



# MEADOWLARK

Messenger

December 7, 2017

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit organization  
enhancing senior lifestyles*

## Register Now!

*LEAP! Classes begin in January*

*by Michelle Haub, Memory Program Leader*

Do you have a family member who has or had Alzheimer's or Dementia? It's never too early to make the changes that may prevent or delay the on-set of Alzheimer's and/or Dementia! Join the Meadowlark Memory Program, in partnership with the KU Alzheimer's Disease Center, for a six-week class of LEAP! Lifestyle Enrichment for Alzheimer's Prevention. This new program provides the latest research and practical advice about education about exercise, physical activity, diet, nutrition, stress, sleep and social and cognitive engagement.

The classes will be meet weekly from 6 to 7:30 p.m. beginning Monday, Jan. 22, in the KSU Classroom. For more information or to sign up, please contact Bridget Larkin at 323-3837 or sign up in the Blue Book at Meadowlark by Jan. 10.

## Ecumenical Blue Christmas at First Congregational Church

*by Chaplain Patty Brown-Barnett*

Not all of us are filled with joy, hope, peace and love this Holiday Season...and that is ok. At this service we will acknowledge that there are times in life when we feel broken, confused and lost. God does not promise us an easy life, but God does promise that we will never walk through any season in life, even the holiday season, alone because God IS with us. Join us for this Blue Christmas Worship where we will also take part in the worldwide Compassionate Friends Candle Lighting to honor children who have died too soon.



[above] Meadowlark Home Health companion Arlene Lundberg holds a car door for resident Joanne Michel. This 2007 Toyota Prius was recently donated by residents Duane and Pat Miksch.

## Meadowlark Home Health gains donated Toyota

*by Becky Fitzgerald*

Christmas came early for Meadowlark's Home Health staff! In November, residents Duane and Pat Miksch offered to donate their 2007 Toyota Prius to Meadowlark Foundation, and it didn't take long to determine the car would be a welcome addition to Meadowlark's fleet.

Transportation leader Dave Prockish mentioned the potential gift to Jayme Minton, Support Service Director, and Angele Gerena, Home Health Office Manager, and both agreed that the Prius would boost their capacity to serve their clients. After telling the Miksches that another set of wheels was on Home Health's wish list, they cheerfully agreed to the donation.

The Prius, a gasoline/electric hybrid, becomes the second donated car and third total vehicle available to Home Health staff. Aides and companions drive the cars when transporting clients to appointments, activities, lunches, etc., or as they run errands for

*See Toyota, page 4*

### **Christmas Dinner reservations open**

Reservations are now open for Christmas dinner. Staggered seating times will be available between 11 a.m. and 2 p.m. Monday, Dec. 25, in Prairie Star Restaurant. The menu will be printed in next week's edition of the Messenger.

A boxed dinner option will be offered for the evening meal. The boxed dinners must be picked up by 4 p.m. Christmas Day.

Sign up for both meal opportunities at the host stand in Prairie Star Restaurant. Please contact Brook Marcotte, Dining Services Leader, at 323-3821 with questions.

### **Call Hall Ice Cream, canceled**

Call Hall Ice Cream is canceled for Wednesday, Dec. 13, due to Christmas Carousel. It will resume the following week on Wednesday, Dec. 20.

### **Memory Program events, canceled**

All Wednesday Memory Program activities are canceled for Dec. 13 due to Christmas Carousel. For Memory Program questions, please contact Michelle Haub at 323-3899.

### **Diabetic Support Group, canceled**

The Diabetic Support Group is canceled for December. Please contact Lisa Schwarz at 323-3830 with questions.

### **Resident Focus Group**

***TODAY, Dec. 7, at 10 a.m.***

The December Resident Focus Group will spotlight Home Health Clinical Leader, Alex Horak. Come and learn about Alex and Meadowlark Home Health at 10 a.m. today, Dec. 7, in the KSU Classroom.

