

Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 19, 2016

Grandma Hoerner's Day Trip

Take a trip to the best known kept secrets of Kansas!

Wednesday, May 25 at 9:30 a.m.

Meadowlark Hills will be taking a short trip East to Grandma Hoerner's, located in the heart of the Midwest in the majestic Flint Hills of Kansas Wednesday, May 25. Grandma Hoerner's Foods is known as one of Kansas' "best kept secrets."

The gourmet store features all of their natural and organic products and they invite you to stop in and taste what everyone's talking about. They also carry natural and organic products from locally owned businesses, as well as treasures from around the world.

Their delicious creations are showcased in superior



packaging, which maintains the just -made flavors from harvest to table. Every product is visually stunning, from their gorgeous cherry pie filling to the rich chocolate sauce; you can literally see the quality in each product they make!

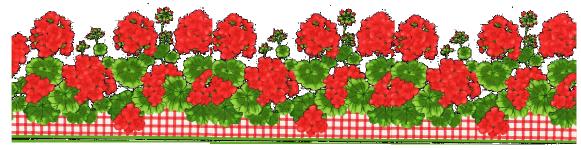
The group will have the opportunity to tour Grandma Hoerner's. After the tour, the group will have the opportunity to shop!

The bus will depart from the Village Entrance at 9:30 a.m. The

cost of transportation is \$5 per person. A sign up sheet is available and located in the Blue Book at the Hospitality Desk.

Memorial Day Geraniums

Purchase Geraniums in honor of veterans or loved ones



Starting Monday, May 23

The week before Memorial Day, Geraniums will be for sale starting Monday, May 23, in honor of loved ones or veterans that have passed away.

If you would like to purchase a geranium, they will be on display in the lobby by the Village Entrance. A flower pick will be placed inside the geranium pot with the name of the loved one on it for that week. After the week is over, you will be able to take your geranium home. The cost of the geranium is \$10.

On Memorial Day (Monday, May 30) at 1:30 p.m., Meadowlark Hills will have a short remembrance ceremony in the lobby by the Hospitality Desk. We will take time to read the names of those honored by the purchase of the geraniums and a moment of silence to reflect.

If you have any questions, please contact Monte Spiller at 323-3801.

Jokes of the Week

What do you call a cow that has had a calf?

De-calf-inated!

What do you get when you cross a ghost with a cat?
A scaredy cat,

How do you know when the moon has enough to eat?
When its full.

How do hair stylists speed up their job? They take short cuts!

Exercise Classes canceled

The following exercise classes will be canceled on the dates listed below:

- Beginner Tai Chi Monday, May 23
- Meditation Group Thursday, May 23
- Fit 2 Fight PD Wednesday, May 25
- Fit 2 Fight PD Saturday, May 28

Summerfest Closings, June 3

Prairie Star Restaurant and The Kansas Pub & Lounge will be closed from 5 to 8 p.m. Friday, June 3, due to Summerfest.

First Friends on the First Wednesday, June 1, at 3 p.m.

First Friends on the First (FFF) is here again. All members and friends of First Methodist Church are invited to come to the gathering at 3 p.m. Wednesday, June 1, in Community Room.

Linda McCann with the Stephen Ministry will be sharing how the ministry got started and how they help the members of the church and community. Food and Friendship are also on the agenda.

Please come and enjoy the afternoon Wednesday, June 1, to Find your Friendly MLH First Family.

Summerfest

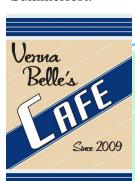
Friday, June 3, at 5 p.m.

Meadowlark Hills invites you and your family to our annual community block party, Summerfest!

Summerfest is Meadowlark Hills' annual kick-off to summer, so what better way to welcome summer than to attend this fun-filled bash! All residents, staff, families, Passport members and board members are welcome to attend.

Summerfest will begin at 5 p.m. Friday, June 3. This yearly free event features a cook-out, live entertainment by the Santiago Brothers, games for children and the young at heart, sno-kones and a beer garden.

The cookout will start at 5 p.m. and the Santiago Brothers band will be performing from 6 p.m. to 8 p.m. We look forward to see you all there!



