

Do You Have a Passion for Learning?

UFM and the Osher Institute continue to offer lifelong learning opportunities

The registration for the 2020 Spring Osher Lifelong Learning Program is now open. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring the Manhattan area the diverse content, innovative learning opportunities, and quality faculty that promote lifelong learning in the community.

The Osher Institute offers course for adults age 50 or over that have the joy of learning. The program in Manhattan is coordinated by the UFM Community Learning Center. Courses meet weekly over a three-week period for two hours. No homework, out-of-class preparation, or testing is required—just a ready-to-learn attitude!

Some Manhattan courses take place in Meadowlark's Community Room and there are a few that will be held at the Riley Country Seniors Service Center (301 N. 4th St.). Transportation to these courses will be provided. Please sign up in the Blue Book at the Hospitality Desk if you are registered for any courses that take place at the Seniors Center and need transportation. The bus will depart at 1:30 p.m. from the Village Entrance.

Meadowlark is a sponsor for the Manhattan Osher program, so residents and Passport members can enroll in courses that are held at Meadowlark at no cost. Other classes and events will require payment. Prior registration for classes are necessary and can be completed by mailing the catalog form, calling (785) 864-8356, or online. More details of spring course listings and special events can be found in the Spring Osher catalog or online at www.osher.ku.edu.

If you register for an Osher special event that requires an out of town coach, please contact Monte Spiller at (785)323-3801, to arrange Meadowlark transportation to and from the pick up location.

Available Courses in Manhattan include:

Bleeding Kansas: Prelude to the Civil War

This course will examine the causes of conflict, focusing on the Compromise of 1850 and the 1854 Kansas-Nebraska Act, as well as military actions that took place.

Led by Robert Smith, Ph.D., Director of the Fort Riley Museum.

Wednesdays, Feb. 5, 12, & 19, from 6:30 to 8:30 p.m.

Meadowlark's Community Room

Continued on page 4



Prairie Star Restaurant Announcement

On Tuesday, Jan. 14, Prairie Star Restaurant's main dining area will be closed at lunch. Residents and staff can still order off the menu, pick up to-go orders, and have food delivered. Seating will be available in the Manhattan Room. The daily lunch special, Taco Bar, will be set up in the Game Room.

Vespers Service

Sunday, Jan. 12 at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, Jan. 12, in the Community Room. This week's service will be "Beginnings (Genesis)." All are welcome.

ARTful Making

Monday, Jan. 13, at 11 a.m.

Education Specialists from Marianna Kistler Beach Museum of Art will be leading ARTful Making at 11 a.m. Monday, Jan. 13, in the KSU Classroom.

This session is open to ALL with the desire to spend time each month having fun! Engaging in a creative activity that offers a multitude of health benefits such as, reducing depression and anxiety, creating neural pathways and calming tremors, improving cognition, communication and offering sensory stimulation. Most importantly making art gives you a chance to express your imagination and in this environment it encourages socialization.

All supplies are provided free of charge and no prior art experience is required. This activity is hosted by Meadowlark Memory Program.

Coffee Corner

Tuesday, Jan. 14, at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, Jan. 14, and will take place in the Game Room for this week. Verna Belle's featured dessert will be Reese's Peanut Buttercup Pie. All are invited to attend!

Card Making with Michelle

Wednesday, Jan. 15, at 1:30 p.m.

Join Michelle Lehmer, Housekeeping and Laundry staff member, at 1:30 p.m. Wednesday, Jan. 15, in the Flint Hills Room to make hand-made, decorated cards. Supplies is provided.

Parkinson's Program Webinar

Thursday, Jan. 16, at 11 a.m.

Meadowlark Parkinson's Program invites you to attend a webinar at 11 a.m. Thursday, Jan. 16, in the West Conference Room. The webinar video will be on the presentation "Eating Well with Parkinson's Disease" hosted by the Michael J. Fox Foundation.

There will be discussion on what we know about how diet impacts Parkinson's and how to add in a healthy diet with travel, celebration, and special treats. There will be a time for questions. All are welcome to attend.

Manhattan Music Teachers Recital

Friday, Jan. 17, at 7 p.m.

Meadowlark welcomes the Manhattan Area Music Teachers Association at 7 p.m. Friday, Jan. 17, in the Community Room. Members of the association will be presenting a piano recital, including local pianists and solos and four-hand ensembles by teachers. The performances will have a variety of music, but mostly traditional classical music.

