

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 2, 2015

Meadowlark Hills Travelers

And the winner is...

The votes are in and the people have spoken! The destination for the August/September 2015 Trip is (drumroll.....)

Omaha, Nebraska!

With the destination set, we are hard at work putting together the itinerary, including dates, events, dining and travel.



There will be more details announced Monday, July 6, during Town Meeting. We will have sign-up sheets and registration forms available Monday, July 6, in a folder labeled "Omaha Trip." For further information, please contact Resident Services

Leader, Monte Spiller, at 323-3801.

Independence Day Celebration

Fireworks, cold drinks & live music



The smell of fireworks is in the air! You are invited to the Meadowlark Hills Annual Fourth of July Party! Join us as we celebrate Independence Day Saturday, July 4.

Enjoy a nice relaxing evening with live music by the Jpegs starting at 8:30 p.m. on the Lyle House Patio, with extra seating available in the parking area.

There will be cold drinks available for you to enjoy while listening some hot music. Following the

performance, stick around for the firework display beginning at sundown in the west parking lot. Many fireworks can be seen from the patio in the courtyard off of the Game Room!

We look forward to see you there!



UPCOMING EVENTS & ANNOUNCEMENTS

Manhattan Municipal Band

Bring your lawn chairs and enjoy the music of the Municipal Band at 7:30 p.m. Tuesday, July 7, at Larry Norvell Band Shell at City Park.

Transportation is \$3, but admission is free! Transportation will depart at 7:05 p.m. from the Village Entrance.

Outdoor Encounters— worm escape!

Submitted by Don Rasmussen

Last week while attending to the worms in the worm farm near Bayer Pond shelter, I noticed that the stacked sections of the farm had not been securely replaced. Upon further examination, I found that roughly 200 worms (essentially all of the larger worms) had escaped. Fortunately the larger worms have been busy making baby worms that stayed home. We will be able to recover over the next couple of months as the small worms grow to adult size. In the meantime feel free to judiciously use worms!



If you don't find sufficiently sized worms in the top tray feel free to remove additional tray sections. As you replace the sections note that they fit tightly together allowing worms to go up and down through the holes in the trays but not out the side between trays.

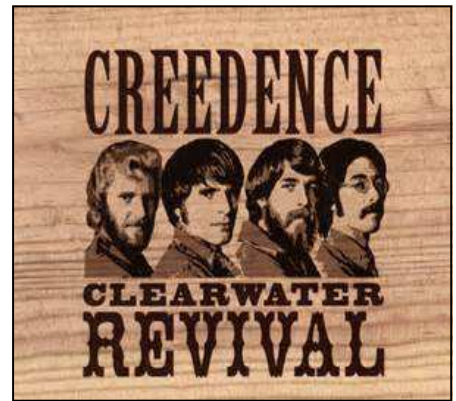
Thanks for your attentiveness and good fishing!

Arts in the Park

You're invited to a powerful, authentic musical journey tribute to Creedence Clearwater Revival at 8 p.m. Friday, July 10, at Larry Norvell Band Shell at City Park! Arts in the park will be hosting

Creedence Revived as they showcase the best American rock and roll ever recorded!

Transportation is \$3, but admission is free! Transportation will depart at 7:30 p.m. from the Village Entrance. Please register in the Blue Book located at the Hospitality Desk to attend this event.



Red Hat Luncheon

A friendly reminder to the Red Hat ladies that there will be no luncheon for the month of July. Polly Ferrell says, "Consider it a vacation!"

Laughter is the Best Medicine

The Laughter is the Best Medicine group will meet at 2:30 p.m. Saturday, July 4. Feel free to join us for 30 minutes of fun and lots of laughter in the Living Room.



Lunch Specials July 5 – July 11

Hours: Monday–Friday, 8 a.m. to 5 p.m.
Saturday–Sunday, 9 a.m. to 3 p.m.

Sunday, July 5-	Chicken Noodle Casserole with Soup or Chips	\$5.50
Monday, July 6-	Avocado BLT with Soup or Chips	\$3.75/\$5.50
Tuesday, July 7-	Chicken Carbonara Panini with Soup or Chips	\$3.75/\$5.50
Wednesday, July 8-	Cuban with Cottage Cheese and Fruit	\$3.75/\$5.50
Thursday, July 9-	Garlic Chicken Pizza	\$3.75/\$5.50
Friday, July 10-	Bratwurst with Pasta Salad	\$3.75/\$5.50
Saturday, July 11-	Ham Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Prisoners of War in Kansas during World War II

This Osher class will focus on topics of why prisoners of war camps were built in Kansas, how prisoners were treated, prisoner jobs in prison life, escapes, reeducation and going home. The course will also cover the challenges faced by American soldiers at the camps and explore the feeling of local population.

