

A couple of friends

by Sarah Duggan

Making friends can be hard to do—especially when you are on the hunt for “couples friends.” Since Edward and I have been married, we have acquired a few married friends in the area and the process is much like dating. In fact, it is dating.

There are butterflies in the beginning. Will the wives get along? Will the husbands have common interests? Is dinner too forward—should we just start with drinks? Add a whole other layer if kids are involved. That’s more than five personalities to combine for a pleasant afternoon or evening.

Last weekend, Edward and I had a first date with a new couple. They don’t have kids, but live in our neighborhood and Edward enjoys talking with the husband. It seemed like a perfect fit. Then Saturday night came and the wife was thrown into the mix. I couldn’t have been more impressed when she walked in, picked up Eilish and rocked her to sleep while I was finishing preparing our meal. We had an evening full of great (and comfortable!) conversation.

I hope its not too early to say this...but I think this is the start to another great couple friendship.

See you next week and thanks for stopping by!

Eat, sing & be merry



You’re invited to the Seafood Boil in Prairie Star Restaurant and Patio at 5:30 p.m. Friday, June 16! Prairie Star is bringing the ocean to Meadowlark complete with musical entertainment.

The evening’s menu will feature peel-and-eat shrimp, little neck clams, mussels, crawfish, smoked sausage, baby red potatoes, corn on the cobb, coleslaw, celery and onions, and a strawberry shortcake bar. The cost for the meal is \$17 a person.

The guest performer, Tommy Lee, will begin at 6 p.m. Tommy is a saxophonist who has been playing in the Manhattan area since 1949, and is a familiar face at Meadowlark. Tommy will be entertaining as a one-man-band, so swing by and enjoy some seafood and saxophone!

Prairie Star will close at 2 p.m. tomorrow to prepare for the event. Pre-registration is available in the Blue Book, but is not required.

4th of July Party

Residents, staff and families are invited to celebrate Independence Day at 8:30 p.m. Tuesday, July 4. Musical entertainment will be provided by Wayne Goins and friends on the Lyle House Patio. Cold drinks will be available for your enjoyment during the performance. Stick around for the firework display, which will begin at sundown in the West parking lot.

Carlson's 70th Anniversary Party

Saturday, June 17, at 2 p.m.

Join Clifford and Opal Carlson to celebrate their 70th Anniversary at 2 p.m. Saturday, June 17, in the Community Room. All are welcome.

Vespers Services

Sunday, June 18, at 7 p.m.

The Vespers services, led by Deacon Larry Erpeldine from St. Thomas More Catholic Church, will be held at 7 p.m. Sunday, June 18, in the Community Room.

Building Caregiver Confidence

Mondays, through June 26, at 1:30 p.m.

The Alzheimer's Association in partnership with Meadowlark Memory Program will be holding a four-part workshop Mondays in June at 1:30 p.m. The series is for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia. The workshop will be held at the Manhattan Public Library Auditorium.

Light refreshments will be served. Sign-up sheets for transportation are available in the Blue Book.

If you have any questions or want to attend the workshop, please call (800) 272-3900 or contact Cindy Miller at (785) 271-1844.

Newspaper & Bible

Tuesday, June 20, 4 p.m.

Newspaper and Bible will meet at 4 p.m. Tuesday, June 20, in the Living Room.

NEW Theater Trip

Wednesday, June 21, depart at 9 a.m.

A day trip to the NEW Theater in Overland Park, Kan. has been scheduled for Wednesday, June 21. The show is *The Dixie Swim Club* starring Golden Globe and Emmy nominee, Morgan Fairchild.

The cost for the trip is \$50, which includes transportation and ticket. The ticket covers the meal, show and a choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at an additional cost. The group will depart from the Village Entrance at 9 a.m. Seating will begin at 11:30 a.m., with lunch

being served from noon to 1 p.m. The show will start at 1:15 p.m. To register for this trip, please sign up in the Blue Book located at the Hospitality Desk. For questions, please call Monte at (785) 323-3801.

Memory Care Partner Support Group

Wednesday, June 21, 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, June 21, in the Tranquility Room.

Lutheran Video Worship Series

Wednesday, June 21, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, June 21, in the Living Room. All are welcome to attend.

Shopping Trip

Wednesday, June 21, at 10 a.m.

Take advantage of the complimentary transportation to local shopping centers. Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, June 21, departing from the Village Entrance. Please register in the Blue Book to participate.

