



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

July 28, 2016

Chris Biggs & Steve Hinrichs

Acoustic and Vocal Duo Performance

Friday, July 29, at 7 p.m.

Meadowlark Hills is in for a treat! Chris Biggs and Steve Hinrichs are showcasing an acoustic and vocal duo performance Friday, July 29.

The talented duo are accomplished guitar players and placed third on three different occasions at the National Flat Pick Guitar Championship and has placed first at the Kansas State Fiddling & Picking Championships on both guitar and banjo!

Chris and Steve bring this experience together to



perform many types of music including bluegrass, blues, rock, country and folk.

Additionally, Steve was lead vocalist for several rock bands throughout the years, most notably "Crosswind." Chris' background is in bluegrass, folk and country.

This dynamic duo will bring their experiences to form talent in a vocal and acoustic performance at 7

p.m. in the Community Room. Don't miss out on an exciting night of rhythm and blues!

Come Sing with us!

Submitted by Polly Ferrell

Meadowlark Hills Singers invites you to come sing with us. Summer is vacation time for the Singers; however, Michael Old Father, Director, is busy reviewing and selecting new songs to challenge us and increase our joy of singing in a group. Meadowlark Hills Singers usually perform three times each year. Our first concert in December will usher in the Christmas season. That means when weekly practice begins Monday, Aug. 15, Christmas melodies will be in the air.

Practices are held in the Community Room at 3 p.m. each Monday afternoon. Currently 25 to 30 Meadowlark Hills residents sing in this group. You are invited to become a Singer, too.

To learn more about the possibility of participating in the Meadowlark Hills Singers you are encouraged to visit with any of our Singers, including Cam Beatty, Pat Miksch, Kay Shanks and Polly Ferrell. Come sing with us!



Arts in the Park

Featuring the Recess Monkey

Friday, July 29, at 6:30 p.m.

Arts in the Park will be hosting *Recess Monkey: kids music band isn't just for kids!* at 7 p.m. Friday, July 29, at the Larry Norvell Band Shell in City Park.

Drew, Jack and Korum are three teachers who make kid's music that grows out of their days in their classrooms. They continue to be praised across the country for singable, danceable songs that parents enjoy as much as their kids.

People, Time, USA Today, The New York Times and NPR have praised Recess Monkey's for their pitch-perfect understanding of what gets kids excited, prolific album output, high-energy and laugh-out-loud funny lyrics that capture the essence of being young.

Transportation is available and will cost \$3, but admission is free! Transportation will depart from the Village Entrance at 6:30 p.m. Please register in the Blue Book located at the Hospitality Desk for transportation to this event.

UPCOMING EVENTS & ANNOUNCEMENTS

Jokes of the Week

What did the picture say to the wall?
I've got you covered!

Why did the oreo go to the dentist?
To get his filling.

What are pirate's favorite treat?
Chip AHOY!

Vespers Services

Sunday, July 31, at 7 p.m.

The Vespers service, led by Reverend Diana Chapel from Ogden United Methodist Church, will be at 7 p.m. Sunday, July 31, in the Community Room. All are welcome.

Memorial Service for Arliss Honstead

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

A memorial service will be held for Arliss Honstead at 10 a.m. Saturday, July 30, at College Avenue Methodist Church. Transportation will be available and will depart from the Village Entrance at 9:30 a.m. Please sign up in the Blue Book located at the Hospitality Desk.

Memory Café

Wednesday, Aug. 3, at 10 a.m.

Memory Café will meet in the West Conference Room from 10 to 11 a.m. Wednesday, Aug. 3. 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 and snacks are provided.

Alva Boyer Bluegrass and Gospel Music Performance

Friday, Aug. 5, at 7 p.m.

You are invited to join Alva Boyer, a player of Solograss from Junction City, Kan. as she showcases a mixture of bluegrass, gospel and Appalachian ballads at 7 p.m. Friday, Aug. 5, in the Community Room.

All are welcome to enjoy a relaxing evening of ballads, gospel and bluegrass Friday, Aug. 5.

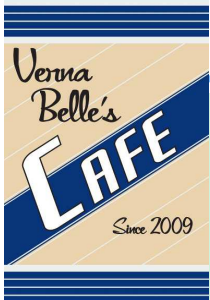
Grief Support Group

Tuesday, Aug. 2, at 10:30 a.m.

Join Bridget Larkin, LMSW, Social Services Leader, and Chaplain Patty Brown-Barnett, DMin, in a Grief Support Group from 10:30 to 11:30 a.m. Tuesday, Aug. 2, in the Living Room.