Join Lowell May, who holds a degree in Education from Kansas State University and retired from the U.S. Army as a Command Sergeant Major after serving 26 years, teach this Osher course starting Monday, July 6, from 6:30 to 8:30 p.m. at College Avenue United Methodist Church. A second course will be taught from 6:30 to 8:30 p.m. Monday, July 13, at the same location.

Please register in the Blue Book located at the Hospitality Desk to attend this event. Transportation will be provided from the Village Entrance at 6 p.m.

Art Committee rescheduled

Attention fellow Art Committee members! A reminder that the Art Committee meeting is rescheduled for Friday, July 10, at 9:30 a.m. in the West Conference Room.

July Focus Group

The Focus Group scheduled for July will once again spotlight a staff member. Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day, staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The staff attendee for the July Focus Group will be Social Services Leader, Kristen Martin. Come meet Kristen at 10 a.m. Thursday, July 9, in the KSU Classroom.

Lutheran Communion Service

St. Luke's Lutheran Church will be hosting a Communion Service on Monday, July 6, from 11 a.m. to 12 p.m. in the Living Room.

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. Wednesday, July 8, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Jokes of the Week

Where does a sheep go for a haircut?
To the baaaaa baaaaa shop!

How do you make a tissue dance?
You put a little boogie in it.

Beach Muesum of Art Discussion

Join Kim Richards from the Beach Muesum of Art Wednesday, July 8, at 7:30 p.m. in the KSU Classroom to learn about Andrew Goldsworthy, British Sculptor, photographer and environmentalist producing site-specific sculpture in natural and urban settings. All residents who are interested are invited to participate.

Vespers Services

The Vespers service, led by Reverend Dennis Ulrey, will begin at 7 p.m. Sunday, July 5, in the Community Room. All are welcome.



Go Bananas!

Submitted by Sarah Duggan

Let's face it, each of us have our way of completing the mundane, daily tasks throughout our lives. Like getting ready for bed, for instance. I hardly ever stray from my bedtime routine because that is the way I do it – it's a habit and I'm comfortable with it.



But how about we throw a little wrench into the way we *always* do it? Maybe making a slight variation to our daily routine will mix it up just enough. We could take a different route to the grocery store (you almost have to with all the construction going on – yikes!) or go on a walk before dinner instead of after. Or possibly even peel our banana for our morning snack in a different way. Which brings me to this week's question, ***how many ways can you peel a banana?***

When I first read this question from the Ask Sarah box I thought to myself, *there is only one way to peel a banana and that is the way I do it.* Boy was I wrong! There are, in fact, eight ways to peel a banana.

Monkey Method (a.k.a. Upside-Down Method) – Peel downwards toward the stem; just what you would do if you were holding the banana right side up. Except this time, you should peel the pointed top downwards, toward the stem. Now you can enjoy your banana and the best part is you now have a handle to hold onto as you enjoy your snack!

Snap Method – This one is for a banana that isn't overly ripe. If it is too ripe, you may find yourself in the middle of a mushy disaster. Hold either side of the banana, placing it in a smiling shape. Make sure the banana is making a "U" shape and snap it in half. Peel each banana half and enjoy your fruit!

Four Split Method – Place the banana on a cutting board and cut from the tip to the handle. Then cut each half down the middle horizontally. Peel each of the four sections of banana and enjoy!

Throwing Method – Hold the stem of the banana so that it curves toward you. Take the stem in your dominant (throwing) hand and make sure that the banana is curving toward, and not away from you. Stand over a cutting board, a table, or something else that can stop the banana from flying out too far away from you. Snap the banana forward, like you're cracking a whip. Hold on to the stem and thrust your hand and the banana outward in a natural motion that curves downward. Just snap your wrist and use enough force to fling the banana forward. If done

successfully, you should be left holding onto the stem and a sliver of peeled banana skin. If it doesn't work the first time, then try, try again -- this method does take some practice. Peel the rest of the banana the normal way. Now that you've already peeled off a sliver of banana, you can peel the banana the traditional way, from the bottom up, before you enjoy your treat. If you can master it, this method could be an excellent party trick!

