



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 24 2014

Artist Discussion Series

The Beach Museum of Art to host at Meadowlark Hills

An Artist Discussion Series is coming to Meadowlark Hills. The sessions will be hosted by the Beach Museum of Art and will be held the second Wednesday of every month in the Manhattan Room. The first session will be Wednesday, Jan. 14, at 6:30 p.m. All residents who are interested are invited to participate. The first Artist Discussion with the Beach



Museum of Art will be about Francisco Goya, a Spanish painter during the 17th and 18th Centuries. Kim Richards, Education Assistant at the Beach Museum of Art, will be leading the discussion. She will also have examples of his work to share. No sign-up necessary.

left: A painting titled "La Cometa," meaning The Kite by Francisco Goya.

ASK ANNIE

Q: Please give us tips for avoiding scams?

submitted by Annie Peace

Unfortunately, this is a timely request. This time of year there is an increase in the number of scams.

There are warning signs to these scams. If you hear these or similar lines, be alert that it is likely a scam:

- "You must act now, or the offer won't be good."
- "We will send you a check, and you just deposit it."
- "You've won a free gift, vacation, or prize, but you have to pay for postage and handling or other charges."
- "You can't afford to miss this high-profit, no-risk offer."

Some tips for avoiding telemarketing fraud:

- Don't buy from an unfamiliar company. Legitimate businesses understand that you want more information about their company and are happy to comply.
- Always ask for and wait until you receive written material about any offer or charity. If you get

brochures about costly investments, ask someone whose financial advice you trust to review them.

- You can always check out unfamiliar companies with the Better Business Bureau or the state attorney general. Unfortunately, not all bad businesses can be identified through these organizations.
- Before you give money to a charity or make an investment, find out what percentage of the money is paid in commissions and what percentage actually goes to the charity or investment.

I hope these tips keep you safe this holiday season. If you have further questions or concerns on this topic please feel free to contact my office. Thanks for another great question and please keep them coming. Happy Holidays!



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

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

ANNOUNCEMENTS

Christmas & New Years Closings

The following are service areas and their holiday schedules for Christmas and New Years.

- **Environmental Services:**
 - On-call for emergencies Thursday, Dec. 25
 - On-call for emergencies Thursday, Jan. 1
- **Finance Services:**
 - Closing at noon Wednesday, Dec. 24, and closed Thursday, Dec. 25
 - Closing at noon Wednesday, Dec. 31, and closed Thursday, Jan. 1
- **Information Technology (IT):**
 - Closed Thursday, Dec. 25, and Friday, Dec. 26
 - Closed on Thursday, Jan. 1
- **Sales Office:** Closed Thursday, Dec. 25, and Thursday, Jan. 1
- **Exercise Classes:**
 - All exercise classes canceled Wednesday, Dec. 24, through Friday, Dec. 26
 - All exercise classes canceled Wednesday, Dec. 31, and Thursday, Jan. 1
 - Caul Fitness Center remains open
- **Pizazz Salon:**
 - Closing at noon Wednesday, Dec. 24, and closed Thursday, Dec. 25, and Friday, Dec. 26
 - Closing at noon Wednesday, Dec. 31, and closed Thursday, Jan. 1
- **Physician Office:**
 - Closing at noon Wednesday, Dec. 24, and closed

Thursday, Dec. 25, and Friday, Dec. 26

- Closing at noon Wednesday, Dec. 31, and closed Thursday, Jan. 1

Hospitality Desk/Resident Services:

- Closing at 5 p.m. Wednesday, Dec. 24, and closed Thursday, Dec. 25
- Closing at 5 p.m. Wednesday, Dec. 31, and closed Thursday, Jan. 1

Food and Beverage

Verna Belle's Café:

- Open 8 a.m. to 3 p.m. Wednesday, Dec. 24
- Open 8 to 10 a.m. for breakfast Thursday, Dec. 25
- Open 8 to 10 a.m. for breakfast Thursday, Jan. 1

- **Prairie Star Restaurant:** Closing at 4 p.m. Thursday, Dec. 25, and boxed dinners available (advance sign up in the Blue Book required)

- **Kansas Room Pub & Lounge:** Closed Thursday, Dec. 25

Clinics, Meetings and Bingo

- **Blood Pressure Clinic:** Canceled Thursday, Dec. 25 and Thursday, Jan. 1
- **Dr. Tran Foot Clinic:** Canceled Wednesday, Dec. 24
- **IL Bingo:** Canceled Thursday, Dec. 25
- **Newspaper and Bible:** Canceled Wednesday, Dec. 31
- **Dementia Caregiver Support Group:** Canceled Thursday, Dec. 25, and Thursday, Jan. 1



