



MEADOWLARK

Messenger

October 10, 2019

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit focused on
supporting people in living their best lives*

Outdoor Encounters

Sharing a common environment requires ecological literacy



submitted by Nathan Bolls

A big topic during our recent “National Climate Week,” was that of “ecological literacy.” The current ecological crisis suggests the necessity for a steep ecological learning curve for all of our world societies, but especially for those of the “industrial belt” that circles the globe north of the equator. This area uses natural resources and produces trash and pollutants at levels that are disproportionate to its percentage of the world’s population. This ecological literacy goal has importance beyond the excessive levels of ease and convenience we have come to feel is our due; beyond greed-level profits; beyond the materialism within which we have allowed ourselves to become trapped—and stunted; and far, far beyond the outmoded notion that we must have dominion over everything.

We do share a common environment with every other living species, but we, to our great peril, seem to make life on our beautiful blue planet all about ourselves, that we are all that matters. Human nature seems bent upon upsetting the delicate balance that the millions of other species in Nature have more-or-less maintained, a balance that—so far--makes Spaceship Earth habitable for us. We must accept that, and act as if we are an integral part of the whole.

Kristin Lin, editor of the blog site “The On Being

Project”, speaking of us as being in an age when the climate crisis is growing in urgency, borrows thoughts from well-known nature writer, Terry Tempest Williams, about how we ended up in this mess. Williams, author of many books, including *Refuge* and *In Response to Place*, argues that “we’re losing a heightened curiosity about—and awareness of our interconnectivity with—the natural world.” She also argues that “we’re losing an ecological literacy” for flora and fauna, even those that occur around our homes—from the migratory behaviors of birds to the life cycle (natural history) of the coyotes we can hear singing most every night on or near our MLH campus.

Editor Lin also borrows from biologist Robin Wall Kimmerer, author of the beautifully written and powerfully insightful work, *Braiding Sweetgrass*. Kimmerer examines the richness that comes from examining the natural world as we might examine ourselves: “Thinking about plants as persons, indeed, thinking about rocks as persons, forces us to shed our idea that the only pace that we live in is the human pace,” she says. “It’s ...very, very exciting to think about what we might learn from them.”

And Lin adds thoughts from acoustic biologist Katy Payne. Payne’s work with both whale and

Outdoor, page 6

Painting—Limited Access

Starting Thursday, Oct. 10, there will be limited access to the West Entrance (near the carports and leading to the Physician's Office). Painters will be in that area from 1:30 to 2:30 p.m.

Vespers Service

Sunday, Oct. 13, at 7 p.m.

The Vespers service will be led by The Deacons of Trinity Presbyterian Church at 7 p.m. Sunday, Oct. 13, in the Community Room. All are welcome.

ARTFul Making

Monday, Oct. 14, 11 a.m.

Meadowlark Memory Program is teaming up with Marianna Kistler Beach Museum of Art for ARTFul Making at 11 a.m. Monday, Oct. 14, in the KSU Classroom.

This session is open to ALL with the desire to spend time each month having fun! Engaging in a creative activity that offers a multitude of health benefits such as, reducing depression and anxiety, creating neural pathways and calming tremors, improving cognition, communication and offering sensory stimulation. Most importantly making art gives you a chance to express your imagination and in this environment it encourages socialization. All supplies are provided free of charge and no prior art experience is required.

Guided Meditation

Tuesday, Oct. 15, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Oct. 15, 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, Oct. 15, at 1 p.m.

Join the Visually Impaired Persons (VIP) Group at 1 p.m. Tuesday, Oct. 15, in the West

Conference Room for a discussion on *Where the Crawdads Sing* by Delia Owens and is available to order as a Talking Book from the Kansas Library. The book code is DB 92245. If you need assistance registering for Talking Books, please call Maggie at (800) 362-0699 ext. 1. All are welcome to join in the discussion, even if you don't have the book!

All-Campus Party

Tuesday, Oct. 15, at 1:15 p.m.

