



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 1, 2016

Lamps, tables, chairs ... oh my!

Auction benefitting Good Samaritan Fund set for Sept. 10

submitted by Becky Fitzgerald

Oh. My. Goodness. Three storage units are bursting with furniture and household items, and the donations are continuing to pile up in preparation for the Meadowlark Hills Foundation's 2nd annual auction, which supports our Good Samaritan Fund. Mark your calendars for 9:30 a.m. Saturday, Sept. 10, when auctioneer Vern Gannon will open the bidding in the Utopia Room at St. Thomas More Catholic Church, 2900 Kimball Ave.

Thank you, residents, for answering the call for donations of furniture, household items and jewelry. Thank you, too, to several volunteers who collected, sorted and boxed the items. My request for jewelry, especially, was answered in a big way. We now have a large selection of costume pieces and some 14 carat gold and sterling silver items. Higher quality rings, necklaces and brooches will be appraised by a local jeweler before the auction so Gannon will be better able to describe them to bidders.

During a recent meeting with Meadowlark Hills board members, I mentioned that our storage units are packed and that I knew of at least two more trailers full of furniture that would need a temporary home prior to the auction. I jokingly asked if anyone had an empty garage



[above:] Interesting items awaiting the auction block include two mid-century Chalkware lamps, a 1960 gilt lily occasional table and a rocker made in the 19xxs by former resident, John McCoy.



he or she would let us use for a few weeks, and Board of Trustees chair Fred Borck came to our rescue! Fred owns the former Orscheln store building on McCall Road, so he's allowing us to hold items there at no charge until next week. Thank you, Fred!

If you'd like a preview of what's for sale on auction day, come to the church between 8:30 and 9:30 a.m. and come hungry! We'll be selling breakfast burritos, muffins, donuts and coffee at our auction café. Lunch items, such as pulled pork and barbecue beef sandwiches, also will be available, all at

reasonable prices. Food

items are being catered by Prairie Star Restaurant, and tables and chairs will be available for diners.

Not familiar with the Utopia Room? It's on the northeast side of the St. Thomas More building. It may be accessed by either driveway off of Kimball Avenue, but the east drive is the most direct route. There is ample parking.

At the auction, I would like to display wreaths and artwork on room dividers. Over-the-door hooks for clothes or decorative hooks used for wreaths fit over the top of the dividers and are ideal for showing off these treasures. Does anyone have such a hook he or she would loan to us or donate to this good cause? If you'd like it returned, we'll put your name on it.

If you have questions about the event, please contact Becky, Development Director, at 323-3843.

UPCOMING EVENTS & ANNOUNCEMENTS

Manhattan Ladies Luncheon

Thursday, Sept. 8, at 12:30 p.m.

The Manhattan Ladies Luncheon is scheduled at 12:30 p.m. Thursday, Sept. 8, in the Manhattan Room. The theme is sharing memories of your school days. Hostesses are Verta Riniker and Colleen Robinson.

The menu is complete with chicken pot pie, lime jello, rolls and a surprise dessert! All ladies of Meadowlark Hills are invited. If you have not joined us before please know all are welcome!

A sign up sheet is available in the Blue Book located at the Hospitality Desk if you plan to attend.

Jean Kennedy Performance

Friday, Sept. 9, at 7 p.m.

Back by popular demand, Meadowlark Hills get ready for a delightful performance at 7 p.m. Friday, Sept. 9, in the Community Room.

Jean is a jazz and classical guitarist, vocalist and song writer who came from a family tradition of performing music (she began performing at the age of five!) As a teenager, she brought traditional Scottish and Irish music to audiences in the Northwest with the group Heather and Shamrock.

Video Worship Series

Wednesday, Sept. 7, at 4 p.m.

You are invited to watch a televised worship series at 4 p.m. Wednesday, Sept. 7, in the Living Room. All are welcome.

Memory Activities Class

Wednesday, Sept. 7, 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 at 10 a.m. Wednesday, Sept. 7, in the Manhattan Room.

Jokes of the Week

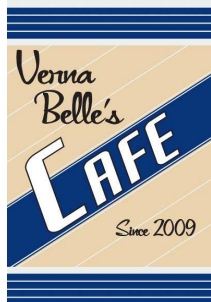
Why did the student eat her homework?
Because the teacher said it was a piece of cake!

What has four legs but never stands?
A chair.