Lunch Specials July 31 – August 6

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



Sunday, July 31 – Napa Valley Chicken Salad Sandwich with Side (Chicken salad with pecans and grapes on white or wheat bread)	\$3.75/\$5.50
Monday, Aug. 1 – Avocado BLT with Fruit Salad (Avocado, bacon, lettuce and tomato on toasted Italian bread)	\$3.75/\$5.50
Tuesday, Aug. 2 – Reuben with Cottage & Fruit (Corned beef, Swiss cheese, sauerkraut and thousand island dressing on toasted rye bread)	\$3.75/\$5.50
Wednesday, Aug. 3 – Chicken Bacon Ranch Quesadilla with Pasta Salad (Chicken, bacon and Ranch dressing in a crispy flour tortilla with melted cheddar cheese)	\$3.75/\$5.50
Thursday, Aug. 4 – Grilled Ham & Cheese with Ambrosia Salad (Ham, American and Cheddar cheese on toasted Italian bread)	\$3.75/\$5.50
Friday, Aug. 5 – Grilled Chicken & Vegetable Foil Packet (Chicken and fresh vegetables marinated in Italian dressing and grilled in a foil packet)	\$5.50
Saturday, Aug. 6 – Ham Salad Sandwich with Side (Ham Salad on white or wheat bread with your choice of side)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS



Adella Gaston's 90th Birthday Party!

Adella will be celebrating her 90th birthday from 1 to 5 p.m. Saturday, July 30, in the Community Room.

Stop by to wish her a happy birthday! Cake and light refreshments will be served. All are welcome to celebrate!

Laughter is the Best Medicine

Saturday, July 30, at 3 p.m.

Do you want to go on an instant vacation? Then come and participate with the final production of "Laughter is the Best Medicine." We will go through all the crazy methods to create laughter and laugh till our stomach hurts. We will toast the end of a hot July and welcome the Olympic month of August.

This will be at 3 p.m. Saturday, July 30, in the Living Room. All are welcome, please come! Laughter creates an instant vacation!

Part D Prescription Drug Open Enrollment for Year 2017

Wednesday, Nov. 9, at 9 a.m.

It is that time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills at 9 a.m. Wednesday, Nov. 9.

We ask to please watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2016/2017 Open Enrollment period. Your current Part D plan will notify you if they are changing anything as well.

A sign-up sheet will be available in the Blue Book located at the Hospitality Desk starting Friday, Sept. 30, showing the time slots that are available.

If you have any questions or concerns please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance Office located across the hall from Verna Belle's Café.

Memory Luncheon

Wednesday, Aug. 3, 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. Wednesday, Aug. 3, in the Manhattan Room. Please sign up in the Blue Book located at the Hospitality Desk if you are interested in attending.

Warren Walter's Memorial Service

Friday, July 29, at 9:30 a.m.

A memorial service will be held for Warren Walter at 10:30 a.m. Friday, July 29, at Anderes-Pfeifley Funeral Home in Riley, Kan.

Transportation is available with limited seating and will depart from the Village Entrance at 9:30 a.m. Please sign up in the Blue Book located at the Hospitality Desk.

Meadowlark Hills Poem

Submitted by Ron Wilson, Poet Lariat

It's good to be at Meadowlark Hills tonight,
And I hope the evening treats you just right.

Meadowlark Hills got started in '74, you see,
When six churchd sought more choices for our
retirees.

So with help from local citizens and leaders and more,
In 1980 this place first opened its doors.

With time it has gone through growth and change,
To become a modern, safe version of your Home on
the Range.

You've broken the institutional model of old,
And pioneered the concept of the healthcare
household.

I appreciate the many residents here,
For the many contributions to your community career.

And I commend Meadowlark Hills, along other
voices,
For offering an abundance of senior lifestyle choices.

I do appreciate the value this fulfills,
As you celebrate the senior lifestyle here at
Meadowlark Hills.

UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



July 31 to Aug. 6 Fuzzy Navel

1 oz. Vodka
1 oz. Peach Schnapps
4 oz. Orange Juice

\$3.75

Social Media Classes

Tuesday, Aug. 2, at 6:30 p.m.

The first class, "Introduction to Social Media" will be from 6:30 to 8 p.m. Tuesday, Aug. 2, in the KSU Classroom.

The second class, "Intermediate Social Media" will be from 6:30 to 8 p.m. Thursday, Aug. 4, in the KSU Classroom and is intended for those who already have a knowledge of what Facebook is and possibly already have an account but barely use it.