Lunch Specials

Sunday, Dec. 28 – Sausage Tortellini Casserole with Garlic Bread	\$5.50
Monday, Dec. 29 – Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Tuesday, Dec. 30 – BBQ Pork Sandwich with Cheesy Potatoes	\$5.50
Wednesday, Dec. 31 – Crispy Chicken and Potato Bowl	\$5.50
Thursday, Jan. 1 – Closed (Breakfast will be served 8 to 10 a.m.)	
Friday, Jan. 2 – Chili with Cinnamon Rolls	\$3.75/\$5.50
Saturday, Jan. 3 – Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at

- 2 p.m. Sunday, Dec. 28, against Texas Southern University
- 3 p.m. Wednesday, Dec. 31, against the University of Georgia
- 11 a.m. Saturday, Jan. 3, against Oklahoma State University

Refreshments will be served.

Cultivating Community Through Shared Experiences

The Beach Museum of Art is hosting a program called Cultivating Community Through Shared Experiences. The staff at the museum invites past military wives to be paired with current military wives at 11 a.m. Thursday, Jan. 29, at the Beach Museum of Art. When the participants enter the museum, they will choose a handmade ceramic mug. The patterns on the mugs have been made in pairs, and the participants will find the person whose pattern matches their own. To expand the connections cultivated, partners will join with another pair who as the same color handle. Conversation starters will be provided to encourage exchange of ideas and exploration of human commonalities. The goal of this activity is for citizens to connect with people they might not otherwise talk to and thereby build the community in Manhattan.

The Beach Museum of Art is asking for 12 willing participants who were military wives in the past. Please sign up in the Blue Book at the Hospitality Desk if you are interested.

Service of Remembrance

You are invited to attend the Service of Remembrance to celebrate the lives of those we've lost in the last month. The service will begin at 3 p.m. Friday, Dec. 26, in the Living Room. All are welcome.

Maintenance Noise

The cooling tower in the southeast corner of the courtyard is currently being replaced. This project will take four weeks to complete and will generate some noise. Each day work on the cooling tower will start no earlier than 8 a.m. and will conclude by 4 p.m. The new cooling tower will be shorter and help improve the views from the apartments located behind it. Staff apologizes for the noise.

PRAIRIE★STAR RESTAURANT

Christmas Day Lunch Special

Thursday, Dec. 25

Make your reservations by signing up in the Blue Book located at the Hospitality Desk. Two available seating times: 11 a.m. & 1 p.m.

Menu:

Choice of Starter:

Tossed Salad
Fresh Mozzarella Roma Tomato Salad
with Fresh Basil
Roasted Vegetable Chicken Soup

Choice of Entrée:

Grilled Swordfish with Lemon Tarragon Sauce
Prime Rib Au Jus

Sides:

Scalloped Potatoes
Vegetable Medley

Choice of Dessert:

Chocolate Peppermint Roll
Raspberry Walnut Torte
French Silk Pie

Cost: \$16 adults, \$8 children

Box Dinner:

Choice of turkey or ham sandwich, with or without cheese, chips, apple and choice of cherry or apple pie.

Sign up in the Blue Book. Pick up between 4 and 5 p.m. Thursday, Dec. 25, in Prairie Star Lobby.

Cost is \$5.

Fred Atchison's Birthday

Fred Atchison will be turning 90 on Dec. 26! Honstead House is accepting birthday cards for Fred until Friday, Dec. 26. A box will be available in the household to collect cards. Honstead House will be celebrating Fred's birthday with a cake around lunch time on Dec. 26, if you would like to stop by and wish him a happy birthday!

UPCOMING EVENTS & ANNOUNCEMENTS

Christmas Eve Service at Meadowlark Hills

submitted by Chaplain Patty Brown-Barnett

Every Wednesday at 10 a.m., there is a worship service, usually in the K-State Classroom. Services are led by several different churches in the Manhattan community and by the Chaplain on the second and fourth Wednesday of the month. Since Dec. 24 falls on the fourth Wednesday, I will be offering a 30 minute service, beginning at 10 a.m. in the Classroom. We will sing a few Christmas songs and hear the Christmas story from Luke 2:1-20. As always, all are welcome!

Shopping Trip

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. on Wednesday, Jan. 7, from the Village Entrance. Please sign up in the Blue Book to register for this opportunity.

