



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

June 30, 2016

Yard Art Classic Car Show *Showcasing Cars from the past*

Friday, July 8, at 6 p.m.

Attention car lovers of all ages! You're invited to a car show starting at 6 p.m. Friday, July 8, at Prairie Star Patio to see display cars from past decades!

Verna Belle's Café will be providing lemonade and limeade drinks served by our very own Meadowlark Ambassadors, to help you beat the heat! We will also have popcorn available to enjoy while you listen to music from the 1950s and 1960s provided by Gary Kramer.



Due to the amount of cars entered into the show, Meadowlark Road will be closed from the fork to the beginning of the covered circle drive at the main entrance

from 4 to 7 p.m. Please remind visitors not to park in these visitor sections. If you have any questions, please contact Monte Spiller, at 323-3801.

ASK SARAH

Happy Independence Day

Submitted by Sarah Duggan

The Duggans are celebrating the 4th of July 2016 with our first-ever family camping trip! We are joining a group of our friends at the lake for a few days of fun, food and relaxation. But, we'll be back for one of the best Independence Day celebrations in town, complete with music and fireworks right here at Meadowlark Hills.

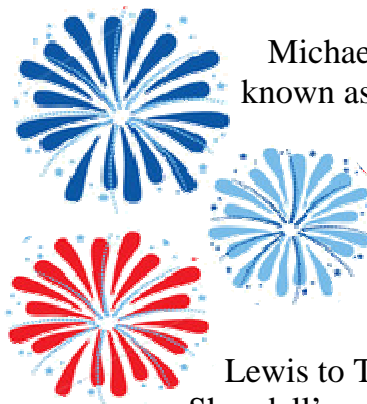
The evening will kick off with cold drinks and hot music out on the Lyle House Patio on the west side of the main building. Michael B. and the Bolts will start playing at 8:30 p.m. and following the performance, stick around for the fireworks display, which will begin at sundown in the west parking lot. All are welcome, including residents, employees and families. Murphy, Edward and I look forward to seeing you there!

See you next week, thanks for stopping by and Happy 4th of July!



Fourth of July Celebration

Find out more!



Michael Boltz, also known as Michael B. and the Bolts, will be performing great tunes from America to Chicago, Elvis to Sinatra, Huey

Lewis to Tommy James and Shondell's with some old country thrown in.

Celebrate America's birthday by enjoying the many fireworks that can also be seen from the patio in the courtyard off the Game Room! Family and friends can find extra seating in the parking area.

UPCOMING EVENTS & ANNOUNCEMENTS

Bill and the Belles

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.

Fourth of July cancellations 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

Vespers Services

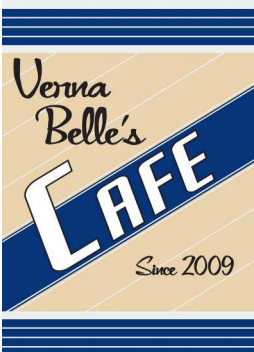
Sunday, July 3, at 7 p.m.

The Vespers service, led by Father Frank Coady from St. Thomas More Catholic Church, will be at 7 p.m. Sunday, July 3, in the Community Room. All are welcome.

Jokes of the Week

What's the best thing about elevator joke?
They work on so many levels.

Why do chicken coops only have two doors?
Because if they had four, they would be chicken sedans!



Lunch Specials July 3 – July 9

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

Sunday, July 3 - Ham Salad Sandwich with Side	\$3.75/\$5.50
Monday, July 4 - BBQ Chicken Panini with Berry Cheesecake Salad	\$3.75/\$5.50
Tuesday, July 5 - Ham & Swiss with Pistachio Salad	\$3.75/\$5.50
Wednesday, July 6 - Turkey & Avocado Wrap with Fruit Salad	\$3.75/\$5.50
Thursday, July 7 - Chicken Alfredo Pizza	\$3.75/\$5.50
Friday, July 8 - Nacho Burger with Pasta Salad	\$5.50
Saturday, July 9 - Tuna Melt with Side	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

An Outdoor Adventure

Submitted by Sue Hunt

With the oncoming week, predicting some cool down in the weather, now would be a good time to ride or walk for a visit to Leons Glen.

