



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 26, 2016

Arts in the Park *Summer Concert Series Kick-Off!*

The City of Manhattan Parks and Rec is once again hosting its annual Arts in the Park summer concert series! Arts in the Park is a summer concert series that brings live music and entertainment to the public every Friday throughout the summer. Enjoy a nice relaxing night of bluegrass, party songs, folk, country and more!

Shows begin at 8 p.m. at the Larry Norvell Band Shell in City Park unless otherwise noted. Friday, July 29, "Recess Monkey" will be the only event that will begin at 7 p.m. rather than 8 p.m.

Transportation is available and will cost \$3, but admission is free! Transportation will depart from the Village Entrance at 7:30 p.m.

Please register in the Blue Book located at the Hospitality Desk for transportation and to attend any of the following fun events!

2016 Arts in the Park Schedule

- **June 10** — Artageous! The interactive Art and Music Experience
- **June 17** — The Howlin' Brothers: Nashville-based blues and bluegrass band
- **June 24** — Wayne Goins Jazz Combo
- **July 1** — Betty O. and the Exceptions: The best party songs of all time!
- **July 8** — Muzizi Reggae
- **July 15** — Butch Parnell of Runaway Dorothy: mining folk, country and alt-country
- **July 22** — The Good Lovelies: female folk trio
- **July 29** (at 7 p.m.) — Recess Monkey: this kids music band isn't just for kids!
- **August 5** — Groovement: 7-piece funk-rock band

French & Indian War *Prelude to American Revolution*

Wednesday, June 1, at 6:30 p.m.

This Osher Class examines the French and Indian War as part of a global conflagration known as the Seven Years War, which had profound consequences for North America.

The class will highlight the French empire, the fate of Native Americans west of the Appalachians and the attitude of loyal colonists toward Britain and how it was changed. Additionally, the class will go in depth with the feud between Britain and France, the role Native Americans played and how a small skirmish in the Ohio Territory led by a young George Washington ignited a world war.

The first class is from 6:30 to 8:30 p.m. Wednesday, June 1, in the Community Room. Second and third classes are Wednesday June 8, and June 15, at the same time and location as the first class. Join Robert Smith, as he presents over the prelude to American Revolution.

SAVE THE DATE SYMPHONY IN THE FLINT HILLS

Saturday, June 11, at 2 p.m.

This years Symphony Signature Event will take place on private land in Chase County Saturday, June 11. The theme of the 2016 Signature Event is "Future of the Flint Hills."

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 the ticket, reserved seat and transportation, will be \$118 per person. Register by signing up in the Blue Book located at the Hospitality Desk.

UPCOMING EVENTS & ANNOUNCEMENTS

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.

Japanese-American Internment Camps

Tuesday, June 7, at 5:45 p.m.

This Osher Class will explore the camps, incorporating the artwork of Dr. Roger Shimomura of Lawrence currently on display at the Beach Museum of Art. It depicts his memories as a child and writings from his grandmother's diary. The class will discuss living conditions of the camps, attitudes of the guards and the four Supreme Court decisions that upheld the internments. Additionally, the class will salute the heroism of the Japanese-American soldiers during WWII and their liberation of the Dachau Concentration Camp.

Join Russ Hutchins, as he presents over the Japanese-American Internment Camps from 6 to 8 p.m. Tuesday, June 7, at the Beach Museum of Art. Second and third classes will be Tuesday, June 14, and Tuesday, June 21, at the same time and location as the first class.

Transportation will depart from the Village Entrance at 5:45 p.m. Please sign up in the Blue Book located at the Hospitality Desk.

Memorial Day Geraniums

Starting Monday, May 23

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.

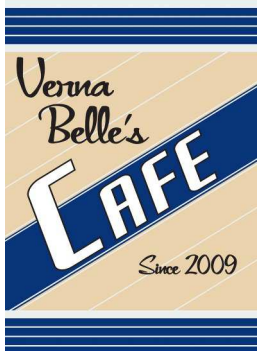
Parking during Summerfest, June 3

Meadowlark Road will be blocked off from the fork to the Village Entrance all day Friday. If you have guests visiting, please make sure they are not parked in the visitor parking between 7 a.m. Friday, June 3, through 10 a.m. Saturday, June 4. Thank you!

Jokes of the Week

What do you call two banana peels?
Slippers.

Why did the melon jump into the lake?
It wanted to be a watermelon.



Lunch Specials

May 29 – June 4

Hours: Monday–Friday, 8 a.m. to 5 p.m.