Speedy PD Art Workshop

Thursday, June 22, at 10:30 a.m.

Individuals affected by Parkinson's disease are invited to attend art workshops to make the age-group awards for the 9th Annual Speedy PD Race for Parkinson's Disease. Kathrine Schlageck, the Marianna Kistler Beach Museum Education Director, will lead the class and provide the materials and inspiration. The next class is scheduled for 10:30 a.m. Thursday, June 22, in the KSU Classroom.

Cowboy Poetry with Ron Wilson

Friday, June 23, at 7 p.m.

Ron Wilson will return to Meadowlark Hills at 7 p.m. Friday, June 23, in the Community Room for an evening of entertainment. Ron is a laidback entertainer, blending his unique insights on life with a down-home sense of humor appropriate

for all ages. Ron's original poetry is family-oriented, patriotic and has a particular appeal to folks who live in the country and appreciate the American West. Ron appears in full cowboy costume, complete with the white hat worn by the good guys and within seconds he has audiences eager to listen and laugh. Come on down for some great entertainment!

On the Tomboy Becomes Sociable

submitted by Helen Roser

Before I became a late surprise addition to the family, my mother had been known for her two beautiful daughters. They were petite, very feminine, with dark, naturally curly hair. They were gorgeous.

Then I came along. A tall, skinny tomboy with straight red hair. My mother accepted that the bow on my dress would be hanging down in the back, untied and the bow in my hair would have skidded down my hair and was hanging off my ear.

My mother tried to think of how I could give a passable impression. Even a tomboy could talk. So she told me: "Try to be sociable."

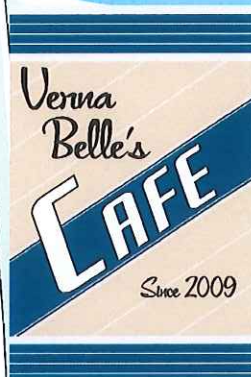
"Yes, Mama!" I answered with enthusiasm.

The event was a picnic for which the women had spent hours in their kitchen preparing their specialties. As the women put their prizes of their labors on the long table, I hustled about to socialize.

Food was an exciting subject for me. I would tell everyone about my favorite food. I lead off with: "My favorite food is pork and beans! It comes in a can! Imagine that — food in a can! All you have to do is open the can!" I made sure I socialized with everyone there.

After the event was over, I reported: "I socialized, Mama!" Quietly, with a sigh, she said: "Yes. I know."

For a reason I never knew, she never told me to socialize again.



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, June 19

BBQ Chicken Panini with Coleslaw
*shredded chicken, swiss cheese & BBQ sauce on
toasted bread*
\$3.99/\$5.99

Tuesday, June 20

Triple Meat Pizza
*pepperoni, sausage & bacon on a flatbread pizza
with mozzarella cheese and marinara sauce*
\$3.99/\$5.99

Wednesday, June 21

Turkey Avocado Wrap with Fruit Salad
*turkey, swiss cheese & guacamole wrapped in a
flavored tortilla with lettuce and tomato*
\$3.99/\$5.99

Thursday, June 22

Reuben with Potato Salad
*corned beef, sauerkraut, swiss cheese & thousand
island dressing on toasted rye bread*
\$3.99/\$5.99

Friday, June 23

Cheeseburger with Baked Beans & Potato Chips
*grilled hamburger with American cheese, lettuce,
tomato & pickle on a butter-toasted bun*
\$5.99

PRAIRIE★STAR RESTAURANT

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

Sunday, 10:30 a.m. to 7 p.m.

Specials Menu

All specials include beverage, starter and dessert.

An extra vegetable can be substituted for the starch at no additional charge.

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 18 ~ Lunch \$11	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour	Shepherd's Pie Vegetable du Jour
MONDAY	June 19 ~ Lunch \$10	Dinner \$14
	BBQ Brisket Sandwich Sweet Potato Fries Choice of Vegetable	Grilled Salmon with Dill Sauce Twice Baked Potatoes Vegetable du Jour
TUESDAY	June 20 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Pork Tenderloin Piccata Risotto Vegetable du Jour
WED.	June 21 ~ Lunch \$10	Dinner \$12
	Chicken Crepes Wild Rice Choice of Vegetable	Chicken Moreno with Artichokes Linguini Vegetable du Jour
THURS.	June 22 ~ Lunch \$9	Dinner \$13
	Caesar Salad Bar <i>(does not include drink, starter, or dessert)</i>	Pot Roast with Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour
FRIDAY	June 23 ~ Lunch \$10	Dinner \$14
	Catfish Po Boy French Fries Coleslaw	Crab Cakes with Remoulade Sauce Anna Potatoes Vegetable du Jour
SAT.	June 24 ~ Lunch \$11	Dinner \$13
	Ham & Asparagus Rolls with Mornay Sauce Roasted Red Potatoes Choice of Vegetable	Beef Fromage with Penne Garlic Toast Vegetable du Jour