On a recent walk, I spotted a lot of different flowers. There was a lot of tiny white blossoms (fleabane) golden coreopsis and cone flower. There was a spiky purple verbena and small lavender puff balls on sensitive cats claw, bee balm and wavy leaf thistle.

On the upper path, lots of purple poppy mallow. When you visit, take your time and look into the Glen.

Arts in the Park

Friday, July 1, at 7:30 p.m.

Arts in the Park will be hosting Betty O. and The Exceptions: the best party songs of all time! at 8 p.m. Friday, July 1, at the Larry Norvell Band Shell in City Park.

Originally from St. Louis, MO, Betty O. became well known in Kansas when her family moved to Manhattan, KS, and featured in *Destry Rides Again* for Music Theatre of Wichita. Betti O.'s television credits include the new network children's series *Four Fish Fly Free*, as well as her show-stopping performance as a national winner on Showtime at the Apollo, in the legendary theater in New York. Betti O. has performed in Europe, Asia, and all across the United States, including Hawaii. The Exceptions feature a wide variety of styles including top hits: *Boogie Oogie Oogie*, *We are Family*, *Higher*, *Sweet Things* and *Somewhere Over the Rainbow*.

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.

Pest Control rescheduled

Monday, July 11

Due to the Fourth of July, Pest Control is rescheduled to begin spraying inside apartments starting Monday, July 11.

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.

Memory Program Update

Due to the wonderful growth of the Meadowlark Hills Memory Program and the Memory Activities Class, we are adding a new component to meet the needs of our current and future participants.

Beginning Wednesday, July 6, the **Meadowlark Memory Café** will meet in the West Conference Room from 10 to 11 a.m. **This new group features story sharing, reminiscing, and social engagement.** It will be facilitated by Bridget Larkin, licensed Social Worker and Arlene Lundberg, Companion. All are welcome to participate in this informal setting where snacks are provided.

The **Memory Activities Class** will also continue to meet from 10 to 11 a.m. Wednesdays in the KSU Class Room. **This class focuses on education, strategies, techniques, activities and discussions related to memory and cognition.** It is led by licensed Speech-Language Pathologist, Michelle Haub, in an informal setting. All are welcome and snacks will be provided.

These two memory-enriching opportunities will meet each Wednesday. However, on the fourth Wednesday of each month, we will join together for a **Visual Thinking Strategies Class**. During this monthly session, the Meadowlark Hills Memory Program is collaborating with the Marianna Kistler Beach Museum of Art. Education Assistant, Kim Richards, will conduct a session of Visual Thinking Strategies (VTS) from 10 to 11 a.m. in the KSU Classroom on the fourth Wednesday of the month. This will be a facilitated discussion of three different art images with joint participation by those experiencing memory changes and care partners. All are welcome to attend.

Additionally, Bridget Larkin will continue to facilitate a helpful and empowering **Memory Care Partner Support Group** on the first and third Wednesday of every month from 10 to 11 a.m. in the Tranquility Room (coincides with MAC & Meadowlark Memory Café). **Group discussion relates to challenges of a caregiver and ways to cope with the daily struggles of providing care to a loved one with memory and/or cognitive changes.**

We are excited about our ability to be able to increase our services for those in the community experiencing changes in their memory or providing care. We hope you will try out one of these unique opportunities.

Verna Belle's Café closing early

Verna Belle's Café will be closing at 1 p.m. Monday, July 4, for the Fourth of July.

UPCOMING EVENTS & ANNOUNCEMENTS

Our Big Reveal with a Small Meal

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

Don't forget to stop by 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.

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. See you all there!

Exercise Classes Update

Monday, July 11

Due to Town Meeting, the following exercise classes are canceled or rescheduled for a different time

Monday, July 11:

- **Seated Strength** — canceled
- **Weights 101** — moved from 10:20 a.m. to 12 p.m.
- **Beginner Tai Chi** — canceled

Grief Support Group

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.

