

## OINK! Let's Get HOG Wild

*6<sup>th</sup> annual HOGTOBERFEST to raise money and awareness for Good Samaritan Fund*

*submitted by Becky Fitzgerald*

Friends of Meadowlark have a fun and tasty opportunity to support the Meadowlark Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Thursday, Oct. 24. Brothers Bud and Bobby Cox, sons of Meadowlark Hills resident Ellie Cox, pledge to donate 10-percent of that day's proceeds to the Fund during our 6<sup>th</sup> annual HOGTOBERFEST.

Food specials on Oct. 24 at Cox Bros. BBQ, 223 McCall Road, include a pulled pork and chicken slider buffet, available for \$9.95 from 11 a.m. to 2 p.m., and a hog roast buffet beginning at 5 p.m. for \$12.95. In

HOGTOBERFEST would certainly be fun with just barbecue, brews and music, but there's more! In order to create additional opportunities to raise money and awareness for the Good Samaritan Fund, a HOG & Kisses Contest has begun, and 50/50 raffle tickets are now on sale soon. The 50/50 raffle winner takes home half of the money collected by ticket sales, and half of the proceeds support the Good Samaritan Fund. Our goal this year is to sell at least \$6000 worth of tickets, meaning the winner would receive a HOG-size cash prize of \$3000!

Raffle tickets are \$5 each, and may be purchased at the Hospitality Desk, at Verna Belle's Cafe or from



addition to the meats, both buffets will include Cox Bros.' tempting side dishes, such as pineapple coleslaw, smokehouse beans and redskin potato salad.

DJs from Manhattan Broadcasting radio stations B104.7 and Sunny 102.5 will broadcast live from the restaurant during the lunch and dinner hours.

Back by popular demand will be two nods to traditional Oktoberfest favorites. Live polka music will be provided by accordion master Rusty Schwerdt, Bud Cox's brother-in-law, from 6 to 8 p.m., and a beer tasting and buying station will be operated by Flint Hills Beverage beginning at 5 p.m. Flint Hills Beverage is a distributor for KC Bier Co., a craft beer brewery in Kansas City offering German-style lagers and ales, and some of those again will be on the beer menu.

Meadowlark's board members: Residents on the boards include Bob Crawford, Sandra Emley, Harriette Janke, Nyle Larson and Pam Oehme.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a (young) hog shortly after 6 p.m. on Oct. 24 at Cox Bros. Our little hog was born recently at Parks Farm east of Manhattan, so her snout will be just the right size for smooching in late October.

The Foundation reached out recent category winners of the Manhattan Mercury's annual Readers' Choice Awards, and five individuals or businesses answered Becky Fitzgerald's call for kissing candidates. Participating (in alphabetical order) are Vern Gannon of Gannon Real Estate &

## **Thanks for Your Green Thumb!**

Each day, it seems that new items appear in the Game Room for the sharing. Thank you to those who bring their bountiful harvest of fresh, summer produce—tomatoes, peppers of all sizes, fruit, and squash! Meadowlark residents and staff have enjoyed these special treats.

## **Construction Update**

Great News! We are ahead of schedule for construction of the new kitchen and event space! Due to the construction crew's fast work, Prairie Star Restaurant will be closed Monday, Sept. 30 to Wednesday, Oct. 2, while a temporary wall is installed in Prairie Star, Manhattan Room, Kansas Room Pub, Billiards Room and the office space near the Library.

During the closure, lunch and dinner buffets will be served in the Courtyard or Game Room, weather dependent. Prairie Star will reopen for lunch on Thursday, Oct. 3. The Courtyard will have the primary bar open each afternoon at 4 p.m. A temporary bar will also be located in northwest corner of the Kansas Room Pub. The pool table will be moved into air conditioned off-campus storage for the remainder of construction.

## **Meet Kristin Brighton**

*sponsored by resident Bernice Brighton*

**Sunday, Sept. 29, at 2 p.m.**

Kristin Brighton is a candidate for USD 383 Board of Education. Kristin is one of the owners of New Boston Creative Group and has been very involved in the Manhattan Area Chamber of Commerce. Come meet Kristin from 2 to 3 p.m. Sunday, Sept. 29, in the Flint Hills Room to discuss the future of USD 383.

This event is sponsored by Bernice Brighton, Miller Place resident, retired USD 383 teacher, and Kristin's grandmother.