Where do footballers dance?
At a footBALL!

Lunch Specials Sept. 4 – Sept. 10

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



Sunday, Sept. 4 – Ham Salad Sandwich with Side (Ham Salad on your choice of white or white bread)	\$3.75/\$5.50
Monday, Sept. 5 – Avocado BLT with Fruit Salad (Avocado, bacon, lettuce and tomato on toasted Italian bread)	\$3.75/\$5.50
Tuesday, Sept. 6 – Meatball Sub with Caesar Salad (Meatballs, Mariana sauce & mozzarella cheese on a sub roll)	\$3.75/\$5.50
Wednesday, Sept. 7 – Steak Fajita Quesadilla with Ambrosia Salad (Shredded Steak with sautéed peppers & onions in a crispy tortilla shell with melted cheese)	\$3.75/\$5.50
Thursday, Sept. 8 – Turkey Club Panini with Pasta Salad (Turkey, bacon, Swiss cheese & Roasted Garlic Aioli on toasted Italian Panini bread)	\$3.75/\$5.50
Friday, Sept. 9 – Apricot Chicken Panini with Broccoli Salad (Grilled Chicken topped with spinach, red onions & apricot sauce on toasted Italian bread)	\$5.50
Saturday, Sept. 10 – Tuna Melt with Side (Tuna Salad & American cheese on toasted white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Case Bonebrake's 95th Birthday Party!

Case will be celebrating his 95th birthday at 2 p.m. Saturday, Sept. 3, in the Community Room. Stop by to wish him a happy birthday! Cake and light refreshments will be served. All are welcome to celebrate!

Osher Class Registration after Town Meeting

Monday, Sept. 12, from 10 to 11:30 a.m.

It is back-to-school time...and not just for kids! The 2016 Fall Osher Lifelong Learning catalog is now available at the Hospitality Desk and online at www.osher.ku.edu. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities and quality faculty that promote lifelong learning in the community.

Meadowlark Hills residents and Passport Members may register for the classes at no cost! Meadowlark Hills is a sponsor which means class fees have been pre-paid. Any Special Events need payment to register for the events. UFM Coordinator, Charlene Brownson, will be available after Town Meeting from 10 to 11:30 a.m. Monday, Sept. 12, in the KSU Classroom to assist with registrations. Please see the Osher registration form, located at the Hospitality Desk, for a complete list.

Labor Day cancelations

The following events and classes are canceled Monday, Sept. 5, due to Labor Day:

- IL Resident Council rescheduled for Monday, Sept. 12
- Town Meeting rescheduled for Monday, Sept. 12
- Canceled exercise classes: Weights 101, Beginner Tai Chi, Yoga, Meditation & Parkinson's Exercise class
- Blood Pressure Clinic, canceled
- St. Luke's Communion Service, canceled

HOGtoberfest T-shirts on Sale!

Oink, Oink!! Plans are ongoing for our 3rd annual HOGtoberfest to benefit Meadowlark Hills Foundation's Good Samaritan Fund. To promote and celebrate this event, set for Thursday, Oct. 13, at Cox Bros. BBQ, our HOGtoberfest mascot, Happy Hog, invites residents and staff to purchase a HOGtoberfest t-shirt. Not one, but two shirts are being offered this year: a black t-shirt is \$10 each, a dark gray football jersey-style shirt is \$17, with a few additional dollars required for sizes 2XL and larger.

Pay for your t-shirts with cash, check or credit card at the Hospitality Desk or indicate on the registration form that you'd like to add this cost to your September statement. Please see upcoming Meadowlark Hills Messengers for details of the event.



Beach Museum of Art Discussion

Wednesday, Sept. 14, at 6:30 p.m.

Join Kathrine Schlageck from the Beach Museum of Art at 6:30 p.m. Wednesday, Sept. 14, in the KSU Classroom to learn and discuss "Grand Old Dames" and covers four women artists who started their careers later in life. The four women artists are: Elizabeth Layton, Grandma Moses, Mary Delaney and Louise Bourgeois.

All residents who are interested are invited to participate.

September Focus Group

Thursday, Sept. 8, at 10 a.m.

The Focus Group scheduled for September will highlight another great staff member at 10 a.m. Thursday, Sept. 8.

The staff attendee for September Focus Group will be Dietician, Lisa Schwartz. Come meet Lisa in the KSU Classroom!