### **Cuz'n Jed's Christmas**

***Friday, Dec. 8, at 7 p.m. & Sunday, Dec. 10, at 4 p.m.***

There are two opportunities to enjoy a fun-filled hour of Christmas classics with Jed Wymore at 7 p.m. Friday, Dec. 8, and 4 p.m. Sunday, Dec. 10, in the Community Room. Jed will be joined by other musicians to entertain Meadowlark with an array of Christmas and Holiday music.

### **Vespers Services**

***Sunday, Dec. 10, at 7 p.m.***

The Vespers services will be led by Rev. Kent Dorsey and the Church Choir from First Christian Church. Vespers service will begin at 7 p.m. Sunday, Dec. 10, in the Community Room. All are welcome.

### **New Chairs: West Conference Room**

***Monday, Dec. 11, at 9 a.m.***

You're invited to visit the West Conference Room Monday, Dec. 11, between 9 and 10 a.m. to cast your vote for the fabric choices of the new conference room chairs. Three fabric choices will be presented. A picture of the new chair will be available. Please contact Jon Bechtel with questions at 323-3896.

### **Christmas Carousel**

***Wednesday, Dec. 13, varied start times***

Reservations are required for the 2017 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is *Mystery at the North Pole*, and during the evening of Wednesday, Dec. 13, you (and your fellow elves) will be following the clues to solving the crime of the season.

The rotation for the rooms will be structured the same way it was the previous two years, however, we'll be starting in a different location. Each group will begin in Verna Belle's Café then continue down the Community Center hallways in 30-minute intervals. The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 13. There will be a buffet lunch option available in the Pub, to-go only. Verna Belle's Café will be open Dec. 13 until 12:30 p.m. and will serve breakfast all day.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel.

### **Wakefield Middle & High School Choir**

***Thursday, Dec. 14, at 10 a.m.***

Meadowlark will be visited by the Wakefield,

Kansas Middle & High School Choir. They will be singing some of your Christmas favorites and spreading cheer to the residents and staff at Meadowlark. You're invited to enjoy this performance at 10 a.m. Thursday, Dec. 14, in the Community Room.

**Meadowlark Ladies Luncheon**

**Thursday, Dec. 14, at 12:30 p.m.**

The monthly meeting of the Meadowlark Ladies will be at 12:30 p.m. Thursday, Dec. 14, in the Manhattan Room. All women are invited to come. Please sign up in the Blue Book at the Hospitality Desk.

For a Christmas treat, we will have a jewelry exchange! Many have donated items ahead of time and one will be a little bag for your Christmas present. If you can't wear the one you receive, you can try to trade with someone else.

The menu will be *small* servings of ham, sweet potatoes, green beans, cranberry sauce, a roll and a bit of Call Hall ice cream for dessert. The cost of the meal will be \$10.90 per person. The hostesses for December are Mary Lou Gibbs and Harriette Janke.

**Line Dancing**

**Thursday, Dec. 14, at 7 p.m.**

Line Dancing starts at 7 p.m. Thursday, Dec. 14 in the Community Room with Jayme Minton, Support Services Director. Class will meet at 7 p.m. for five consecutive weeks on Thursdays starting with Dec. 14. For the first class, Jayme will lead the Electric Slide and Cupid Shuffle. No prior sign up is necessary.

**Caroler Performance**

**Friday, Dec. 15, at 2 p.m.**

You're invited to enjoy carols performed by students from the Flint Hills Christian School at 2 p.m. Friday, Dec. 15, in the Community Room. All are welcome.

**Meadowlark Singers Winter Concert**

**Friday, Dec. 15, at 7 p.m.**

The Meadowlark Singers invite you to their Winter Concert at 7 p.m. Friday, Dec. 15, in the Community Room. The singers, led by Jane

Boys, will entertain you with an evening of great singing and fellowship!