Kristin is excited to run for the USD 383 Board to help prepare students for skilled jobs in our workforce, teacher shortages, mental health concerns for students and teachers, and balancing our desires for excellent local schools with the need to keep costs down.

## **Meadowlark Market**

**Sunday, Sept. 29, at 12 p.m.**

The Meadowlark Market will be open Friday and

Saturday from 10 a.m. to 2 p.m. and Sunday, from 12 to 4 p.m. There are many fabulous finds to shop for! This is the last full weekend the Market will be open for this year. Some special days to look forward to are Friday, Oct. 25 and Nov. 22, for holiday items.

## **Vespers Service**

**Sunday, Sept. 29, at 7 p.m.**

The Vespers service will be lead by Julie Barstow from Peace Lutheran Church at 7 p.m. Sunday, Sept. 29, in the Community Room. All are welcome.

## **Change & Loss Support Group**

**Monday, Sept. 30, at 2 p.m.**

Join the Change and Loss Support Group at 2 p.m. Monday, Sept. 30, in the Flint Hills Room. The group led by 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. 30, at 4 p.m.**

The Meadowlark Singers have started preparing for a Christmas concert in December. All are invited to share their voices and practice at 4 p.m. Monday, Sept. 30, in the Community Room.

## **Tap to Togetherness**

**Tuesday, Oct. 1, at 11 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.

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.

### **Coffee Corner**

**Tuesday, Sept. 31, at 3 p.m.**

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Sept. 31, in the Game Room. Verna Belle's featured dessert will be Muffins.

### **Dillons/Walmart Shopping Trip**

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

Transportation takes a bus to Walmart and Dillons, eastside location, each Wednesday departing from the Village Entrance at 10 a.m. and will return about 11:30 a.m. There is no cost for this trip. Next trip is Wednesday, Oct. 2. Please sign up in the Blue Book at the Hospitality Desk.

### **Parkinson's Education Group**

**Thursday, Oct. 3, at 2 p.m.**

Join the Meadowlark Parkinson's Program from 2 to 3:30 p.m. Thursday, Oct. 3, in the Community Room for the monthly Parkinson's Education Group meeting. The presentation will be on "PD Pharmacy 101: What You Need to Know" by Rick Awbrey, PharmD/HyVee Pharmacy Manager. There will also be information presented about Aware in Care Hospital Kits.

### **Coffee Connections**

**Friday, Oct. 4, at 10 a.m.**

Miller Place residents invite all who are interested to stop by for some coffee and conversation Friday, Oct. 4, 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!

### **Patriotic Journeys-Folds of Honor**

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

Richard Middleton will present "*Folds of Honor*" at 7 p.m. Friday, Oct. 4, in the Community Room. This is an engaging and expressive 30-minute presentation that will cover the historical background of the "Three Volleys," the bugle call "Taps," as well as the folding of the American flag ceremony at the conclusion of a military funeral.

Included in the presentation are intriguing, often little-known details of the origin of these military traditions. The presentation of the folding of an American flag includes its patriotic historical background and an explanation of the symbolism

of the 13 folds. Veterans will be recognized at the end of the presentation.

### **K-State Football Watch Party**

**Saturday, Oct. 5, 2 p.m.**

K-State returns home from the road to take on the Baylor Bears Saturday, Oct. 5. Join us for a watch party with refreshments served at 2 p.m. in the Game Room. Kick-off is at 2:30 p.m.

### **Rocky Ford School Open House**

**Sunday, Oct. 6, at 2 p.m.**

Experience the "Good Ole' Days" of the one room school house at an open house for the Rocky Ford School from 2 to 4 p.m. Sunday, Oct. 6. Enjoy light refreshments and informational presentations, tour the grounds or take a spin on the merry-go-round.

The current limestone school building was constructed in 1903 and was given to the Riley County Historical Society in 1987. It is located on Barnes Rd. off of Tuttle Creek Blvd.

Transportation will be provided and will leave from the Village Entrance at 2 p.m. Cost is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk.

### **Annual Ambassador's Clothing Drive**

**Tuesday, Oct. 8, at 8 a.m.**

Do you have a few clothes that have been piling up in your closet that you no longer have use for? Are you looking for a way to give back to the community?

Please consider donating these items to the Ambassador's Annual Clothing Drive. This year, the clothing drive will be from 8 a.m. to noon Tuesday, Oct. 8, in the Flint Hills Room.