K-State Kick-Off Watch Party

Friday, Sept. 2, at 7 p.m.

Football season is almost here! Come out and cheer on your K-State Wildcats as they open the 2016 football season on the road vs. the Stanford Cardinal. We will have food, drinks and K-State spirit!

The watch party will take place at 7 p.m. Friday, Sept. 2, in the Community Room. The game is scheduled to kick-off at 8 p.m. central time. So put on your purple and cheer on the cats!

UPCOMING EVENTS & ANNOUNCEMENTS

Osher Class: The Korean War, 1950-1953

Tuesday, Sept. 6, from 6:30 to 8:30 p.m.

This Osher class will highlight the Korean conflict in the first major war of WWII signaling the ongoing struggle between competing political ideologies that would characterize the Cold War.

Second and third classes will go over General MacArthur's removal, armistice negotiations, Eisenhower's election and the subsequent armistice.

The second and third classes are scheduled for Tuesday, Sept. 6, and Tuesday, Sept. 13, from 6:30 to 8:30 p.m. in the Community Room. Join Robert Smith, Director of the Fort Riley Museum, as he presents over the Korean War in the early 1950's.

End of Summer Movie Night

Wednesday, Sept. 21, at 6:30 p.m.

Join us at 6:30 p.m. Wednesday, Sept. 21, for a night under the stars to celebrate the end of Summer! We will be hosting a movie night on Prairie Star Patio in order to enjoy the beautiful weather and outstanding food whipped up by Head Chef John Gasser.

What movie will we be watching? That's up to you! We want YOU to choose the movie for the night! Head to the Hospitality Desk to find a ballot box where you can give us your suggestions. The winning movie will be announced at September's Town Hall Meeting! We hope to see you there!

Memory Café

Wednesday, Sept. 7, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Sept. 7. This group features story sharing, reminiscing and social engagement. It will be facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Memory Care Partner Support Group

Wednesday, Sept. 7, 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, Sept. 7, in the Tranquility Room.

Pest Control rescheduled

Pest Control was scheduled for Monday, Sept. 5, but due to the Labor Day holiday, it has been rescheduled for Tuesday, Sept. 6. Pest Control will be spraying inside the main building during the month of September.

Maintenance Update

There will be a large replacement of concrete on the sidewalk that runs down the west side of the tower past the Lyle House entrance starting the week of Monday, Aug. 29. The construction will last 10 to 12 weeks depending on weather. Additionally, the street and carports located on the west side of campus will be replaced with new concrete. Jon Bechtel, Project Manager, will notify residents with reserved spaces where they will be temporarily relocated during the renovation.

The first phase of construction is to replace the sidewalk in front of Honstead and Sloan Houses entrance and will run down towards Meadowlark Circle. Sidewalks will be accessible during construction. Weather permits completion of the construction.

Vespers Services

Sunday, Sept. 4, at 7 p.m.

The Vespers service, led by Julie Barstow, Director of Youth/Family Ministries from Peace Lutheran Church, will be at 7 p.m. Sunday, Sept. 4, in the Community Room.

Fit 2 Fight PD Boxing Class canceled

Saturday, Sept. 3

Fit 2 Fight PD Boxing classes are canceled for Saturday, Sept. 3.

Meadowlark Hills Singers Practice

Monday, Sept. 12, at 3 p.m.

The next scheduled Meadowlark Hills Singers Practice is at 3 p.m. Monday, Sept. 12, in the Community Room. There will be no rehearsal Monday, Sept. 5, due to Labor Day.

DRINK SPECIAL



Sept. 5 to Sept. 10
Purple Turtle

1 oz. Malibu Rum
1 oz. Triple Sec
2 oz. Cranberry Juice
1/2 oz. Blue Curacao

\$3.75

UPCOMING EVENTS & ANNOUNCEMENTS

Memory Luncheon

Wednesday, Sept. 7, 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, Sept. 7, in the Manhattan Room.

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

Grief Support Group

Tuesday, Sept. 6, 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, Sept. 6, in the Living Room.

ASK SARAH

Labor Day

submitted by Sarah Duggan

According to the U.S. Department of Labor, Labor Day (the first Monday of September), is a product of the labor movement and is dedicated to the social and economic achievements of the American worker. A represents an annual tribute to the contributions workers have made to the strength, prosperity and well-being of the United States.