**Cranmer's 60th Anniversary Party**

**Saturday, Dec. 16, at 1 p.m.**

You're invited to celebrate with Bob and Carla Cranmer for their 60th Wedding Anniversary at 1 p.m. Saturday, Dec. 16, in the Community Room. Refreshments will be served and cards are welcome.

**Do Right Daddies**

**Friday, Dec. 22, at 7 p.m.**

Back by popular demand—the Do Right Daddies are coming to Meadowlark Hills! You're invited to see some of Meadowlark's own perform. The Do Right Daddies, Dave Zerfas and Karl Zerfas, will perform at 7 p.m. Friday, Dec. 22, in the Community Room.

If you've never experienced the Do Right Daddies do their thing, then mark your calendars to attend!

**November Gifts to  
Meadowlark Foundation**

*Gifts to the Meadowlark Foundation during the month of November were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Verna Belle's Renovation, Meadowlark Parkinson's Program, Meadowlark Memory Program and Lyle House.*

**Memory of**

Loren Alexander  
Dorothy Buller  
Imogene Bolls  
Eloise Bourque  
Ken Lyle  
Irvin Reeves  
Jean Simmonds  
Vaughn Steere  
Hilda Zerfas

**Honor of**

Cindy Sloan  
Darrell & Julie Swank

*If you have questions or suggestions regarding Meadowlark Foundation, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.*

## Mayor's Lighted Holiday Parade



**Happy Holidays!** Meadowlark Ambassador Sue Hunt was joined by Meadowlark staff members Hether Birchmeier, Kersten Jacques, Maggi Birchmeier and Daniel Weston for the Mayor's Spirit of the Holidays Lighted Parade Friday, Dec. 1. Daniel even made an appearance in the WIBW news coverage of the event! Thanks to our elves and Frosty for representing Meadowlark is such a delightful event!

*Toyota, from page 1*

clients or meet clients who live off campus.

For example, on a recent Monday, companion Arlene Lundberg used the Prius to drive resident Joanne Michel to her weekly hair appointment and then to lunch at a local restaurant.

Meadowlark is a 501(c)3 organization and is qualified to receive tax-deductible contributions. The Miksches completed a Gift-in-Kind form, listing the fair market value of the Prius, as well as an IRS form for noncash charitable contributions. Meadowlark Foundation provided both forms. The Miksches consulted a local car dealership to determine the hybrid's fair market value, and this amount will be claimed as a charitable contribution deduction.

If Meadowlark had not needed to use the car, the car would have been sold, and the Miksches could claim as a deduction the amount of the gross proceeds from the sale.

Thank you, Duane and Pat, for remembering Meadowlark Foundation! If you have questions about noncash contributions, please contact Becky Fitzgerald, Development Director, (785) 323-3843.

## NEW! Memory Program Library

Thanks to a generous donation to the Meadowlark Memory Program, we are now able to offer a library of resources to our residents, families and Program participants. There is a book cart, located in the KSU Classroom, with books ranging from memoirs to education about dementia. We ask that you use the check-out system of signing your name and current date on the card at the front of the book you wish you to borrow. Then place that card in the check-out box on the cart. When you return your book for others to borrow, please mark off your name on the card from the box and place it back in the front pocket of the book.

If you have specific requests or recommendations for books, DVDs, books on CD or other items that you feel would make a good addition to the Meadowlark Memory Library, please let Michelle Haub know. You may also let Michelle know if you personally have resources you would like to donate to the library. Watch for more arrivals of new resources in the coming months!

## Resident Committee Sign Up

As of Monday, Dec. 4, residents have the opportunity to volunteer for a variety of resident committees. This is also the time to remove your current membership. Existing committees include Art Committee, Messenger Delivery Committee, Messenger Preparation Committee, Building and Grounds Committee, Library Committee and Ambassador Committee.

The roster for each committee is available in the Blue Book located at the Hospitality Desk. Additional spaces are provided for new members to add their names. If you would like to remove yourself from a committee, simply cross your name out. Please complete this by the end of the day Sunday, Dec. 31.