Saturday–Sunday, 9 a.m. to 1 pm.

Sunday, May 29 – Chicken Salad Sandwich with Side	\$3.75/\$5.50
Monday, May 30 – Avocado BLT with Ramen Salad	\$3.75/\$5.50
Tuesday, May 31 – BBQ Pork Sandwich with Broccoli Salad	\$5.50
Wednesday, June 1 – Chicken Alfredo Pizza	\$3.75/\$5.50
Thursday, June 2 – Monte Cristo with Soup or Chips	\$3.75/\$5.50
Friday, June 3 – Chicken Sandwich with Melon Salad	\$5.50
Saturday, June 4 – Ham Salad with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

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.

Manhattan Municipal Band

Tuesday, June 7, at 7 p.m.

Manhattan Municipal Band is sharing their music for free and is wanting you there! Bring your lawn chairs and enjoy the music of the Municipal Band on Tuesdays, starting June 7. The event begins at 7:30 p.m. at Larry Norvell Band Shell at City Park. Transportation will depart at 7 p.m. from the Village Entrance and costs \$3 per person.

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. The following are dates and times for the art workshops in the KSU Classroom:

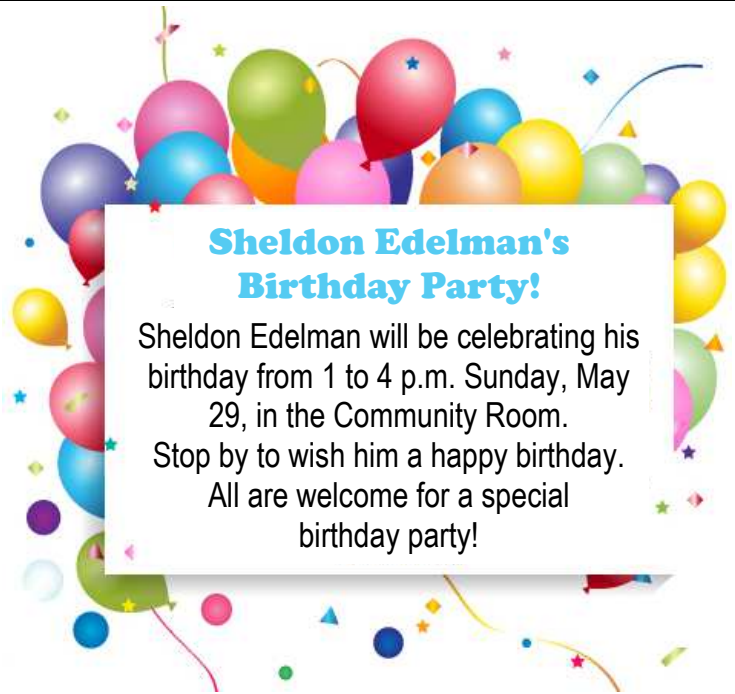
- Wednesday, June 1, from 1:30 to 3 p.m.
- Wednesday, June 15, from 1:30 to 3 p.m.
- Tuesday, July 12, from 11 a.m. to 12:30 p.m.
- Tuesday, July 19, from 11 a.m. to 12:30 p.m.
- Tuesday, August 9, from 11 a.m. to 12:30 p.m.

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

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 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.



Sheldon Edelman's Birthday Party!

Sheldon Edelman will be celebrating his birthday from 1 to 4 p.m. Sunday, May 29, in the Community Room.

Stop by to wish him a happy birthday.

All are welcome for a special birthday party!

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 to 8 p.m.

We look forward to see you all there!

Pop-Up Boutique

Sunday, June 5, from 10 a.m. to 12 p.m.

You are all invited to Sherry Smith's, Lyle Household Coordinator, LuLaRoe Launch Pop-Up Boutique from 10 a.m. to 12 p.m. Sunday, June 5, in the Living Room.

There will be a huge selection of skirts, dresses, leggings and tops in women's sizes XXS — 3xL and kids sizes 2T to 14. Come to browse, try on and take home your new clothes!

Exercise Classes canceled, May 30

All exercise classes are canceled Monday, May 30, for Memorial Day.

UPCOMING EVENTS & ANNOUNCEMENTS

Transportation to Jazz in June

Friday, June 10, at 7 p.m.

The event, "Jazz in June" begins at 7:30 p.m. Friday, June 10, at Hale Library. Transportation is available and will depart from the Village Entrance at 7 p.m. Cost is \$3 per person. Please sign up in the Blue Book located at the Hospitality Desk to attend.