For many, Labor Day weekend signifies the end of summer and the last “hoorah” before buckling down for the cooler seasons full of school days, extra-curricular commitments and the holiday bustle. The Duggans are off on their second-annual Guge Family Lake Vacation with my parents, siblings and cousin. We are excited to spend the weekend at the Lake of the Ozarks relaxing, swimming, fishing, napping and eating delicious food!

Many offices on the Meadowlark Hills campus will be closed on Labor Day, including the Physician’s office, Finance office and Home Health office. However, the Hospitality Desk will be open from 8 a.m. to 9 p.m.; Verna Belle’s hours will be 8 a.m. to 1 p.m.; and Prairie Star Restaurant will be open from 10:30 a.m. to 8 p.m.

See you next week, thanks for stopping by!



Verna Belle’s Café Hours Labor Day

Monday, Sept. 5

Verna Belle’s Café will be closed at 1 p.m. Monday, Sept. 5, for Labor Day.

Take me Out to the Ball Game

Wednesday, Sept. 29, at 12:30 p.m.

Residents, staff and family members are invited to Kansas City’s Kauffman Baseball Stadium to watch the Royals take on the Minnesota Twins at 6:15 p.m. Thursday, Sept. 29. Transportation on a chartered 56-passenger bus departs from the visitor parking area by Prairie Star Patio at 1 p.m. (please arrive by 12:30 p.m.).

Upon arrival at the stadium, we will set up a tailgate supper catered by Prairie Star Restaurant, including sandwiches, chips and dip, salad, fruit, water and soda. Attendees should bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside the stadium (Sept. 29 is Buck Night! All hot dogs and peanuts are only \$1!).

Registration for the event is open. Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. Please include your phone number, indicate whether you are a resident or staff member and your method of payment. The cost for the trip is \$35 per person, which includes your ticket, transportation and tailgate supper. There is a limited amount of tickets available and registration will be on a first-come, first-served basis.

Cancellations need to be made by Wednesday, Sept. 21, for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly statement. Employees can have the cost deducted from their paycheck.

Departure from the stadium to return home will be contingent on when the game ends, but we expect to return around 11 p.m. If you have any questions, please contact Monte or Jayme.

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. Stop by the Human Resource office to fill out a nomination form with information about an outstanding employee.

LETTER TO THE MESSENGER

On Changes Baby Boomers will Need to Demand

submitted by Helen Roser

First, let this be clear: Meadowlark provides wonderfully for us. The following applies to the city of Manhattan, its businesses and doctors' offices.

When persons' strength or agility becomes impaired by age or accident, in order to live as full a life as possible, their needs must be included in planning, construction and operation. Such needs include parking near the entrance or at least space the care giver can unload the wheel chair and its user near the entrance. Essential are entrance doors, all powered, all with current turned on when they are expected to be used. Interior doors need to be powered, including entries to a well-lighted restroom. Toilet stalls need to be large enough for wheel chairs, with the door swinging out. At least one sink low enough to be reached needs to be provided in rest rooms.

Though it would not seem necessary to require doctors to provide basic accommodations (aka courtesies) for patients, Baby Boomers will find doctors in Manhattan with heavy, unpowered entrance and restroom doors.

Patients who complain are told they "will have to bring someone to help you. We don't have anyone to help you." If the patient is able to walk but not strong enough to open unpowered doors, they will need only one helper. Patients in wheelchairs will need two helpers: one to hold doors open and the other to push the wheel chair through.

When multiple floors, at least one elevator large enough for a gurney is necessary, but have not been required.

It is not that the needs have not been known. It is a matter of money. Sadly, Manhattan has not cared that long-time residents have had to move to other cities when they lost limbs in accidents and their home town was indifferent to their needs. Not even mall stores' doors are powered. The Discovery Center is a study in inconvenience.

Baby Boomers, now reaching their "senior years," will be surprised when they realize what we have endured that this unnecessarily limited what many of us could do. But the sheer number of BB voices will force respect and accommodation for those with limitation. I wish them luck as they demand to be treated with the respect fuller lives require.

OUTDOOR ENCOUNTERS

submitted by Nathan Bolls

Most birds soon will be pumping up for migration. Some of their journeys are legend, but perhaps none so much as for the delicate monarch butterfly.