Once sign-ups close, the committee chair will contact all new members regarding meeting times and responsibilities. Please contact Monte Spiller at 323-3801 with questions.

## Outdoor Encounters

by **Nathan Bolls**

I'm going to speak of a magnificent animal—also one of God's creatures—that is a source of disdain for many of you: the eastern fox squirrel (*Sciurus niger*). The genus name, *Sciurus*, is related to their habit of "sitting in the shade of their tail" while resting or sunning on a horizontal limb. This squirrel ranges widely across the eastern United States, including all of Kansas. Yes, Meadowlark Hills also is blessed. The fox squirrel range touches western New England and extends somewhat beyond the 100<sup>th</sup> meridian in our West. Thus, these squirrels grace many woods, lawns, golf courses, cornfields, and birdfeeders as they go about the work of nesting, reproducing, and foraging. They are very good at doing "what comes naturally." This animal, in season, eats some 30-35 different foods. In early summer our mulberry trees literally shake from the activity of feeding squirrels. And they love to bury walnuts, hickory nuts, and acorns for later use, and, in the process, greatly disturb my beds of heirloom irises.

For a mammal they are incredibly energetic and physical. Imagine hauling your body weight straight up a tree at squirrel speed! Imagine having to live down the old woodsmen's tale that the males fight, and, in the process, castrate each other. That would not be nice! It is true that

during parts of each year a testicle-filled scrotum is not obvious. But that is because, during the long break between breeding seasons, the testes are drawn back into the body cavity.

Fox squirrels have two breeding seasons: Jan-Feb and May-June. Long chases occur when males sense a female in estrus, and some observers may mistake this racing through the trees as play. Thus, cold Jan-Feb sees lots of squirrel activity, and it is not play. In good food years, some females may have two litters. Females born during the second breeding season usually mate during the second breeding season the following year. Normal litter size is 2-4, and the youngin's also are very cute. Mom usually keeps them in the tree-hole den for 5-6 weeks before allowing them to venture out onto a nearby limb of their arboreal world.

During the summer, when there usually are more squirrels than the tree nest holes can accommodate, many squirrels build a leaf nest high up in some tree. Here they can rest and overnight. These nests are large, roundish, seemly loosely organized clumps of leaves that lack the "flat-top" sense of a bird nest. As any bird-feeder keeper knows, tree squirrels are masters at the art of making do. As I once said during an invited talk before an Ohio Audubon club, tree squirrels are neighbors you can count on!



## Fair Warning

by **Sarah Duggan**

Despite my lobbying, kids continue to come into this world without a how-to manual. This week my girls have been spending some long overdue time with their Grandma and Pop, my

husband's parents who are visiting from Brooklyn, NY.

Although I couldn't hand them a comprehensive instruction guide for each child to help them through the week, I did feel obligated to give them some "fair warnings."

Fair warning, Murphy will say she wants mac and cheese at the restaurant, in fact she will down right demand it. She will go as far as to order it from the waitress herself. And when said mac and

cheese arrives, she won't eat it. Won't. Eat. It.

Fair warning, you're going to be playing "family" a lot. This means Murphy is the mom and you are the kids. You will be at her mercy eating pretend cheeseburgers, reading books and likely getting check ups from the doctor who is also Murphy.

Fair warning, Eilish has a grip. I mean an *impressive* grip. She is also quick, so it doesn't take long for her to grab a chunk of your hair or throw a nearby coffee mug on the ground. Stay alert.

Fair warning, my kids are adorable and you won't want to leave. The worst part about grandparents coming to visit is eventually they have to leave. We remind ourselves to enjoy every moment and to spend the time creating as many memories as possible.

Fair warning, life is always changing.



# LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for December 2017, Monte Spiller! Monte has the most positive of attitudes and it rubs off on everyone. His go to phrase is "don't worry, we'll get it done," and he continuously uplifts his employees with praise and adds humor to the work environment daily. The residents at Meadowlark Hills are Monte's number-one priority and he makes coming to work fun. Meadowlark loves having Monte as a part of the team!

