

Ozark Mountain Christmas

Meadowlark Travelers' to visit Branson this December

by Becky Fitzgerald

The Meadowlark Travelers' Christmas-themed trip to Grapevine, Texas, a few years ago earned rave reviews, so let's enjoy the holiday season at a popular destination closer to home: Branson, Mo.

A four-day/three-night get-away to America's Christmas Tree City is set for Dec. 2 to 5. Live music, a city tour, shopping opportunities, and a dinner theatre performance are just part of the plan.

Our hotel: Just 10-miles from downtown Branson, Chateau on the Lake is Branson's only AAA Four Diamond resort. This modern-day "Castle in the Ozarks" welcomes guests with upscale resort amenities, friendly Midwestern hospitality and spectacular lakefront views.

Our shows: Branson's Sight and Sound Theater features a 300-foot stage that surrounds the audience on three sides, state-of-the-art technology and live animals. We'll see *The Miracle of Christmas*. After decades of crushing Roman rule, the Hebrew people are losing hope. When will the promised Messiah come? Into the midst of this turmoil, young Mary is told she will miraculously bear God's son.

We'll also hear beloved Christmas songs and carols during the Brett Family Christmas Show! at Dick Clark's American Bandstand Theatre, and Hughes Brothers Christmas Show at Hughes Brothers Celebrity Theater. The five singing and dancing Hughes brothers are 10-time winners of the Best (Branson) Christmas Show award.

At "Murder by Eggnog," an interactive mystery show, we'll combine good food and big laughs. The action takes place at Grand Majestic Dinner Theater.

More than 12 roles in this show are filled by audience members. Will a Meadowlark Traveler be part of the action?

Our tours/attractions: What's a Meadowlark Travelers adventure without an interesting historical driving tour? We've hired a guide to point out places of interest as he tells us the story of the early settlers and those the first started and helped shape the music industry in Branson.

What's a holiday tour without oodles of twinkling lights? Branson's Gift of Lights is a magical mile that might be the brightest drive-thru attraction you've ever seen.

Other tour stops are St. James Winery and Titanic Museum. At Titanic, we'll experience the ship's grand staircase and view 400 artifacts directly from the ship and its



passengers.

Meadowlark Travelers will have time to explore the shops at Branson Landing and the booths at Branson Craft Mall.

Cost per person based on double occupancy is \$950. Rates also are available for single and triple occupancy. In addition to motor coach transportation and three nights lodging, the fee includes nine meals, eight shows/attractions and luggage handling.

A deposit of \$250 is due with your reservation. Please complete a registration form located in the Blue Book at the Hospitality Desk. A minimum of 25 paid travelers are required to guarantee the \$950 fee.

For questions, please contact Monte Spiller at (785) 323-3801.

Walk to End Alzheimer's

Saturday, Sept. 14, at 8 a.m.

The Manhattan Walk to End Alzheimer's is on Saturday, Sept. 14, at Manhattan City Park. Meadowlark transportation will depart at 8 a.m. from the Park Den/West Entrance (by Honstead and Sloan).

The Promise Garden Flower Ceremony will begin at 9 a.m. at the City Park Pavilion. The Walk will start about 9:15 a.m. Registration for the walk is still open. To register, visit www.alzwalkmanhattan.org or you may register the morning of the walk.

Vespers Service

Sunday, Sept. 15, at 7 p.m.

The Vespers service will be led by Pastor John Wright from First United Methodist Church at 7 p.m. Sunday, Sept. 15, in the Community Room. All are welcome!

Parkinson's Voice Class

Monday, Sept. 16, at 1:45 p.m.

Sessions for the fall semester of Parkinson's Voice Class are held each Monday following Parkinson's Exercise Class. Join Meadowlark Parkinson's Program from 1:45 to 3:15 p.m. Monday, Sept. 16, in the Community Room.

Change & Loss Support Group

Monday, Sept. 16, at 2 p.m.