Mindful Connections

Tuesday, Jan. 28, at 5:15 p.m.

Meadowlark Memory Program is hosting their quarterly education series, Mindful Connections, from 5:15 to 6:45 p.m. Tuesday, Jan. 28, in Verna Belle's Café. This session will be "Keep Movement in Mind" led by Certified Personal Trainers, Sara Hillard and Lane Henricks. Both Sara and Lane have spent time training and leading classes and Meadowlark and in the Manhattan community.

Regular physical activity is crucial to a healthy and balanced lifestyle. A well-rounded fitness routine is not only beneficial to our bodies, but also to our minds. Join us for a presentation and interactive session on various aspects to keep movement in mind: tips for falls prevention, strength building, engaging exercises, and how it benefits our brain's health.

Trip to Red Lobster

Wednesday, Jan. 29, at 10:45 a.m.

After a great response to our first trip in September, we have decided to make another trip to enjoy delicious food and great company. There will be a trip to Red Lobster in Topeka for lunch

Wednesday, Jan. 29. Transportation will depart from the Village Entrance at 10:45 a.m.

Cost for transportation is \$6 per person. Cost for lunch is the responsibility of each individual. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend.

Town Hall Meeting Notes

Notes from Town Meeting led by Monte Spiller, Resident Services Leader, on Jan. 6.

Welcome & Introduction Monte Spiller welcomed everyone to the January meeting.

Campus Updates Lonnie Baker reminded us of our current projects, the Monarch independent living apartments and a capital campaign for a Wellness Center, which will be located next to Bramlage. The designs for both projects are still in the planning process. With certain details still being finalized, no date for project completion has been determined.

An addition of 85 parking spots to our west parking lot is dependent on an agreement with K-State.

Meadowlark staff is aware of the changes that occurred with The Mercury paper delivery. We are communicating with them to resolve any issues with the delivery process.

Foundation Update Becky Fitzgerald, Development Director, shared more information on the Wellness Center campaign. The Winkler Group, a fundraising consulting firm, helped conduct a feasibility study to show the probability of funds being raised for the campaign. In November, the Foundation Board voted to allow to move forward with fundraising and searching for prospective donors. The name of the campaign will be "Stronger Together."

Becky also announced that sales from Meadowlark Market, in its first year, produced a total of \$46,551.35 (before expenses).

Osher Spring Classes Update Charlene Brownson, UFM's Outreach Coordinator, gave an overview of the upcoming Spring Osher courses and events. Spring course listings, special events, and other details can be found in the Spring Osher catalog or online at www.osher.ku.edu. For more details on available courses in Manhattan, see pages 1, and 4.

Fitness Services Update Jeff Heidbreder, Fitness Services Leader, awarded Kay Shanks, Meadowlark resident, with her prize for making it all the way to Lindsborg in the Courtyard Walking Challenge. He encouraged all to continue, or to start, the challenge to reach distances to Wamego, Abilene, and Lindsborg based on miles walked. With the colder months here, Jeff gave us an indoor option to meet your walking goals. A route to walk is on the 2nd or 3rd floor, from the west tower elevator along the complete hallway to the northeast end (if going towards Miller). One time down and back equals three laps in the Courtyard. If you walk five times down and back, that will be a full mile in distance. Use the binder in the Game Room to log your laps around the Courtyard or miles walked.

Updates/Events/Announcements Monte Spiller let us know about all events that will be happening here in January. More details will be published in the Messenger.

IL Resident Council Minutes, Dec. 9, 2020

Members present: Jo Lyle, Bob Crawford, Pam Oehme, Nyle Larson, Ron Williams, Charlotte Kelly, Leo Lake, Jan Vanderbilt, Larry Parsons, Nancy Kopp, and Carolyn Pulford.

Staff present: Lonnie Baker, and Monte Spiller

Special Guest: Pat Vogt

General Update Lonnie shared that the current projects are moving forward, and we are getting close on starting interior work and finishes for the restaurant expansion and kitchen renovation. The team is continuing work with fundraising consultants from Winkler Group on the capital campaign planning. Concerning the new independent living apartments, The Monarch, we have settled on having 24 units. We are currently at 50 priority members and people can continue to sign up over the next five months. Floor plans for The Monarch should be available in April which will give a better understanding of the project.

Lonnie explained that we recently had a change in staffing in Verna Belle's Café and Jayme is currently helping in the Café until a new leader is hired.

