

I Can Hear the Jackhammers!

Major construction and changes starting at Meadowlark to continue this year



by Jayme Minton, Support Services Director

And we are underway—with construction that is! After many long awaited months, construction (mainly demolition) has begun on Prairie Star Restaurant.

Soon we will see the shell of our 4,500 square foot addition. With elevated ceiling heights and glass walls, Meadowlark will have the new go-to event location in Manhattan. The event space will feature small and large group dining options and can accommodate groups as large as 250 people with meal service.

Later this fall the construction will move indoors as they renovate and expand the Pub to include a large, u-shaped bar with TVs, expanded seating and table-height bar seating. Don't worry – during renovation we will have a temporary bar in the Manhattan Room or Game Room to continue serving our wonderful spirits, beers, and wine.

In late winter and early spring we will get to enjoy our daily Prairie Star Restaurant dining in the newly-constructed event space, while our new kitchen is constructed. We do expect the restaurant to close for three to four weeks in late spring while they replace a few key items, such as the dishwasher and plumbing. That will give the Prairie Star team an opportunity to test out their

new kitchen space before a Grand Re-Opening featuring new menus, uniforms, tables, chairs, décor and great vibes. And who knows, maybe even a new name to round it out!

Meet the Prairie Star Team:



John Shapel, Prairie Star General Manager

John has been at Meadowlark for just over five years, excluding a brief hiatus when he left to help open Tallgrass Taphouse, and has advanced through the kitchen ranks in that short time. John, originally from Iola, KS, played two years

of football for Butler Community College before transferring to Kansas State University and graduating with a degree in Sociology and Criminology. While attending K-State, John worked for Meadowlark as a dishwasher and cook. In 2016, as Meadowlark's Kitchen Manager, he began a three-year-long, grueling Chef Apprentice Program through the American Culinary Federation where he logged over 6,000 hours of work under the mentorship of John Gasser. Following the completion of the program John was promoted to Sous Chef and finally Prairie Star General Manager.

Although John spends most of his time behind the scenes, he is responsible for the overall operations of the restaurant and said he is excited to lead the team through the upcoming expansion and sees this as an opportunity for the restaurant to have a fresh start. When John isn't working, he considers himself an avid pool player and beer enthusiast.

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Walk to Wamego

Be a part of a walking challenge and enjoy the Courtyard! The challenge is titled *Walk to Wamego*. There is a notebook located in the Game Room for each participant to record their laps walked as they are completed. There is no timeframe for this challenge. It takes 15 laps around the edge of the Courtyard to equal a mile. Once completed, each person will receive a prize!

Empowered LIVE!

Friday, Aug. 23, 4:30 p.m.

Join Meadowlark Parkinson's Program for Empowered LIVE! from 4:30 to 7 p.m. Friday, Aug. 23, at the Holiday Inn at the Campus (1641 Anderson Ave. Manhattan, Kan.). Enjoy a refreshing and healthy meal for \$15 per person and \$8 for children 10 years or younger. A cash bar will also be available. Visit various vendors to learn more about available Parkinson's disease treatment and resources. Engage with VIPd's (Very Important Person with Parkinson's disease) as they show displays of their craftsmanship and creative talents. Artists will display their woodworking, knitting and painting skills.

This event is generously sponsored by Vanderbilt's. Visit their booth at the event and enter your name for a drawing to win a free pair of shoes!

We are excited to welcome Tim Hauge Sr. to Manhattan. He will share his presentation, "Live Your Best" at 6:30 p.m. Tim, a retired nurse and Wyandotte Co. native, now devotes his time to professional speaking and writing.

Registration and Information Packet pick up for the 11th Annual Speedy Pd Race for Parkinson's disease will also be available. Visit Meadowlark Foundation's booth to donate in support of an individual or team. All donations and proceeds from the race benefit Meadowlark Parkinson's Program.

Meadowlark transportation will be provided and depart from the Village Entrance at 5:45 p.m. Please sign up in the Blue Book at the Hospitality Desk. To RSVP for dinner or information about the event, contact Michelle Haub at (785) 323-3899.

Speedy Pd Race for Parkinson's Disease

Saturday, Aug. 24, at 8 a.m.