Join the Change and Loss Support Group at 2 p.m. Monday, Sept. 16, in the Flint Hills Room. The group led by Chaplain Patty Brown-Barnett and Bridget Larkin, MSW will continue to meet the first, third and fifth (when applicable) Monday of each month. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Meadowlark Singers Practice

Monday, Sept. 16, at 4 p.m.

The Meadowlark Singers are starting up again and we would like to welcome Peg Ziser, Meadowlark resident, as the new choir director this year! You do not have to be a professional singer to join. All are invited to share their voices and practice at 4 p.m. Monday, Sept. 16, in the Community Room. We are preparing for a

Christmas concert in December. Enjoy singing music from Irving Berlin to Silent Night...to Grandma's horrible, dry, dense, terrible fruitcake.

Guided Meditation

Tuesday, Sept. 17, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Sept. 17, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

Visually Impaired Persons Book Club

Tuesday, Sept. 17, at 1 p.m.

Join the Visually Impaired Persons (VIP) group for a book club discussion from 1 to 2 p.m. Tuesday, Sept. 17, in the West Conference Room. This month's book is *Code Girls: The Untold Story of the American Women Code Breakers who Helped Win World War II* by Lisa Mundy. It is available to order as a Talking Book from the Kansas Library. The book code is 89397. If you need assistance registering for Talking Books, please call Maggie at 1-800-362-0699 ext. 1. All are welcome to join in the discussion, even if you haven't read the book!

Visually Impaired Persons Support Group

Tuesday, Sept. 17, at 2 p.m.

The VIP Support Group is from 2 to 3 p.m. Tuesday, Sept. 17, in the West Conference Room. The support group will have various presentations each month including assistive technology, available resources, daily living, and conversations on changes and support.

This month, we will be joined by Wandean Rivers, from the Manhattan Public Library. Wandean provides one-on-one assistance for basic computer skills and for the use of adaptive technology for patrons with disabilities and their advocates.

Coffee Corner

Tuesday, Sept. 17, at 3 p.m.

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Sept. 17, in the Game Room. Verna Belle's featured dessert will be Mini Cheesecakes.

Parkinson's Webinar

Thursday, Sept. 19, at 11 a.m.

All are invited to attend a webinar at 11 a.m. Thursday, Sept. 19, in the KSU Classroom. A panel will discuss the topic "What's on Your Mind? Thinking and Memory Problems in Parkinson's."

Ribbon Cutting for Courtyard

Thursday, Sept. 19, at 4 p.m.

You are invited to attend a Ribbon Cutting Ceremony presenting by the Manhattan Area Chamber of Commerce for Meadowlark's new Courtyard. Join us in the Courtyard at 4 p.m. Thursday, Sept. 19, for hors d'oeuvres, drinks, and entertainment. The ceremony will begin at 4:30 p.m.

Living with Parkinson's Presentation

Thursday, Sept. 19, at 4 p.m.

The Parkinson's Foundation will host a presentation on "Parkinson's, Sleep and Me" at 4 p.m. Thursday, Sept. 19, in the Community Room. The presentation will provide information on how Parkinson's affects sleep, and ways you can get a better night's sleep. Attendance is free and all are welcome to attend. Please contact Michelle Haub to register at (785) 323-3899 or by email at mhaub@meadowlark.org.

Coffee Connections

Friday, Sept. 20, at 10 a.m.

Miller Place residents invite all who are interested to stop by for some coffee and conversation Friday, Sept. 20, 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!

Veteran's Group

Friday, Sept. 20, at 10 a.m.

The Veteran's Group will meet at 10 a.m. Friday, Sept. 20, in the Grosh Cinema. If you have questions or would like to be added to the Meadowlark Veteran's contact list, please contact Sara Snell at (785) 323-3862.

All Campus Tailgate Party

Friday, Sept. 20, at 1 p.m.

The staff and residents of Tinklin Pointe invite you to an all campus party at 1 p.m. Friday, Sept. 20, in the Courtyard. The theme will be K-State Tailgate, so wear your purple! All are welcome to attend.