Approval of November Minutes: Motion to approve minutes was passed.

New Business Bob Crawford reported on the Board of Trustees meeting that was held on November 7, 2019. The Board received a detailed briefing from Lonnie Baker involving the major projects going on at Meadowlark. At the conclusion of the briefing, the board approved a motion submitted by the Executive Committee to proceed to the design/development phase of both projects.

Lonnie Baker reported the Meadowlark Parkinson's program continues to grow in Manhattan and Junction City. Independent Living apartments and cottage sales continue to increase, passport membership is up due to interest being shown in the planned Monarch project and Home Health continues to exceed expectations.

Lonnie took the opportunity to explain that the trend of health insurance cost in the US continues to rise to at an unsustainable rate. At some point Meadowlark plans to go self-insured and we need a strong wellness program in place before we make that move and we are working towards that. This year we are offering a discount for individuals that does a biometric screening and next year apply that to a spouse, and so forth looking at ways to be proactive.

Old Business A big thank you was given to the Employee Gift Committee for all the hard work the group did this year. Committee Chair, Pam Oehme explained she received a thank you note from employees in the kitchen who were very grateful to all that contributed and they are very appreciative for the gift.

Additional Discussion Topics Jo Lyle explained that Pat Vogt was in attendance because she has agreed to sit in as chair while Jo is away for four months on a cruise. Pat served as chair prior to Jo taking over.

A concern about the service at the bar was mentioned. The concerns will be passed along to the appropriate person.

A big thank you was given to Becky Fitzgerald and Monte Spiller on the recent Christmas in the Branson Trip.

Meeting adjourned

Osher, from Page 1

Unlocking the Future with Keys from Our Past

"How can we prepare for the future if we don't even know what it looks like?" This course will go on a fascinating journey into the future by using the tools of history's patterns.

Led by Jeff Dunham.

Thursdays, Feb. 20, 27, & Mar. 5,
from 6:30 to 8:30 p.m.

Meadowlark's Community Room

Nicodemus & the African American Migration

This course will review the vents that caused the exodus after Reconstruction ended in 1877, the trek to Kansas, and the fate of the communities that were established.

Led by Jim Peters, J.D., from the Osher Institute

Tuesdays, Feb. 11, 18, & 25, from 2 to 4 p.m.

Riley County Seniors Center

The Wonderful Wizard of Oz

Learn about the story of an American fairy tale.

The course will highlight the author, book series, film, and how it has impacted our lives today.

Led by Chris Glasgow, Curator for the OZ Museum/Columbian Theatre Foundation.

Tuesdays, Mar. 17, 24, & 31, at 2 to 4 p.m.

Riley County Seniors Center

Seven Kansas Women Who Couldn't Vote

Before the official right to vote, these women found other ways to affect policy in public spheres dominated by men.

Led by Jerry Harper, adjunct instructor at KU

School of Law and Western Civilization

Wednesdays, Mar. 18, 25, & Apr. 1,

from 6:30 to 8:30 p.m.

Meadowlark's Community Room

The Beauty of the Past: Mid-19th Century

The course will take a view at the romantic and dramatic elements in designs, craftsmanship, and artists' work of this era.

Led by Cynthia Naughton.

Thursdays, Apr. 9, 16, & 23, from 6:30 to 8:30 p.m.

Meadowlark's Community Room

Creation Stories in World Religions

Focused on a selection of creation stories from around the world, this class will explore myths, living religions, and the story of Genesis.

Led by Barry Crawford, Ph.D, retired professor of religious studies at Washburn University.

Tuesday, Apr. 14, 21, & 28, from 2 to 4 p.m.

Riley County Seniors Center

On Being a Kid

submitted by Helen Roser

I felt gloomy. I told my memory: "Come on! You have a lot of good stuff in there. Send me something to make me laugh!"

Fast asleep, in my dreams, words came parading across my vision. The words were: "There once lived a man in Manhatsuts." That sounded familiar. It went on: "Whose clothes were raggedy patches." Yes! I remembered: "When asked to explain, his words were quite plain: When I itches, I scratches!"

That was a great laugh I got from the New Yorker. I posted it on the bulletin board in my office in Washington, D.C. during WWII. Our general came across the hall to check my bulletin board for the week's later laughs. He was so serious and came in while the other officers were at lunch.

Great memory, but wait. Something about the itching and "scratches"...