Meadowlark Parkinson's Program and many vested community volunteers have been busy making the final plans for the 11th Annual Speedy Pd Race for Parkinson's Disease on Saturday, Aug. 24, at Tuttle Creek State Park. All proceeds from the race benefit Meadowlark Parkinson's Program. The program offers free services to those affected by Parkinson's in the Flint Hills region. One may register by visiting runspeedypd.org or using a paper registration form available at Meadowlark. For questions, please contact Meadowlark Parkinson's Program at (785) 323-3899.

One does not have to be an avid runner to participate in the days activities, including a 10K, 5K and half-mile Fun Run. Start training your mind and body for a great day at Tuttle Creek State Park on Saturday, Aug. 24, beginning at 8 a.m. for the 11th Annual Speedy Pd Race for Parkinson's Disease!

Transportation from Meadowlark is available for participants and will depart from the Park Den/West Entrance by Verna Belle's at 7 a.m. Please sign up in the Blue Book at the Hospitality Desk.

Vespers Service

Sunday, Aug. 25, at 7 p.m.

The Vespers service will be led by Pastor Barry Dundas from First United Methodist Church at 7 p.m. Sunday, Aug. 25, in the Community Room. All are welcome!

Coffee Corner

Tuesday, Aug. 27, at 3 p.m.

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Aug. 27, in the Community Room. Verna Belle's featured dessert will be Cherry Chip Cupcakes.

ARTful Memories

Wednesday, Aug. 28, at 10 a.m.

The Marianna Kistler Beach Museum of Art is hosting ARTful Memories Class from 10 to 11 a.m. Wednesday, Aug. 28, in the KSU Classroom. During this monthly session, the museum's Education Assistant, Kim Richards, will facilitate a discussion about different art pieces. This class is sponsored by Meadowlark Memory Program. No sign up is necessary. Please come and go as you are able.

Diabetic Support Group

Wednesday, Aug. 28, at 1:30 p.m.

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, Aug. 28, in the KSU Classroom. All who are interested are welcome to attend.

Banana Splits-yum!

Thursday, Aug. 29, at 2 p.m.

Come hang out in the Courtyard and enjoy Banana Splits Thursday, Aug. 29, at 2 p.m. Lyle House is hosting this event, so just bring your smile and appetite.

Coffee Connections

Friday, Aug. 30, at 10 a.m.

Miller Place residents invite all who would like to stop by for some coffee and conversation Friday, Aug. 30, at 10 a.m. in the Miller Friendship Room. Come and go as you please. Bring a topic, story to tell, or just your friendly self!

Church Ladies

Friday, Aug. 30, at 7 p.m..

Meadowlark welcomes back the Church Ladies at 7 p.m. Friday, Aug. 30, in the Community Room. The harmony-based acoustic trio from the Manhattan area, have been performing together for five years and always enjoys coming to Meadowlark.

Members are Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12-string guitar, and Cindy Carlyon on melodica, upright bass, and kazoo! Their musical selections include secular and non-secular music, bluegrass, gospel, country, and folk.

K-State Football Watch Party

Saturday, Aug. 31, at 6 p.m.

Football season is here! Join us for a watch party to cheer on the Cats against the Nicholls State Colonels Saturday, Aug. 31, in the Community Room. Kick-off is at 6 p.m.

Labor Day Buffet

Saturday, Sept. 1, at 5 p.m.

Celebrate Labor Day with a buffet from Prairie Star Restaurant from 5 to 7 p.m. Saturday, Sept. 1. Join us in the Courtyard, weather permitting. Please sign up in the Blue Book at the Hospitality Desk. Look forward to a menu printed in next week's Messenger.

Tap to Togetherness

Tuesday, Sept. 3, at 11 a.m.

Get ready to put on your dancing shoes! Meadowlark Special Programs is excited to partner with Dr. Julie Pentz from the K-State School of Music, Theatre, and Dance, and Janice Schroeder with Parents as Teachers to bring a dance program entitled "Tap to Togetherness" to Meadowlark. Tap to Togetherness began as a program that encouraged healthy movement and learning development in toddlers, and provided a way for families to bond and deepen their relationships with each other. K-State dance students are present to assist with teaching and engagement.