Piano Recital by Steve Shields

Friday, Sept. 20, at 7 p.m.

Join us as we welcome back Steve Shields, CEO of Action Pact Development, for a piano recital at 7 p.m. Friday, Sept. 20, in the Community Room. Steve enjoys visiting Meadowlark as the residents and staff hold a special place in his heart. Steve is a man of many talents including playing piano and entertaining.

Tap Dance & Donuts!

Saturday, Sept. 21, at 10 a.m.

Meadowlark Special Programs is excited to partner with Professor Julie L. Pentz from the K-State School of Music, Theatre, and Dance, and Janice Schroeder with Parents as Teachers to bring a dance program, Tap To Togetherness to Meadowlark. At Meadowlark, Tap To Togetherness Across Populations will use intergenerational components and exercise to foster healthy minds, bodies, and relationships.

Join the group as they celebrate National Dance Day on Saturday, Sept. 21, from 10 a.m. to 12 p.m. in the Courtyard. with Tap Dance & Donuts! This is a free event for all to enjoy and practice their tap dance moves!

The next session of Tap to Togetherness will be from 11 to 11:30 a.m. Tuesday, Oct. 1, in the KSU Classroom at Meadowlark 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 prior sign-up is not required. The Tap To Togetherness sessions are no longer than 25 minutes. This activity does not require you to stand, you may sit in a chair if you choose.

Events, continued on page 4

Performance by Laura Eakman

Saturday, Sept. 21, at 1 p.m.

Meadowlark is excited to have Laura Eakman perform a small concert of an entire Bach Suite at 1 p.m. Saturday, Sept. 21, in the Community Room. Laura is the chair of the strings division of the Community School for Performing Arts, as well as a violist. All are welcome to attend.

Falls Prevention Awareness Day

Monday, Sept. 23, at 3:30 p.m.

Join Jason Fox and Jeff Heidbreder for a video presentation on Falls Prevention Awareness Day at 3:30 p.m. Monday, Sept. 23, in the Community Room. The video will discuss fall risks and prevention strategies. After the 35-minute video, we will hold a discussion to highlight steps that can be taken to minimize fall risk and resources that are available here at Meadowlark. The event is open to everyone interested in attending.

Stepping On Fall Prevention Workshop

submitted by Jeff Heidbreder, Fitness Services Leader

Stepping On is an evidence-based fall prevention program and takes place over seven weeks 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 be held from Oct. 10, to Nov. 21. The workshop is offered by Jeff Heidbreder, Meadowlark Fitness Services Leader and Jason Fox, 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 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.

Please contact Jeff Heidbreder at (785) 341-2995 or jheidbreder@meadowlark.org with any questions that you may have or to register.

Employee Gift Fund

submitted by IL Resident Council

Coming soon in the mail! Watch for a letter detailing how we can show our appreciation to our wonderful staff by contributing to the annual Employee Gift Fund.



Project Update

by Sarah Duggan

The construction schedule for our Kitchen Renovation and Dining Expansion project is clicking along! Next week the crew is continuing with footing installation that will include the two ramps which will be used to move from the upper dining level to the lower event space. In addition to the footings, working on underground plumbing will begin.

The image displayed above is a rendering of what the exterior of the new space will look like from Meadowlark Road. More images of the interior spaces will be shared as they are completed and made available. During the week of the 16th, the noise level will be increased due to drilling.

2020 Part D Open Enrollment

submitted by Rita Harsch

The North Flint Hills Area Agency on Aging will soon be at Meadowlark for Part D Enrollment. The date will be published and a sign up sheet will be placed in the Blue Book at the Hospitality Desk.

Please watch your mail during the upcoming months. Do not shred or throw away any mail that may allow you to make an informed decision during the 2019 Open Enrollment period for the 2020 year. Your current Part D plan will notify you if there are any changes.

If you have questions or concerns, please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance Office located across from Verna Belle's Café.