Please sign up in the Blue Book located at the Hospitality Desk to attend one of the classes. There will be up to ten iPads available for use during the class and attendees are encouraged to bring their own devices.

Memory Care Partner Support Group

Wednesday, Aug. 3, at 10 a.m.

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full-time care to a loved one with memory and/or cognitive changes. This group will meet from 10 to 11 a.m. Wednesday, Aug. 3, in the Tranquility Room.

Messenger Ladies Help

Esther Sobering, Chair of the Messenger Ladies, is searching for an individual willing to cover Chair responsibilities while she is away and/or during emergencies only. If you are interested or would like more information about this opportunity, please contact Esther at (785) 320-7882.

LifeStory Writing Group canceled

Tuesday, Aug. 2, at 1:30 p.m.

The LifeStory Writing Group will not be meeting Tuesday, Aug. 2, but will be meeting back up at 1:30 p.m. Tuesday, Aug. 16, in the Living Room.

Memory Activities Class

Wednesday, Aug. 3, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet from 10 to 11 a.m. in the KSU Classroom.

Meadowlark Singers Practice

Monday, Aug. 15, at 3 p.m.

Michael Oldfather, Music Director of the Meadowlark Hills Singers, would like to remind the singers that practice will start back up at 3 p.m. Monday, Aug. 15, in the Community Room.

Walmart/Dillon's
Shopping Trip



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, Aug. 3, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

ASK SARAH

Afternoon Serenade

Submitted by Sarah Duggan

Stop! Don't make any plans for early afternoon – earlier this week, Meadowlark staff members were contacted by a traveling performer who is interested in singing for you!

Join Mezzo Emily Stauffer today, July 28, at 1 p.m. in the Community Room as she shares some of her favorite tunes, such as Over the Rainbow, Send in the Clowns, Both Sides Now, God Bless the Child, Rocky Raccoon, and Liebst du um Schönheit. Emily's lovely husband, Dan, accompanies on the piano. She will share the stories behind the songs in a laid-back concert style that is welcoming to all.

All the of the songs sounds beautiful, but I am especially looking forward to hearing Over the Rainbow. Not only is it a favorite from the Wizard of Oz, but it is also the song that played following Edward and my wedding ceremony as we exited. It holds a very special place in my heart.


I hope you all are able to come on out for an afternoon of Feel-Good music. See you next week, thanks for stopping by!



August BIRTHDAYS

Residents

Health Care



8/1	Adella Gaston
8/1	Veradine Graber
8/1	Pat Sullivan Jr.
8/7	Phyllis Gleason
8/10	Stephen Stover
8/12	Loyola "Ann" Schell
8/15	Naomi Margolies
8/16	Howard Salts
8/18	Eloise Bourque
8/21	Evelyn Nelson
8/25	Cora Miles
8/27	John Rees
8/29	Newton Cox
8/31	Elaine Medlin

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

Employees

8/1	Jayne Klinge
8/1	Amanda Ray
8/1	Lisa Schwarz
8/1	Lezlie Settgast
8/3	Katie Cooper
8/3	Timmon Herzberg
8/4	Veronica Gallegos
8/4	Bethany Hollis
8/5	Shelby Hobson
8/6	Marvin Thompson
8/7	Stephanie Boyer
8/8	Sheila Frihart
8/8	Angela Gerena
8/9	Sarah Duggan
8/11	Tom Barcellina
8/11	Jen Reed
8/11	Ginger Ruhnke
8/12	Nicole Darveaux
8/12	Adam Miller
8/12	Annie Peace

Assisted Living

8/24	Wilda Connell
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Independent Living

8/2	Avis Bidwell
8/3	Irvin Reeves
8/4	Clifton Meloan
8/6	Raymond Burkhard
8/6	Judy Cattell
8/6	Jack Vanier
8/9	Loren Alexander
8/11	Dick Cattell
8/14	John Strickler
8/15	Nancy Marks
8/18	Jo Lindly
8/20	Diana McCaustland
8/25	Ellie Cox
8/28	Sue Reeves

