



16th annual Legacy Society Banquet

Lisa Sisley (right), Meadowlark Foundation Board of Directors president, announced five award recipients at the annual Legacy Society event on Monday, May 14, at the Bluemont Hotel. Posing with Lisa and Becky Fitzgerald, Development Director (left) are (clockwise from bottom right) resident Sandra Emley with the Johanna Lyle Excellence in Service Award; resident Frances Holcombe, winner of the Margaret Wheat Spirit of Meadowlark Hills Award; Bud Cox, winner of the Good Samaritan Award; 2018 Legacy Award winner C. Clyde Jones, and Bobby Cox, Good Samaritan Award winner. See next week's *Meadowlark Messenger* for more photos and information.

Meadowlark Wellness Olympiad: Final Week!

submitted by Jeff Heidbreder

The last few days of the Wellness Olympiad are here and the competition is close! Team scores are posted on the Game Room bulletin board. Participants should be tracking their physical activity on the sheet labeled *Week 6* and sheets need to be turned in by Tuesday, May 22, at 5 p.m. Sheets can be turned in at the Hospitality Desk, Caul Fitness Center, or Monte's office. Today, May 17, is the Fitness Quiz, which is available until 5 p.m. at the Hospitality Desk.

The Olympiad Post-Party will be held Wednesday, May 23, from 4 to 5 p.m. in the Community Room. The Recipe Challenge will be part of the

Post-Party. For the Recipe Challenge, each team is asked to bring a healthy recipe from their team country. After the recipe judging is complete awards will be distributed to the challenge winners and the trophy to the team with the highest point total. Prize drawings will also be held for all participants; you will be able to determine which prize drawings you would like to enter. Please contact Jeff Heidbreder if you are unable to attend the Post Party so we can determine which prize drawings to place your tickets in. Thank you to all participants for a fun six weeks, keep up the hard work!

Memorial Day Remembrance

On Monday, May 28, Meadowlark will have a short Memorial Day program at 11 a.m. in the Community Room. Part of the remembrance will include a slideshow composed of veterans and loved ones we have lost. If you would like to submit a photo to be included in the slide show, please bring to Monte Spiller or e-mail it to monte.spiller@meadowlark.org. Please include the name of your loved one. Pictures and names must be received by Wednesday, May 23 to be included in the program.

Lee Elementary School Choir

Friday, May 18, at 2:30 p.m.

Meadowlark welcomes the Lee Elementary School Choir for a performance in the Community Room at 2:30 p.m. Thursday, May 18. This group of young people will be singing a variety of songs from several different genres. All are invited.

Meadowlark Singers Concert

Friday, May 18, at 7 p.m.

Sing a joyful noise! The Meadowlark Singers will once again be performing on Friday, May 18, in the Community Room. They look forward to entertaining friends and family, so come join them as they harmonize in the hills!

Happy birthday, Mary!

Sunday, May 20, at 2 p.m.

You're invited to celebrate Mary Smith's 90th birthday from 2 to 4 p.m. Sunday, May 20, in the Community Room. Refreshments will be served and cards are welcome. No gifts, please.

Vespers Services

Sunday, May 20, at 7 p.m.

The Vespers services will be led by Pastor Ben Duerfeldt from First Christian Church. Vespers service will begin at 7 p.m. Sunday, May 20, in the Community Room. All are welcome.

Muffins with Meadowlark

Tuesday, May 22, at depart at 9:45 a.m.

The next Muffins with Meadowlark outing to Jamboree Daycare will be on Tuesday, May 22, from 10 to 11 a.m. If you enjoy spending quality time with little ones, please consider joining us! Transportation will be provided. Please sign up in the Blue book if you are interested. Call Jana for more details at (785) 323-3890.

Emily's Feature Dessert

Tuesday, May 22, at 3 p.m.

Emily's Feature Dessert for Coffee Corner Tuesday, May 22, is Banana Pecan Pie. Come enjoy this delicious treat!

Junction City Day Trip

Wednesday, May 23, departing at 9:45 a.m.

On Wednesday, May 23, Meadowlark is offering a trip over to Junction City! The day will include

a visit to the Hildebrand Farms Dairy for a tour and lunch at Cracker Barrel.