Join Stolzer House as they host German Oktoberfest at 1:15 p.m. Tuesday, Oct. 15, in the Community. The party will feature seasonal snacks, decoration, and games. All are welcome to join in the fun.

Visually Impaired Persons Support Group

Tuesday, Oct. 15, at 2 p.m.

The Visually Impaired Persons Support Group from 2 to 3 p.m. Tuesday, Oct. 15, in the West Conference Room, will be a time for conversations on visual changes of any level and support. At this meeting, we would also like to discuss possible topics and speakers that you may be interested in having at future support group.

Coffee Corner—Special Edition!

Tuesday, Oct. 15, at 3 p.m.

All Meadowlark residents are invited to join a special edition of our weekly Coffee Corner at 3 p.m. Tuesday, Oct. 15, in the Community Room! While you enjoy Peach Cake from Verna Belle's Café, Jayme Minton and Abby Cavender will share about the upcoming Independent Living Expansion Project. All who are interested are invited to attend!

Card Making with Michelle

Wednesday, Oct. 16, at 1:30 p.m.

Join Michelle Lehmer, Housekeeping and Laundry team staff member, for card making at 1:30 p.m. Wednesday, Oct. 16, in the Flint Hills Room. Supplies will be provided for all types of cards.

Parkinson's Webinar

Thursday, Oct. 17, at 11 a.m.

Meadowlark Parkinson's Program is hosting a webinar from the Michael J. Fox Foundation at 11 a.m. Thursday, Oct. 17, in the KSU Classroom. The speakers will discuss what research is finding about marijuana use for Parkinson's disease and

the role of other therapies such as acupuncture and meditation. All who are interested are welcome to attend.

Coffee Connections

Friday, Oct. 18, at 10 a.m.

Miller Place residents invite all residents and friends of Meadowlark to stop by for some coffee and conversation Friday, Oct. 18, 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!

AARP Safe Driving Course

Friday, Oct. 18, at 1 p.m.

Meadowlark will be hosting Michael Ide to lead an AARP Safe Driving course at 1 p.m. Friday, Oct. 18, in the KSU Classroom. Cost for the course is \$15 for AARP Members and \$20 for non-members. Please sign up in the Blue Book at the Hospitality Desk and registration fee can be paid the day of the class. For questions, contact Michael Ide at (816) 520-6823.

Presentation by James Kenyon

Friday, Oct. 18, at 7 p.m.

Meadowlark is excited to welcome James Kenyon at 7 p.m. Friday, Oct. 18, in the Community Room. James is a veterinarian, author and public speaker. He is a Kansas State University Graduate and author of *The Art of Listening to the Heart, A Cow For College, and The Golden Rule Days*.

He will present on former Iowa & Kansas high schools and his experience with Alaska on the Iditarod Trail. From every county in Kansas, high schools closed in the last 100 years. This history will be shared with a story from each county.

James will also share the story of three Kansas veterinarians who participate annually on the Iditarod Trail. This is named the Last Great Race which is a 1,000-mile dogsled race from Anchorage to Nome, Alaska on the Bering Sea. All are welcome to attend.

Hale Library Concert Series

Friday, Oct. 18, at 7:30 p.m.

The first concert of the 2019-2020 Hale Library Concert Series is a harpsichord concert performed by Dr. Donald Livingston, an alum of K-State, at 7:30 p.m. Friday, Oct. 18, at the First Congregational Church. A reception will follow the

concert. Transportation will depart from the Village Entrance at 7 p.m. Please sign up in the Blue Book at the Hospitality Desk. Meadowlark is a sponsor of the Hale Library Concert Series. For more information about the concert, contact Darchelle Martin at (785) 532-7442 or martin05@ksu.edu.

K-State Football Watch Party

Saturday, Oct. 19, at 1 p.m.

K-state welcomes back former KSU quarterback Alex Delton and the TCU Horned Frogs Saturday, Oct. 19. Come hang out in the Game Room to cheer on the cats with friends and refreshments will be served at 1 p.m. Kick-off is at 1:30 p.m. Go State!