Alamo Bowl Watch Party

Mark your calendars for the Kansas State University Alamo Bowl football game against University of California, Los Angeles. A tailgate party will be hosted in the Game Room and Kansas Room & Pub at 5:45 p.m. Friday, Jan. 2. Watch the game and cheer on K-State! Refreshments will be served.

New Years Eve Party

You are invited to celebrate the New Year on Wednesday, Dec. 31, from 6 to 8 p.m. in the Game Room and Kansas Room & Pub. Drink specials and appetizers will be available. Come ring in the New Year with friends! Hosted by Resident Services Leader, Darcy Reinbold-Olson.



Wine and Cheese Party

You are invited to sign up for a Wine & Cheese Party at 7 p.m. Friday, Dec.

26, in the Community Room.

Join us for some good conversation, great wines and flavorful cheeses!

Our guest of the evening will be Health Services Director, Garrett Lee.

Wine & Cheese



Line Dancing

Line dancing at the Seniors' Service Center is canceled over the Christmas break. The line dancing classes will resume at 1:30 p.m. Thursday, Jan. 8.

Vespers Services

The Vespers service, led by the Reverend Paul Allen, will begin at 7 p.m. Sunday, Dec. 28, in the Community Room. All are welcome.

Christmas Eve Carols

Join Bob Hughes and Jane Boys for Christmas Eve Carols from 4 to 5 p.m. on Wednesday, Dec. 24, in the Game Room. Refreshments will be served.

Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack. An employee is chosen each month, and they are awarded a special parking spot, a Meadowlark Hills gift certificate and a free car wash. Stop by Verna Belle's Café or the Human Resources office to fill out a nomination form with information about an outstanding employee.

Christmas Carol Quiz



The following are alternate titles for several well-known Christmas carols. See if you can figure them out. (The answers are printed at the bottom of the column, for those who might want to cover them up.)

1. Exuberance directed to the planet
2. Listen, aerial spirits harmonizing
3. Monarchical trio
4. Assemble, everyone who believes
5. Hallowed post meridian
6. Fantasies of a colorless December 25th
7. Tin tintinnabulums
8. A dozen 24-hour Yule periods
9. It befell during the transparent bewitching hour
10. Homo sapien of crystallized vapor
11. I spied my maternal parent osculating a fat man in red
12. Perambulating through a December solstice fantasy
13. Aloft on the acme of the abode

Answers:

1. Joy to the World, 2. Hark the Herald Angels Sing, 3. We Three Kings, 4. Come All Ye Faithful, 5. O Holy Night, 6. I'm Dreaming of a White Christmas, 7. Silver Bells, 8. The Twelve Days of Christmas, 9. It Came Upon a Midnight Clear, 10. Frosty the Snowman, 11. I Saw Mama Kissing Santa Claus, 12. Walking in a Winter Wonderland, 13. Up on the Rooftop

PRAIRIE★STAR

RESTAURANT

Dec. 28– Jan. 3

Includes beverage, starter and dessert.

SUNDAY	Dec. 28 ~ Lunch \$11	Dinner \$10
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Stuffed Peppers Steamed Rice
MONDAY	Dec. 29 ~ Lunch \$10	Dinner \$11
	Beef & Broccoli Fried Rice	Roast Turkey Sage Sausage Stuffing Vegetable of the Day
TUESDAY	Dec. 30 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Chicken Milanese Angel Hair Pasta Vegetable of the Day
WED.	Dec. 31 ~ Lunch \$10	Dinner \$16
	Meatball Sub Steak Fries Choice of Vegetable	Prime Rib au Jus Duchess Potatoes Vegetable of the Day
THURSDAY	Jan. 1 ~ Lunch \$7	Dinner \$11
	Pasta Bar (does not include drink, starter or dessert)	Pecan Crusted Chicken Roasted Red Potatoes Vegetable of the Day
FRIDAY	Jan. 2 ~ Lunch \$10	Dinner \$12
	Shepherd's Pie Choice of Vegetable	Smothered Pork Chop Wild Rice Vegetable of the Day
SATURDAY	Jan. 3 ~ Lunch \$10	Dinner \$16
	Chicken Quesadilla Spanish Rice Black Beans	Tuna Steak Baked Potato Vegetable of the Day

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

Grosh Cinema Movies

Monday, December 29-January 4

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

Monday, December 29 – Plains, Trains and Automobiles (1987)

A man must struggle to travel home for Thanksgiving with an obnoxious slob of a shower curtain ring salesman as his only companion.