Memory Activities Class

Wednesday, June 1, 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, June 1, in the KSU Classroom.

Vespers Services

Sunday, May 29, at 7 p.m.

The Vespers service, led by Reverend John Parsley from First Baptist Church, will be at 7 p.m. Sunday, May 29, in the Community Room. All are welcome.

Closings for Summerfest, June 3

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

Acrylic Watercolor Painting for Fun

Saturday, May 28, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, May 28, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

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 Resource office to fill out a nomination form with information about an outstanding employee.

Verna Belle's Café Hours, May 30

Verna Belle's Café will be open from 8 a.m. to 1 p.m. Monday, May 30.

DRINK SPECIAL



**May 30 to June 4
Gimlit**

2 oz. Tanqueray Gin
2 oz. Simple Syrup
3/4 oz. Sweetened
Lime Juice

\$3.75

Yoga Cancellations

Yoga class held at 12 p.m. will be canceled for the following dates:

- Wednesday, May 25
- Monday, May 30
- Wednesday, June 1
- Monday, June 6
- Wednesday, June 8

Ask Sarah



Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or directly to Sarah via phone, e-mail or stopping by her office!

Sarah is located in the Community Center next to Monte Spiller and across from Kinzie Jo Zimmerman.

Thanks for stopping by!

JUNE BIRTHDAYS

Residents

Health Care

6/30 Lila Stiles

Assisted Living

6/5 Bob Newsome

6/16 Bernice Munson

6/23 Lois Kennedy

6/24 Joanne Michel

Independent Living

6/4 Jean Brecheisen

6/4 John Trail

6/6 Faith Roach

6/14 Pat Miksch

6/14 Kay Shanks

6/15 Bob Kruh

6/17 June Myers

6/17 Shirley Stone

6/18 Charlie Hall

6/21 Jane Westfall

6/25 Evelyn Hawley

6/26 Ted Ferguson

6/26 Helen Roser

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

Employees

6/1 Brittany Flaming

6/2 Sara Hillard

6/3 Jasmine McLamb

6/4 Teri Awbrey

6/5 Michelle Haub

6/6 Kim O'Donnell

6/9 Kelsey Whitton

6/10 Ashley Freed

6/10 Janalee Walter

6/10 Teresa Wells

6/11 Ashley Kochick

6/13 Kirsti Glotzbach

6/13 Kayla Weber

6/14 Lonnie Baker

6/14 Hunter Clark

6/14 Bobbie Schesser

6/15 Paige Coleman

6/16 Vivian Dane

6/16 Chris Nelson

6/18 Laura Nienhaus

6/20 Alex Klein

6/26 Patrick Monhollon

6/27 Alyssa Olberding

6/27 Crystal Smith

6/28 Lauren Jamison

6/29 Cherry Leaym

6/30 Arlene Lundberg

PRAIRIE★STAR RESTAURANT

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

May 29 - June 4

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

SUNDAY	May 29 ~ Lunch \$10	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Ham & Beans Corn Bread Vegetable of the Day
MONDAY	May 30 ~ Lunch \$10	Dinner \$13
	Chicken Crepes Wild Rice Choice of Vegetable	BBQ Ribs Baked Beans Coleslaw
TUESDAY	May 31 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Sautéed Pork Tenderloin with Sherry Gravy Mashed Potato with Caramelized Onions Vegetable of the Day
WED.	June 1 ~ Lunch \$8	Dinner \$12
	Grilled Ham & Cheese Sandwich Tomato Soup	Roast Turkey with Cornbread Dressing Mashed Potatoes Vegetable of the Day
THURS.	June 2 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable of the Day
FRIDAY	June 3 ~ Lunch \$10	Dinner \$14
	BBQ Wings Coleslaw French Fries	Cajun Baked Catfish Twice Baked Potato Vegetable of the Day
SAT.	June 4 ~ Lunch \$12	Dinner \$14
	Salisbury Steak with Mushrooms Mashed Potato Choice of Vegetable	Seared Scallops Baked Garlic Parmesan Potato Wedges Vegetable of the Day

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

Grosh Cinema Movies

Sunday, May 29 - Saturday, June 4

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

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

Sunday, May 29 – 27 Dresses (2008)

After serving as a bridesmaid, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with.

Co-Starring: Katherine Heigl, Malin Akerman & James Marsden

Rated PG-13; 1 hr. 45 min.

Monday, May 30 – To Catch a Thief (1955)

Suspected in a series of gem heists in the French Riviera, reformed thief John Robie sets out to catch the real culprit with the help of a pampered heiress Frances Stevens. Robie's plan backfires, but Frances, who believes him guilty, plots an escape.

