

## A very merry Christmas, indeed!

*photo by Sarah Duggan, Community Relations Director*

The Duggan girls enjoyed a delightful and joyous celebration of Christmas, including Christmas Eve story time with daddy and baking cookies for Santa with Mommy. Murphy and Eilish wish their Meadowlark friends a Merry Christmas and a Happy New Year!



## Stepping On: Fall Prevention Workshop

*by Jeff Heidbreder, Fitness Services Leader*

Stepping On is a seven-week evidence-based fall prevention program that has been shown to reduce falls by 30-percent. This program covers lifestyle choices and home hazards for people living independently. The next workshop has open spots available and will run from Jan. 17 through Feb. 28. The workshop is offered by Jeff Heidbreder, Fitness Services Leader at Meadowlark, and Jason Fox, the Regional Director of SummitCare Therapy. Participants will also hear from an optometrist, pharmacist, registered dietitian and a law enforcement officer.

Classes will meet each Thursday afternoon from 2 to 4 p.m. in the KSU Classroom. There is no fee to participate in the workshop, thanks to a grant awarded to Meadowlark by the Greater Manhattan Community Foundation. Please contact Jeff at (785) 341-2995 or [jeffheidbreder@meadowlark.org](mailto:jeffheidbreder@meadowlark.org) with any questions or to sign up.

## Upcoming Veteran's Group activities

### Group Meeting

**Friday, Jan. 4, at 1:30 p.m.**

Please join us for a special Veteran's Group meeting and refreshments from 1:30 to 4 p.m. Friday, Jan. 4, in the Community Room. We will be joined by soldiers from the Fort Riley Warrior Transition Battalion and some fellow veterans from the VFW. We invite anyone who is interested to bring any memorabilia they would like to display and talk about with the group. Please sign up in the Blue Book at the Hospitality Desk to let us know if you would like some table space to display your items. If you have any questions, please contact Sara Snell at 323-3862.

### Luncheon with General Myers

**Monday, Jan. 14, at 11:30 a.m.**

Please join us for lunch with current K-State University President, U.S. Air Force Retired Gen. Richard Myers Monday, Jan. 14, at 11:30 a.m. in the Prairie Star Restaurant. Gen. Myers will be speaking on his time serving as Chief of Staff at the United States Pentagon.

The cost of lunch will be \$10 per person. Please sign up in the Blue Book at the Hospitality Desk by Jan. 10. Seating is limited and priority will be given to veterans and their guests that would like to attend. The restaurant will be closed for regular service lunch.

### **Vespers Services**

**Sunday, Dec. 30, at 7 p.m.**

The Vespers service will be led by Retired Rev. Jim Reed from First Methodist Church. Vespers service will begin at 7 p.m. Sunday, Dec. 30, in the Community Room. All are welcome.

### **Heather Augustine Performance**

**Friday, Dec. 28, at 7:00 p.m.**

Although Christmas may have past, Heather still loves Christmas music. Join Heather on Friday, Dec. 28, at 7 p.m. in the Community Room. There will be sing-a-long, piano solos and much more! If you missed Heather the first time, here's another chance, so come out and enjoy the evening.

### **Birthday Celebration for Dorthea**

**Sunday, Dec. 30, at 3 p.m.**

Join Dorthea Boutz and her family Sunday, Dec. 30, at 3 p.m. in the Community Room to celebrate Dorthea's 90th birthday! All are welcome to attend and celebrate this milestone birthday.

### **Shopping Trip**

**Wednesday, Jan. 2, at 10 a.m.**

Take advantage of the weekly complimentary transportation to local shopping centers! The next trip will travel to Dillons and Walmart at 10 a.m. Wednesday, Jan. 2, departing from the Village Entrance. Please register in the Blue Book to participate.

### **Memory Makers Luncheon**

**Wednesday, Jan. 2, at 11 a.m.**

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Jan. 2, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, Dec. 31. Cost is approximately \$9 per person.

### **The Church Ladies**

**Friday, Jan. 4, at 7 p.m.**

Start the New Year off right with The Church Ladies! They are a harmony-based acoustic trio

from the Manhattan area. They have been performing together for four years and have entertained the Meadowlark community several times over the past few years.