Operating since 1930, the Hildebrand family opened a micro-creamery in September 2008. The on-site Hildebrand Dairy store offers whole milk, low fat milk, chocolate milk, strawberry milk, root beer milk, and ice cream-line milk. The store also has a variety of farm related gift items, soft serve ice cream, and fresh Kansas beef, cheese and eggs.

The bus will depart from the Village Entrance at 9:45 a.m. The cost for transportation and tour of the Dairy is \$8 and lunch at Cracker Barrel will be the responsibility of each traveler. Please sign up in the Blue Book located at the Hospitality Desk if you plan to attend.

Change & Loss Series

Wednesday, May 23, at 2 p.m.

The topic for the meeting scheduled for 2 p.m. Wednesday, May 23, is *Nurture Yourself*. All who are interested are invited to join Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., and Social Work Intern Ebonie Christion in The Change & Loss Series. Together they hope to provide a supportive environment for finding hope and healing in a safe place.

Music with Steve Lefever

Friday, May 25, at 7 p.m.

Meadowlark Hills welcomes Steve Lefever at 7 p.m. Friday, May 25, in the Community Room! Steve performs a variety of music ranging from big band, patriotic and soft rock, and some country. You will be entertained as he sings songs from greats such as Elvis, The Beatles, Hank Williams, Andy Williams, Dean Martin, Frank Sinatra, Louis Armstrong and Doris Day.

Fogo 50th Wedding Anniversary

Sunday, May 27, at 3 p.m.

Glenn and Carol Fogo will be celebrating their 50th Wedding Anniversary with a come-and-go reception from 3 to 5:30 p.m. Sunday, May 27, in the Fellowship Hall of the First United Methodist Church (612 Poyntz Avenue). They would be honored by your presence or value your written memory sent to 2226 Snowbird Drive, Manhattan, KS 66502.

Glenn and Carol were married at the Evangelical United Brethren Church in Alton, Kan. on June 15, 1968. They request no gifts.

Meadowlark Travelers

Thursday, May 31, at 3:30 p.m.

If you've registered for the Apostle Island Adventure this July 9-15, please plan to attend a pre-trip meeting at 3:30 p.m. on Thursday, May 31, in the Community Room. Trip co-leaders Becky Fitzgerald and Jeff Heidbreder will distribute packets containing the itinerary, meal selection forms, etc.

The balance of the trip fee is due by June 1. The amount to be paid for those sharing a room is \$1215 per person. If you are traveling without a roommate (single occupancy), your balance is \$1745 per person. Please pay by check or credit card by contacting Becky Fitzgerald at 323-3843, or at the Hospitality Desk. Residents may add the balance to their June statement by contacting Becky or at the Hospitality Desk.

If you cannot attend the meeting on May 31, please see either Becky or Jeff on or near May 31 to receive your packet.

Summerfest reminders

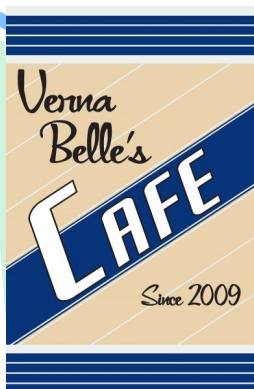
Friday, June 1, at 5 p.m.

Join your friends and family at 5 p.m. Friday, June 1, for Summerfest, the annual block party at Meadowlark Hills.

Our Summerfest celebration will take place on the south side of the building along Meadowlark Road and on Prairie Star patio. Meadowlark Road, between the Valley and the main entrance to the building, will be blocked off all day Friday, June 1. If you have guests visiting, please make sure they are not parked in the visitor parking at 7 a.m. on Friday.

The rented items for the party will be delivered and set up during the morning hours. All rental items will be retrieved by the company in Saturday, June 2.

The Pub will not be open the day of Summerfest and Prairie Star Restaurant will close at 2 p.m.