At Meadowlark, "Tap to Togetherness Across Populations" will use intergenerational components and exercise to foster healthy minds, bodies, and relationships. Dance is known to be extremely beneficial for the mind and body, and also creates a way for participants to be socially engaged with peers and persons of different ages.

Michelle Haub, Special Programs Leader, is thrilled to be able to add dance to the mix of activities for all to engage in at Meadowlark. Michelle noted "dance assists with balance and stability, following directions, using the whole body (whether seated or standing), engagement with others and quality of life. Having the ability to mix dancing in to a truly intergenerational setting is a wonderful bonus! I can't wait to watch the relationships blossom through this program."

The first session will be held from 11 to 11:30 a.m. Tuesday, Sept. 3, in the KSU Classroom at Meadowlark Hills and will repeat the first Tuesday of each month. No specific shoes or dance experience is required to attend. The program is open to anyone interested and no signup is needed. We hope to see everyone's tapping toes!

Walk to End Alzheimer's

Saturday, Sept. 14, 9 a.m.

The Alzheimer's Association's Walk to End Alzheimer's will be held in Manhattan again this year on Saturday, Sept. 14, at City Park! Meadowlark will have a team again this year that all residents, employees and family members are invited to join. The Promise Garden Flower

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Events, from Page 3

Ceremony begins at 9 a.m. and the Walk starts at 9:15 a.m.

Registration online is available until Friday, Sept. 13. Visit www.alzwalkmanhattan.org and click *Register*. Answer if you have ever participated in a walk before and then choose the option *Join a Team*. Type in *Meadowlark* under the Team Name or *Sarah Duggan* under the Team Captain and then click *Search for Team*. The Meadowlark team should pop up and you will press *Join*. Go through the registration process – you will give some basic information and create an account. You're registration is complete! If you would like to complete a paper registration, there are some available to fill out at the Hospitality Desk.

Meadowlark transportation will begin departing from the Park Den/West Entrance by Verna Belle's at 6:45 a.m. Bus times will be on rotation from 6:45 to 8:30 a.m.

If you need help with registration or have questions about the event, please contact Taylor Wheelock at (785) 323-3800.

Restaurant, from Page 1



*Erin Hildreth,
Prairie Star Assistant
Manager*

Erin will be the new bright and smiling face of Prairie Star Restaurant starting in early September. Before then, you may have a chance to meet her some evenings in Prairie Star as she is eager to get started in her new role!

Erin currently works as Meadowlark's Human Resources Generalist, but her connection to Meadowlark started nearly two years ago. After moving from El Dorado, Kan. Erin completed her degree at Kansas State University in Journalism and a secondary major of Gerontology with the emphasis in Long Term Care (LTC) Administration. As a requirement of LTC

Administration, she completed a 600-hour internship under the supervision of Lonnie Baker.

The Prairie Star Assistant Manager is responsible for customer service including the hiring and management of servers and bartenders. Erin already has big plans for staff development, training, adding entertainment, and even some new cocktails!

John Gasser, Executive Chef

John, a native of Kansas City, has spent his life in kitchens. He started as just a pot washer (one step ahead of a dishwasher) when he was only a teenager. Soon after he earned his way through the kitchen with his hard work and knack for food.

John worked around the country as an Executive Chef before settling down in Manhattan. He is in his eighth year at Meadowlark after spending over a decade at the Manhattan Country Club. John is the man behind all the wonderful food at Prairie Star Restaurant. John and his wife, Kathy, have two children and two grandchildren.

Project Update

by Sarah Duggan

Construction fencing for the kitchen renovation and dining expansion project is up and demolition has started, including plywood placed against the doors and windows to protect the glass. The remainder of this week will be focused on completing the demolition and starting the digging excavation to achieve the expanded ceiling heights for the new event space. Next week the concrete company will be on site to work on finite digging for the concrete footings. Be sure to check future editions of the Messenger for more construction updates each week!