**DRINK
SPECIAL**

Vodka Tonic

1.5 oz Ketel One Vodka & 4 oz. Tonic Water

\$3.75

Grosh Cinema Movies
Sunday, June 18 - Saturday, June 24

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

Sunday, June 18 – Trolls (2016)

When their fellow Trolls are captured by hungry Bergens, upbeat Princess Poppy and her grouchy pal Branch embark on the adventure of a lifetime.

Co-Starring: Anna Kendrick, Justin Timberlake & Russell Brand

Rated PG; 1 hr. 32 min.

Monday, June 19 – The Queen (2006)

After Princess Diana's death, Queen Elizabeth II and Tom Blair face public demands that she be memorialized in a manner beyond standard protocol.

Co-Starring: Helen Mirren, Michael Sheen & James Cromwell

Rated PG-13; 1 hr. 43 min.

Tuesday, June 20 – The Bucket List (2007)

Two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.

Co-Starring: Jack Nicholson, Morgan Freeman & Sean Hayes

Rated PG-13; 1 hr. 37 min.

Wednesday, June 21 – 13 Going On 30 (2004)

When a geeky teen's birthday party goes awry and she makes a wish that she could be 30, she wakes up to discover she's flash-forwarded 17 years.

Co-Starring: Jennifer Garner, Mark Ruffalo & Judy Greer

Rated PG-13; 1 hr. 37 min.

Thursday, June 22 – Snowden (2016)

CIA technical expert Edward Snowden stunned the world by revealing a stolen trove of classified U.S. government documents. This drama tells the story of the bold theft that exposed secret NSA mass surveillance programs.

Co-Starring: Joseph Gordon-Levitt, Shailene Woodley & Melissa Leo

Rated R for language and some sexuality/nudity; 2 hrs. 14 min.

Friday, June 23 – Kate & Leopold (2001)

A present-day woman takes responsibility for guiding a charming time-traveling 19th century nobleman through the 21st century.

Co-Starring: Meg Ryan, Hugh Jackman & Liev Schreiber

Rated PG-13; 1 hr. 58 min.

Saturday, June 24 – A Dog's Purpose (2017)

Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners.

Co-Starring: Josh Gad, Dennis Quaid & Peggy Lipton

Rated PG; 1 hr. 40 min.

Weekly Opportunities Calendar June 18 to June 24

Sunday • June 18

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
7:00 p.m. ~ Vespers with Deacon Larry Erpeldine
from St. Thomas More Catholic Church, CR

Monday • June 19

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • June 20

Trash pick-up day
Breakfast at Verna Belle's—Breakfast Sandwich with Fruit
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
2:00 p.m. ~ LifeStory Writing Group, LR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • June 21

Breakfast at Verna Belle's—Breakfast Burrito with Fruit
9:00 a.m. ~ Depart for NEW Theater, VE
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Worship Service, 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 Grp, TR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, CR
1:30 p.m. ~ Pitch, GR
3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ Rock Steady Boxing, CR
4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • June 22

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
8:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
10:30 a.m. ~ Speedy PD Art Class, KSU CL
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ Osher Class: Abraham Lincoln Revealed, CR
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

Friday • June 23

Breakfast at Verna Belle's—Waffle or Pancake
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ Parkinson's Partners Luncheon, 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 Grp, LR
7:00 p.m. ~ Cowboy Poetry with Ron Wilson, CR

Saturday • June 24

Breakfast at Verna Belle's—Omelets with Fruit
9:00 a.m. ~ Rock Steady Boxing, CSC
9:30 a.m. ~ Painting for Fun, KSU CL

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
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
PSP, Prairie Star Patio	CSC, Combative Sports Center
HD, Hospitality Desk	

*Meadowlark News Channel can be viewed on Channel 1960

ANNOUNCEMENT

Window washing will begin the week of June 19, weather permitting. The crew will start with the duplexes then move to the main tower the following week (June 26).