Thumbail Method – Make a tiny cut in the surface of the top of the stem on the inner side of the curve of the banana (inside the "U" shape). This works best if you have a banana that is medium ripe, so that you don't mush the banana too much. And the sharper your nails, the better. Peel the banana stem back so the skin breaks where the cut was made and peel it down all the way. If you do this correctly, it won't mush the banana. Once you've made the cut, just use the opening to peel back the rest of the banana skin. This is a fun variation on peeling a banana the regular way.

Twist Method – Hold the banana in both hands. Leave about two to three inches between your hands so you have some space when you twist the banana. Twist the banana carefully without squeezing it. You should give it a quarter to a half twist, or just enough for the skin of the banana to break. Now that you've broken the banana open, you can peel back the sides and enjoy your banana.

Slide & Peel Method – Hold the banana horizontally in one hand. When you're holding it correctly, you should place it down on a cutting board as it is. Use one quick swift cut of the knife to slice off the ends of each side of the banana. Slice the banana skin lengthwise and then peel off the entire skin. Be careful when you're doing this. Cut the banana peel gently so you don't slice through it or hurt the hand that is holding on to it. Once you cut it, just peel back the skin. This method works great if you're planning on slicing the banana to use it in a salad, or if you just like eating a banana without a peel.

Traditional Method – Hold the banana in your hand, stem pointing up. It'll be easier to snap the stem back if it's positioned this way. Snap off the stem and peel the skin downward. Once you've done that, you can continue peeling the rest of the banana downward, in one or two more strips. This is the most common way to peel a banana, so chances are that you're already familiar with it. Now eat your tasty banana, biting into it and peeling it back further and further until you've eaten the whole thing.

Kudos to the reader who succeeds at all eight banana-peeling methods! Cheers to mixing it up every now and then. Thanks for stopping by—see you next week!

UPCOMING EVENTS & ANNOUNCEMENTS

Speedy PD Art Classes

Individuals with Parkinson's disease are invited to attend art classes to make the age-group awards for the 7th Annual Speedy PD Race for Parkinson's. Kathrine Schlageck, Senior Educator with the Marianna Kistler Beach Museum of Art, will lead the classes and provide the materials and inspiration for each event. No prior art experience is needed.

The following are dates for the Speedy PD Art Classes from 1 to 2:30 p.m. in the West Conference Room.

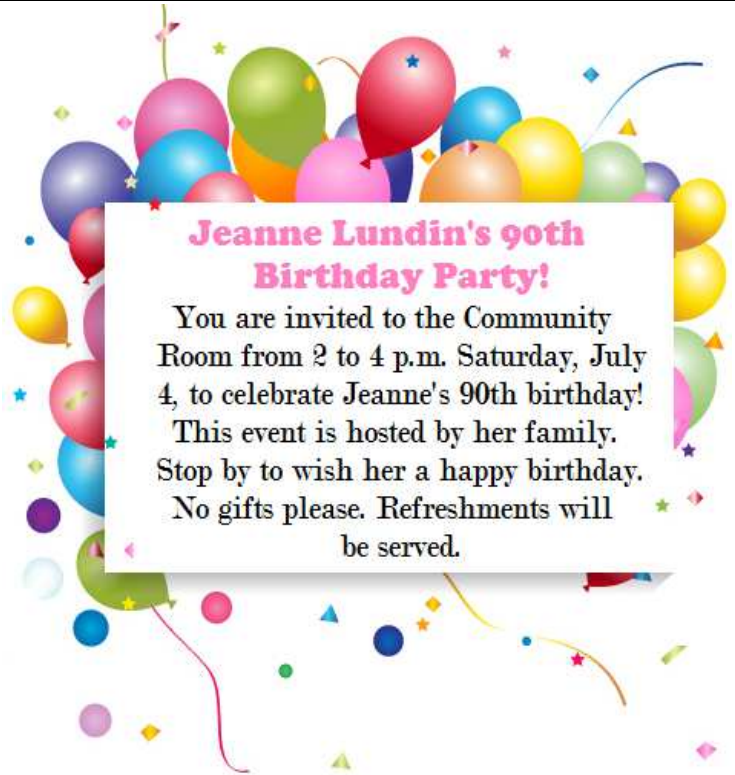
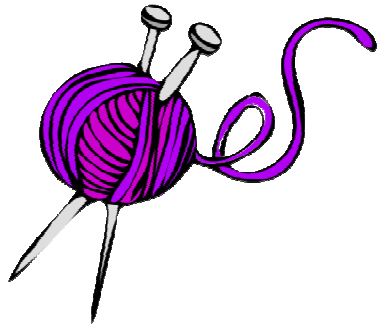
- Wednesday, July 8
- Wednesday, July 29
- Wednesday, August 5

Roof Maintenance

The roofing contractor will be working on the third story's roof on the East Tower Monday, July 13.