Members of the group include Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12-string guitar, and new member Cindy Carlyon on melodica, upright bass and kazoo! Their musical selections include secular and non-secular music, bluegrass, gospel, country and folk. All are invited to attend Friday, Jan. 4, at 7 p.m. in the Community Room.

### **Flint Hill Discovery Trip**

**Wednesday, Jan. 9, at 10:15 a.m.**

A trip to the Flint Hills Discovery Center is scheduled for Wednesday, Jan. 9 to experience the exhibit: Bison and Wolves and Wild Lands, featuring the Konza Prairie Quilters Guild. The bus will depart from the Village Entrance at 10:15 a.m. A sign-up sheet is available in the Blue Book at the Hospitality Desk for anyone interested in attending. Cost of the trip is \$10 per person which includes cost of transportation and admittance. For questions, contact Monte Spiller at 323-3801.

### **Associated Audiologists**

**Wednesday, Jan. 9, at 12:30 p.m.**

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 12:30 to 5 p.m. Wednesday, Jan. 9. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

### **Wanted: Elementary School Readers!**

Marcia Schreiner, a Title 1 Reading Teacher at Ogden Elementary, is looking for resident volunteers who would be interested in spending time with the children she works with, by reading with them, working on sight words, and practicing math with flash cards, etc. Many of these students would benefit from a grandparent-like influence and a positive role model.

This would be a 15-week program on Fridays, starting in January and ending in May, with two different time sessions. The first reading session is from 11:45a.m. to 1:30 p.m. and will include

## January Birthdays

### Healthcare

1/3 Anna Imel  
 1/4 Joe Ann Moore  
 1/8 Katherine Cook  
 1/9 Lois Jensen  
 1/13 Liz Carter  
 1/20 Elsie Brazelton  
 1/20 Scharm Schrock  
 1/23 Barbara Myhre  
 1/26 Bob Smith  
 1/27 Ila Pultz  
 1/28 Dorothy Smith  
 1/31 Gerald Moran

### Assisted Living

1/12 Joe Grantham  
 1/12 Lily Wyatt  
 1/18 Darlene Smith

### Independent Living

1/1 Norma Larson  
 1/3 Jo Call  
 1/5 Ruth Wells  
 1/5 Eldon Hageman  
 1/6 Edith Chaput  
 1/7 Fred Lips  
 1/9 Ivan Thompkins  
 1/12 Don Marks  
 1/13 Rae Stamey  
 1/13 Anna Walsh  
 1/14 Robert Reeves  
 1/20 Pat Niernberger  
 1/21 Ed Skidmore  
 1/23 Ed Bicknell  
 1/29 John Schlender  
 1/30 Betty Campbell  
 1/30 Theda Loehr

### Employees

1/2 Lane Henricks  
 1/3 Macy Gibbs  
 1/5 Madison Cunningham  
 1/5 Lenita Glanzer  
 1/6 Wanda Allen  
 1/8 Kelsey Grindstaff  
 1/9 Tamara Corral  
 1/11 Pamela Harney  
 1/12 Jessica Breland  
 1/15 Hannah Upshaw  
 1/16 Korina Almanza  
 1/18 Anna Kohmetscher  
 1/19 Thatcher Damman  
 1/19 Kailtyn Nabors  
 1/19 Pham Nguyen  
 1/19 Tesha Washington  
 1/20 Jennifer Ortiz  
 1/22 Trevor Ukens  
 1/23 Haley Carr  
 1/23 Rochelle Norris  
 1/27 Charis Allgood  
 1/27 Trent Arnold  
 1/27 Julie Crabb  
 1/27 Chris Jensen  
 1/28 Sara Nestler  
 1/30 Megan Chase  
 1/30 Janell Huffaker  
 1/31 Whitley Coke  
 1/31 Janella Sparkman



kindergarten and 2nd grade students. The second session is from 1:45 to 3:40 p.m. and will include 1st through 3rd graders. Each volunteer will have a student partner or a group of five or less students. Transportation will be provided. Please sign up in the Blue Book if you are interested in helping. If you have any questions please call Jana Armfield, Volunteer Coordinator, at (785) 323-3890.