Become a Pen Pal with MHS Students

Andrea Curtis, a teacher at Manhattan High

School, leads a reading intervention class. She has a group of about ten students that she believes would benefit from a Pen Pal. She wants these students to grow in their reading comprehension and writing skills during this project.

She also wants to connect their learning with the community and is looking for ten residents to participate in this special program. Residents will be paired up with a student and each month will exchange letters, until the end of the semester in December. During the last month of the program, a visit will be arranged with the students to come to Meadowlark to meet their Pen Pal! If you are interested in signing up for this special opportunity, please contact Jana Armfield, Volunteer Coordinator, at (785) 323-3890, or sign up in the Blue Book at the Hospitality Desk.

Ogden Reading Program

Back by popular demand, the Ogden Reading Program will start this year on Friday, Oct. 4. During the Spring, a group of seven volunteers of residents and Passport members, went to Ogden Elementary to spend time and help children (grades Kindergarten through Fourth Grade) by listening to them read and work on sight words. The goal of the program is to support the children and increase their reading proficiency while being a positive role model in their lives.

This weekly program will begin in October and continue until May. There will be two different time sessions. The first reading session is 11:30 a.m. to 2 p.m. and the second is 1:15 to 3:45 p.m. Meadowlark transportation will be provided.

Please sign up in the Blue Book at the Hospitality Desk if you are interested in helping. If you have questions, please call Jana Armfield, Volunteer Coordinator, at (785) 323-3890.

Town Meeting Notes, Sept. 6

Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on Sept. 6.

Welcome Monte Spiller welcomed the meeting attendees and introduced new residents, Robert and Lila Snell, and Bob Goudy.

Campus Update Lonnie Baker announced that the construction for the kitchen is on schedule. Plans are being finalized of the location and design of the Hybrid Homes. The Hybrid Homes will be named The Monarch. He also informed us

on a class that Meadowlark, UFM, and K-State Global Campus are offering *Caregiving for Your Loved One with Dementia*. Enrollment is now open, you can find more information from flyers at the front desk or by contacting Sarah Duggan.

Support Services Update Jayme Minton let us know to mark the calendar for this year's Christmas Carousel, for Dec. 13. There will also be a Ribbon Cutting ceremony at 4 p.m. Thursday, Sept. 19, in the Courtyard. Drinks and food will be provided.

HOGtoberfest Rebecca Fitzgerald and her special guest Happy Hog informed us on our sixth annual Hogtoberfest, Oct. 24, at Cox Brothers BBQ. All proceeds will be going to the Good Samaritan Fund. This year's Hogs & Kisses contestants were The Mercury Reader's Choice Recipients. Rick Pfeifley from Pfeifley Jewelers, Vern Gannon from Gannon Real Estate & Auction, Justin Minchow from Sink Gordon & Associates, Ted Hartke from Gallery of Hair, and Jim Morrison (individually selected) from Morrison, Frost, Olson, Irvine, and Schartz attorneys.

Special Programs Michelle Haub gave a recap of this year's Speedy Pd race. Over 50 VIPd's participated in the event. Total donations from sponsors, donations, and registration totaled to \$91,000! A big thank you to Team Vanderbilt for matching dollar for dollar on their team's donations. A new program being offered the first Tuesday of every month at 11 a.m. in the KSU Classroom or Courtyard (weather permitting), Tap To Togetherness. This fun activity is partnered with K-State Dance and is offered to all ages.

Fall Prevention Update Jeff Heidbreder announced the first participant in the Walk to Wamego contest, Kay Shanks, made it! There is still time to Walk to Wamego, a total of 255 laps will get you a shirt! Once you have completed walking to Wamego, the next destination is Abilene which totals out to be 645 laps around the Courtyard. He also informed us on a seven-week long workshop Stepping On. There is enough room for 12 participants and it's geared toward independent walkers. This workshop will take place every Thursday from 2 to 4 p.m. starting

Town Meeting Notes, continued on page 6

Oct. 10, and through Nov. 21. Fall Prevention Awareness Day is Sept. 23 and there will be a free class where you will watch a video and have time for questions.

