

Part D Open Enrollment

Open enrollment scheduled at Meadowlark Hills

By Rita Harsch, Financial Counselor

It is 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. Friday, Nov. 17, 2017.

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 2017 Open Enrollment period for the year 2018. 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 this week showing the time slots 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.

Free transportation to auction

by Becky Fitzgerald, Development Director

Residents who would like a ride to the 3rd annual Meadowlark Auction: Furniture & More are in luck! Meet your driver at 9 a.m. at the Village entrance on Saturday, Sept. 23, for a free ride to the auction location. The event begins at 9:30 a.m. in the Utopia Room at St. Thomas More Catholic Church. "Smalls" (glassware, dishes, home décor, jewelry, collectibles, cookware) will be sold first. A return ride is available at 11 a.m. and at noon.

Whether using Meadowlark's transportation or driving on your own, residents who attend the auction are invited to eat breakfast and/or lunch while watching or joining the bidding. Hy-Vee is donating food items for this year's Auction Café. Breakfast burritos and muffins will be available, as well as barbecue beef sandwiches, chips and cookies. Beverages include bottled water, soda and coffee. All items are priced reasonably.

Thanks to the many residents and family members who donated furniture, jewelry and a myriad of other items. The outlook for the 2017 auction is promising!

Electricity outage

The electricity in the west hallway, first floor only, will be turned off to complete an electrical project Tuesday, Sept. 26, between 11 a.m. and 5 p.m. This outage will affect the Fitness Center and surrounding offices. Nick Lundeen, Finance Leader, will be available for Finance questions during the outage timeframe in the Miller Craft Room located in Miller Place.

The Fitness Center can be utilized during the outage, however no equipment that must be electrically powered will be functioning. Please contact Sarah at 323-3878 with questions.

Zipline Fun!

[below] Three Meadowlark residents joined the KSU Gerontology Club on their ziplining outing Friday, Sept. 1. Resident participants were Cam Beatty, Kay Shanks & Ruth Wells.



S'mores & More

The S'mores and More event scheduled for Sept. 28 has been canceled due to lack of interest. Please contact Brook Marcotte, Dining Services Leader, with questions.

Falls Prevention Seminar

Friday, Sept. 22, at 2:30 p.m.

You're invited to the Falls Prevention Seminar at 2:30 p.m. Friday, Sept. 22, in the Community Room. Jason Fox, regional director of Summit Care, a therapy services company, and Jeff Heidbreder, Meadowlark's Fitness Services Leader, are pairing up to keep you on your feet. All are welcome, refreshments will be available, and registration is not necessary.

Seminar topics include fall risks, home safety, prevention techniques, fear of falling, reacting after a fall and more. Jason plans to demonstrate a balance assessment using one of the therapy team's Biodex machines. Seminar attendees may register for a free assessment to be offered at a later date.

This and future seminars are part of a comprehensive Falls Prevention Program. The program is funded with a grant from the Greater Manhattan Community Foundation.

Hale Library Concert Series

Friday, Sept. 22, depart at 6:45 p.m.

The 2017/2018 Hale Library Concert Series will begin Friday, Sept. 22, at 7:30 p.m. The first concert in this year's series will feature Deborah Marshall on clarinet.

Transportation will be provided to this event. The group will depart from the Village Entrance at 6:45 p.m. Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

All Hale Library Concert Series performances are on Hale Library's fifth floor and include wine and dessert at a reception immediately following the concert.

The Two J's: Jane & Jim

Friday, Sept. 22, at 7 p.m.

Jane and Jim, the two J's, are no strangers to Meadowlark. You're invited to enjoy Jane Boys and Jim Shanteau's presentation of *An Evening with Gershwin* at 7 p.m. Friday, Sept. 22, in the

Community Room. They will be playing Gershwin favorites such as *But Not For Me*, *Embraceable You*, *I Got Rhythm*, *'S Wonderful*, *Strike Up the Band*, and *Summertime*. Jane will be playing piano and Jim will be playing Alto, Tenor and Baritone Saxophone. This will be an evening of great entertainment!

Vespers Services

Sunday, Sept. 24, at 7 p.m.

The Vespers services will be led by Rev. Troy Bowers from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Sept. 24, in the Community Room. All are welcome.

Parkinson's Voice Class

Monday, Sept. 25, at 1:45 p.m.

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! Exercises are geared toward individuals with Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend.

The classes are led by a LSVTTM & Speak Out! TM Certified Voice Clinician and KSU Graduate Students in Speech-Language Pathology. They meet in the Community Room from 1:45 to 2:45 p.m. each Monday. The next class is Monday, Sept. 25.

For more information, please contact Michelle Haub, Parkinson's Program Leader, at 323-3899.

Apple Harvest Fall Festival Party

Tuesday, Sept. 26, at 1 p.m.

If you love apples, competition and the cool autumn weather, you're invited to the Apple Harvest Fall Festival Party hosted by Stolzer House at 1 p.m. Tuesday, Sept. 26, in the Community Room.

Join the party and you can expect fun, games and food! Coffee Corner will not meet Sept. 26.