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, Dec. 30

**Breakfast:** Omelets with Fruit

### Monday, Dec. 31

**Breakfast:** Biscuits & Gravy

**Lunch:** Napa Valley Chicken Salad Sandwich  
*shredded chicken, grapes, pecans & celery in a creamy dressing on wheatberry bread served with choice of side~ \$4.50 / \$6.50*

### Tuesday, Jan. 1

*Closed for New Year's Day*

### Wednesday, Jan. 2

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** BBQ Chicken Pizza  
*shredded chicken, green onions & fried onions on flatbread with bbq sauce & mozzarella cheese ~ \$4.50 / \$6.50*

### Thursday, Jan. 3

**Breakfast:** Biscuits & Gravy

**Lunch:** Chili & Cinnamon Rolls  
*ground beef, chili beans & onions in a tomato stew served with a frosted cinnamon roll ~ \$4.50 / \$6.50*

### Friday, Jan. 4

**Breakfast:** Waffle or Pancake

**Lunch:** Reuben with Choice of Side  
*corned beef, sauerkraut, swiss cheese & thousand island dressing on butter-toasted rye bread ~ \$4.50 / \$6.50*

### Saturday, Jan. 5

**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.

<b>SUNDAY</b>	Dec. 30 ~ Lunch \$12	Dinner \$11
	Pot Turkey Mashed Potatoes & Gravy Vegetable du Jour	Chicken Tetrazzini Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Dec. 31 ~ Lunch \$10	Dinner \$17.95
	BBQ Brisket Sandwich French Fries Coleslaw	Roast Beef Tenderloin <i>with Bearnaise Sauce</i> Roasted Fingerling Potatoes Vegetable du Jour
<b>TUESDAY</b>	Jan. 1 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Sautéed Pork Tenderloin <i>with Sherry Gravy</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
<b>WED.</b>	Jan. 2 ~ Lunch \$10	Dinner \$12
	Grilled Raspberry Chicken Wild Rice Vegetable du Jour	Chicken Cordon Bleu Rice Pilaf Vegetable du Jour
<b>THURS.</b>	Jan. 3 ~ Lunch \$7	Dinner \$11
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
<b>FRIDAY</b>	Jan. 4 ~ Lunch \$10	Dinner \$13
	Salmon Patty Pasta Salad Choice of Vegetable	Roast Brisket <i>with Wild Mushroom Sauce</i> Potato Pancakes Vegetable du Jour
<b>SAT.</b>	Jan. 5 ~ Lunch \$10	Dinner \$14
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup	Herb-crusted Baked Cod <i>with Marinara Sauce</i> Baked Potato Vegetable du Jour

**DRINK  
SPECIAL**

Angel's Delight  
 1 oz. Gin, 1 oz. Triple Sec, 1/2 oz. Grenadine & 1 oz. Half & Half Cream  
 \$3.75

## Grosh Cinema Movies

Sunday, Dec. 30, to Saturday, Jan. 5, 2018

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

### **Sunday, Dec. 30 — George Balanchine's The Nutcracker (1993)**

■ On Christmas Eve, a little girl named Marie falls asleep after a party at her home and dreams herself (or does she?) into a fantastic world where toys become larger than life.

■ Co-Starring: Darci Kistler, Damian Woetzel & Kyra Nichols

■ Rated G; 1 hr. 32 min.

### **Monday, Dec. 31 — New Year's Eve (2011)**

■ The lives of several couples and singles in New York City intertwine over the course of New Year's Eve.

■ Co-Starring: Sarah Jessica Parker, Jessica Biel & Ashton Kutcher

■ Rated PG-13; 1 hr. 53 min.

### **Tuesday, Jan. 1 — 10,000 B.C. (2008)**

■ A prehistoric epic that follows a young mammoth hunter's journey through uncharted territory to secure the future of his tribe.

■ Co-Starring: Camilla Belle, Steven Strait & Marco Khan

■ Rated PG-13; 1 hr. 49 min.

### **Wednesday, Jan. 2 — Rawhide (1938)**

■ Baseball superstar Gehrig is one of several ranchers being coerced by a bunch of bandits. His sister and her lawyer/lover organize the ranchers.