Memorial Service for Fred Sobering

Saturday, Oct. 19, at 2 p.m.

All friends are invited to attend a memorial service for Fred Sobering. The service will begin at 2 p.m. Saturday, Oct. 19, in the Community Room.

Jamboree Daycare- New Time!

Tuesday, Oct. 22, at 3 p.m.

We will be trying out a new timeframe for our October visit to Jamboree Daycare. We will be going from 3 to 4 p.m. Tuesday, Oct. 22. This visit will be Halloween themed, so feel free to wear a costume! Time for snacks, crafts, and singing with the little ones will be part of the outing, and transportation will be provided. Please sign up by Oct. 18 in the Blue Book at the Hospitality Desk, if you are interested in attending.

6th Annual HOGtoberfest

Thursday, Oct. 24, from 11 a.m. to 9 p.m.

Circle your calendars for a day of Food, Friends, and Fundraising 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 6th annual HOGTOBERFEST.

Food specials 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 addition to the meats, both buffets will Added nods to German Oktoberfest tradition will

be polka music and beer tasting.

In addition to the day's proceeds, you have chance to win some cash yourself! Tickets for the 50/50 raffle are \$5 each, and may be purchased at the Hospitality Desk, at Verna Belle's Cafe or from Meadowlark's board members.

Transportation will be provided to and from the event for lunch and will depart at 11 a.m. and for dinner at 5 p.m. Please sign up at the Blue Book at the Hospitality Desk.

Employee Gift Fund

submitted by IL Resident Council

You have previously read many reasons to contribute to the Employee Gift Fund. Gifts must be turned in to the Hospitality Desk by Friday, Nov. 1. Times flies and we tend to delay until later. If you have planned to but have not sent a gift, please do so today! Gifts of any value are appreciated. Your gift is NOT tax deductible.

Part D Open Enrollment

submitted by Rita Harsch, Financial Counselor

Time is fast approaching for you to sign up to reserve your time slot to review your Part D 2020 prescription plan with the North Central Flint Hills Area Agency on Aging. Please sign up in the Blue Book at the Hospitality Desk to reserve your time on Tuesday, Oct. 29. Please bring with you a list of your current medication, copies of your new Medicare card and current Part D insurance card.

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.

For questions, contact Rita Harsch at (785) 323-3891, or by stopping by the Finance Office.

Town Hall Meeting Notes

Notes from Town Meeting led by Monte Spiller, Resident Services Leader, on Oct. 7.

Welcome & Introduction Monte welcomed everyone to the October meeting.

Campus Update Lonnie Baker shared renderings [see on page 5] for the Kitchen Renovation and Restaurant Expansion. Some features of the new space will include an open concept that can accommodate up to 200 people with stunning 14-

feet windows along the outside walls, and a private room for floor suppers. Construction has been moving along quickly and is expected to be completed by June 2020. Some staff have been relocated due to the renovation. Kristen Martin will now be in Bramlage House, Abby Cavender and Doug Fiser will now be in their new Sales office located on the second floor. The Monarch Tower will be located where the current Meadowlark Market, garden, and one other Meadowlark Rd. duplex is located. This construction will be starting no earlier than 2021. The Monarch will include an underbuilding parking, as well as three stories of independent living apartments.

Foundation Update Becky Fitzgerald and her special guest Happy Hog informed us on our 6th annual Hogtoberfest. Thursday, Oct. 24, at Cox Brothers BBQ. All proceeds will be going to the Good Samaritan Fund. This years HOG & Kisses contestants were 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. Currently our leader for the HOG & Kisses is Jim Morrison with Rick Pfeifley in second place. Becky also informed us of two more market dates for this year, Oct. 25, and Nov. 22 will be open from 10 a.m. to 5 p.m. The Market has brought in about \$30,000 since starting in March.

