

Easter Brunch Reservations

Prairie Star Restaurant is currently taking Easter Brunch buffet reservations for Sunday, April 21, from 11 a.m. to 2 p.m. Seating is limited and will be available for the following times: 11 a.m.; 11:30 a.m.; Noon; 12:30 p.m.; 1 p.m.; 1:30 p.m. and 2 p.m. Please make reservations by visiting the restaurant host stand. The cost for brunch is \$17 plus tax per person. Children under the age of ten can eat for \$10.



Meadowlark Wellness Olympiad 2019

Registration is open for the Meadowlark Wellness Olympiad! Create a team of three, think of a clever fictional sports team name and fill out a registration form at the Hospitality Desk. The six-week Olympiad consists of creative, physical, and mental challenges and encourages participants to achieve 30 minutes of physical activity each day, while making healthy food choices.

The Olympiad will run from April 8 to May 19 and is open to all Meadowlark residents, employees, and Passport members! No challenges will be held during the Olympiad's first week, allowing those traveling to Arkansas to not miss out on too many points.

We will have a kick-off party at 3 p.m. Friday, April 5, in the Community Room, where we will hand out Olympiad materials, go over schedules and rules, announce the best team name winner and have an opportunity to earn more points for your team!

Please contact Jeff Heidbreder with any Wellness Olympiad questions.

Osher Trip: A Day on the Flying W Ranch

What could be better on a spring morning than a leisurely horse-drawn wagon ride across the Flint Hills?

The KU Osher Lifelong Learning Institute is offering a trip to visit the Flying W Ranch in Cedar Point, Kan. During the ride, you'll learn about the area's history and its inhabitants. A mouth-watering chuck wagon lunch will be served following the ride. Enjoy cowboy tunes and culture by cowboy historian, Jim Hoy. This may be the highlight of your spring!

The day trip session will take place Monday, May 6. The cost for the trip is \$125, including charter coach transportation provided by Osher, ranch tour, entertainment, and lunch. Charter coaches will depart at 9 a.m. from the I-70 and K-177 highway junction and return by 3 p.m. Refunds must be requested by Thursday, April 25, with a \$15 administrative fee. Spots are limited. For more information about the trip or to register, please call KU Osher at (913) 897-8530.

Meadowlark Transportation will be arranged to and from the charter coach pick-up site.



Photo from Chase County Chamber of Commerce

Stay Healthy!

We're hoping for spring weather, but cold and flu season is still here and its important to take extra precautions to stay healthy and prevent the spread of illness. A good, easy defense against sickness is consistent proper hand washing and frequent usage of hand sanitizer.

If you are experiencing nausea, vomiting, diarrhea, fever, headache, stomach cramps, chills, muscle aches or tiredness, please remain home until you are symptom free for 24 hours. Symptoms can appear very quickly. Remember, if you are ill get lots of rest and fluids. If you are concerned about your symptoms, please contact your doctor.

Resident Board Member Nominees

Nominations have been collected for the resident board. The ballot includes Pam Oehme, Leo Lake and Larry Parsons. Each nominee will speak at the April Town Hall meeting, Monday, April 1, in the Community Center. Ballots to submit your vote will be available following Town Meeting, April 1. Ballots will be accepted until 5 p.m. Friday, April 12. If you have questions regarding resident board member elections, please contact Monte Spiller at (785) 323-3801.

Stepping On Falls Prevention Workshop

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 still living independently. The next workshop has a few open spots available and will be held from April 4 through May 16.

The workshop is offered by Jeff Heidbreder, Meadowlark Hills Fitness Services Leader and Jason Fox, the Regional Director of SummitCare Therapy. Participants will also hear from an Optometrist, Pharmacist, Registered Dietitian and a Police Officer.

Classes will meet each Thursday afternoon starting April 4 from 2 to 4 p.m. in the KSU Classroom. There are no fees to participate in the workshop, thanks to generous donations to

our falls prevention program. Spots are limited. Please contact Jeff Heidbreder at (785) 341-2995. with any questions that you may have or to get signed up.

Vespers Service

Sunday, March 24, at 7 p.m.

The Vespers service will be led by Rev. Dennis Ackerman from College Ave. Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 24, in the Community Room. All are welcome.

Contemporary God Talk

Monday, March 25, at 1:30 p.m.

Do you want to engage in conversation about progressive Christian theology? Do you seek an opportunity to think through questions of faith? A group is being formed just for this kind of dialogue.

Led by Meadowlark resident, Jim Reed, the group will gather from 1:30 to 2:30 p.m. Monday, March 25, in the KSU Classroom. The group will meet weekly for a month and then determine it's future. Only thing needed is an open mind and the discipline of sharing and listening. For questions, call Jim at (785) 341-7231.