Memory Activities Class: Artful Memories

Wednesday, Sept. 27, at 10 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna

Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, Sept. 27, in the KSU Classroom.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

KSU Libraries presents Black Cowboys along the Chisholm Trail

Thursday, Sept. 28, at 3 p.m.

Cowboy Mike will enlighten and dispel myths about the Wild West 3 to 4 p.m. Thursday, Sept. 28, in the Hemisphere Room on Hale Library's fifth floor. More than a lecturer, Cowboy Mike brings the lives of black cowboys on the western frontier to the fore with his persona and display of artifacts.

The event is presented in conjunction with the final weeks of K-State Libraries' "Chisholm Trail: History & Legacy." This free exhibit is part of a regional celebration of the trail's 150th anniversary. On view through Oct. 13 in Hale Library's fifth floor gallery, it includes selections from the Richard L. D. and Marjorie J. Morse Department of Special Collections, the Kansas City Museum, and K-State's Historic Costume and Textile Museum.

Following his presentation, Cowboy Mike will sign copies of his book, *Black Cowboys in the American West*. For more information, contact libsc@k-state.edu.

Presentation by Usha Reddi

Friday, Sept. 29, at 7 p.m.

Former Manhattan Mayor and current City Commissioner Usha Reddi will be joining the residents of Meadowlark for a get-to-know-you session at 7 p.m. Friday, Sept. 29, in the Community Room.

Usha will speak about her time as Mayor of Manhattan, local government, and her passion for helping those who suffer from mental illness and raising awareness. She will also take any questions from the crowd. All are invited to attend.

KSU Watch Parties

Saturday, Sept. 30, 2:30 p.m.

Come to the Game Room for the KSU Watch Parties listed below. Go STATE!

- Sept. 30 ~ KSU vs. Baylor, kick-off time is 2:30 p.m. & refreshments will be served

Visions of the Flint Hills Art Show

Friday, Oct. 6, depart at 2:45 p.m.

You're invited to the opening reception for the Visions of the Flint Hills Art Show at 5 p.m. Friday, Oct. 6, at the Buttonwood Art Space in Kansas City, MO. The evening will feature flint-hills themed food, beverages and a live performance by Annie Wilson's Tallgrass Express String Band. If you are interested in attending, please sign up in the Blue Book at the Hospitality Desk. Free transportation will depart at 2:45 p.m. Please contact Becky Fitzgerald at 323-3843 with

3rd annual BENEFIT AUCTION!

9:30 a.m., Saturday, Sept. 23

**St. Thomas More Catholic Church,
2900 Kimball Ave., Manhattan, Kan.**

*(Enter church property via east driveway;
auction hall is on northeast side of building.)*

Auctioneer: Vern Gannon

FURNITURE • APPLIANCES

GLASSWARE • JEWELRY • DÉCOR & MORE

To see photos, visit

<http://www.meadowlark.org/giving>

and click the Meadowlark Auction link

Proceeds benefit Meadowlark Foundation's
Good Samaritan Fund, assisting elders in need.

*Breakfast and lunch items available for purchase.
Menu items courtesy of the Manhattan Hy-Vee store.*



MEADOWLARK
Foundation



PRAIRIE STAR

RESTAURANT

Extended Hours

Monday to Friday, 7 a.m. to 8 p.m.

Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.

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.

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| SUNDAY | Sept. 24 ~ Lunch \$12 | Dinner \$10 |
| | Grilled Honey Lime Cilantro Chicken Breast Wild Rice Vegetable du Jour | Ham & Beans Cornbread Vegetable du Jour |
| MONDAY | Sept. 25 ~ Lunch \$7 | Dinner \$13 |
| | Beef & Italian Sausage Rigatoni Garlic Toast Choice of Vegetable <i>No starter or dessert included.</i> | Chicken Wild Mushroom Roulade with Sherry Sage Sauce Mashed Sweet Potatoes Vegetable du Jour |
| TUESDAY | Sept. 26 ~ Lunch \$7 | Dinner \$13 |
| | Taco Bar <i>(does not include drink, starter, or dessert)</i> | Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour |
| WED. | Sept. 27 ~ Lunch \$7 | Dinner \$12 |
| | Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable <i>No starter or dessert included.</i> | Chicken Tetrazzini Garlic Toast Vegetable du Jour |
| THURS. | Sept. 28 ~ Lunch \$8 | Dinner \$13 |
| | Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i> | Stuffed Pork Tenderloin with Andouille Sausage Dressing Cajun Roasted Red Potatoes Vegetable du Jour |
| FRIDAY | Sept. 29 ~ Lunch \$7 | Dinner \$14 |
| | Fried Catfish Po'Boy French Fries Coleslaw <i>No starter or dessert included.</i> | Grilled Pesto Shrimp with Marinara Sauce Rice Pilaf Vegetable du Jour |
| SAT. | Sept. 30 ~ Lunch \$ | Dinner \$15 |
| | Polish Sausage with Sautéed Peppers & Onions Potato Salad Choice of Vegetable | Steak Baked Potato Vegetable du Jour |

**DRINK
SPECIAL**

Bourbon Buck
2 oz. Bourbon & 5 oz. Ginger Ale
\$3.75

Grosh Cinema Movies

Sunday, September 24 to Saturday, September 30

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

2 and 6 p.m., Sunday

Sunday, Sept. 24 – Free Willy (1993)

Ordered to clean up the graffiti he painted at a marine theme park, a trouble young boy unexpectedly bonds with a killer whale on exhibit.

