



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 23, 2016

OUR BIG REVEAL WITH A SMALL MEAL

THERE'S A PARTY IN THE HALLWAY...



Thursday, June 30, from 1 to 2:30 p.m.

Mark your calendars for Meadowlark Hills *Big Reveal with a Small Meal* from 1 to 2:30 p.m. Thursday, June 30, where you will have the opportunity to meet staff and see their office locations.

Residents and Passport Members are invited to stop by the Hospitality Desk to receive a map of “starred” locations. Each star will represent a quick stop to enjoy delicious bite sized treats catered by Meadowlark Hills Head Chef, John Gasser. This is a great time to

minge with staff members — old and new! Guests will continue through the Community Center and down the halls past the Finance Office, where we have saved the best for last!

We will end the party with our BIG REVEAL of Sloan and Honstead Houses new beautiful interiors! This is an opportunity for residents and Passport members to see the amazing, completed renovations of Sloan and Honstead Houses.

You don't want to miss this!

Bill and the Belles

Live on the Prairie Star Patio!

Friday, July 1, at 7 p.m.

It's a performance you don't want to miss! Meadowlark Hills welcomes Bill and the Belles at 7 p.m. Friday, July 1, on the Prairie Star Patio.

With striking three-part harmonies and masterful instrumentation, Bill and the Belles skillfully breathe new life into the sounds of early country music. At the foothills of the Blue Ridge and the forefront of old time music, Bill and the Belles (Johnson City, Tennessee) continue to further the music traditions of their region.

From sentimental Southern ballads to the popular songs of Tin Pan Alley to regional fiddle breakdowns, Bill and the Belles show is a celebration of the diversity country music once represented.

Lifelong musicians Kris Truelsen, Grace Van't Hof,



Kalia Yeagle, and Karl Zerfas (Manhattan, KS) bring to the stage an uplifting show unlike any other, full of humor, high spirits and all-around revelry.

It's clear this group shares a rare musical connection and deep love for the music, and their excitement is contagious. Bill and the Belles are hitting the road with fervor, eager to share their music with new audiences. They continue to play alongside America's top

country and roots music artists as the resident band for the historic radio program Farm and Fun Time presented by Radio Bristol and the Birthplace of Country Music. Join the fun-filled three-part harmony instrumental band Friday, July 1.

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

What do sheep do on sunny days?
Have a baa-baa-cue!

When do you go at read and stop at
green?
When you are eating watermelon.

What do you get when you cross a parrot
and a centipede?
A walkie-talkie.

Fourth of July Celebration

Monday, July 4, at 8:30 p.m.

Join Meadowlark Hills, as we celebrate Independence Day Monday, July 4. There will be cold drinks available while you enjoy some hot music from our special guest "Michael B. and the Bolts" starting at 8:30 p.m. on the Lyle House Patio. Following the performance, stick around for the firework display beginning at sundown in the West Parking Lot. Residents, staff and family members are welcomed to come out! We look forward to see you there!

Eyewear Adjustments

Saturday, June 25, at 3 p.m.

Alex's Affordable Eyewear will be here at 3 p.m. Saturday, June 25, in the Community Room. They will adjust eyeglasses for residents at no charge.

Cally Krallman Art Presentation

Friday, June 24, at 7 p.m.

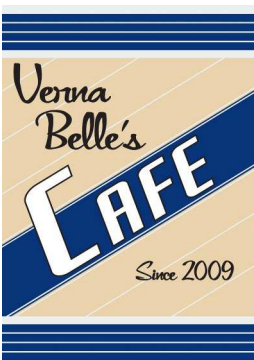
Cally Krallman, fine artist and lyricist, will be at Meadowlark Hills to speak about living a creative life with paint and words at 7 p.m. Friday, June 24, in the Community Room.

Cally has been a full-time artist for 22 years and exhibits her work at various galleries in the Midwest. She loves painting the Flint Hills and landscapes from all over! Her work has been exhibited internationally — first in Tblisi, Georgia and most recently in Moscow with "Arts in the Embassies Program."

Cally is a member of several national art organizations including Oil Painters of America, American Women Artists and National Oil and Acrylic Painters Society.

Cally also spends her time writing songs. She has managed to bring many songs to life even though she is not a musician herself. She has worked with various musicians in the Midwest, collaborating to create six CDs with a wide variety of music genres, including Americana, Bluegrass, Country, Jazz/Blues and even a bit of Irish! Cally has performed on two different albums herself.