Lunch Specials May 22 - May 28

May 22 – May 28
Hours: Monday—Friday, 8 a.m. to 5 p.m.
Saturday—Sunday, 9 a.m. to 1 pm.

Sunday, May 22 - Bacon Cheddar Egg Salad Sandwich with Side

Monday, May 23 - Turkey Cranberry Panini with Pistachio Salad

Tuesday, May 24 - Cheesy Chicken Melt with Fruit Salad

Wednesday, May 25 - Bierocks with Potato Salad

Thursday, May 26 - Grilled Ham & Cheese with Tomato Soup

Friday, May 27 - Sausage and Veggie Foil Packet

Saturday, May 28 - Chicken Salad with Soup or Chips

\$3.75/\$5.50

\$3.75/\$5.50

\$5.50

\$5.50

\$3.75/\$5.50

\$5.50

\$3.75/\$5.50

Board of Trustees Council Representative

The Council was searching for a new Council Representative to serve a three-year term on the Board of Trustees. The election for the newest representative was open for voting in May and ballots have now been counted. Please help us in congratulating Bob Crawford as the newest Council Representative for the Board of Trustees!

Wellness Olympiad Update & Post Party

The last few days and challenges are upon us! Track your physical activity for the rest of this week and turn in your Week Six sheet by next Tuesday, May 24. The tracking sheets will be due at the Hospitality Desk or Caul Fitness Center by 5 p.m.

The **Paper Airplane Challenge** will be from 2:30 to 4 p.m. Friday, May 20, in the Game Room. Teams will be able to use as much of that time as desired to build their airplanes and see how far it will fly.

Join us from 3 to 4:30 p.m. Wednesday, May 25, in the Community Room, for the Meadowlark Hills Olympiad Post Party! Teams are encouraged to bring a healthy appetizer or dessert for the **Healthy Recipe Challenge**. Please provide a list of ingredients for your entry and bring plenty to share with the other participants after the judging is completed. Participation in the challenge will earn your team five points, with the possibility of winning more!

The top shooters from our **Free Throw Contest** will also be having a shootout to determine the overall resident and employee free throw winners. Award winners will be announced and participants will be able to vote for whom they believe deserves our "Most Inspirational" awards. It should be a fun way to wrap up the Olympiad!

Memorial Service for Nelson Love Sunday, May 22, 2 to 4 p.m.

Please join the Love and Runion families for the memorial of Nelson Love who passed away Tuesday, April 5, at Hospice House.

The family of Nelson will be celebrating with a New Orleans style service and lots of music from 2 to 4 p.m. Sunday, May 22, in the Community Room. The memorial will have jazz, piano, snacks and happiness.

Video Worship Service Wednesday, May 25, at 4 p.m.

You are invited to watch a televised worship sermon by Reverend Dr. Lawrence Rast titled "God's Own Child" at 4 p.m. Wednesday, May 25, in the Living Room. All are welcome.

Transportation to Elizabeth Doyle Performance

Saturday, May 21, at 7:30 p.m.

Transportation is available for performer Elizabeth Doyle, who will be at the Manhattan Arts Center at 7:30 p.m. Saturday, May 21.

A sign-up sheet is available in the Blue Book at the Hospitality Desk. The Bus will depart at 6:50 p.m. from the Village Entrance. The cost for transportation is \$3 a person.

Seafood Boil

Friday, May 20, at 6 p.m.

Meadowlark
Hills is bringing
the ocean to you!
Join us at 6 p.m.
Friday, May 20,
on the Prairie
Star Patio for a



delicious Seafood Boil!

Michael B. will be performing while we enjoy great food such as peel and eat shrimp, steamed clams and mussels, and chocolate cupcakes. The pub will also be open if you would like to buy a beer or the drink special for that week - spiked lemonade!

This Seafood Boil will be the special for that night in Prairie Star Restaurant. As Seafood Boils generally go, all of the food will be put out at once so it is a firstcome, first-serve meal. There will be plenty of seafood to go around!

Prairie Star Restaurant's main dining room and kitchen will still be open during this event for those who would rather not eat seafood.

No registration is necessary to attend this event. Full menus are also available at the Hospitality Desk and Prairie Star Restaurant. We hope to see you there!

Memory Luncheon Wednesday, June 1, at 11 a.m.