This marvelous animal weighs less than one gram, of which it takes 28.35 to make an ounce. By contrast, an adult ruby-throated hummingbird weighs about 3.2 grams. The monarch's bird-like annual migration to one small mountainous area in central Mexico (and back again) is unique in the insect world and especially remarkable because the insects have no elders to show them the way.

An understanding of this migration pattern has come from observations and from tagged individuals. Students of monarch migration speak of four (sometimes five) generations to complete one migration cycle. Let's begin with those that have flown 2-3,000 miles from the USA or southern Canada to overwinter in Mexico from December through February. Then, in March, these monarchs begin heading north, stopping in the southern USA (usually Texas) to breed and lay eggs. From egg to butterfly takes about four weeks.

This **first generation**, born in south, then moves farther north throughout the USA and southern Canada (east of the Continental Divide). They breed and lay eggs. The resulting **second generation**, born in north,

breeds and lays eggs in the north. The resulting **third generation**, born in north, also breeds and lays eggs in north. The resulting **fourth generation**, born in north, migrates to and overwinters in Mexico. The literature states that monarchs can travel 50-100 miles per day (especially with a favorable wind) and take up to two months to make the journey. The longest recorded one-day travel is 265 miles!

The first spring monarchs usually arrive in KS the second week in June, and we can expect the main wave of fall migrants through KS in mid-September. Those west of the Continental Divide migrate to and overwinter along the south and central California coasts, and a few of the eastern individuals migrate to and overwinter in Florida. Some stay there, becoming non-migratory. But most monarchs attempt the 2-3,000 mile journey to central Mexico. A few stop, breed, and lay eggs in Texas, producing a **fifth generation** that migrates south.

The fourth (and fifth) generations are different: they halt sexual development during fall migration but complete it before their first spring breeding in the USA. Monarch larvae (caterpillars) feed on milkweed leaves and juice. TX is striving to provide ample milkweed for the large spring larval "hatch" that occurs there.

September BIRTHDAYS

Residents

Health Care

9/1	Cecil Eyestone
9/4	Shirley Strauss
9/7	Donna Davis
9/10	Judith Enyart
9/15	Peggy Nelson
9/15	Bob Schoeff
9/18	Eleanor McEwen
9/28	Beatrice Campbell
9/28	Joanna Hosenev
9/29	Betty Mallon

Assisted Living

9/3	Kathleen Newell
9/9	Byron Jacobson
9/10	Shirley Devanney

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

Employees

9/1	Allison Frihart
9/2	Kayla Clapp
9/2	Sherri Hooper
9/3	Sami Meier
9/6	Courtney Anderson
9/6	Lisa Plunkett
9/6	Bethany Schmitz
9/7	Chelsie Potter
9/7	Chuck Tannehill
9/7	Ieasha Garvin,
9/9	Viola VonPertz
9/10	Pamela Martinez
9/11	Chelsea Jacobson
9/15	Renee Andritsch
9/15	Jessica Beavers
9/16	Marion Jackson
9/16	Dave Prockish

Independent Living

9/2	Esther Headrick
9/3	Case Bonebrake
9/3	Kent Smith
9/4	Doris Brothers
9/5	Martin Braaten
9/5	Mary Ann McCoy
9/5	Eula Mae Parker
9/6	Reed Hoffman
9/10	Dick Brothers
9/11	Kennard Kopp
9/13	Bob Klemm
9/14	Dorothy Lufbrow
9/14	Velma Skidmore
9/16	C.G. Schinstock
9/16	Verta Riniker
9/17	Harry Carlson
9/17	Kay Halazon
9/20	Kip Williams
9/24	Yvonne Crawford
9/24	Ron Wilson
9/24	John Schlup

PRAIRIE★STAR RESTAURANT

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

Sept. 4 - Sept. 10

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. 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	September 4 ~ Lunch \$12	Dinner \$11
	Fried Chicken Mashed Potatoes & Gravy Vegetable of the Day	Beef Tips Fettuccine Vegetable of the Day
MONDAY	September 5 ~ Lunch \$10	Dinner \$11
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Labor Day Buffet Chicken Artichoke Roulades Carrot Madeira Wine Sauce Wild Rice Vegetable of the Day
TUESDAY	September 6 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Pineapple Grilled Pork Chop Scalloped Potatoes Vegetable of the Day
WED.	September 7 ~ Lunch \$10	Dinner \$12
	Catfish Po Boy Potato Salad Vegetable of the Day	Pesto Grilled Shrimp Marinara Sauce Couscous Vegetable of the Day
THURS.	September 8 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Beef Stir Fry White Rice Vegetable of the Day
FRIDAY	September 9 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Chicken Confetti with Sun Dried Tomato Sauce Risotto Vegetable of the Day
SAT.	September 10 ~ Lunch \$10	Dinner \$14
	Hot Brown Sandwich Vegetable of the Day	Sesame Seed Crusted Tuna with Tomato Vinaigrette Roasted Red 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, Sept. 4 - Saturday, Sept. 10