Oh yes, at one of those boring events with my mother when I was a kid and had to sit still. But how can you sit still when your skin is growing and it itches?

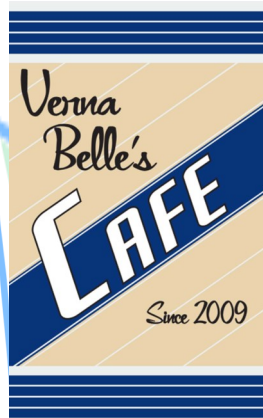
My two big sisters were called "petite." They were barely five feet tall and had pretty dark, naturally curly hair. I was already as tall as they were. I had straight red hair, and big feet.

I was still growing and itched something awful. But every time I scratched, Mama would whisper: "Sit still!"

My memory brought it all back to me, when the general came across the hall to check for the latest laugh. Wonder if he later remembered: "When I itches, I scratches."

Comfy in my bed, I was trying to deal with realizing I am 97 years old. My friend, memory, brought me tunes: "I can't give you anything but love, baby", "That old black magic has me in its spell." "Potatoes are cheaper! Tomatoes are cheaper! Now's the time to fall in love!" (During The Great Depression, in 1929.)

No one needs to tell me to sit still. I am all grown up now. I don't even have to scratch.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Jan. 12

Breakfast: Omelets with Fruit

Monday, Jan. 13

Breakfast: Biscuits & Gravy

Lunch: Caesar Steak Wrap & Side
strips of grilled steak, parmesan cheese, romaine lettuce, croutons, & Caesar dressing wrapped in a tortilla ~\$4.50/6.50

Tuesday, Jan. 14

Breakfast: Breakfast Sandwich with Fruit

Lunch: Turkey Cranberry Croissant & Side
turkey, cranberry sauce, & Swiss cheese on a buttery croissant ~\$4.50/\$6.50

Wednesday, Jan. 15

Breakfast: Breakfast Burrito & Fruit

Lunch: Chicken Noodles over Mashed Potatoes
shredded chicken, homestyle egg noodles, carrots, celery, & onions stewed together in chicken broth served over mashed potatoes ~\$6.50

Thursday, Jan. 16

Breakfast: Biscuits & Gravy

Lunch: Chili Verde Pork Enchiladas & Side
shredded pork, cream cheese, & green chili sauce wrapped in flour tortillas topped with cheddar cheese & more sauce ~\$4.50/\$6.50

Friday, Jan. 17

Brunch: Waffle or Pancake

Lunch: Chicken Bacon Ranch Pasta & Garlic Bread
chicken, bacon, & penne pasta mixed with ranch dressing & alfredo sauce topped with mozzarella cheese served with a piece of garlic bread ~\$4.50/\$6.50

Saturday, Jan. 18

Breakfast: A la carte

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	Jan. 12 ~ Lunch \$12	Dinner \$11
	Cornflake & Ranch Baked Chicken Hashbrown Casserole Vegetable du Jour	Spaghetti with Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Jan. 13 ~ Lunch \$10	Dinner \$14
	Grilled Parmesan Chicken Sandwich French Fries Coleslaw	Shrimp Scampi Garlic Butter Linguini Vegetable du Jour
TUESDAY	Jan. 14 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i> <i>Served in Game Room. Seating will be available in the Manhattan Room.</i>	Herb-crusted Pork Tenderloin Soft Polenta with Red Wine Vinaigrette Vegetable du Jour
WED.	Jan. 15 ~ Lunch \$10	Dinner \$11
	Chicken Salad Melt Choice of Vegetable	Meatloaf Gruyere Scalloped Potatoes Vegetable du Jour
THURS.	Jan. 16 ~ Lunch \$7	Dinner \$12
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Pesto Chicken Rigatoni with Tomato Cream Sauce Vegetable du Jour
FRIDAY	Jan. 17 ~ Lunch \$10	Dinner \$12
	Fish Tacos Black Beans Rice	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Jan. 18 ~ Lunch \$10	Dinner \$14
	White Chili Cornbread Choice of Vegetable	Stuffed Orange Roughy with Crab Wild Rice Vegetable du Jour

**DRINK
SPECIAL**

Snowflake Martini

1 oz. Vanilla Vodka, 2 oz. White Chocolate Liquor & a splash of Heavy Cream

\$3.75

Grosh Cinema Movies

Sunday, Jan. 12, to Saturday, Jan. 18, 2019

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

Sunday, Jan. 12 — Open Season (2003)