Memory Luncheon is for those with memory changes and those caring for individuals with memory/cognition changes are welcome to attend this monthly informal luncheon immediately after the MAC and Care Partner Support Group from 11 a.m. to noon Wednesday, June 1, in the West Conference Room.

Please sign up in the Blue Book located at the Hospitality Desk if you interested in attending the luncheon.

KelLee Parr Presentation *Friday, May 27, at 7 p.m.*

Meadowlark Hills is honored to have KelLee Parr, author of the book, "My Little Valentine," share the story of his mother and granddaughter's journey to find one another at 7 p.m. Friday, May 27, in the Community Room.

The story is factual and based on his personal experiences, information shared by family members and hundreds of letters between mother and daughter. Mr. Parr will be talking about his book, answering questions and sharing the motivation behind the book.

Memory Activities Class Wednesday, May 25, at 10 a.m.

Memory Activities Class (MAC) focuses on education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks are provided. This group will meet at 10 a.m. Wednesday, May 25, in the KSU Classroom.

Vespers Services Sunday, May 22, at 7 p.m.

The Vespers service, led by Reverend John Parsley from First Baptist Church, will be at 7 p.m. Sunday, May 22, in the Community Room. All are welcome.

Fire Sprinkler Testing, May 19

A Fire Sprinkler Test is scheduled to start at 8:30 a.m. and go through 2 p.m. today, May 19. Unfortunately, there will be several short alarms with the tests. During the alarms, the Magnetic locks and wanderguard will shut off. Maintenance please asks to keep an eye on the doors while they are testing alarms. Maintenance apologizes for the inconvenience.



Lee Longhorn Choir Performance Monday, May 23, at 2:50 p.m.

Meadowlark Hills will be having a group of students from Lee Elementary visiting us. The group, known as the Lee Longhorn Choir, will be singing a variety of songs making the performance at Meadowlark Hills one of their last for the school year.

The Lee Longhorn Choir will be performing at 2:50 p.m. Monday, May 23, in the Community Room. Come out and support the choir of young people!

ASK SARAH

Recycling at Meadowlark Hills

Submitted by Sarah Duggan

The question remains, can we place recycling containers in common areas, such as the Game Room, Billiards Parlor, Kansas Room & Pub and Verna Belle's to



encourage even more recycling? My short answer is no, but my explanation is a little more lengthy.

Space is struggle we face every day at Meadowlark Hills – need more space to store items, more space for the exceptional events, more space for waiting and more space for exercising. The truth is, we're tight on extra space around here so it's up to us to maximize it wherever possible. Although we won't be putting recycling bins in the various areas mentioned above, there are recycling opportunities at Meadowlark Hills.

Three recycling dumpsters are stationed around campus – two are located out by the loading dock and one is located in the Miller Place parking lot. The cardboard dumpster is picked up twice a week (Mondays and Wednesdays) and the other two dumpster, which hold comingled recyclables, are picked up weekly on Tuesdays.

There are also recycling containers located behind the elevator on the first floor of the main building. These are emptied into the large dumpster on a daily basis by maintenance staff, usually in the morning.

Residents living in the duplexes and cottage have the option of utilizing curbside recycling, which is picked up the second and fourth Mondays – the same day as trash pick-up.

See you next week – and thanks for stopping by!

Speedy PD Art Workshops

Individuals with Parkinson's disease are invited to attend art workshops to make the age-group awards for the 8th Annual Speedy PD Race for Parkinson's. Kathrine Schlageck, the Marianna Kistler Beach Museum Education Director, will lead the classes and provide the materials and inspiration for each event. No prior art experience is needed.

The following are dates and times for the Speedy PD Art Workshops in the KSU Classroom:

- Tuesday, May 24, from 11 a.m. to 12:30 p.m.
- Wednesday, June 1, from 1:30 to 3 p.m.
- Wednesday, June 15, from 1:30 to 3 p.m.
- Tuesday, July 12, from 11 a.m. to 12:30 p.m.
- Tuesday, July 19, from 11 a.m. to 12:30 p.m.
- Tuesday, August 9, from 11 a.m. to 12:30 p.m.

Questions? Please contact Michelle Haub, Parkinson's Program Leader at (785) 323-3899 or via email *michelle.haub@meadowlark.org*.