Meadowlark Ambassadors will be on hand to help sort clothing.. This year, in addition to the Encore Shop, business casual/professional attire will be donated to the Career Closet at K-State. This allows college students the ability to obtain business attire for free, from the new or gently used clothing donations provided by generous donors in the community. If you need help taking clothes down to the Flint Hills Room on the day of the event, please contact the Hospitality desk at (785) 537-4610.

*Events, continued on page 4*

## **Burgers & Jazz**

*Wednesday, Oct. 9, at 5 p.m.*

Mark your calendars for a special evening! The Thundering Cats Big Band will be performing from 5:30 to 6:30 p.m. Wednesday, Oct. 9, in the Courtyard. A dinner of burgers, beans, chips, and slaw will be served from 5 to 7 p.m. The cost for dinner is \$9.

## **Part D Open Enrollment**

*submitted by Rita Harsch, Financial Counselor*

Meadowlark's Finance Office will partner again with the North-Central Flint Hills Area Agency on Aging for an opportunity to compare Medicare Part D Prescription Drug Plans for the new year 2020. Representatives will be available Tuesday, Oct. 29, at various times throughout the day.

Please sign up in the Blue Book at the Hospitality Desk to reserve a time slot. For those who have signed up, please bring a list of your current medications, copies of your Medicare card, and copies of your current Part D insurance card. For questions, contact Rita Harsch at (785) 323-2891.

There is an opportunity new this year for those approaching the Medicare age. There will be information at the event on New to Medicare. Please stop by to look over the information or to ask questions.

## **From the Employee Gift Committee**

*submitted by Pam Oehme, IL Resident Council Rep.*

If you were living in your own home having individual services, those people could be expecting tips and holiday gifts. Tips are not allowed at Meadowlark. To reward staff, please give to the Employee Gift Fund! Your gift is **NOT** tax-deductible.

A suggested tipping guide from Stacy Julien at AARP, "MONEY, Living on a Budget, How Much to Tip?"

- For a full service, sit-down meal, 15 to 20% of the pretax bill
- At a buffet, leave a 10% tip
- Just picking up a sandwich or latte from the counter, at least 10%
- Extra service from Pest Control, \$5 to \$10, or holiday tipping of \$20 or gift card
- Hairstylist, manicures and pedicures, or massage, minimum of 10 to 15%
- House cleaning, optional but recommended 10

to 15% at holiday time or for an impressive job, no more than \$20

- Contractors or maintenance services, for extra work or time than expected, minimum of \$20
- Garden and landscape services, a holiday gift between \$20 and \$50
- In-home Health Care, under \$20 per visit
- Offer the amount you can afford

## **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. Several spots are still available.

For questions or to register, please contact Jeff Heidbreder at (785) 341-2995.

## **Ogden Reading Program**

Back by popular demand, the Ogden Reading Program will start again on Friday, Oct. 4! During the Spring, a group of seven volunteers (compiled of residents & passport members) went to Ogden Elementary, to listen, read, and work on sight word with children ages six through eleven who struggle with reading proficiently. These volunteers became a positive role model in the life of these children, and we are looking to start this program up again starting this Fall. Many of the children who benefit from this program do not get read to at home, so volunteer's support/presence makes a big difference!

This weekly program will begin in October and continue until May, with two different time sessions. The first reading session is from 11:30 a.m. to 2 p.m., and the second session is from 1:15 p.m. to 3:45 p.m. on Friday. Each volunteer would



have a group or a student partner to read with.

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.

## **Ozark Mountain Christmas**

*submitted by Becky Fitzgerald*

A four-day/three-night get-away to America's Christmas Tree City, Branson, Mo. 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.

## **Do You Play French Horn?**

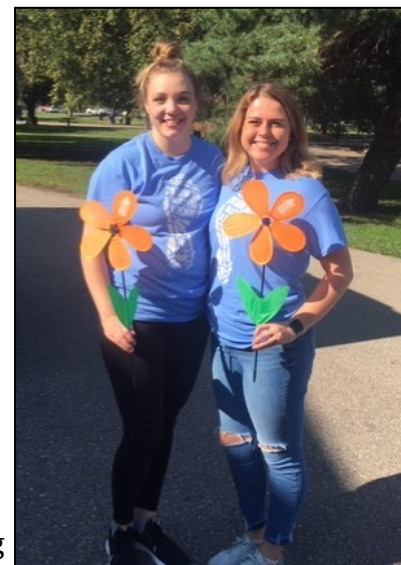
*submitted by Kathleen Oldfather*

The Windwood Anonymous group is looking for someone who plays the French horn to join them and create a complete quintup. The group practices at 7:15 p.m. Thursdays at Meadowlark. If you would like to participate, please contact Kathleen Oldfather at (785) 537-3738 or Nancy Calhoun at (785) 539-4448.