Upcoming Events Monte reviewed the events coming up for the month of September.

IL Resident Council Minutes August 5, 2019

Members present: Pat Vogt, Bob Crawford, Pam Oehme, Nyle Larson, Ron Williams, Jo Call, Bob Kruh, Elaine Manges, Steve Owens, Charlotte Kelly, Carol Balding, Janice Parsons, Leo Lake, Nancy Kopp, and Jo Lyle.

Staff present: Lonnie Baker, Jayme Minton, and Monte Spiller

Updates

General Update: Lonnie shared that construction for the kitchen is slated to start very soon; we are waiting for final approval from the city. A representative from BHS will attend Town Meeting today to go over phases of the plan and give a better understanding of how spaces will be utilized.

At some point in November during Phase 1 the Pub will close, but a temporary “pub bar area” will be set up. The location has yet to be determined. The current bar that is in the pub will not be used in the new event center/pub area, as a U shaped bar will be added to work as a dual purpose multifunctional bar serving both the pub and event center. It has not been determined where the bar being replaced will be used moving forward. Once Phase 1 (the event center addition) is completed, then efforts will turn to the kitchen renovation. We will continue to cook out of the restaurant but serve patrons in the newly added event center until Prairie Star and the new kitchen are completed. It is likely Verna Belle’s Café will stay open for dinner, as well, to accommodate the temporary change due to construction. This will last about a month.

The Billiards Parlor and the two adjacent offices currently occupied by Abby Cavender and Patty Brown- Barnett, will go away to create restroom space for the event center. This move creates a front of house feel as there will be an exterior entrance into the restaurant and event space, as well as an internal one. There will be a coat closet

and bench seating for waiting.

The Game Room will ultimately become the spot where the pool table will be located. Part of this change will include the internal mail cubbies being taken out their current location and the plan is to create two separate locations with a group of boxes being placed by the elevators near Prairie Star and the elevator near the Hospitality Desk.

With several projects going on around campus, there is a question of how does this affects rates and how are they being paid for? With the Courtyard renovation, initially we set a budget for the projected cost, but ultimately it doubled. With the help of Becky Fitzgerald, the design and schematics were shared and we had people willing to help complete the project. So ultimately our budget didn’t change, and the rest of the cost was covered by the Foundation. The kitchen renovation is long overdue and there are several issues that needed to be addressed, not limited to potential state regulations and outdated equipment.

Concerning the independent living expansion and the wellness center, we’ve been modeling this project for over a year. Meadowlark hired a firm that have done projects like this before including a project for independent living at Brewster Place located in Topeka. This model, if it sells, does very well financially. The two projects will ultimately run together with the IL apartments relying heavily on pre-sales with 70% needing to be sold to obtain financing. The wellness center will rely on capital campaign funds and we have selected a firm to come in and help with that.

Support Services Update: Jayme expressed she is aware of some of the issues taking place in Prairie Star recently. The kitchen renovation will help tremendously with efforts to provide a better dining experience as well as some permanent changes with staff. John Shapel who is currently our Sous Chef and General Manager is also in charge of front of house. To support John in his role, we will hire an assistant manager who will spend five days a week working an 11 a.m. to 8 p.m. shift. The Assistant Manager will be taking care of the restaurant customers and any events that may be taking place in the event center, pub, and restaurant.

Brooke Marcotte has taken on a full-time Event Services role. She will be focusing mostly on events, including internal events like floor suppers, and external events, such as Hogtoberfest. With Brooke taking on a new role, Alicia Sylvia has been hired into the Café Leader position.

Approval of July Minutes

Motion to approve minutes was moved and passed with correction.

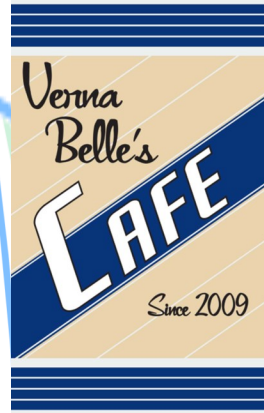
New Business Bob Kruh was introduced and welcomed as the new Second Floor Representative.