Cally will be presenting over "fits and starts" of the creative process such as giving yourself down time to refuel ideas and inspiration. Join her Friday, June 24, for a very special presentation!



Lunch Specials **June 26 – July 2**

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

Sunday, June 26– Napa Valley Chicken Sandwich with Side	\$3.75/\$5.50
Monday, June 27 – Grilled Ham with Fruit Salad	\$3.75/\$5.50
Tuesday, June 28 – Avocado BLT with Macaroni Salad	\$3.75/\$5.50
Wednesday, June 29 – Patty Melt with Cottage Cheese & Fruit	\$3.75/\$5.50
Thursday, June 30 – BBQ Pork Sandwich with Three bean Salad	\$5.50
Friday, July 1 – Chicken Salad Sandwich with Broccoli Salad	\$5.50
Saturday, July 2 – Ham Salad Sandwich with Side	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Fourth of July cancelations and rescheduled times

The following events and classes are canceled Monday, July 4:

- **IL Resident Council** — rescheduled for 8 a.m. Monday, July 11
- **Town Meeting** — rescheduled for 9:30 a.m. Monday, July 11
- **All exercise classes**
- **Community Bingo**
- **Tuttle Creek Supper** — rescheduled for Monday, July 11

Verna Belle's Root Beer Floats

It's time to get your float on! Verna Belle's Café is excited to announce that Root Beer Floats are now available for purchase. For only \$3.99 you can enjoy this tasty treat to help you cool down this summer. Stop on by and grab one today!



Aggieville Through the Years

Sunday, July 10, from 2 to 3 p.m.

Riley County Genealogical Society is sponsoring "Aggieville Through the Years" from 2 to 3 p.m. Sunday, July 10, at the Manhattan Public Library Auditorium, 629 Poyntz Ave. This program is opened to the public and free to attend!

Join Dan Walter, Historian, Aggieville Business Association; Founder, Aggieville Archives will be presenting about Aggieville through the years.

Mattie's Going Away Party

Friday, June 24, at 3 p.m.

Mattie King, Receptionist, will be leaving Meadowlark Hills for a new venture in life. Let's wish her well as she experiences new opportunities and moves to the next chapter of her life with her family by stopping by from 3 to 4 p.m. Friday, June 24, in the Community Room. Light refreshments will be served.

Vespers Services

Sunday, June 26, at 7 p.m.

The Vespers service, led by Reverend Jim Reed from First United Methodist Church, will be at 7 p.m. Sunday, June 26, in the Community Room. All are welcome.

Arts in the Park

Friday, June 24, at 7:30 p.m.

Arts in the Park will be hosting Wayne Goins Jazz Combo at 8 p.m. Friday, June 24, at the Larry Norvell Band Shell in City Park.

Wayne Goins Jazz Combo perform a wide variety of styles including bebop, cool, swing, ballads and funk, rock and sambas! Dr. Wayne Goins, Director of Jazz Studies, has performed with guitarist Kenny Burrell, saxophonist Bobby Watson, organist Jimmy McGriff and many others. Goins has experience in Boston, Chicago and Atlanta conducting jazz ensembles and teaching guitar. Goins authored the award winning book, *A Biography of Charlie Christian* (2005), *The Jazz Band Directors Handbook*, and *Emotional Response to Music: Pat Metheny's Secret Story*.

Enjoy a nice relaxing night of cool jazz ballads and samba music.

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.

Memory Activities Class

Wednesday, June 29, 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 from 10 to 11 a.m. Wednesday, June 29, in the West Conference Room.

Black Settlements in America

Thursday, June 30, from 2 to 4 p.m.

Please Join La Barbara James Wigfall, as she presents over the Black Settlements in America: Nicodemus Preserves its Heritage from 2 to 4 p.m. Thursday, June 30, in the Community Room.

Manhattan Municipal Band

Tuesday, June 28, at 7 p.m.

Manhattan Municipal Band is sharing their music for free and they want you there! Bring your lawn chairs and enjoy the music of the Municipal Band Tuesday, June 28.

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. Sign up in the Blue Book located at the Hospitality Desk.

UPCOMING EVENTS & ANNOUNCEMENTS

Men's II Club

Calling all men! The Meadowlark Hills, Men's II Club are looking for new members to add to the current group of great personalities.

If you are a resident or Passport Member why not give us a try. If you decide this is the group for you, then invite a friend! The men meet every second Wednesday of the month at noon, have lunch and a great conversation over the chosen topic of the day.