## **Walk to End Alzheimer's**

*submitted by Michele Riter*

Hundreds of community members of all ages gathered for Manhattan's Walk to End Alzheimer's Saturday, Sept. 14. Meadowlark residents, staff, and family members joined in the walk that beautiful morning at City Park. The event started off with a Flower Celebration Ceremony to recognize those living



## October Birthdays



<b>Healthcare</b>	10/7	Brittany Hernandez
<b>10/3 Merle Schmidt</b>	10/8	Charles Anderson
10/7 Evelyn Russell	10/8	Rick Henry
10/10 Carol Winslow	10/9	Mitchell Brock
10/12 Mary Jo Hageman	10/9	Caroline Davis
10/17 David Bowers	10/9	Amanda Moorman
10/24 Donna Vanier	10/10	Madison Altis
10/24 William Auman	10/10	Nada Raef
10/25 Marie Doedyns	10/11	Courtney Wohletz
<b>Assisted Living</b>	10/12	Jon Thompson
10/6 Madlyn Rietcheck	10/12	Greta Wehrman
<b>10/8 Miles McKee</b>	10/13	Claire Shamburg
<b>Independent Living</b>	10/14	Carie Scott
10/2 Glenn Leitch	10/15	Bridget Larkin
10/3 Betty Love	10/15	Danielle Melendez Silvares
10/5 Jean Ponte	10/16	Fred Dukes
10/9 Carol Balding	10/16	Alex Horak
<b>10/11 Mary Lou Gibbs</b>	10/17	Hannah Mathies
10/13 David Vanderbilt	10/17	Shauna Williams
10/15 Ed Lindly	10/19	Renee King
10/19 Bill Stamey	10/20	Athena Sticker
10/19 Dick Pannbacker	10/21	Olubunmi Agagu
10/21 Ernie Welti	10/21	Kate Cashman
10/21 Mike Sekal	10/21	Katy Hensley
10/23 Max Bayer	10/21	Lauren Zwiesler
10/23 Olivia Collins	10/22	Omar Barragan
10/23 Don Rasmussen	10/22	Jessa Cousland
10/24 Polly Ferrell	10/22	Betty Dishman
10/25 Junior Wagner	10/22	Lisa Lawton
10/27 Mary Swofford	10/23	Taylor Decker
10/27 Dorothy Blacker	10/23	Alayna Noe
10/30 Pat Vogt	10/24	Mary Emanuel
<b>Employees</b>	10/24	Hunter Stephenson
10/1 Alyssa England	10/26	Cathy Bristol
10/1 Erin Hildreth	10/27	Kimm Burton
10/1 Ashlyn Moll	10/27	Kim Ensley
10/1 Brianna Petersen	10/27	LaVerna Hinkle
10/1 Ryan Rehberg	10/27	Orion Razo
10/1 Alyssa Tucker	10/27	Janette Ryser
10/2 Aubrey Edds	10/28	Kaitlyn Gilmore
10/2 Kyra Pinkston	10/28	Alicia Silva
10/3 Mackenzie Clements	10/29	Abigail Chainey
10/3 Carrie Schlesinger	10/29	Kimmi Doran
10/4 Madison Brockish	10/29	Matt Vanausdall
10/4 Mary Jo Eichman	10/30	Fran Bard
10/4 Elise Mitchell	10/30	Kathleen Spearman
10/4 Stephanie Williams	10/30	Lindsay Tolley



with Alzheimer's disease and dementia, their caregivers, friends, and those we have lost a loved one due to the disease. Each are represented by a different color of flower held by attendants. The final flower presented is a white flower, the only one of its kind, for now. The white flower represents the hope for the first survivor of Alzheimer's disease.

The K-State Baseball Team and Willie the Wildcat played catch in the Kid-Zone along with games and face painting. Starting at an archway of purple and white balloons, the Meadowlark team strolled together for one lap around the park, which is one mile.

The event committee's goal was to raise \$80,000 this year and they surpassed it! We are fortunate to have

### **HOG, from Page 1**

Auction, best auction service; Ted Hartke of Gallery for Hair, beauty salon winner; Rick Pfeifley of Pfeifley Jewelry, best jewelry store; Justin Minchow of Sink, Gordon & Associates, accounting office winner; and Jim Morrison of Morrison, Frost, Olsen, Irvine & Schartz, LLP, attorney winner.