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

2 and 6 p.m., Sunday

Sunday, Sept. 4 – Goosebumps (2015)

A teen is glum about moving to a small town until he falls for his new neighbor. But her dad is a horror writer whose scary world soon turns real.

Co-Starring: Jack Black, Dylan Minnette & Odeya Rush

Rated PG; 1 hr. 43 min.

Monday, Sept. 5 – Ferris Bueller's Day Off (1986)

Teenage Ferris convinces his entire school he's at death's door, then hits the streets of Chicago with his girlfriend and best friend for a day of fun. But the school's fed-up principal is determined to catch him and put an end to his field trip.

Co-Starring: Matthew Broderick, Alan Rick & Mia Sara

Rated PG-13; 1 hr. 42 min.

Tuesday, Sept. 6 – Hairspray (1988)

A plus-size teen lands a spot on a local TV dance program, where her lively moves and bubbly personality meet with unexpected popularity.

Co-Starring: Ricki Lake, Divine & Sonny Bono

Rated PG; 1 hr. 31 min.

Wednesday, Sept. 7 – The Best of Me (2014)

Their youthful romance may have been doomed, but their passion for each other is about to get a second chance.

Co-Starring: Michelle Monaghan, James Marsden & Luke Bracey

Rated PG-13; 1 hr. 57 min.

Thursday, Sept. 8 – Casino Royale (2006)

The 007 franchise revisits its roots with Daniel Craig making his debut as newly minted secret agent James Bond, who's pitted against an infamous financier of international terrorism in a shootout—at the poker table.

Co-Starring: Daniel Craig, Judi Dench & Eva Green

Rated PG-13; 2 hrs. 24 min.

Friday, Sept. 9 – Independence Day (1996)

When aliens in an enormous spacecraft suddenly arrive in Earth's atmosphere and start blowing things up, it falls to a cocky pilot and a goofy scientist to save the planet from total destruction.

Co-Starring: Will Smith, Jeff Goldblum & Bill Pullman

Rated PG-13; 2 hrs. 33 min

Saturday, Sept. 10 – Flicka: Country Pride (2012)

When Toby takes on a job at a stable with Flicka in tow, the owner's teenage daughter Kelly, quickly bonds with the wild horse.

Co-Starring: Clint Black, Lisa Hartman & Kacey Rohl

Rated G; 1 hr. 32 min.

This Week's Opportunities September 4 - September 10

SUNDAY • SEPTEMBER 4

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 Julie Barstow, CR

MONDAY • SEPTEMBER 5

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



TUESDAY • SEPTEMBER 6

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
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR
- 6:30 p.m. ~ Osher Class: Korean War, CR

WEDNESDAY • SEPTEMBER 7

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ New Perspectives, KR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Pond Ride, 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 Café, CON
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 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, CON

- 12:00 p.m. ~ Beginner Tai Chi, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 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, KSU CL
- 4:00 p.m. ~ Video Worship Series, LR
- 6:30 p.m. ~ Gerontology Class, CR

THURSDAY • SEPTEMBER 8

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Pond Ride, VE
- 10:00 a.m. ~ Meadowlark Bible Study, CON
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:00 a.m. ~ Great Decisions, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:30 p.m. ~ Manhatters Ladies' Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:30 p.m. ~ Pond Ride, VE
- 4:00 p.m. ~ Center on Aging Lecture Series, CR
- 7:00 p.m. ~ IL Bingo, CR

FRIDAY • SEPTEMBER 9

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
- 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 Partner Support Group, LR
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Resident Program: Jean Kennedy, CR

SATURDAY • SEPTEMBER 10

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
- 9:30 a.m. ~ Meadowlark Benefit Auction, Utopia Room at St. Thomas More Catholic Church
- 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