Black Settlements in America

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

The last class is from 2 to 4 p.m. today, June 30, in the Community Room.

Manhattan Municipal Band

Tuesday, June 12, 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, July 12. 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.

DRINK SPECIAL



July 3 to July 9 South Beach Cocktail

1 1/2 oz. Vodka
3/4 oz. Peach Schnapps
2 oz. Orange juice
1/2 oz. Crème De Cassis
2 oz. Cranberry Juice

\$3.75

Memory Activities Class

Wednesday, July 6, 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, July 6, in the West Conference Room.

Card Marking with Michelle

Tuesday, July 26, at 2 p.m.

Join Michelle Lehmer at 2 p.m. Tuesday, July 26, in the Living Room for card making. The group will be making cards for Easter and all-occasions!

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.

Acrylic Watercolor Painting for Fun

Saturday, July 2, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, July 2, in the KSU Classroom.

Don't forget to bring paint supplies and be ready to paint away!

July BIRTHDAYS

Residents

Health Care

7/2	Patricia Notestine
7/4	Jo Ann Horton
7/6	Alton Barnes Jr.
7/9	Irene LaFountain
7/14	Dorothy Horsch
7/16	Arnold Levenson
7/18	Dorothy Slimmer
7/22	Jacqueline Motley
7/22	Jean Simmonds
7/23	Lenore "Lea" Bunker
7/24	Nanette Kaup
7/27	Jan Kruh
7/28	Naomi Berber
7/28	Viola Young
7/30	James Mitchell

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

Assisted Living

7/1	Theda Campbell
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Independent Living

7/1	Karen Trail
7/5	Charlotte Kelly
7/7	Linda Ruhnke
7/9	Pat Edwards
7/12	Nyle Larson
7/13	Mary Lou Farmer
7/19	June Benedict
7/25	Carla Cranmer
7/26	Enell Foerster
7/27	Roger Shanks
7/28	Orris Kelly

Employees

7/1	Lori Flinn	7/13	Shannon Sweet
7/1	Ashley Urban	7/14	Amber Meggison
7/2	Mike Davis	7/15	Kelsie Carpenter
7/3	Lydia Evans	7/16	Kyra Dettmer
7/4	Macy Pilgrim	7/18	Hannah Mauk
7/5	John Mies	7/18	Megan Srna
7/6	Trish Reichert	7/21	Dennis Johnson
7/7	Dave Zerfas	7/21	Caroline Leis
7/8	Genee Robinson	7/23	Kristin Bribiesca
7/9	Meghan Heinen	7/23	Ashley Doerfler
7/10	Vicki Grabau	7/24	Sam Broll
7/10	Lexie Mullins	7/24	Laurel Burton
7/11	Ashten Anderson	7/25	Isabelle Bouchard
7/11	Margaret Frost	7/25	Dani Chadbourne
7/11	Cayla Janosik	7/27	Kyrstie Ehm
7/12	Rachel Dillard	7/27	Natalie Hendricks
7/12	Craig Garrett	7/28	Patty Garibay
7/13	Brenna McQuitty	7/28	Linda Wilson
7/13	Holly Morris	7/31	Ulises Armendariz-Parra
7/13	Faydra Rice	7/31	Tianna Chochard

PRAIRIE★STAR

RESTAURANT

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

July 3 - July 9

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	July 3 ~ Lunch \$10	Dinner \$12
	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Baked Ham with Peach Sauce Au Gratin Potatoes Vegetable of the Day
MONDAY	July 4 ~ Lunch \$9	Dinner \$8.50
	Beer Steamed Brats German Potato Salad Choice of Vegetable	4th of July Buffet: BBQ Chicken Hamburger Hot Dog
TUESDAY	July 5 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Chicken Marsala Wild Rice Vegetable of the Day
WED.	July 6 ~ Lunch \$10	Dinner \$11
	Pulled Pork Sandwich Coleslaw Sweet Potato Fries	Swedish Meatballs Egg Noodles Vegetable of the Day
THURS.	July 7 ~ Lunch \$7	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Chicken & Asparagus Spaghetti Creamy Sun Dried Tomato Sauce Vegetable of the Day Garlic Toast
FRIDAY	July 8 ~ Lunch \$10	Dinner \$12
	Chicken Parmesan Sandwich French Fries Choice of Vegetable	Fried Catfish Ranch Roasted Red Potato Vegetable of the Day
SAT.	July 9 ~ Lunch \$11	Dinner \$15
	Beef Quesadilla Black Beans Spanish Rice	Steak Night 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