Last year's top vote-getter and hogkisser was David Nelson, a financial advisor with Edward Jones and a member of the our Foundation board.

Vote for the candidate of your choice by placing cash or check in his hog jar, located in the lobby, or online at [www.meadowlark.org](http://www.meadowlark.org). Click the HOG & Kisses Contest link at the top right of the home page.

Residents and employees who purchased HOGTOBERFEST T-shirts are invited to wear them on a special Jeans Day for employees and on the day of the event. Employees who pay at least a \$1 may wear jeans, and those dollars will support the kissing candidates.

Monte Spiller, Resident Services Leader, is working to arrange free transportation to Cox Bros. on Oct. 24 for those who would like a ride. Watch future Messengers and the Blue Book for a departure time and registration sheet.

HOGTOBERFEST wouldn't be possible without the help of local businesses. In addition to Cox Bros. BBQ, Meadowlark Foundation would like to acknowledge returning sponsors Manhattan Broadcasting, Meritrust Credit Union, McCullough Development, Burnett Automotive, Briggs Auto, Blueville Nursery, Flint Hills Beverage, GoPowercat.com/247 Sports, and NZone Sportswear. New sponsors this year are BHS Construction and BBN Architects. Bud Cox, a new Foundation board member, assists each year with the recruiting of sponsors.

Please circle Oct. 24 on your calendars and support HOGTOBERFEST in one of the ways described. It's sure to be a HOG-tastic day of FOOD, FRIENDS and FUNdraising!



## 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. 29

**Breakfast:** Omelets with Fruit

### Monday, Sept. 30

**Breakfast:** Biscuits & Gravy

**Lunch:** Tuna Casserole with Peas & Side  
*tuna, noodles & peas in a casserole ~ \$4.50/\$6.50*

### Tuesday, Oct. 1

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Chicken Philly & Fries  
*chicken pieces with cheese on a sub, served with fries ~ \$6.50*

### Wednesday, Oct. 2

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Meatloaf & Mashed Potatoes  
*meatloaf served with mashed potatoes ~ \$6.50*

### Thursday, Oct. 3

**Breakfast:** Biscuits & Gravy

**Lunch:** Turkey Club  
*turkey meat, tomato, & lettuce on wheat bread ~ \$4.50/\$6.50*

### Friday, Oct. 4

**Breakfast:** Waffle or Pancake

**Lunch:** Grilled Cheese & Tomato Soup  
*cheese slices melted on butter-toasted bread ~ \$4.50/\$6.50*

### Saturday, Oct. 5

**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.

<b>SUNDAY</b>	Sept. 29 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour	Chicken Tetrazzini Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Sept. 30 ~ Lunch \$10	Dinner \$12
	<i>Buffet served in Courtyard</i>	<i>Buffet served in Courtyard</i>
<b>TUESDAY</b>	Oct. 1 ~ Lunch \$8	Dinner \$12
	<i>Fajita Bar served in Courtyard</i>	<i>Buffet served in Courtyard</i>
<b>WED.</b>	Oct. 2 ~ Lunch \$10	Dinner \$12
	<i>Buffet served in Courtyard</i>	<i>Buffet served in Courtyard</i>
<b>THURS.</b>	Oct. 3 ~ Lunch \$9	Dinner \$13
	<i>Macaroni &amp; Cheese Bar served in Courtyard</i>	Fried Chicken Breast with Plum Sauce Wild Rice Vegetable du Jour
<b>FRIDAY</b>	Oct. 4 ~ Lunch \$10	Dinner \$13
	Tamale Pie Black Beans Mexican Rice	Pork Tenderloin with Peach Salsa Roasted Potatoes Vegetable du Jour
<b>SAT.</b>	Oct. 5 ~ Lunch \$10	Dinner \$14
	Fried Chicken Wings Pasta Salad Choice of Vegetable	Trout Almondine with Tartar Sauce Swiss & Green Onion Scalloped Potatoes Vegetable du Jour

**DRINK SPECIAL** | **Gin Martini**  
 2 oz. Gin, 1/2 oz. Dry Vermouth, and a Lemon Peel  
**\$3.75**



## Grosh Cinema Movies

Sunday, Sept. 29, to Saturday, Oct. 5, 2019

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

### **Sunday, Sept. 29—Sixteen Candles (1984)**

Samantha's sixteenth birthday should be memorable, but her family is so preoccupied with her older sister's wedding that they completely forget her big day. Meanwhile, Sam tries to catch her crush's eye.