Osher Fall 2019 Classes

The registration for the fall 2019 Osher Lifelong Learning Program in Manhattan is now open. The Osher Lifelong Learning Institute at the University of Kansas has teamed up with Kansas State University to bring to the Manhattan area the diverse content, innovative learning opportunities, and quality faculty that promote lifelong learning in the community. The program in Manhattan is coordinated by UFM Community Learning Center. The Osher Institute offers courses for participants age 50 and over that stress the joy of learning. Courses meet weekly for two hours over a three-week period.

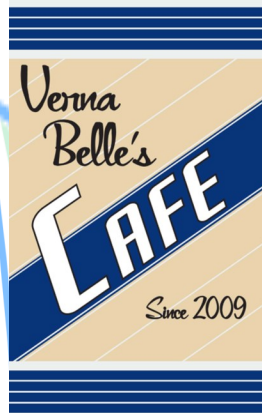
Meadowlark Hills residents and passport members get to enroll in classes at no cost. All classes will be held at Meadowlark Hills Community Room, 2121 Meadowlark Rd.

Available Fall Courses include:

- *World War II: The Pacific Theatre*; 6:30 to 8:30 p.m. Wednesdays, Sept. 11, 18, and 25.
- *The Chisholm Trail*; 6 to 8 p.m. Tuesday, Sept. 10 and Thursdays, Sept. 19 & 26
- *The First World War: Understanding the Present by Studying Our Past*; 6:30 to 8:30 p.m. Wednesdays, Oct. 2, 9, and 16.
- *From Spurs to Silver Screen: Kansas Cowboys History and Poetry, and More*; 2 to 4 p.m. Thursdays, Oct. 10, 17, and 24.
- *Kansas Characters, from the Real McCoy to the Sage of Emporia*; 6:30 to 8:30 p.m. Wednesdays, Oct. 20, Nov. 6, and 13.

For more information on courses, visit the Hospitality Desk for a brochure or online.

On-site registrations for fall classes will following the Town Meeting at 10:30 a.m. Monday, Sept. 9, at Meadowlark Hills in the Flint Hills Room. You may also enroll by calling KU Osher toll-free 877-404-5823 or 785-864-5823, and online at www.osher.ku.edu.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Aug. 25

Breakfast: Omelets with Fruit

Monday, Aug. 26

Breakfast: Biscuits & Gravy

Lunch: Open-Faced Roast Beef Sandwich & Mashed Potatoes

deli sliced roast beef, mashed potatoes, & beef gravy on a slice of Italian bread ~\$6.50

Tuesday, Aug. 27

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chicken Bacon Ranch Wrap & Side *chicken, bacon, lettuce, tomato, & ranch dressing in a flour tortilla ~\$4.50/\$6.50*

Wednesday, Aug. 28

Breakfast: Breakfast Burrito & Fruit

Lunch: Tater Tot Casserole & Side *ground beef & mixed vegetables in a cream of mushroom sauce topped with tater tots ~\$6.50*

Thursday, Aug. 29

Breakfast: Biscuits & Gravy

Lunch: Sloppy Joe & Side *ground beef, onions, bell peppers, & tomato sauce on a hamburger bun ~\$6.50*

Friday, Aug. 30

Breakfast: Waffle or Pancake

Lunch: Triple Meat Pizza & Side *pepperoni, sausage, & bacon on a flatbread crust with marinara sauce and mozzarella cheese ~\$4.50/\$6.50*

Saturday, Aug. 31

Breakfast: A la carte menu options

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	Aug. 25 ~ Lunch \$12	Dinner \$12
	Baked Ranch Cornflake Chicken Hashbrown Casserole Vegetable du Jour	Baked Ham with Pineapple Glaze Au Gratin Potatoes Vegetable du Jour
MONDAY	Aug. 26 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Rice Choice of Vegetable	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	Aug. 27 ~ Lunch \$7	Dinner \$14
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Cajun Grilled Shrimp with Andouille Gravy Red Beans & Rice Vegetable du Jour
WED.	Aug. 28 ~ Lunch \$10	Dinner \$12
	Salisbury Steak Mashed Potatoes & Gravy Choice of Vegetable	Chicken Pot Pie Vegetable du Jour
THURS.	Aug. 29 ~ Lunch \$9	Dinner \$13
	Macaroni & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	Aug. 30 ~ Lunch \$10	Dinner \$12
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetables	Grilled Cilantro Lime Chicken Breast Rice Vegetable du Jour
SAT.	Aug. 31 ~ Lunch \$10	Dinner \$15
	Chicken Crepes Rice Pilaf Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Gimlet Cocktail
 2 oz. Gin, 1/2 oz. Lime Juice, 1/2 oz. Simple Syrup & Slice of Lime
 \$3.75