PRAIRIE★STAR RESTAURANT

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

July 31 - August 6

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 31 ~ Lunch \$10	Dinner \$11
	Grilled Raspberry Chicken Wild Rice Vegetable of the Day	Quiche Loraine Rice Pilaf Vegetable of the Day
MONDAY	August 1 ~ Lunch \$9	Dinner \$12
	Beer Steamed Brats French Fries Choice of Vegetable	Grilled Pork Chop with Hoisin Glaze Potato Pancake Vegetable of the Day
TUESDAY	August 2 ~ Lunch \$8	Dinner \$11
	Fajita Bar (does not include drink, starter or dessert)	Shepherds Pie Vegetable of the Day
WED.	August 3 ~ Lunch \$10	Dinner \$12
	Spaghetti and Meat Sauce Garlic Toast Choice of Vegetable	Chicken Fettuccine with Roma Tomatoes, Artichokes, Mushroom in a Creamy Lemon Basil Sauce Vegetable of the Day Garlic Toast
THURS.	August 4 ~ Lunch \$7	Dinner \$14
	Potato Bar (does not include drink, starter or dessert)	Coconut Shrimp Baked Potato Vegetable of the Day
FRIDAY	August 5 ~ Lunch \$11	Dinner \$12
	Fish Tacos Black Beans Spanish Rice	Chicken Breast Pierre Soft Polenta Vegetable of the Day
SAT.	August 6 ~ Lunch \$11	Dinner \$14
	Beef Tips Fettuccine Choice of Vegetable	Crab & Shrimp Cakes with Remoulade Sauce Roasted 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 31 - Saturday, August 6

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

Sunday, July 31 — Honey, We Shrunk Ourselves (1997)

A scientist miniaturizes himself and three others, then seeks help from kids who think they're home alone.

Co-Starring: Rick Moranis, Eve Gordon & Bug Hall

Rated PG; 1 hr. 14 min.

Monday, August 1 — For the Boys (1991)

With the help of the singer and dancer Dixie Leonhard US-Entertainer Eddie Sparks wants to bring some fun to the soldiers during World War II. Becoming a perfect team they tour from North Africa to the Pacific to act for "the boys."

Co-Starring: Bette Midler, James Caan & George Segal

Rated R for sexual content & language; 2 hrs. 18 min.

Tuesday, August 2 — The Big Short (2015)

Four denizens in the world of high-finance predict the credit and housing bubble collapse of the mid-2000s and decide to take on the big banks for their greed and lack of foresight.

Co-Starring: Christian Bale, Steve Carell & Ryan Gosling

Rated R for violence, sexual content & language; 2 hrs. 10 min.

Wednesday, August 3 — The Painted Veil (2006)

A British medical doctor fights a cholera epidemic in a small Chinese village, while being trapped at home in a loveless marriage to an unfaithful wife.

Co-Starring: Vince Vaughn, Owen Wilson & Rose Byrne

Rated PG-13; 2 hrs. 5 min.

Thursday, August 4 — Walt Before Mickey (2015)

Based on the book "Walt Before Mickey" covers the early years of Walt Disney's career.

Co-Starring: Jodie Sweetin, Jon Heder & Owen Teague

Rated PG; 2 hrs.

Friday, August 5 — Saving Mr. Banks (2013)

Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

Co-Starring: Emma Thompson, Tom Hanks & Annie Rose Buckley

Rated PG-13; 2 hrs. 5 min.

Saturday, August 6 — Planes (2013)

A cropdusting plane with a fear of heights lives his dream of competing in a famous around-the-world aerial race.

Co-Starring: Carlos Alazraqui, Dane Cook & Stacy Keach

Rated PG; 1 hr. 31 min.

This Week's Opportunities July 31 - August 6

SUNDAY • JULY 31

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. Diana Chapel, CR

MONDAY • AUGUST 1

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:30 a.m. ~ IL Resident Council, KSU CL

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

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

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

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

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

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

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. ~ Tuttle Creek Supper, MR

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

TUESDAY • AUGUST 2

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

7:30 a.m. ~ 1st Pres. 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

10:30 a.m. ~ Grief Support Group, LR

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

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

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

3:30 p.m. ~ Ambassador Committee Meeting, WCR

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

6:30 p.m. ~ Using Social Media, KSU CL

WEDNESDAY • AUGUST 3

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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

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

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

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

10:00 a.m. ~ Worship Service led by Chaplain Patty

Brown-Barnett, LR

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

10:00 a.m. ~ Memory Care Partner Support Group, TR

10:00 a.m. ~ Memory Café, WCR

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

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

11:00 a.m. ~ Memory Luncheon, MR

11:30 a.m. ~ 1st Men's Club Luncheon, WCR

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

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

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

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR *(By appointment only)*

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 • AUGUST 4

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

2:00 p.m. ~ Parkinson's Education Group, CR

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

5:30 p.m. ~ Meadowlark Circle Dinner, MR

6:30 p.m. ~ Using Social Media, KSU CL

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

FRIDAY • AUGUST 5

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Art Committee, LR

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: Alva Boyer Bluegrass & Gospel Music Performance, CR

SATURDAY • AUGUST 6

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Fit 2 Fight PD, LR

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