3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 4:30 p.m. ~ Santa Photo Scene, CR
- 5:30 p.m. ~ 4th Floor Supper, MR
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • Dec. 12

*Manhattan Room—no open seating available*

- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 11:00 a.m. ~ Bergman Elementary Choir, CR
- 11:30 a.m. ~ Focus and Feedback Session, CR
- 1:00 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Unitarian Universalist Fellowship, SCR
- 3:15 p.m. ~ Christmas Carousel—Grp 1, Verna Belle's
- 3:50 p.m. ~ Christmas Carousel—Grp 2, Verna Belle's
- 4:00 p.m. ~ Christian Video Worship Service, FHR

- 4:25 p.m. ~ Christmas Carousel—Grp 3, Verna Belle's
- 5:00 p.m. ~ Christmas Carousel—Grp 4, Verna Belle's
- 5:35 p.m. ~ Christmas Carousel—Grp 5, Verna Belle's

## Thursday • Dec. 13

*Manhattan Room—open seating at dinner only*

- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:00 a.m. ~ Wakefield School Choir, CR
- 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. ~ Change & Loss Series, SCR
- 4:00 p.m. ~ Great Decisions, FHR

## Friday • Dec. 14

*Manhattan Room—open seating for lunch & dinner*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Reading Program Info Meeting, WCR
- 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 Partner Group, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 2:00 p.m. ~ Verna Belle's Birthday Party, VB
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Meadowlark Singers Winter Concert, CR

## Saturday • Dec. 15

*Manhattan Room—open seating at lunch & dinner*

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

### Room Abbreviations

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

\*Meadowlark News Channel can be viewed on Channel 1960