Grosh Cinema Movies

Sunday, Aug. 25, to Saturday, Aug. 31, 2019

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

■ **Sunday, Aug. 25 — Norm of the North: Keys to the Kingdom (2018)**

- Norm, the newly crowned polar bear king of the arctic, must save New York City and his home. But
- Norm goes from hero to villain when he's framed for a crime he didn't commit.
- **Co-Starring: Andrew Toth, Cole Howard, & Maya Kay**
- **Rated: PG; 1 hr. 31 min.**

■ **Monday, Aug. 26 — When Harry Met Sally (1989) **Resident Request***

- Harry and Sally meet when she gives him a ride to New York after they both graduate from the
- University of Chicago. The film jumps through their lives as they both search for love, but fail,
- bumping into each other time and time again.
- **Co-Starring: Billy Crystal, Meg Ryan, & Carrie Fisher**
- **Rated R for language and sexual content; 1 hr. 35 min.**

■ **Tuesday, Aug. 27 — Legally Blonde (2001) **Resident Request***

- Elle Woods, a fashionable sorority queen is dumped by her boyfriend. She decides to follow him to
- law school, while she is there she figures out that there is more to her than just looks.
- **Co-Starring: Reese Witherspoon, Luke Wilson, & Selma Blair**
- **Rated PG-13: 1 hr. 36 min.**

■ **Wednesday, Aug. 28 — The Duel (2016)**

- A Texas Ranger investigates a series of unexplained deaths in a town called Helena.
- **Co-Starring: Woody Harrelson, Liam Hemsworth, & Alice Braga**
- **Rated R for violence and language: 1 hr. 50 min.**

■ **Thursday, Aug. 29 — Life of the Party (2018)**

- When her husband suddenly dumps her, longtime dedicated housewife Deanna turns regret into re-
- set by going back to college - landing in the same class and school as her daughter, who's not
- entirely sold on the idea.
- **Co-Starring: Melissa McCarthy, Matt Walsh, & Molly Gordon**
- **Rated PG-13; 1 hr. 45 min.**

■ **Friday, Aug. 30 — The Hummingbird Project (2018) **Resident Request***

- A pair of high-frequency traders go up against their old boss in an effort to make millions in a fiber-
- optic cable deal.
- **Co-Starring: Jesse Eisenberg, Alexander Skarsgard, & Salma Hayek**
- **Rated R for language; 1 hr. 51 min.**

■ **Saturday, Aug. 31 — Death at a Funeral (2010)**

- A funeral ceremony turns into a debacle of exposed family secrets and misplaced bodies, starting
- with the funeral home delivering the wrong body.
- **Co-Starring: Chris Rock, Martin Lawrence, & Keith David**
- **Rated R for language and sexual humor; 1 hr. 32 min.**

Weekly Opportunities Calendar Aug. 25 to Aug. 31

Sunday • Aug. 25

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Miller Worship Service, MFR
 10:30 a.m. ~ Worship Service, CR
 12:00 p.m. ~ Meadowlark Market, 1217 ML Cir.
 2:00 p.m. ~ Wroten Worship Service, WL
 7:00 p.m. ~ Vespers with Pastor Barry Dundas, CR

Monday • Aug. 26

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

Tuesday • Aug. 27 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner
 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
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:30 p.m. ~ 3rd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Aug. 28

Manhattan Room—open seating at lunch & dinner
 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. ~ Unitarian Universalist Fellowship, MR
 5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • Aug. 29

Manhattan Room—no open seating available
 8:00 a.m. ~ Apple Technology Help Lab, KR
 8:30 a.m. ~ Messenger Team, WCR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • Aug. 30

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Coffee Connections, MFR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Church Ladies Performance, CR

Saturday • Aug. 31

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Painting for Fun, MCR
 6:00 p.m. ~ K-State Football Watch Party, CR

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*