Old Business Employee Gift Committee has a letter drafted that will eventually go out to residents and Passport members.

Additional Discussion Topics Jo Lyle will officially take over as Chair following today's meeting. A new ironing board cover for Second Floor was requested. It was replaced the next day.

Meeting adjourned

Meadowlark Welcomes
MANHATTAN AREA
CHAMBER OF COMMERCE
Courtyard
Ribbon Cutting
September 19th
4 p.m. - 6 p.m.
HORS D'OEUVRE, DRINKS &
ENTERTAINMENT PROVIDED



LUNCH & BREAKFAST SPECIALS

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

Sunday, Sept. 15

Breakfast: Omelets with Fruit

Monday, Sept. 16

Breakfast: Biscuits & Gravy

Lunch: BBQ Chicken Tostada

barbeque sauce, chicken, & mozzarella on a tostada shell ~\$6.50

Tuesday, Sept. 17

Breakfast: Breakfast Sandwich with Fruit

Lunch: Ham & Beans

beans & ham served with cornbread ~\$4.50/\$6.50

Wednesday, Sept. 18

Breakfast: Breakfast Burrito & Fruit

Lunch: Cheesy Taco Sticks

beef & a Colby Jack cheese rolled inside pizza dough ~\$6.50

Thursday, Sept. 19

Breakfast: Biscuits & Gravy

Lunch: Cranberry Turkey Pinwheels

turkey, cranberry sauce, & scallion cream cheese wrapped in a tortilla ~\$6.50

Friday, Sept. 20

Breakfast: Waffle or Pancake

Lunch: Pigs in a Blanket

hotdog pieces wrapped in a crescent roll ~\$4.50/\$6.50

Saturday, Sept. 21

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	Sept. 15 ~ Lunch \$12	Dinner \$11
	Roast Turkey with Dressing Mashed Potatoes & Gravy Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Sept. 16 ~ Lunch \$10	Dinner \$13
	BBQ Ham Sandwich Three Bean Salad French Fries	Roast Pork Tenderloin with Plum Chutney Bacon Cheddar Mashed Potatoes Vegetable du Jour
TUESDAY	Sept. 17 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter, or dessert)	Fried Catfish Coleslaw Roasted Red Potatoes
WED.	Sept. 18 ~ Lunch \$10	Dinner \$12
	Meatball Hoagie Pasta Salad Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Sept. 19 ~ Lunch \$7	Dinner \$12
	Salad & Soup Bar (does not include drink, starter, or dessert)	Chicken Cordon Bleu Wild Rice Vegetable du Jour
FRIDAY	Sept. 20 ~ Lunch \$10	Dinner \$13
	Fish & Chips French Fries Coleslaw	Beef Fromage Garlic Toast Vegetable du Jour
SAT.	Sept. 21 ~ Lunch \$10	Dinner \$14
	White Chili Cornbread Choice of Vegetable	Herb Crusted Cod with Sun-dried Tomato Sauce White Cheddar Scalloped Potatoes Vegetable du Jour

DRINK SPECIAL

Tom Collins

1 1/2 oz. Gin, 1 oz. Lemon Juice, 1/2 oz. Simple Syrup, 3 oz. Club Soda, with
a Cherry & Lemon Slice

\$3.75

Grosh Cinema Movies

Sunday, Sept. 15, to Saturday, Sept. 21, 2019

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

Sunday, Sept. 15 — Benji (2018)

Two school kids strike up a friendship with an orphaned puppy named Benji. When danger befalls them and they end up kidnapped by robbers who are in over their heads, Benji and his scruffy sidekick come to the rescue.

Co-Starring: Gabriel Bateman, Darby Camp, & Kiele Sanchez

Rated: PG; 1 hr. 27 min.