## **IL Resident Council Minutes, Nov. 6, 2017**

**Members present:** Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Jo Call, Verlyn Richards, Marilyn Ray, Steve Owens, Polly Ferrell, Jo Lindly, Jo Lyle, Janice Parsons, Ivan Tompkins, Bea Rasmussen and Sharon Smith.

**Staff present:** Lonnie Baker, Jayme Minton and Monte Spiller

Jayme welcomed all meeting attendees.

### **Updates**

General Update: Lonnie explained Meadowlark recently completed surveys within the Assisted Living and Healthcare areas. The AL survey was very thorough, and Meadowlark was given two deficiencies, both that were corrected immediately. The Healthcare survey lasted four days. Meadowlark received only one deficiency that is largely due to the new software we are using which didn't allow us to record one piece of care. The tag was considered low level and the surveyors will not be coming back in that regard.

A couple projects are coming to a close for the month of November. Carpet installation will start today and be completed by Thursday of this week. Verna Belle's is also nearing completion and we anticipate having a grand reopening on Nov. 30.

Effective December 1, 2017, Meadowlark will acquire Autumn Hills, which are two HomePlus houses. There are two locations, one in Riley and the other located on the west side of Manhattan. It is very exciting opportunity for Meadowlark.

**Approval of October Minutes:** Motion to approve minutes was moved and passed.

### **New Business**

Polly Ferrell presented the idea of looking at different options for the disposable coffee cups being used at Meadowlark. Jayme Minton, Support Services Director, has researched and looked into different options of cups, with several things in mind including cost, size and if they are biodegradable.

The Gift Committee will meet November 15 to write checks for the 2017 Employee Gift.

### **Old Business**

A question was brought up about the appropriate actions to be taken during severe weather or emergency planning based on your location. It was explained different areas require different actions and specific information can be found in the Resident Handbook. There will also be a reminder update given in the messenger periodically.

A question about expansion and renovation of the Game Room, patio, and courtyard areas were presented. Lonnie explained, we are still in the "maybe" phase and will continue to look at the possibility. There will be a meeting next week where staff will get together and map out what the process would look like. Lonnie wants to explore three things before any decisions are made. The first is to look and see if any type of expansion makes sense. The second is looking at seating for Verna Belle's and incorporating some of the courtyard for that purpose. Lastly is looking at gaming and the Game Room to see what people really want and what renovations will be needed to make it a reality.

**Additional Discussion Topics:** None.

**Meeting adjourned**

## Town Meeting Notes, Dec. 4

*Notes from Dec. 4 Town Meeting  
conducted by Monte Spiller, Resident  
Services Leader.*

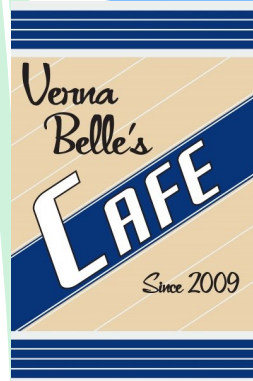
**Welcome** Monte welcomed the meeting attendees. Several staff members were present and the group thanked the residents for their generous gift. New resident Jim Hasler was introduced. Monte announced that HR Assistant Hether Birchmeier would be moving to Wichita. He introduced Jana Armfield who was recently hired to fill Hether's position. The HR Assistant has a variety of responsibilities, including the Meadowlark Volunteer Program.

**Campus Update** The Autumn Hills acquisition was official as of Friday, Dec. 1. The main difference between the Autumn Hills Home Plus care setting and the Meadowlark Hills campus are the amenities and variety of events and activities available.

**Support Services Update** Verna Belle's Café is now open following a nearly four-month renovation. Christmas Carousel is next week, Dec. 13, and there are currently nine spots available, all in the fifth group which starts at 5:35 p.m. Line Dancing class begins Thursday, Dec. 14, with Jayme. Census, as of Dec. 4, is at 95.9-percent across campus. The Sales Team, Abby and Kristen, are doing a phenomenal job.