Fitness Services Update Jeff let us know that there is still time to Walk to Wamego. Walking around the Courtyard a total of 255 laps will get you a shirt! Once you have completed walking to Wamego, the next destination is Abilene which is 645 laps and comes with another prize. After walking to Abilene, the next location is Lindsborg which is 92 miles away totaling out to 1,183 laps around the Courtyard. The total laps walked by all that are participating is 3,424 laps which is 228 miles! If you want to be a part of that ending total do not worry, there is still time to start walking!

Community Relations Update Sarah Duggan informed us about some exciting changes being implemented at Meadowlark. As you have been going to Verne Belle's you will notice the Swag

Shop which features Live Your Way gear, including t-shirts, jackets, coffee cups, water bottles, and duffle bags.

A class is available as a blended course that focuses on the basics of Dementia, how to care for someone with these memory changes, how to communicate with individuals that are going through memory loss, and available resources. This is a 6-week long course and there are still four spots left! To get more information, contact Sarah at (785) 323-3878. Lastly, the website will be having a new look in the next month. Some new features include a career website that has spotlights on individuals who work here. So, make sure to watch out for new things coming here at Meadowlark. Live Your Way!

Personhood & Dementia Katie Sigman shared information about the 7th annual Personhood and Dementia event Nov. 7, at the Bluemont Hotel. There will be two different times available to attend, from 9 to 11 a.m. and another from 1 to 3 p.m.

Employee Gift Fund Update Jo Lyle let us know that the IL Resident Council is currently collecting contributions to the Employee Gift Fund. This is not a tax deductible gift and is given to our employees here at Meadowlark once a year.

Voter Registration Update Barbara Rees informed us to get registered to vote by Tuesday Oct. 15. If you have any questions contact Kay Shanks at (785) 770-5054.

Events Monte reviewed the upcoming events for October.

IL Resident Council Minutes, Sept. 9, 2019

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

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

Introductions

With several recent new members, the Council took the opportunity to introduce themselves, including board members and staff.

Updates

General Update: Lonnie shared that construction for the kitchen is going very well. The renovation of the



existing kitchen space will most likely occur in late April or early May, which will include a 3-week shutdown. In efforts to keep things running normal as possible, Verna Belle's will be open for breakfast, lunch and dinner and additional buffet options will be made available during this down period.

Lonnie reminded members, whenever there is so much construction and changes, there tends to

be a different feel around campus. We have to make sure we don't lose sight of the enjoyment of life and understand that the inconveniences that come with the construction are temporary. We ask that residents just communicate with staff.

As part of our Long Range Plan, we look to add more parking next summer.

Support Services Update: Jayme thanked residents for their patience with Prairie Star's staff as they are going through transitions. The kitchen renovation will help tremendously with efforts to provide a better dining experience as well as some permanent changes with staff. Erin Hildreth was hired as the Assistant Manager and her official start date is Sept. 24.

Along with the renovation changes to Prairie Star, there will also be menu changes to include smaller portion lunch options, as well as Sunday Brunch. The staff will be getting new uniforms allowing a casual feel at lunch and more formal uniform for dinner. In the evening, the bartender can take orders from the Courtyard bar and the food will be delivered to you in the Courtyard at no additional cost.

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

New Business

Each council members was given copy of a tentative ILRC bylaws. Jo requested volunteers to form a committee to review the bylaws. The committee will consist of Jo Lyle acting as chair, along with Bob Kruh and Charlotte Kelly as members. Monte Spiller formally welcomed Carolyn Pulford as the new Tuttle Creek Neighborhood Representative.

Old Business

Bob Crawford reported on the Board of Trustees meeting that was held on Aug. 29, 2019. The meeting was called to order by Chairwoman Dr. Carol Shanklin. The Finance Committee requested and the Board approved adoption of the Annual Audit which found Meadowlark to be in sound financial condition and in compliance with all accounting rules.

Lonnie Baker reported that Meadowlark staff will be leading a new online course in caregiving for loved ones with Dementia in cooperation with UFM and K-State Global Campus. The Meadowlark Parkinson's program has been

extended to Junction City and Meadowlark Home Health admissions continue to grow.