Free Yarn at the Front Desk

Free yarn, get your free yarn! Lots of yarn was donated and it is all for free! Stop by the Hospitality Desk and grab some before it all runs out.



The Movies You Didn't See: The Who, What and Why of Censorship

This Osher class examines films and compares censored and uncensored scenes from movies, re-evaluate films acceptable in their day but now are considered politically incorrect, and debate what should be banned and who would make such decisions.

Eric Monder, on staff at Bethany College, writer, teacher and a documentary filmmaker, will teach the first class from 6:30 to 8:30 p.m. Tuesday, July 14, at Marianna Kristler Beach Museum of Art.

Prior registration is necessary to attend this event. Please sign up in the Blue Book located at the Hospitality Desk to attend this course.

Brownbag Series

Bring a lunch and watch a televised class presentation on "How to Talk to Your Doctor" at 12 p.m. Wednesday, July 15, in the KSU Classroom. Join Sherry Tedford present on how to prepare for your doctor appointments and how to get the most out of the time you have with your doctor.

LETTER TO THE MESSENGER

Submitted by Ted Ferguson

Thank you to everyone who made my Century Birthday very special. Friends are the most important part of my 100 years. Let's continue to enjoy every day.

DRINK SPECIALS



July 5 to July 11 Mai Tai

1 oz White Rum
1/2 oz Amaretto
1/2 oz Triple Sec
1/2 oz Dark Rum
1 oz Sweet & Sour mix
1 oz Pineapple Juice
1 dash of Grenadine

\$3.75

PRAIRIE★STAR RESTAURANT

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

July 5 – July 11

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations.
The restaurant can accept up to five reservations per time, depending on party size.
Reservations can be made in person or by calling 323-3820.

SUNDAY	July 5 ~ Lunch \$12	Dinner \$13
	Roast Pork Loin Au Gratin Potatoes Vegetable of the Day	Beef Tips Fettuccini Garlic Toast Vegetable of the Day
MONDAY	July 6 ~ Lunch \$10	Dinner \$12
	Chicken Parmesan Sandwich Coleslaw Choice of Vegetable	Roasted Chicken Legs Baked Sweet Potato Vegetable of the Day
TUESDAY	July 7 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Maple Glazed Salmon Saffron Risotto Vegetable of the Day
WED.	July 8 ~ Lunch \$10	Dinner \$13
	B.L.A.T. Steak Fries Choice of Vegetable	Chicken Chutney Salad in Avocado Shell with Asparagus, Roma Tomatoes, Black Olives, & a Hard Boiled Egg
THURS.	July 9 ~ Lunch \$6	Dinner \$14
	Salad Bar (does not include drink, starter or dessert)	Shrimp Scampi Oven Roasted Red Potatoes Vegetable of the Day
FRIDAY	July 10 ~ Lunch \$10	Dinner \$14
	Turkey Rueben Potato Salad Choice of Vegetable	Pork Tenderloin Piccata Angel Hair Pasta Vegetable of the Day
SAT.	July 11 ~ Lunch \$10	Dinner \$15
	Beef Quesadilla Black Beans Spanish Rice	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day

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

Grosh Cinema Movies

Sunday, July 5 - Saturday, July 11

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

Sunday, July 5 – The Blues Brothers (1980)

Jake Blues, just out from prison, puts together his old band to save the Catholic home where he and brother Elwood were raised.

Co-Starring: John Belushi, Dan Aykroyd & Cab Calloway

Rated R for adult situations & language; 2 hrs. 13 min.

Monday, July 6 – My Old Lady (2014)

An American inherits an apartment in Paris that comes with an unexpected resident.

Co-starring: Kevin Kline, Kristin Scott Thomas & Maggie Smith

Rated PG-13; 1 hr. 47 min.

Tuesday, July 7 – What's Love Got to Do with It (1993)

The story of rock singer Tina Turner and how she rose to stardom with her abusive husband Ike Turner and how she gained the courage to break free.

Co-starring: Angela Bassett, Laurence Fishburne & Rae'Ven Larrymore Kelly

Rated R for language, sexual content, violence & some drug use; 1 hr. 58 min.

Wednesday, July 8 – Happy Feet (2006)

Into the world of the Emperor Penguins, who find their soul mates through song, a penguin is born who cannot sing. But he can tap dance something fierce!

Co-starring: Elijah Wood, Brittany Murphy & Hugh Jackman

Rated PG; 1 hr. 48 min.