- Boog, a domesticated 900 lb. Grizzly bear, finds himself stranded in the woods before Open Season.
- Forced to rely on an unlikely friendship, he must quickly rally other forest animals if they are to form a rag-tag army against the hunters.
- **Co-Starring: Ashton Kutcher, Martin Lawrence, & Debra Messing**
- **Rated: PG; 1 hr. 26 min.**

Monday, Jan. 13 — A Family Man (2016)

- A headhunter whose life revolves around closing deals in a survival-of-the-fittest boiler room, battles his top rival for control of their job placement company. His dream of owning the company clashes with the needs of his family.
- **Co-Starring: Gerard Butler, Alison Brie, & Dustin Milligan**
- **Rated R for sexual content and mild language; 1 hr. 48 min.**

Tuesday, Jan. 14 — Last Chance Harvey (2008) *Resident Request

- In London for his daughter's wedding, a rumpled man finds his romantic spirits lifted by a new woman in his life.
- **Co-Starring: Dustin Hoffman, Emma Thompson, & Kathy Baker**
- **Rated PG-13; 1 hr. 33 min.**

Wednesday, Jan. 15 — One-Eyed Jacks (1961)

- After robbing a Mexican bank, Dad Longworth takes the loot and leaves his partner Rio to be captured but Rio escapes and searches for Dad in California.
- **Co-Starring: Marlon Brando, Karl Malden, & Pina Pellicer**
- **Rated Approved; 1 hr. 21 min.**

Thursday, Jan. 16 — The Whales of August (1987) *Resident Request

- Two aged sisters reflect on life and the past during a late summer day in Maine.
- **Co-Starring: Bette Davis, Lillian Gish, & Vincent Price**
- **Rated Approved; 1 hr. 30 min.**

Friday, Jan. 17 — The Davinci Code (2006)

- A murder inside the Lourve, and clues in Da Vinci paintings, lead to the discovery of a religious mystery protected by a secret society for two thousand years, which could shake the foundations of Christianity.
- **Co-Starring: Tom Hanks, Audrey Tautou, & Jean Reno**
- **Rated PG-13; 2 hr. 29 min.**

Saturday, Jan. 18 — The Front Runner (2018)

- In 1987, U.S. Senator Gary Hart's presidential campaign is derailed when he's caught in a scandalous love affair.
- **Co-Starring: Hugh Jackman, Vera Farmiga, & J.K. Simmons**
- **Rated R for language; 1 hr. 53 min.**

Weekly Opportunities Calendar *Jan. 12 to Jan. 18*

Sunday • Jan. 12

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

7:00 p.m. ~ Vespers Service, CR

Monday • Jan. 13

Manhattan Room—open seating at dinner only

9:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ ARTful Making, KSU CL

11:00 a.m. ~ Sit & Be Fit, CR

11:30 a.m. ~ Meadowlark Valley Luncheon, MR

12:00 p.m. ~ Yoga, CR

12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

1:30 p.m. ~ Contemporary God Talk, KSU CL

3:45 p.m. ~ Meadowlark Singers Practice, CR

7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 14 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

12:00 p.m. ~ Seven Dolors Book Discussion, MR

3:00 p.m. ~ Coffee Corner, *moved to GR

7:00 p.m. ~ Dominoes, GR

Wednesday • Jan. 15

Manhattan Room—open seating at lunch 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, FHR

10:00 a.m. ~ Memory Care Partner Supp. Grp, WCR

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

1:30 p.m. ~ Card Making with Michelle, FHR

3:00 p.m. ~ Rock Steady Boxing, CSC

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Ice Cream Social, VB

Thursday • Jan. 16

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

11:00 a.m. ~ Parkinson's Program Webinar, WCR

11:15 a.m. ~ Chair Yoga, CR

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Jan. 17

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Seated Strength, CR

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. ~ Hand & Foot Card Games, GR

1:00 p.m. ~ Parkinson's Exercise Class, CR

3:30 p.m. ~ Catholic Rosary, CR

7:00 p.m. ~ Manhattan Music Teachers Recital, CR

Saturday • Jan. 18

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Painting for Fun, MCR

Room Abbreviations

WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	MCR, Miller Craft Room
GC, Grosh Cinema	HD, Hospitality Desk
KR, Kansas Room (Pub)	KSU CL, KSU Classroom
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard

*Meadowlark News and Announcements
can be viewed on Channel 1960*