Monday, Sept. 16 — Wuthering Heights (1939)

The story of unfortunate lovers Heathcliff and Cathy who, despite a deep affection for one another, are forced by circumstance and prejudice to live their lives apart. They first meet as children when her father brings the abandoned boy to live with them.

Co-Starring: Merle Oberson, Laurence Olivier, & David Niven

Rated NR; 1 hr. 44 min.

Tuesday, Sept. 17 — Murder on the Orient Express (2017)

The best detective in the world decides to travel on the Orient Express. The train accidentally gets stopped because of a small avalanche. Little did he know that a murder was planned and that a person on this train was capable of committing such crime.

Co-Starring: Kenneth Branagh, Penelope Cruz, & Willem Dafoe

Rated PG-13; 1 hr. 54 min.

Wednesday, Sept. 18 — Some Kind of Beautiful (2014)

A Cambridge literature professor falls in love with a student and he decides to move to California with her and settle into a new villa but some complications too.

Co-Starring: Pierce Brosnan, Salma Hayek, & Jessica Alba

Rated R for language & some sexual content; 1 hr. 39 min.

Thursday, Sept. 19 — RV (2006) **Resident Request*

Bob Munro and his dysfunctional family rent an RV for a road trip to the Colorado Rockies, where they ultimately have to contend with a bizarre community of campers.

Co-Starring: Robin Williams, Cheryl Hines, & Kristin Chenoweth

Rated PG-13; 1 hr. 46 min.

Friday, Sept. 20 — Courageous (2011) **Resident Request*

When a tragedy strikes close to home, four police officers struggle with their faith and their roles as husbands and fathers; together they make a decision that will change all of their lives.

Co-Starring: Alex Kendrick, Kev Bevel, & Kevin Downes

Rated PG-13; 2 hr. 9 min.

Saturday, Sept. 21 — Rocky V (1990)

Reluctantly retired from boxing, and back from riches to rags, Rocky takes on a new protégé who betrays him, as the champ's son must adjust to his family's new life after bankruptcy.

Co-Starring: Sylvester Stallone, Talia Shire, & Burt Young

Rated PG-13; 1 hr. 44 min.

To request a movie, visit the Reception Desk or complete a survey card in the Grosh Cinema.

Weekly Opportunities Calendar *Sept. 15 to Sept. 21*

Sunday • Sept. 15

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 Pastor John Wright, CR

Monday • Sept. 16

Manhattan Room—no open seating available
 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, CR
 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
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 17 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner
 10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Guided Meditation, GC
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolors Book Discussion, MR
 1:00 p.m. ~ Visually Impaired Book Club, WCR
 2:00 p.m. ~ Visually Impaired Support Group, WCR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner, CR
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:30 p.m. ~ 2nd Floor Supper, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Sept. 18

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. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Care Partner Supp. Grp., WCR
 10:00 a.m. ~ Memory Café, KR
 12:00 p.m. ~ Yoga, KSU CL
 1:00 p.m. ~ Pitch, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Call Hall Ice Cream Social, KR
 6:30 p.m. ~ Osher Class: World War II, CR

Thursday • Sept. 19

Manhattan Room—open seating at lunch only
 8:00 a.m. ~ Apple Technology Help Lab, KR
 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 Webinar, KSU CL
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 2:00 p.m. ~ Osher Class: Chisholm Trail, CR
 4:00 p.m. ~ Courtyard Ribbon Cutting, CY
 4:30 p.m. ~ Living with Parkinson's Presentation, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Sept. 20

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Coffee Connections, MFR
 10:00 a.m. ~ Veteran's Group, GC
 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
 1:00 p.m. ~ All Campus Party, CR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:30 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Piano Recital by Steve Shields, CR

Saturday • Sept. 21

Manhattan Room—open seating at lunch & dinner
 9:30 a.m. ~ Painting for Fun, MCR
 10:00 a.m. ~ Tap Dance & Donuts!, CY
 1:00 p.m. ~ Performance by Laura Eakman, 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