Co-starring: Steve Martin, John Candy & Laila Robins

Rated R due to adult situations/language; 1 hr. 33 min.

Tuesday, December 30 – About A Boy (2002)

Hip, irresponsible Londoner Will invents an imaginary son and starts attending single-parent meetings to find available women. But when Will meets the troubled 12-year-old son of a depressed single mother, a quirky and unexpected friendship blooms.

Co-starring: Hugh Grant, Nicholas Hoult & Toni Collette

Rated PG-13; 1 hr. 41 min.

Wednesday, December 31 - New Year's Eve (2011)

The lives of several couples and singles in New York intertwine over the course of New Year's Eve.

Co-starring: Sarah Jessica Parker, Jessica Biel & Ashton Kutcher

Rated PG-13; 1 hr. 53 min.

Thursday, January 1 – Phenomenon (1996)

An ordinary man sees a bright light descend from the sky, and discovers he now has super-intelligence and telekinesis.

Starring: John Travolta, Kyra Sedgwick & Forest Whitaker

Rated PG-13; 2 hrs. 3 min.

Friday, January 2 – Non-Stop (2014)

An air marshal springs into action during a transatlantic flight after receiving a series of text messages that put his fellow passengers at risk unless the airline transfers \$150 million into an off-shore account.

Co-starring: Liam Neeson, Julianne Moore & Scoot McNairy

Rated PG-13; 1 hr. 46 min.

Saturday, January 3 – Blended (2014)

After a bad blind date, a man and woman find themselves stuck together at a resort for families, where their attraction grows as their respective kids benefit from the burgeoning relationship.

Co-starring: Adam Sandler, Drew Barrymore & Wendi McLendon-Covey

Rated PG-13; 1 hr. 57 min.

Sunday, January 4 – Jane Eyre (2011)

Driven from her post at thornfield house by her love for her brooding employer and his secret past, young governess Jane Eyre reflects on her youth and the events that let her to the misty moors in this artful adaptation of Charlotte Bronte's novel.

Co-starring: Mia Wasikowska, Michael Fassbender & Jamie Bell

Rated PG-13; 2 hrs.

This Week's Opportunities December 28 - January 3

SUNDAY • DECEMBER 28

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR

2:00 p.m. ~ Movie, GC

2:00 p.m. ~ K-State Men's Basketball Watch Party (K-State vs Texas Southern). GR

6:00 p.m.. ~ Movie, GC

7:00 p.m. ~ Vespers, Reverend Paul Allen, CR

MONDAY • DECEMBER 29

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

9:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ Beginner Tai Chi, CR

1:00 p.m. ~ Blood Pressure Clinic, GR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

7:00 p.m. ~ Community Bingo, CR

7:00 p.m. ~ Woodwinds Anonymous, LR

7:00 p.m. ~ Game Time, GR

TUESDAY • DECEMBER 30

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Seven Dolors Book Discussion, LR

1:00 p.m. ~ Tai Chi, CR

3:00 p.m. ~ Coffee Corner, CR

3:30 p.m. Ambassador Committee, CON

7:00 p.m. ~ Dominoes, GR

WEDNESDAY • DECEMBER 31

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Centering Prayer, TR

9:00 a.m. ~ New Perspectives, MR

9:00 a.m. ~ Messenger Ladies, LR

10:00 a.m. ~ Memory Support Group, CON

10:00 a.m. ~ Church Service, KSU CR

1 to 2 p.m. ~ Fitness Center Office Hours, FC

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ K-State Men's Basketball Watch Party (K-State vs Georgia), GR

3:00 p.m. ~ Call Hall Ice Cream, KR

6:00 p.m. ~ New Years Eve Party, GR & Pub

7:00 p.m. ~ Game Time, GR

THURSDAY • JANUARY 1

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

7:00 p.m. ~ IL Bingo, CR

HAPPY NEW YEAR



FRIDAY • JANUARY 2

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

9:30 a.m. ~ Art Committee, LR

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

1:00 p.m. ~ Hand & Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Brain Booster, GR

3:30 p.m. ~ Catholic Mass, CR

5:45 p.m. ~ Alamo Bowl Watch Party, GR

SATURDAY • JANUARY 3

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Acrylic/Watercolor Painting for Fun, KSU CR

11:00 a.m. ~ K-State Men's Basketball Watch Party (K-State vs OSU), GR

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop

DRINK SPECIAL



Dec. 29 to Jan. 4
Champagne Cocktail

Champagne
Sugar
Bitters

\$3.75