■ Co-Starring: Smith Ballew, Lou Gehrig & Evalyn Knapp

■ Rated NR; 58 mins.

### **Thursday, Jan. 3 — Sommersby (1999)**

■ A farmer returns home from the Civil War, but his wife begins to suspect that the man is an impostor. Co-Starring: Richard Gere, Jodie Foster & Lanny Flaherty

■ Rated PG-13; 1 hr. 54 min.

### **Friday, Jan. 4 — The Secret Life of Walter Mitty (2013) *\*Resident Request***

■ When his job along with that of his co-worker are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

■ Co-Starring: Ben Stiller, Kristen Wiig & Jon Daly

■ Rated PG; 1 hr. 54 min.

### **Saturday, Jan. 5 — Paddington 2 (2017)**

■ Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.

■ Co-Starring: Ben Whishaw, Hugh Grant & Hugh Bonneville

■ Rated PG; 1 hr. 43 min.

# Weekly Opportunities Calendar Dec. 30 to Jan. 5

## Sunday • Dec. 30

*Manhattan Room—open seating at lunch & dinner*  
 9:30 a.m. ~ Miller Worship Service, MFR  
 10:30 a.m. ~ Worship Service, CR  
 2:00 p.m. ~ Wroten Worship Service, WL  
 3:00 p.m. ~ Dorthea Boutz Birthday Party, CR  
 7:00 p.m. ~ Vespers with Rev. Jim Reed, CR

## Monday • Dec. 31

*Manhattan Room—open seating for lunch & dinner*  
*No activities due to New Year's Eve*

## Tuesday • Jan. 1 *Put out trash for Wednesday pick up*

*Manhattan Room—open seating at lunch & dinner*  
 3:00 p.m. ~ Coffee Corner, CR

## Wednesday • Jan. 2 *Trash pick-up day*

*Manhattan Room— open seating at dinner only*  
 9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Memory Activities Class, KSU CL  
 10:00 a.m. ~ Memory Café, WCR  
 10:00 a.m. ~ Memory Care Support Group, SCR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 11:00 a.m. ~ Memory Makers Luncheon, MR  
 11:30 a.m. ~ 1st Men's Club Luncheon, WCR  
 12:00 p.m. ~ Yoga, CR  
 1:00 p.m. ~ Pitch, GR  
 1:00 p.m. ~ Library Committee Meeting, FHR  
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 3:00 p.m. ~ Rock Steady Boxing, KSU CL  
 3:00 p.m. ~ Call Hall Ice Cream Social, KR  
 4:00 p.m. ~ Christian Video Worship Service, FHR

## Thursday • Jan. 3

*Manhattan Room—open seating at lunch only*  
 8:30 a.m. ~ Messenger Team, WCR  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Parkinson's Education Group, CR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

\*Meadowlark News Channel can be viewed on Channel 1960

## Friday • Jan. 4

*Manhattan Room—open seating for lunch & dinner*  
 9:30 a.m. ~ Seated Strength, CR  
 9:30 a.m. ~ Art Committee Meeting, FHR  
 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  
 1:30 p.m. ~ Veteran's Group, CR  
 2:00 p.m. ~ Verna Belle's Birthday Party, VB  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 3:30 p.m. ~ Catholic Mass, KSU CI *\*room change!*  
 7:00 p.m. ~ The Church Ladies, CR

## Saturday • Jan. 5

*Manhattan Room—open seating at lunch & dinner*  
 9:30 a.m. ~ Painting for Fun, SCR

### 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

### Verna Belle's Birthday Party

*Friday, Dec. 28, at 2 p.m.*

Join in the celebration every Friday at 2 p.m. with a Birthday Party for Verna Belle's! This will feature a special birthday treat and staff will unwrap one present from Meadowlark for the Café at every party. No gifts necessary, please.

### Meadowlark Singers Practice

Meadowlark Singers will not practice Monday, Monday, Dec. 31. See you in the New Year!

### Coffee Corner—Feature Dessert!

*Tuesday, Jan 1, at 3 p.m.*

Join us in the Community Room at 3 p.m. Tuesday, Jan. 1, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be a Coffee Cake Muffin. All are welcome!