**LEAP! Program Update** A new six-week session of the LEAP! Program will begin Monday, Jan. 22. The group will meet from 6 to 7:30 p.m. in the KSU Classroom. The cost for the class is \$75 and those who would like to participate can sign up in the Blue Book at the Hospitality Desk. More details regarding the class can be found on the front page of this Messenger.

**Upcoming Events** Monte reviewed the events coming up in the month of December. Please see the weekly Meadowlark Messenger for details.



## LUNCH SPECIALS

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

### Monday, Dec. 11

Tomato & Bacon Grilled Cheese & Choice of Side  
*tomato, bacon American and cheddar cheese on your  
choice of white or wheat bread*  
**\$3.99 / \$5.99**

### Tuesday, Dec. 12

Turkey Avocado Wrap with Choice of Side  
*turkey, avocado & swiss cheese on a flavored wrap  
with lettuce & tomato*  
**\$3.99 / \$5.99**

### Wednesday, Dec. 13

All-Day Breakfast  
*The Café will offer breakfast burritos, omelets and  
breakfast sandwiches, plus any a la carte items &  
the designer salad bar until 12:30 p.m.*  
**Prices vary**

### Thursday, Dec. 14

Reuben with Choice of Side  
*corned beef, swiss cheese, thousand island dressing  
& sauerkraut on butter-toasted rye bread*  
**\$3.99 / \$5.99**

### Friday, Dec. 15

Grilled Chicken Sandwich with Choice of Side  
*grilled chicken topped with lettuce, tomato & pickle on  
a butter-toasted bun*  
**\$5.99**

**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.

SUNDAY	Dec. 10 ~ Lunch \$13	Dinner \$14
	BBQ Brisket Au Gratin Potatoes Vegetable du Jour	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	Dec. 11 ~ Lunch \$10	Dinner \$12
	Turkey ala King Rice Pilaf Choice of Vegetable	Braised Cajun Chicken Red Beans & Rice Vegetable du Jour
TUESDAY	Dec. 12 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Roasted Pork Loin with Natural Sauce Scalloped Potatoes Vegetable du Jour
WED.	Dec. 13 ~ Lunch \$7	Dinner
	Pasta Bar <i>(does not include drink, starter, or dessert)</i> <i>To-go only served from Pub.</i>	<i>Restaurant closed for Christmas Carousel.</i>
THURS.	Dec. 14 ~ Lunch \$8	Dinner \$11
	Hamburger & Hot Dog Bar <i>(does not include drink, starter, or dessert)</i>	Beef Lasagna Garlic Toast Vegetable du Jour
FRIDAY	Dec. 15 ~ Lunch \$10	Dinner \$14
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Shrimp & Grits Vegetable du Jour
SAT.	Dec. 16 ~ Lunch \$10	Dinner \$15
	Steamed Polish Sausage with Sauerkraut Fried Potatoes Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Irish Coffee  
2.5 oz. Regular or Decaf Coffee, 1 oz. Jameson Whiskey & 1 oz. Half’n’Half Cream  
\$3.75

## Grosh Cinema Movies

Sunday, December 10, to Saturday, December 16th

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

2 and 6 p.m., Sunday

### **Sunday, Dec. 10 —Sing (2016)**

It doesn't matter if you're a pig or porcupine, elephant or gorilla. If you've got talent, step up to the mic & sing!

**Co-Starring: Matthew McConaughey, Reese Witherspoon & Scarlett Johansson**

**Rated PG; 1 hr. 47 min.**

### **SARAH'S PICK! Monday, Dec. 11— Elf (2003)**

Buddy the Elf doesn't feel like he fits in the with the other elves at the North Pole. But this Christmas, when he learns he's adopted, he journeys to New York to find his real father...and maybe spread a little Christmas cheer!