Beer Tasting Event

Monday, March 25, at 4 p.m.

Join John Shapel, Prairie Star Restaurant General Manager, Monday, March 25, from 4 to 5 p.m. for a beer tasting. John will lead the tasting in the Manhattan Room and various samples will be available.

The cost for the tasting is \$12. Please make reservations by visiting or calling the Prairie Star host stand at (785) 323-3820.

Coffee Corner—Feature Dessert!

Tuesday, March 26, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, March 26, for a social hour. Verna Belle's Café featured dessert will be Raspberry Cheesecake Bars. All are welcome!

ARTFul Memories

Wednesday, March 27, at 10 a.m.

Memory Cafe 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, March 27, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of ARTful Memories by sharing three pieces of art.

Art Displays at Verna Belle's Café

Wednesday, March 27, at 3 p.m.

Artwork created by artists from Memories in the Making and ARTful Making programs will be on display at Verna Belle's Café at Meadowlark from March 25 to 29. A reception will be held in the Café from 3 to 4 p.m. Wednesday, March 27. All are invited to attend and enjoy these new works of art.

Memories in the Making, an Alzheimer's Association program, involves creative expression for individuals living with Alzheimer's disease. Through their art, participants find a way to speak to loved ones, caregivers and the public. Led by the Marianna Kistler Beach Museum of Art, ARTful Making is a terrific way to de-stress, improve fine motor skills and socialize with friends. Together, participants and class facilitators develop new skills or revisit old ones while engaging in various art making activities.

Art Mingle: Plein Air Affair

Friday, March 29, at 6 p.m.

We are extremely excited for our second annual Art Mingle on Friday, March 29! Due to the Art Mingle events around the Community Center, the following changes will be made:

- Visitor Parking in the front of the building (near the Village Entrance) will be blocked off throughout the day. Signs will be posted in each parking area notifying visitors of parking closure times.
- Prairie Star Restaurant will be closed for lunch and dinner on March 29. For those who are not attending Art Mingle (and have not purchased a ticket), a dinner delivery will be available between 4:30 and 6 p.m. The delivery fee will be waived. The meal will include a garden salad, baked ham with pineapple glaze, scalloped potatoes, broccoli, and dutch apple pie. Please sign up at the host stand in the restaurant or call (785) 323-3820.

- Verna Belle's Café will have extended hours (open until 1 p.m.) on Saturday, March 30.
- No movie will be shown in Grosh Cinema Friday, March 29.
- All exercise classes are canceled for Friday, March 29.

Meadowlark Foundation thanks you all for allowing us to host this wonderful event benefiting the Meadowlark Memory Program! Tickets for Art Mingle are still available for purchase! Visit <http://www.meadowlark.org/buy-art-mingle-tickets> or contact Michele Riter at the Reception Desk.

Happy Anniversary



Norma and Nyle Larson are celebrating their **60th Wedding Anniversary** this year! They were married on March 22, 1959 in Manhattan. Their family is requesting a card shower to celebrate! If you would like to wish them a happy anniversary you may bring a card to the Hospitality Desk to be delivered to them that day.

SPEND YOUR SATURDAY *with* **MARCH 30** **MEADOWLARK** **2019**



Saturday, March 30
10 a.m. to 3 p.m.

Come tour three beautiful independent living cottages! For more information, contact Abby Cavender at (785) 320-7199.

1200 Meadowlark Circle
1116 Meadowlark Circle
2023 Meadowlark Road

Art Mingle
fine art fair  **2019**

Need a cure for cabin fever?
 Are you a fan of creativity and imagination?
 Don't miss an opportunity to see
 and purchase original work from
 over 20 local & regional artists!

Saturday, March 30
10 a.m. to 3 p.m.

Meadowlark Hills Community Center
 2121 Meadowlark Road
 Use visitors (southeast) entrance.

*Collage ~ fiber art ~ jewelry ~ mixed media
 painting ~ paper lamps ~ photography*

No admission fee!
 Lunch available for purchase at Meadowlark's Prairie
 Star Restaurant and Verna Belle's Café.

NOW OPEN
Meadowlark
MARKET

1217 Meadowlark Circle
 Manhattan, Kansas

*Visit the market & shop for
 Furniture & Fabulous Finds*

Antiques • Appliances
 Collectibles • Dinnerware
 Home Décor • Jewelry

Saturday, March 30
10 a.m. to 3 p.m.

Also open Sunday from Noon to 4 p.m.