There will be a guest speaker at each meeting and will take place on Meadowlark Hills campus. If you have any questions, please contact the Hospitality Desk at (785) 537-4610.

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.

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!

DRINK SPECIAL



June 27 to July 2 Mai Tai

1 oz. Dark Rum
1 oz. Amaretto
3 oz. Orange juice
3 oz. Pineapple Juice
Dash of Grenadine

\$3.75

Window Washing

Week of Monday, June 20

The window washing company will be coming to Meadowlark Hills the week of Monday, June 20, to wash exterior windows for Independent Living residents.

Maintenance and Housekeeping staff will be working ahead of the window cleaners by removing screens where needed. They will also be escorting the window cleaners into apartments with balconies. Then they will return to reinstall the screens. Dates are contingent on the weather.

Acrylic Watercolor Painting for Fun

Saturday, June 25, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, June 25, in the KSU Classroom. Don't forget to bring paint supplies and be ready to paint away!

Grief Support Group

Starting Tuesday, July 12, at 10:30 a.m.

Join Bridget Larkin, LMSW, Social Services Leader, and Patty Brown-Barnett, Chaplain DMin, in a Grief Support Group from 10:30 to 11:30 a.m. on Tuesday's starting July 12 through Sept. 27.

The Grief Support Group provides the opportunity to discuss grief and healing in a supportive environment. The group discussion will be guided by "Understanding Your Grief" by Alan D. Wolfelt, Ph.D. The cost of the book is \$11. To RSVP or request additional information, please contact Bridget at (785) 323-3837 or at bridget.larkin@meadowlark.org.

SUMMER RECIPE

Sausage and Pepper Skewers

Ingredients

- 1 cup couscous
- 2 bell peppers (red and yellow), cut into chunks
- 1 (12-ounce) package chicken sausage (preferably garlic-flavored), cut into 1-inch pieces
- 1 large red onion, cut into chunks
- 1 cup cherry tomatoes
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 4 scallions, roughly chopped
- 1 tablespoon white wine vinegar



Directions

- Soak eight 8-inch skewers in water, at least 15 minutes. Preheat a grill or grill pan to medium high. Prepare the couscous as the label directs.
- Meanwhile, toss the bell peppers, sausage, onion and tomatoes in a bowl with 1 tablespoon olive oil; season with salt and pepper. Thread onto the skewers, alternating the sausage and vegetables. Grill, turning, until the vegetables are slightly softened and the sausage begins to brown, 6 to 7 minutes.
- Meanwhile, puree the parsley, cilantro and scallions in a blender with the remaining 2 tablespoons olive oil, the vinegar and 2 tablespoons water. Season with salt and pepper. Brush the skewers with some of the pesto and continue to cook, turning, until the tomatoes are tender and the sausage is charred, 6 to 7 more minutes.
- Toss the couscous with half of the remaining pesto and season with salt and pepper. Serve with the skewers and the remaining pesto, for dipping.

Beach WORD SEARCH

D R N E A M E S M L S B T B E
 R R T A H B A E L S U I I U N
 S S A C C I U E R E R K U E E
 N E X U L I H C L Z F I S B G
 L B S B G S L T S S B N G S H
 B A O S A E S E A I O I N C I
 M A C E A A F N P J A Z I K Y
 T J S I C L D I W G R C H L G
 L N W D P A G V L Q D Z T A V
 X L N T L O W N P V P R A W N
 G A U S X I R W U H V X B D T
 S K L G F M L T X S H E V R M
 N O I T A C A V W A V E S A N
 P C D N S E B T P Y X W S O J
 Q B D C G R S Z W L B D R B L

Bathing Suit
 Bikini
 Boardwalk
 Lifeguard

Pelican
 Sailboat
 Sandals
 Sand Castle

Scuba
 Seagull
 Seashell
 Sunglasses

Surfboard
 Tropical
 Vacation
 Waves

PRAIRIE★STAR

RESTAURANT

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

June 26 - July 2

Includes beverage, starter and dessert.

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.