Co-Starring: Jason James Richter, Lori Petty, Jayne Atkinson, August Schellenberg and Michael Madsen

Rated PG; 1 hr. 51 min.

Monday, Sept. 25– Jaws (1978)

When an insatiable great white shark terrorizes Amity Island, a police chief, an oceanographer and a grizzled shark hunter seek to destroy the beast

Co-Starring: Roy Scheider, Robert Shaw, Richard Dreyfuss, Lorraine Gary, Murray Hamilton

Rated PG; 2 hr. 3 min.

Tuesday, Sept. 26– Grease (1978)

John Travolta and Olivia Newton-John star in this hit musical comedy about a greaser and the good girl he falls for—much to his friends' chagrin

Co-Starring: John Travolta, Olivia Newton-John, Stockard Channing, Jeff Conaway, Barry Pearl

Rated PG; 1 hrs. 50 min.

Wednesday, Sept. 27– Beauty and the Beast (2017)

Held captive in an enchanted castle where clocks and candlesticks come to life, a brave young woman clashes with a beastly but good-hearted prince

Co-Starring: Emma Watson, Dan Stevens, Luke Evans, Kevin Kline, Josh Gad

Rated PG; 2 hrs. 9 min.

Thursday, Sept. 28 – Sully (2016)

Viewers around the world were astonished in 2009 when airplane pilot Chelsey Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled.

Co-Starring: Tom Hanks, Aaron Eckhart, Laura Linney

Rated PG-13; 1 hr. 36 min.

Friday, Sept. 29 – Mr. 3000 (2004)

A baseball star who retired with exactly 3,000 hits learns that three of his hits didn't count and now he's making a comeback at age 47 to get three hits and preserve his Hall of Fame chances.

Co-Starring: Bernie Mac, Angela Bassett, Michael Rispoli

Rated PG-13; 1 hrs. 44 min.

Saturday, Sept. 30 – Secret Life of Pets (2016)

Living an easy life, happy terrier Max sees his world upended when his owner brings home Duke, a mongrel Max regards as a loser. But two soon find themselves allied against a horde of abandoned pets looking to turn the tables on humans.

Co-Starring: Louis C. K., Eric Stonestreet, Kevin Hart, Ellie Kemper, Lake Bell

Rated PG; 1 hrs. 30 min.

Weekly Opportunities Calendar Sept. 24 to Sept. 30

Sunday • September 24

Breakfast at Prairie Star—Pastries 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 Rev. Troy Bowers from First United Methodist Church, CR

Monday • September 25

Breakfast at Prairie Star—Biscuits & Sausage Gravy

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
11 a.m. to 5 p.m. ~ Electricity Outage in West Hall
12:00 p.m. ~ Yoga, CR
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
12:50 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
1:45 p.m. ~ Parkinson's Voice Class, CR
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • September 26

Trash pick-up day

Breakfast at Prairie Star—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ AAUW Serendipity Luncheon, WCR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
2:00 p.m. ~ Apple Harvest Fall Festival Party, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 3rd Floor Supper, CR

Wednesday • September 27

Breakfast at Prairie Star—Breakfast Burrito with Fruit

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Worship Service, LR
10:00 a.m. ~ Memory Activities Class-Artful Memories, KSU CL
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. Yoga, CR
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
1:30 p.m. ~ Pitch, GR
1:30 p.m. ~ Collins Worship Service, CH
1:30 p.m. ~ Diabetic Support Group, KSU CL
3:00 p.m. ~ Call Hall Ice Cream, KR

3:00 p.m. ~ Rock Steady Boxing, KSU CL

3:00 p.m. ~ Unitarian Universalist Fellowship, MR

4:00 p.m. ~ Lutheran Video Worship Service, LR

5:30 p.m. ~ 1st Floor Supper, LR

6:30 p.m. ~ Osher Class: American Mexican War, CR

Thursday • September 28

Breakfast at Prairie Star—Biscuits & Sausage Gravy

8:30 a.m. ~ Messenger Ladies, WCR
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:30 p.m. ~ Osher Class: The Reformation, CR
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

Friday • September 29

Breakfast at Prairie Star—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
7:00 p.m. ~ Presentation by Usha Reddi, CR

Saturday • September 30

Breakfast at Prairie Star—Pastries with Fruit

9:00 a.m. ~ Rock Steady Boxing, CSC
9:30 a.m. ~ Painting for Fun, KSU CL
2:30 p.m. ~ KSU Watch Party, GR

Room Abbreviations

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|-------------------------|-----------------------------|
| 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 Cente |
| HD, Hospitality Desk | MS, Miller Spa |

*Meadowlark News Channel can be viewed on Channel 1960