Take Me Out to the Ballgame!

Residents, staff and family members are invited to Kansas City's Kauffman Stadium to watch the 2019 Royals! This year's trip is scheduled for Friday, April 26. The KC Royals will play the Anaheim Angels at 7 p.m. The cost of the trip is \$35, which includes a ticket to the game, transportation on a chartered 56-passenger bus, and a tailgate supper catered by Prairie Star Restaurant.

The bus will depart from the visitor parking area by Prairie Star's Patio at 1:15 p.m. Please arrive by 12:30 p.m.

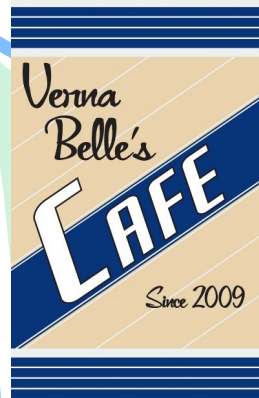
Upon arrival at the stadium the tailgate dinner will be set up, which includes an assortment of sandwiches, chips, dip, fruit, salads, water, and soda. Attendees are encouraged to bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside of the stadium, and snacks for the ride home. Plates and silverware will be provided.

Adult beverages are permitted and can be transported in the storage area under the bus.

Registration for this event is open and a sign-up sheet is in the Blue Book located at the Hospitality Desk. When signing up, please include your name, number, indicate whether you are a resident or staff member, and your method of payment.

There are a limited amount of tickets available. Cancellations must be made by Friday, April 19, for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly resident statement. Employees can have the cost deducted from their paycheck.

Departure from the stadium to return home will be contingent on when the game ends, but expect to return around midnight. If you have questions, please contact Monte Spiller at (785) 323-3801. Let's go Royals!



LUNCH & BREAKFAST SPECIALS

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

Sunday, March 24

Breakfast: Omelets with Fruit

Monday, March 25

Breakfast: Biscuits & Gravy

Lunch: Mini Mississippi Ham Sandwich & Side
deli sliced ham topped with a cream cheese & bacon mixture on a slider bun ~ \$4.50/\$6.50

Tuesday, March 26

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chicken Bacon Ranch Pizza & Side
chicken, bacon & ranch dressing on a flatbread crust with mozzarella cheese ~ \$4.50/\$6.50

Wednesday, March 27

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Pull Pork Chicken Sandwich & Side
shredded pork & BBQ sauce on a butter-toasted bun ~ \$4.50/\$6.50

Thursday, March 28

Breakfast: Biscuits & Gravy

Lunch: Everything Bagel Sandwich & Side
turkey, ham & Swiss cheese on an everything bagel with a honey mustard glaze ~ \$4.50/\$6.50

Friday, March 29

Breakfast: Waffle or Pancake

Lunch: Shredded Chicken Burrito Bowl
seasoned chicken on top of cilantro lime rice with your choice of toppings from the salad bar ~ \$6.50

Saturday, March 30 ~ open until 1 p.m.

Breakfast: A la carte menu options

Lunch: Napa Valley Chicken Salad Sandwich

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	March 24 ~ Lunch \$13	Dinner \$12
	Beef Stroganoff Egg Noodles Vegetable du Jour	Chicken Tetrzzini Vegetable du Jour
MONDAY	March 25 ~ Lunch \$10	Dinner \$14
	Sweet & Sour Chicken Legs Rice Choice of Vegetable	Grilled Salmon with Dill Sauce Roasted Red Potatoes Vegetable du Jour
TUESDAY	March 26 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter, or dessert)	Fried Pork Cutlet Mashed Potatoes & Cream Gravy Vegetable du Jour
WED.	March 27~ Lunch \$10	Dinner \$13
	Chicken ala King Rice Choice of Vegetable	Braised Beef Brisket with Burgundy Mushroom Sauce Potato Pancake Vegetable du Jour
THURS.	March 28 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Sautéed Chicken Breast ala Orange Wild Rice Vegetable du Jour
FRIDAY	March 29 ~ Lunch	Dinner
	Restaurant closed for Art Mingle.	Restaurant closed for Art Mingle. Reserve dinner special delivery in advance at the Restaurant host stand. See Page 3 for more details.
SAT.	March 30~ Lunch \$10	Dinner \$14
	Tamale Pie Black Beans Mexican Rice	Shrimp Scampi Lemon Rissoto Vegetable du Jour

DRINK
SPECIAL

Fuzzy Navel
3 oz. Peach Schnapps & 3 oz. Orange Juice
\$3.75

Grosh Cinema Movies

Sunday, March 24, to Saturday, March 30, 2019

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

Sunday, March 24 — Spiderwick Chronicles (2008)

Upon moving into the run-down Spiderwick Estate with their mother, twin brothers Jared and Simon Grace, along with their sister Mallory, find themselves pulled into an alternate world full of faeries and other creatures.