Thursday, July 9 – Nine to Five (1980)

Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him.

Co-starring: Jane Fonda, Lily Tomlin & Dolly Parton

Rated PG; 1 hr. 50 min.

Friday, July 10 – This is Where I Leave You 2014)

When their father passes away, four grown siblings are forced to return to their childhood home and live under the same roof together for a week, along with their over-sharing mother and an assortment of spouses, exes and might-have-bens.

Co-starring: Jason Bateman, Tina Fey & Jane Fonda

Rated R for language, sexual content & some drug use; 1 hr. 43 min.

Saturday, July 11 – Foxcatcher (2014)

The greatest Olympic Wrestling Champion brother team joins Team Foxcatcher led by multimillionaire sponsor John E. du Pont as they train for the 1988 games in Seoul - a union that leads to unlikely circumstances.

Co-Starring: Steve Carell, Channing Tatum & Mark Ruffalo

Rated R for some drug use & violence; 1 hr. 14 min

This Week's Opportunities July 5 - July 11

SUNDAY • JULY 5

Breakfast at Verna Belle's—Omelets with Fruit

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

2:00 p.m. ~ Ride Around Campus, VE

7:00 p.m. ~ Vespers, Rev. Dennis Ulrey, CR

MONDAY • JULY 6

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

8:30 a.m. ~ Resident Council, KSU CR

9:30 a.m. ~ Town Meeting, CR

9:30 a.m. ~ Ride Around Campus, VE

11:00 a.m. ~ St. Luke's Communion, LR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Weights 101, CR

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

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

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

2:00 p.m. ~ Ride Around Campus, VE

2:15 p.m. ~ Parkinson's Voice Class, KSU CR

5:30 p.m. ~ Tuttlecreek Supper, MR

6:00 p.m. ~ Bus Departs to Osher Class (Prisoners of War in Kansas During WWII), VE

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

TUESDAY • JULY 7

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Presbyterian Men's Bible Study, MR

9:30 a.m. ~ Ride Around Campus, VE

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

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

12:00 p.m. ~ Kimball Luncheon, MR

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

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

2:00 p.m. ~ Life Story, LR

2:00 p.m. ~ Ride Around Campus, VE

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

4:00 p.m. ~ Newspaper & Bible, LR

7:05 p.m. ~ Depart for Manhattan Municipal Band, VE

WEDNESDAY • JULY 8

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:00 a.m. ~ Building & Grounds Meeting, LR

9:30 a.m. ~ Ride Around Campus, VE

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

9:40 a.m. ~ Bus Departs for the Beach Museum Trip, VE

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

10:00 a.m. ~ Wal-Mart/Dillon's Shopping Trip, VE

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

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

11:00 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ 2nd Men's Club, LR

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

1:00 p.m. ~ Parkinson's Art Class, CON

1:30 p.m. ~ Pitch, GR

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

2:00 p.m. ~ Ride Around Campus, VE

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

3:00 p.m. ~ 3rd Floor Meeting, CR

4:00 p.m. ~ Video Worship Service, LR

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

7:00 p.m. ~ LWV Board Meeting, CON

7:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CR

THURSDAY • JULY 9

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

9:30 a.m. ~ Ride Around Campus, VE

10:00 a.m. ~ Resident Focus Group, KSU CR

10:00 a.m. ~ Meadowlark Bible Study, MR

10:00 a.m. ~ Great Decisions, LR

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

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

12:00 p.m. ~ Red Hat Luncheon, MR

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

2:00 p.m. ~ Osher Class: The History of Rock & Roll, CR

2:00 p.m. ~ Ride Around Campus, VE

3:30 p.m. ~ Dementia Caregiver Support Group, CON

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

FRIDAY • JULY 10

Breakfast at Verna Belle's—Waffle or Pancake

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

9:30 a.m. ~ Ride Around Campus, VE

9:30 a.m. ~ Art Committee Meeting, CON

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

11:00 a.m. ~ Sit and Be Fit, CR

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

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

1:15 p.m. ~ Parkinson's Caregiver Support Group, LR

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

2:00 p.m. ~ Ride Around Campus, VE

7:00 p.m. ~ Piano Recital, CR

7:30 p.m. ~ Bus Departs for Arts in the Park (Creedance Revived), VE

SATURDAY • JULY 11

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CR

11:00 a.m. ~ Memorial Service for John Blythe, CR

2:00 p.m. ~ Ride Around Campus, VE

2:30 p.m. ~ Laughter is the Best Medicine Group LR

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