Take advantage of the complimentary transportation to local shopping centers. Transportation goes to the following locations: Walmart and Dillons.

The next trip departs at 10 a.m. Wednesday, May 25, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Acrylic Watercolor Painting for Fun Saturday, May 21, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, May 21, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

SAVE THE DATE SYMPHONY IN THE FLINT HILLS

Saturday, June 11, at 2 p.m.

The 11th anniversary of Symphony in the Flint Hills will be

here before you know it! This year's Symphony Signature Event will take place on private land in Chase County Saturday, June 11, 2016.

Edward Bass, a rancher with extensive interests in Texas and Kansas, will host the 11th annual event on his "South Clements Pasture." The theme of the 2016 Signature Event is "Future of the Flint Hills." As in past years, the Governor of Kansas will serve as honorary chair and the Kansas City Symphony will perform the sunset concert. Reserved seats and transportation have been secured. All you need are comfortable shoes and a desire to hear beautiful music in a gorgeous setting.

Transportation will depart from the Village Entrance at 2 p.m., allowing some time at the

concert site to enjoy the festival prior to the concert at 6:45 p.m.

Visit the

instrument petting zoo, hear a discussion in one of the heritage and culture tents, listen to strolling musicians or take a covered wagon ride. Food and beverages are available for purchase on your own. The package price offered by Meadowlark Hills, including a ticket, reserved seat and transportation, will be \$118 per person. Register by signing up in the Blue Book. Residents, Passport members, board members and their friends and families are also welcome attend. If you've attended the Symphony in the Flint Hills before, you know what a delightful experience this is. If you haven't attended previously, the signature event festival organizers have planned to celebrate the 11th anniversary promises to be a fantastic introduction. If you have questions, please contact Monte Spiller at (785) 323-3801.

PRAIRIE*STAR RESTAURANT

May 22 - May 28

Includes beverage, starter and dessert.

The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

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

Junuay, 10.30 d.iii. to 7 p.iii.		
>	May 22 ~ Lunch \$10	Dinner \$11
SUNDA	Grilled Smoked Ham Warm White Bean Salad Corn Pudding Vegetable of the Day	Grilled Bratwurst Hash Brown Casserole Vegetable of the Day
TUESDAY MONDAY SUNDAY	May 23 ~ Lunch \$10	Dinner \$13
	Chicken Parmesan Sandwich Pasta Salad Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable of the Day
TUESDAY	May 24 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Grilled Marinated Lemon Thyme Chicken Breast Soft Polenta Vegetable of the Day
WED.	May 25 ~ Lunch \$9	Dinner \$12
	Vegetable Quiche Rice Choice of Vegetable	Parmesan Crusted Pork Chop Wild Rice Vegetable of the Day
THURS.	May 26 ~ Lunch \$9	Dinner \$12
	Mac & Cheese Bar (does not include drink, starter or dessert)	Baked Chicken Legs & Thighs Baked Sweet Potato Vegetable of the Day
FRIDAY	May 27 ~ Lunch \$10	Dinner \$14
	Chicken Curry Salad Wrap Choice of Vegetable	Grilled BBQ Shrimp Roasted Red Potatoes Vegetable of the Day
	May 28 ~ Lunch \$11	Dinner \$15
SAT.	Baked Tilapia Rice Pilaf Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day
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^{*}You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, May 22 - Saturday, May 28

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

2 p.m. and 6 p.m., Sunday

Sunday, May 22 – Belle (2014)

This period drama based on fact traces the life of Dido Elizabeth Belle, a biracial girl born in 1761 to a British admiral father and African mother.

Co-Starring: Gugu Mbatha-Raw, Matthew Goode & Emily Watson

Rated PG; 1 hr. 45 min.

Monday, May 23 – <u>Mamma Mia!</u> (2008)

On the Greek isle of Kalokairi, a single mom goes into a tizzy when her bride-to-be daughter invites three of Mom's ex-lovers to the wedding.

Co-Starring: Meryl Streep, Pierce Brosnan & Amanda Seyfried

Rated PG-13; 1 hr. 48 min.

Tuesday, May 24 – The English Patient (1996)

Ralph Fiennes stars as a horribly burned pilot who recounts a tale of doomed romance to the nurse tending to him in this World War II-era drama.