SUNDAY	June 26 ~ Lunch \$10	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Roasted Red Potatoes Vegetable of the Day	Hot Brown Sandwich Vegetable of the Day
MONDAY	June 27 ~ Lunch \$10	Dinner \$13
	Grilled Lemon Thyme Chicken Wild Rice Choice of Vegetable	Beef Stroganoff Noodles Vegetable of the Day
TUESDAY	June 28 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Roasted Pork Tenderloin Roulades with Spinach, Portobello Mushrooms & Sun Dried Tomatoes Wild Rice Cake Vegetable of the Day
WED.	June 29 ~ Lunch \$10	Dinner \$14
	Roasted Chicken Drumsticks Cole Slaw Mashed Potatoes & Gravy	Shrimp Scampi Baked Potato Vegetable of the Day
THURS.	June 30 ~ Lunch \$7	Dinner \$12
	Deli Bar (does not include drink, starter or dessert)	Grilled Raspberry Chicken Smoked Gouda Scalloped Potatoes Vegetable of the Day
FRIDAY	July 1 ~ Lunch \$10	Dinner \$14
	Sweet & Sour Pork Steamed Rice Choice of Vegetable	Baked Cajun Orange Dirty Rice Vegetable of the Day
SAT.	July 2 ~ Lunch \$11	Dinner \$13
	Catfish Po Boy Sweet Potato Fries Choice of Vegetable	Stuffed Meatloaf with Fresh Mozzarella Mashed Potatoes with Caramelized Shallots Vegetable of the Day

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

Grosh Cinema Movies

Sunday, June 26 - Saturday, July 2

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

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

Sunday, June 26 – Indiana Jones and the Temple of Doom (1984)

Indiana Jones, his young sidekick and a spoiled songbird get more than they bargained for when they go to India in search of a missing magical stone.

Co-Starring: Harrison Ford, Kate Capshaw & Jonathan Ke Quan

Rated PG; 1 hr. 58 min.

Monday, June 27– Purple Rain (1984) **Resident Request*

In his semi-autobiographical film debut, Prince plays a Minneapolis club musician who struggles with a tumultuous home life and his smoldering anger.

Co-Starring: Prince, Apollonia Koterou & Morris Day

Rated R for adult situations, language, nudity, and violence; 1 hr. 51 min.

Tuesday, June 28 – J. Edgar (2011)

Even the wealthiest and most powerful can't hide their secrets from him...but he has a few secrets of his own.

Co-Starring: Leonardo DiCaprio, Armie Hammer & Naomi Watts

Rated R for brief strong language; 2 hrs. 16 min.

Wednesday, June 29 – The Shootist (1976)

An old gunfighter dying of cancer decides to go out with a bang by settling unfinished business and teaching a young friend not to follow his example.

Co-Starring: John Wayne, Lauren Bacall & Ron Howard

Rated PG; 1 hr. 38 min.

Thursday, June 30 – Love Me Tonight (1932)

This sweet, infectious 1932 classic featuring music by Rodgers & Hart stars Maurice Chevalier as Maurice Courtelin, a tailor who moves in with the family of a French royal, Vicomte Gilbert de Varez, to whom he owes money but can't repay.

Co-Starring: Maurice Chevalier, Jeanette MacDonald & Charles Ruggles

Not Rated; 1 hr. 29 min.

Friday, July 1 – Joy (2015) **Resident Request*

After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

Co-Starring: Jennifer Lawrence, Robert De Niro & Bradley Cooper

Rated PG-13; 2 hrs. 4 min.

Saturday, July 2 – Antz (1998) **Resident Request*

He's not JUST an average ant in love with a princess. But to get her attention, he's gotta do something amazing.

Co-Starring: Woody Allen, Sharon Stone & Gene Hackman

Rated PG; 1 hr. 22 min.

This Week's Opportunities June 26 - July 2

SUNDAY • JUNE 26

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

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

7:00 p.m. ~ Vespers, led by Rev. Jim Reed from First United Methodist Church CR

MONDAY • JUNE 27

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. ~ Beginner Tai Chi, 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

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

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

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

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

TUESDAY • JUNE 28

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

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

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

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

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

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

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

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

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

WEDNESDAY • JUNE 29

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. ~ Worship Service led by Blue Valley 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

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

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

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

3:00 p.m. ~ Fit 2 Fight PD, CR

THURSDAY • JUNE 30

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

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

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

1:00 to 2:30 p.m. ~ Our Big Reveal with a Small Meal, VE

2:00 p.m. ~ Osher Class: Black Settlements in America—Nicodemus, CR

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

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

FRIDAY • JULY 1

Breakfast at Verna Belle's—Waffle or Pancake

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

9:30 a.m. ~ Art Committee, 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

7:00 p.m. ~ Resident Program: Bill & The Belles, PS Patio

SATURDAY • JULY 2

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

CH, Collins House

CR, 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

WS, Woodshop