Co-Starring: Freddie Highmore, Sarah Bolger & David Strathairn

Rated PG; 1 hr. 36 min.; Drama

Monday, March 25 — SPECIAL FEATURE: Prairie Women: Engaging Women of the Flint Hills (2018)

Women of the Flint Hills have always had significant roles in protecting, preserving, and promoting the tallgrass prairie. Join us for a screening of a film that profiles 15 of these women – our Flint Hills friends and neighbors. Including Susan Rose, a featured artist for 2019 Art Mingle: Plein Air Affair.

1 hr. 27 min.; Documentary

Tuesday, March 26 — Saving Mr. Banks (2013)

Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

Co-Starring: Emma Thompson, Tom Hanks & Annie Rose Buckley

Rated PG-13; 2 hrs. 5 min.; Biographical Drama

Wednesday, March 27 — Slow West (2015)

A young Scottish man travels across America in pursuit of the woman he loves, attracting the attention of an outlaw who is willing to serve as a guide.

Co-Starring: Kodi Smit-McPhee, Caren Pistorius & Aorere Paki

Rated R for violence & language; 1 hr. 50 min.; Western

Thursday, March 28 — Marvel's Black Panther (2018) *Resident Request

T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

Co-Starring: Chadwick Boseman, Michael B. Jordan & Lupita Nyong'o

Rated PG-13; 2 hrs. 14 min.; Action

Friday, March 29 — *No movie showing due to Art Mingle event.*

Saturday, March 30 — The Ottoman Lieutenant (2017) *Resident Request

A strong-willed young woman leaves the U.S. after meeting an American doctor who runs a remote medical mission within the Ottoman Empire. A world both exotic and dangerous, and on the brink of what is about to become World War I.

Co-Starring: Michiel Huisman, Hera Hilmar & Josh Hartnett

Rated R for some war violence; 1 hr. 46 min.; War Drama

Weekly Opportunities Calendar *March 24 to March 30*

Sunday • March 24

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 with Rev. Dennis Ackerman, CR

Monday • March 25

Manhattan Room— no open seating available

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, CR

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

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

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

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

1:45 p.m. ~ Parkinson's Voice Class, CR

3:30 p.m. ~ Meadowlark Singers Practice, CR

4:00 p.m. ~ Beer Tasting Event, MR

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

Tuesday • March 26 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

10:30 a.m. ~ Steady Yourself, CR

10:45 a.m. ~ Technology Assistance, FHR

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

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

3:00 p.m. ~ Coffee Corner, CR

4:00 p.m. ~ Newspaper & Bible, FHR

5:30 p.m. ~ 3rd Floor Supper, CR

7:00 p.m. ~ Dominoes, GR

Wednesday • March 27

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. ~ 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

1:00 p.m. ~ Pitch, GR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

1:30 p.m. ~ Diabetic Support Group, KSU CL

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

3:00 p.m. ~ Art Reception, VB

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

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

Thursday • March 28

Manhattan Room—open seating at lunch & dinner

8:30 a.m. ~ Messenger Team, WCR

8:30 a.m. ~ Apple Technology Help Lab, SCR

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

2:30 p.m. ~ Gerontology Class, CR

Friday • March 29

Manhattan Room—no open seating available

6:00 p.m. ~ Art Mingle: Plein Air Affair, Community Center; *prior registration required*

Saturday • March 30

Manhattan Room— open seating at lunch & dinner

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

10:00 a.m. ~ Art Mingle: Fine Art Fair, Community Center

10:00 a.m. ~ Meadowlark Market Soft Opening, at 1217 Meadowlark Circle

10:00 a.m. ~ Open House, 1200 Meadowlark Circle / 1116 Meadowlark Circle / 2023 Meadowlark Road

Room Abbreviations

BP, Billiards Parlor

WCR, West Conference Room

CSC, Combative Sports Center

FHR, Flint Hills Room

GC, Grosh Cinema

HD, Hospitality Desk

KSU CL, KSU Classroom

MFR, Miller Friendship Rm

MS, Miller Spa

SCR, South Conference Room

CH, Collins House

CR, Community Room

GR, Game Room

WL, Wroten Library

PSP, Prairie Star Patio

KR, Kansas Room (Pub)

LB, Library

MR, Manhattan Room

PS, Prairie Star Restaurant

VB, Verna Belle's

VE, Village Entrance