Co-Starring: Cary Grant, Grace Kelly & Jessie Royce Landis

Rated PG; 1 hr. 46 min.

Tuesday, May 31 – Atonement (2007)

Young Briony fingers a young man for a crime after she discovers a lustful letter and witnesses a sexual encounter between him and her sister.

Co-Starring: Keira Knightley, James McAvoy & Brenda Blethyn

Rated R; for disturbing war images, language and some sexuality; 2 hrs. 3 min.

Wednesday, June 1 – The Sandlot (1993)

Eager to make friends, new-kid-in-town Scotty heads for the neighborhood sandlot, hoping to join a pickup baseball game. He's not any good, but the others grow to accept him as they teach him about the sport.

Co-Starring: Tom Guiry, Mike Vitar & Patrick Renna

Rated PG; 1 hr. 43 min.

Thursday, June 2 – Will Rogers, Life Begins at Forty (1935) **Resident Request*

While trying to help a wrongly accused young man, small-town newspaper editor Kenesaw Clark uncovers corruption involving a local bigwig in this comedy.

Co-Starring: Will Rogers, Rochelle Hudson & Richard Cromwell

Not Rated; 1 hr. 25 min.

Friday, June 3 – Brooklyn (2015) **Resident Request*

After emigrating from Ireland, Ellis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations—and two men.

Co-Starring: Saoirse Ronan, Domhnall Gleeson & Emory Cohen

Rated PG-13; 1 hr. 51 min.

Saturday, June 4 – The Peanuts Movie (2015)

With the help from his sidekick Woodstock, the imaginative beagle Snoopy takes to the skies on a daring mission to defeat his sworn enemy The Red Baron.

Co-Starring: Noah Schnapp, Hadley Belle Miller & Bill Melendez

Rated PG; 1 hr. 28 min.

This Week's Opportunities May 29 - June 4

SUNDAY • MAY 29

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Miller Worship Service, MFR
10:00 a.m. ~ Worship Service, CR
1:00 p.m. ~ Sheldon Edelman's Birthday Party, CR
2:00 p.m. ~ Wroten Worship Service, WL
2:30 p.m. ~ Pond Ride, VE
7:00 p.m. ~ Vespers, Rev. John Parsley from First Baptist Church, CR

MONDAY • MAY 30

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

10:00 a.m. ~ Pond Ride, VE
10:00 a.m. ~ Geraniums Remembrance Ceremony, VE
1:00 p.m. ~ Blood Pressure Clinic, GR
1:30 p.m. ~ Ladies Pool Table Time, BP
2:30 p.m. ~ Pond Ride, VE
7:00 p.m. ~ Community Bingo, CR

TUESDAY • MAY 31

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
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Writing Group, LR
2:30 p.m. ~ Pond Ride, VE
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR

WEDNESDAY • JUNE 1

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Pond Ride, VE
10:00 a.m. ~ Memory Care Partners Support Group, TR
10:00 a.m. ~ Worship Service led by the First United Methodist Church, 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
11:00 a.m. ~ Memory Luncheon, CON
11:30 a.m. ~ 1st Men's Club Luncheon, MR
12:00 p.m. ~ Beginner Tai Chi, CR
1:10 p.m. ~ Meditation Group, TR
1:30 p.m. ~ Speedy PD Art Workshop, KSU CL
1:30 p.m. ~ Pitch, GR
2:30 p.m. ~ Pond Ride, VE

3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ Fit 2 Fight PD, KSU CL
3:00 p.m. ~ First Friends on the First, CR
6:30 p.m. ~ Osher Class: The French & Indian War, CR

THURSDAY • JUNE 2

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 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:00 p.m. ~ Parkinson's Education Group, CR
2:30 p.m. ~ Pond Ride, VE
5:30 p.m. ~ Meadowlark Circle Dinner, MR
7:00 p.m. ~ IL Bingo, CR

FRIDAY • JUNE 3

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Art Committee Meeting, LR
10:00 a.m. ~ Pond Ride, VE
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:30 p.m. ~ Mending Angel, GR
1:00 p.m. ~ Hand & Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
2:30 p.m. ~ Pond Ride, VE
3:30 p.m. ~ Catholic Mass, CR
5:00 p.m. ~ Summerfest, PS Patio

SATURDAY • JUNE 4

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Fit 2 Fight PD, CR
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	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MS, Miller Spa
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
	WS, Woodshop