Sunday, July 3 - Saturday, July 9

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

2 and 6 p.m., Sunday

Sunday, July 3 Hocus Pocus (1993)

This supernatural comedy as a trio of 17th– century sibling witches who are accidentally resurrected in the 20th century by teenager Max.

Co-Starring: Sarah Jessica Parker, Bette Midler and Kathy Najimy

Rated PG; 1 hr. 36 min.

Monday, July 4 – Blazing Saddles (1974)

Politically incorrect and relentlessly funny, Mel Brook's take on Hollywood Westerns follows the tortured trail of freed slave Bart, who's elected sheriff of the racist town of Rock Ridge.

Co-Starring: Cleavon Little, Gene Wilder and Slim Pickens

Rated R for adult situations, language and violence; 1 hr. 33 min.

Tuesday, July 5– Wild Horses (2015)

A detective opens up a fifteen– year– old missing person's case and begins to suspect that the boy it belongs to was murdered– and that a local rancher was involved.

Co-Starring: Robert Duvall, James Franco and Josh Hartnett

Rated R for some violent images and language; 1 hr. 43 min.

Wednesday, July 6 – Son of Saul (2015)

Amid the horrors of Auschwitz, prisoner Saul Auslander has the grim duty of transporting corpses from the camp's gas chambers. But when he thinks he recognizes his son's body, Saul sets out to save the boy from incineration.

Co-Starring: Geza Rohrig, Levente Molnar and Urs Rechn

Rated R for violent content and some graphic nudity; 1 hr. 47 min.

Thursday, July 7 – The Newton Boys (1998)

Four Texas brothers ignite a crime spree in the 1920's, robbing more than 200 banks and one cash–laden train—without ever killing anyone.

Co-Starring: Mathew McConaughey, Skeet Ulrich and Ethan Hawke

Rated PG-13; 2 hrs. 2 min

Friday, July 8 – The Best Little Whorehouse in Texas (1982)

A sheriff and a whorehouse madam team up to battle publicity—seeking politicians and the Moral Majority to protect their town's most popular business, the "Chicken Ranch," a notorious Texas whorehouse, from the threat of closure.

Co-Starring: Burt Reynolds, Dolly Parton and Dom Deluise

Rated R for adult situations/language and nudity; 1 hr. 54 min

Saturday, July 9– Mercy Rule (2014)

As a father and son learn how to be good teammates—whether in baseball or in business—their family discovers the importance of their faith.

Co-Starring: Kirk Cameron, Chelsea Noble and Nicole Neilson

Rated G; 1 hr. 58 min.

This Week's Opportunities July 3 - July 9

SUNDAY • JULY 3

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 Father Frank Coady from St. Thomas More Catholic Church, CR

MONDAY • JULY 4

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 10:00 a.m. ~ Pond Ride, VE
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:30 p.m. ~ Pond Ride, VE
- 8:30 p.m. Fourth of July Celebration, Lyle House Patio



TUESDAY • JULY 5

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Presbyterian Men's Bible Study, LR
- 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
- 12:00 p.m. ~ Kimball Luncheon
- 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 • JULY 6

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
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 11:30 a.m. ~ 1st Men's Club Luncheon, MR
- 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 • JULY 7

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 p.m. ~ Parkinson's Freedom Party, CR
- 2:30 p.m. ~ Pond Ride, VE
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • JULY 8

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 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
- 2:30 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Resident Program: Yard Art Classic Car Show PS Patio

SATURDAY • JULY 9

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 CR
- 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