**Co-Starting: Will Ferrell, James Caan & Bob Newhart**

**Rated PG; 1 hr. 45 min.**

### **Tuesday, Dec. 12— Rumor Has It (2005)**

Sarah travels to her sister's wedding, where her grandmother reveals that Sarah's mother cheated on her father just days before they married. The plot thickens when Sarah hears her family was the real-life inspiration for the film "The Graduate".

**Co-Starring: Jennifer Lopez, Jane Fonda & Michael Vartan**

**Rated PG-13; 1 hrs. 37 min.**

### **Wednesday, Dec. 13 – Walt Before Mickey (2015)**

Spanning nine years, this biographical drama chronicles the early days of Walt Disney's career—before he and his brother Roy began the humble animation studio that would subsequently evolve into a global entertainment colossus.

**Co-Starring: Thomas Ian Nicholas, Jon Heder & David Henrie**

**Rated PG; 1 hrs. 50 min.**

### **SARAH'S PICK! Thursday, Dec. 14— Miracle on 34th Street (1947)**

When Santa falls drunk in the Thanksgiving Day Parade, reluctant Macy's supervisor Doris Walker offers the job to a bearded Kris Kringle purporting to be the real Santa!

**Co-Starring: Maureen O'Hara, John Payne & Natalie Wood**

**Rated NR; 1 hr. 36 min.**

### **Friday, Dec. 15— How to Steal a Million (1966)**

Trouble ensues when noted art collector and forger Charles decides to loan his prized Cellini "Venus" —the forged version—to a museum. Realizing the museum won't be duped, Charles and his daughter hire a cat burglar.

**Co-Staring: Hans Matheson, Samantha Barks & Lesley Manville**

**Rated PG; 1 hrs. 40 min.**

### **Saturday, Dec. 16— Little Boy(2015)**

When his devoted dad is called away to war, a friendless young outcast turns to God to get his father back home in one piece.

**Co-Starring: Jakob Salvati, Emily Watson, Cary-Hiroyuki Tagawa & Micahel Rapaport**

**Rated PG-13; 1 hrs. 46 min.**

# Weekly Opportunities Calendar Dec. 10- Dec 16

## Sunday • December 10

*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
- 4:00 p.m. ~ Jed Wymore, CR
- 7:00 p.m. ~ Vespers with Rev. Kent Dorsey & the Church Choir from First Christian Church, CR

## Monday • December 11

*Breakfast at Verna Belle's—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
- 11:30 a.m. ~ Meadowlark Valley Luncheon, LR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, KSU CL
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:30 p.m. ~ Hearing Aid Doctor, WCR
- 3:30 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • December 12

*Trash pick-up day*

*Breakfast at Verna Belle's—Breakfast Bierock 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
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, MR

## Wednesday • December 13

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

- 10:00 a.m. ~ Worship Service, LR
- 1:00 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Collins Worship Service, CH
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 3:15 p.m. ~ Christmas Carousel: Group One, VB
- 3:50 p.m. ~ Christmas Carousel: Group Two, VB
- 4:25 p.m. ~ Christmas Carousel: Group Three, VB
- 5:00 p.m. ~ Christmas Carousel: Group Four, VB
- 5:35 p.m. ~ Christmas Carousel: Group Five, VB

## Thursday • December 14

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 8:30 a.m. ~ Messenger Ladies, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Wakefield Middle School Choir, CR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:30 a.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decisions, LR
- 7:00 p.m. ~ Line Dancing, CR

## Friday • December 15

*Breakfast at Verna Belle's—Waffle or Pancake*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 2:00 p.m. ~ Carolers, CR
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Meadowlark Singers Winter Concert, CR

## Saturday • December 16

*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
- 1:00 p.m. ~ Cranmer's 60th Anniversary Party, CR

## 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	MS, Miller Spa
VB, Verna Belle's Cafe	

\*Meadowlark News Channel can be viewed on Channel 1960