Co-Starring: Ralph Fiennes, Juliette Binoche & Willem Dafoe

Rated R for sexuality, some violence, and language; 2 hrs. 42 min.

Wednesday, May 25 – <u>The Replacements</u> (2000)

Losers, has-beens, and never-weres. These guys aren't a football dream team. They're more like a nightmare.

Co-Starring: Keanu Reeves, Gene Hackman & Brooke Langton

Rated PG-13; 1 hr. 58 min.

Thursday, May 26 – A Streetcar Named Desire (1951)

After losing the family plantation to creditors, aging Southern belle Blanche DuBois travels to New Orleans seeking solace in her sister, Stella.

Co-Starring: Vivien Leigh, Marlon Brando & Kim Hunter

Rated PG; 2 hrs. 5 min.

Friday, May 27 – Concussion (2015) *Resident Request

When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment.

Co-Starring: Will Smith, Alec Baldwin & Albert Brooks

Rated PG-13; 2 hrs. 3 min.

Saturday, May 28 – <u>Shanghai Knights</u> (2003)

A martial arts master and his outlaw sidekick let loose in 19th century London. Scores to settle, royals to save.

Co-Starring: Jackie Chan, Owen Wilson & Fann Wong

Rated PG-13; 1 hr. 54 min.

This Week's Opportunities May 22 - May 28

SUNDAY • MAY 22

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Miller Worship Service, MFR

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

2:00 p.m. ~ Wroten Worship Service, WL

2:00 p.m. ~ Memorial Service for Nelson Love, CR

2:30 p.m. ~ Pond Ride, VE

7:00 p.m. ~ Vespers, Rev. John Parsley from First Baptist

Church, CR

Monday • May 23

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

10:00 a.m. ~ Pond Ride, VE

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

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

12:00 p.m. ~ Yoga, KSU CL

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

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

2:30 p.m. ~ Pond Ride, VE

2:50 p.m. ~ Lee Longhorn Choir Performance, CR

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

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

TUESDAY • MAY 24

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:00 a.m. ~ Pond Ride, VE

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

10:30 a.m. ~ Reality Check, TR

11:00 a.m. ~ PD Art Workshop, KSU CL

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

11:30 a.m. ~ AAUW Serendipity Luncheon, MR

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

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

2:30 p.m. ~ Pond Ride, VE

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

3:30 p.m. ~ Ambassadors Committee Meeting, CON

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

5:30 p.m. ~ 3rd Floor Supper, CR

WEDNESDAY • MAY 25

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

9:30 a.m. ~ Depart to Grandma Hoerner's, VE

10:00 a.m. ~ Pond Ride, VE

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Worship Service, LR

10:00 a.m. ~ Memory Activities Class, KSU CL

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

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

12:00 p.m. ~ Yoga, KSU CL

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

1:10 p.m. ~ Meditation Group, TR

1:30 p.m. ~ Pitch, GR

1:30 p.m. ~ Collins Worship Service, CH

2:30 p.m. ~ Pond Ride, VE

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

3:00 p.m. ~ Wellness Olympiad Post Party, CR

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

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

5:30 p.m. ~ 1st Floor Supper, MR

THURSDAY • MAY 26

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

10:00 a.m. ~ Pond Ride, VE

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

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

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

1:30 p.m. ~ Diabetic Support Group, KSU CL

2:30 p.m. ~ Pond Ride, VE

4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

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

FRIDAY • MAY 27

Breakfast at Verna Belle's—Waffle or Pancake

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

10:00 a.m. ~ Pond Ride, VE

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

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

12:00 p.m. ~ Parkinson's Partners Luncheon, 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 Care Partners Support Group, LR

2:30 p.m. ~ Pond Ride, VE

7:00 p.m. ~ Resident Program: Kellee Parr—"My Little

Valentine," CR

SATURDAY • MAY 28

Breakfast at Verna Belle's—Omelets with Fruit

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

10:00 a.m. ~ Pond Ride, VE

2:30 p.m. ~ Pond Ride, VE

ROOM ABBREVIATIONS

BP, Billiards Parlor CH, Collins House

CR, Community Room

Cit, Community Room

CON, Conference Room

FC. Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library