Co-Starring: Molly Ringwald, Michael Schoeffling & Anthony Hall

Rated PG; 1 hr. 33 min.

### **Monday, Sept. 30—The Saint (1997)**

Master thief Simon Templar eludes his pursuers by assuming the names of obscure saints. When a Russian politician hires Templar to steal the formula for cold fusion. Back in Moscow, Templar must decide whether to betray his new love or the madman who's paying him millions.

Co-Starring: Val Kilmer, Elisabeth Shue & Rade Serbedzija

Rated PG-13; 1 hr. 56 min.

### **Tuesday, Oct. 1—Under the Eiffel Tower (2018)**

Stuart is having a mid-life crisis. Desperate for something more in life, he tags along on his best friend's family vacation to Paris, then makes a drastic decision under the Eiffel Tower.

Co-Starring: Matt Walsh, Judith Godreche & Reid Scott

Rated PG-13; 1 hr. 27 min.

### **Wednesday, Oct. 2—Stripes (1981)**

Two friends who are dissatisfied with their jobs decide to join the army for a bit of fun.

Co-Starring: Bill Murray, John Candy & Harold Ramis

Rated R for sexual content & language; 1 hr. 46 min.

### **Thursday, Oct. 3—Time Trap (2017)**

A professor enters a cave and goes missing. Some of his students come looking for him and get trapped in the cave as well. A few seconds in the cave equals a year outside.

Co-Starring: Andrew Wilson, Cassidy Gifford & Brianne Howey

Rated PG; 1 hr. 27 min.

### **Friday, Oct. 4—The Prayer Box (2018)**

With his sister suffering from terminal cancer, a young boy takes it upon himself to get God's attention, answering prayers of members of his church in hopes that God will heal his sister.

Co-Starring: Denise Richards, Reginald Veljohnson & Grant Davidson

Rated G; 1 hr. 43 min.

### **Saturday, Oct. 5—Enough (2002) \*Resident Request**

Abused wife Slim realizes Mitch isn't the wonderful man she thought she married. She and her daughter try to escape, but Mitch pursues them relentlessly. Fearing for her daughter's safety, Slim decides there's only one way out of the marriage.

Co-Starring: Jennifer Lopez, Billy Campbell & Tessa Allen

Rated PG-13; 1 hr. 56 min.

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

# Weekly Opportunities Calendar *Sept. 29 to Sept. Oct. 5*

## Sunday • Sept. 29

*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 MLH Cir.  
 2:00 p.m. ~ Wroten Worship Service, WL  
 2:00 p.m. ~ Meet Kristin Brighton, FHR  
 7:00 p.m. ~ Vespers with Julie Barstow, CR

## Monday • Sept. 30

*Restaurant closed*  
 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  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Oct. 1 *Trash & recycling pick-up*

*Restaurant closed*  
 10:30 a.m. ~ Guided Meditation, GC  
 11:00 a.m. ~ Tap to Togetherness, CR  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, KSU CL  
 12:00 p.m. ~ Kimball Luncheon, WCR  
 2:00 p.m. ~ LifeStory Writing Group, FHR  
 3:00 p.m. ~ Coffee Corner, CR  
 4:00 p.m. ~ Newspaper & Bible, FHR  
 3:30 p.m. ~ Ambassadors Meeting, WCR  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • Oct. 2

*Restaurant closed*  
 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 Partners Supp. Grp, WCR  
 10:00 a.m. ~ Memory Café, FHR  
 10:20 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Sit & Be Fit, CR  
 11:00 a.m. ~ Memory Care Partners Luncheon, FHR  
 11:30 a.m. ~ 1st Men's Club Luncheon, WCR  
 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. ~ Hearing Aid Doctor, FHR  
 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  
 6:30 p.m. ~ Osher Class: World War II, CR

## Thursday • Oct. 3

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

## Friday • Oct. 4

*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  
 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  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 3:30 p.m. ~ Catholic Mass, CR  
 7:00 p.m. ~ Patriotic Journeys: Folds of Honor, CR

## Saturday • Oct. 5

*Manhattan Room—open seating at lunch & dinner*  
 9:30 a.m. ~ Painting for Fun, MCR  
 2:00 p.m. ~ K-State Football Watch Party, GR

### 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