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, May 20

Breakfast: Omelets with Fruit

Monday, May 21

Breakfast: Biscuits & Gravy

Lunch: Blackberry Brook & Apple Cranberry Slaw
bacon, swiss cheese, blackberry jam & optional fresh
jalapenos on Italian bread ~ **\$3.99 / \$5.99**

Tuesday, May 22

Breakfast: Breakfast Sandwich & Fruit

Lunch: Chicken Bacon Ranch Quesadilla with Side
shredded chicken, lettuce, tomato bacon & ranch in a
flour tortilla ~ **\$3.99 / \$5.99**

Wednesday, May 23

Breakfast: Breakfast Burrito & Fruit

Lunch: Loaded Chicken Salad Sandwich & Side
shredded chicken, bacon, celery, green & red
onions, cheddar cheese, mayo & sour cream on
toasted wheatberry bread~ **\$3.99 / \$5.99**

Thursday, May 24

Breakfast: Biscuits & Gravy

Lunch: Turkey Avocado Wrap & Choice of Side
turkey, lettuce, avocado & shredded mozzarella cheese
in a spinach tortilla ~ **\$3.99 / \$5.99**

Friday, May 25

Breakfast: Waffle or Pancake

Lunch: French Onion Burger with Broccoli Salad
grilled hamburger with sautéed onions & swiss cheese
on a toasted hamburger bun ~ **\$3.99 / \$5.99**

Saturday, May 26

Breakfast: Omelets with Fruit

PRAIRIE★STAR
RESTAURANT

Restaurant Hours
Monday to Saturday, 10:30 a.m.to 8 p.m.
Sunday, 10:30 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 | May 20 ~ Lunch \$12 | Dinner \$11 |
| | Baked Ham <i>with Balsamic Cherry Sauce</i> Scalloped Potatoes Vegetable du Jour | Ham & Beans Cornbread Vegetable du Jour |
| MONDAY | May 21 ~ Lunch \$10 | Dinner \$11 |
| | BBQ Brisket Sandwich Coleslaw Baked Beans | Chicken & Dumplings Mashed Potatoes Vegetable du Jour |
| TUESDAY | May 22 ~ Lunch \$7 | Dinner \$12 |
| | Taco Bar <i>(does not include drink, starter, or dessert)</i> | Pork Tenderloin Piccata Wild Rice Vegetable du Jour |
| WED. | May 23 ~ Lunch \$10 | Dinner \$14 |
| | Spaghetti & Meatballs Garlic Toast Choice of Vegetable | Crab Cakes <i>with Remoulade Sauce</i> Roasted Red Potatoes Vegetable du Jour |
| THURS. | May 24 ~ Lunch \$8 | Dinner \$13 |
| | Pizza Bar <i>(does not include drink, starter, or dessert)</i> | Shrimp & Chicken Penne <i>with Sun Dried Tomatoes, Portobello Mushroom, Spinach & Sherry Garlic Sauce</i> Garlic Bread & Vegetable du Jour |
| FRIDAY | May 25 ~ Lunch \$10 | Dinner \$13 |
| | Chicken Salad Melt Choice of Vegetable | Chicken Roulades <i>with Artichokes & Carrot Madeira Sauce</i> Rice Pilaf Vegetable du Jour |
| SAT. | May 26 ~ Lunch \$10 | Dinner \$13 |
| | Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable | Braised Short Ribs Green Chile Mashed Potatoes Vegetable du Jour |

DRINK SPECIAL | Gold Rush
2 oz. Bourbon, 3/4 oz. Lemon Juice & 1/2 oz.
Honey
\$3.75

Grosh Cinema Movies

Sunday, May 20, to Saturday, May 26, 2018

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

Sunday, May 20 — The Little Prince (2015)

A little girl lives in a very grown-up world with her mother, who tries to prepare her for it. Her neighbor, the Aviator, introduces the girl to an extraordinary world where anything is possible, the world of the Little Prince.

Co-Starring: Jeff Bridges, Mackenzie Foy & Rachel McAdams

Rated PG; 1 hr. 48 min.

Monday, May 21 — How to Lose a Guy in 10 Days (2003)

Benjamin Barry is an advertising executive and ladies' man who, to win a big campaign, bets that he can make a woman fall in love with him in 10 days. Andie Anderson covers the "How To" beat for "Composure" magazine and is assigned to write an article on "How to Lose a Guy in 10 days."

Co-Starring: Kate Hudson, Matthew McConaughey & Adam Goldberg

Rated PG-13; 1 hr. 56 min.

Tuesday, May 22 — St. Vincent (2014)

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.

Co-Starring: Bill Murray, Melissa McCarthy & Naomi Watts

Rated PG-13; 1 hr. 42 min.

Wednesday, May 23 — Home Again (2017)

Life for a single mom in Los Angeles takes an unexpected turn when she allows three young guys to move in with her.

Co-Starring: Reese Witherspoon, Michael Sheen & Candice Bergen

Rated PG-13; 1 hr. 37 min.

Thursday, May 24 — 50 First Dates (2004)

Henry Roth is a man afraid of commitment up until he meets the beautiful Lucy. They hit it off and Henry think he's finally found the girl of his dreams, until he discovers she has short-term memory loss and forgets him the very next day.

Co-Starring: Adam Sandler, Drew Barrymore & Rob Schneider

Rated PG-13; 1 hr. 39 min.

Friday, May 25 — Into The Woods (2014)

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.

Co-Starring: Anna Kendrick, Meryl Streep & Chris Pine

Rated PG; 2 hrs. 5 min.

Saturday, May 26 — Lincoln (2012)

As the War continues to rage, America's president struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on the decision to emancipate the slaves.

Co-Starring: Daniel Day-Lewis, Sally Field, David Strathairn

Rated PG-13; 2 hrs. 30min.

Weekly Opportunities Calendar *May 20 to May 26*

Sunday • May 20

9:30 a.m. ~ Miller Worship Service, MFR
10:30 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
2:00 p.m. ~ Mary Smith's Birthday Party, CR
7:00 p.m. ~ Vespers with Pastor Ben Duerfeldt, CR

Monday • May 21

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
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, KSU CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:45 p.m. ~ Parkinson's Voice Class, CR
3:30 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • May 22

Trash pick-up day

9:45 a.m. ~ Depart for Muffins with Meadowlark, VE
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, FHR
3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
4:00 p.m. ~ Newspaper & Bible, FHR
5:30 p.m. ~ 3rd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

Wednesday • May 23

9:30 a.m. ~ Seated Strength, CR
9:45 a.m. ~ Depart for trip to Junction City, VE
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Worship Service, FHR
10:00 a.m. ~ Memory Activities Class, KSU CR
10:00 a.m. ~ Memory Café, WCR
10:00 a.m. ~ Memory Care Partners Support Grp, SCR
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. ~ Pitch, GR
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
1:30 p.m. ~ Diabetic Support Group, KSU CL
2:00 p.m. ~ Change & Loss Series, SCR
3:00 p.m. ~ Rock Steady Boxing, KSU CL
3:00 p.m. ~ Rock Steady Boxing, CSC
3:00 p.m. ~ Call Hall Ice Cream, KR

4:00 p.m. ~ Lutheran Video Worship Service, FHR
4:00 p.m. ~ Wellness Olympiad Post Party, CR
5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • May 24

8:30 a.m. ~ Messenger Team, WCR
10:00 a.m. ~ Meadowlark Bible Study, FHR
11:00 a.m. ~ Parkinson's Webinar, KSU CL
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • May 25

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
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Parkinson's Care Partner Group, FHR
7:00 p.m. ~ Music with Steve Lefever, CR

Saturday • May 26

9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

| | |
|------------------------------|-----------------------------|
| BP, Billiards Parlor | CH, Collins House |
| WCR, West Conference Room | CR, Community Room |
| CSC, Combative Sports Center | GR, Game Room |
| FHR, Flint Hills Room | WL, Wroten Library |
| GC, Grosh Cinema | PSP, Prairie Star Patio |
| HD, Hospitality Desk | KR, Kansas Room (Pub) |
| KSU CL, KSU Classroom | LB, Library |
| MFR, Miller Friendship Rm | MR, Manhattan Room |
| MS, Miller Spa | PS, Prairie Star Restaurant |
| SCR, South Conference Room | VE, Village Entrance |

*Meadowlark News Channel can be viewed on Channel 1960

1st Floor Hallway Renovation

Starting Monday, May 21, renovations to the first floor hallway in independent living will begin. There will be electricians, painters, carpenters and carpet layers working on the project.

The first couple of days will be updating the lighting and replacing some trim. The painters anticipate beginning following the lighting and trim replacements and will be complete their work in approximately two weeks. After the painters have finished, the current carpet will be removed then replaced by new carpet. The entire project is expected to conclude by June 15.