The Board received a briefing from the team of consultants, architects and contractors that has been created to lead the development of two major projects, including the construction of a new IL residential structure and the development of the new wellness center. Reporting for the Foundation, Chairperson Lisa Sisley stated that the foundation revenues and returns from investments remain very strong.

Pam Oehme reported on behalf of the Employee Gift Committee. Letters have been sent out to residents, passport members and home health clients as well this year.

Additional Discussion Topics

There was a motion to move the Dec. 2, meeting to Dec. 9, due to the Meadowlark Traveler's trip. The motion was moved and passed. December's ILRC meeting will take place Monday, Dec. 9.

Vee Mechsner will be moving into 1200 Meadowlark Circl soon and we do have strong interest for 1220 and 1204. We are considering using 1220 as office space for the sales team during construction, potentially moving Abby and Doug to the cottage. Kudos was given to Tom Barcellina and Michele Riter for doing a wonderful job up front.

Meeting adjourned

Outdoor, from page 1

elephant communication constantly reminds her of the many ways that other species can do things we can't. Both species make sounds at frequencies we can't pick up—and that is just the tip of the human-deficiency iceberg!

Lin also makes the observation, from the work of all three authors mentioned, that the human, if truly tuned in, must feel a humility about humanity's role in all of this. She wonders "if it's the same kind (of humility) we may need to hold closer as we're faced with the climate crisis—a reminder that we are not the only ones who inhabit this earth."

I'm continually amazed at the depth of some examples of ecological illiteracy that I've met. I recall the Q & A period many years ago after a talk

I had been asked to give about poisonous plants before a group of young parents. One parent exuded a fear of “any animal that comes into my backyard!” This person undoubtedly had no idea of any good that any of those “visitors” did, of how dangerous they really were (very few), of how to prevent dangerous contact if necessary (rarely so), or of why we even should work to keep those species alive. Enter the mindset of just label all of them as bad if in our way, and spray the lot.

To our great detriment, examples of a serious lack of knowledge about, and appreciation for, the valuable roles that species play in their ecological corners of the world (this includes us) are much more the norm rather than the exception.

Our own MLH Natural Area and trails, so close and convenient—and free from the threat of development—could, and should, be used as one tool for enriching our own ecological literacy. We don’t have to become scientists, neither biologists nor ecologists, nor even serious birders. Outdoor watching and learning—and gaining true appreciation—is a personal, healthful gift that keeps on giving.

Experts say that we are fast approaching (some say we’ve passed) the tipping point in our ecological crisis: that point when lifestyle revisions already should have occurred, when we already should have faced honestly the ecological costs of our drives for ease of life, for material things, for greed-level incomes. The time certainly has come for serious debates about limits on some aspects of our lives, for sincere acceptance of the need for some personal sacrifice. But, to appreciate the need for these changes, we must gain a true appreciation for the complexity, value, and sacredness of ecological relationships—and of our place in the mix. We can achieve ecological wisdom, or we can fail. If we fail, all else will be folly.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Oct. 13

Breakfast: Omelets with Fruit

Monday, Oct. 14

Breakfast: Biscuits & Gravy

Lunch: Meatball Sandwich & Side
meatballs & marinara sauce on a hotdog bun
~\$4.50/\$6.50

Tuesday, Oct. 15

Breakfast: Breakfast Sandwich with Fruit

Lunch: Tuna Salad Sandwich & Side
tuna, mayo, celery, hard boiled eggs, & pickle relish mixed together on white bread ~\$4.50/\$6.50

Wednesday, Oct. 16

Breakfast: Breakfast Burrito & Fruit

Lunch: Chicken & Noodles over Mashed Potatoes
chicken in a smooth chicken gravy with egg noodles served over creamy mashed potatoes ~\$4.50/\$6.50

Thursday, Oct. 17

Breakfast: Biscuits & Gravy

Lunch: Sloppy Joes
ground beef in tomato sauce on a bun served with chips ~\$4.50/\$6.50

Friday, Oct. 18

Breakfast: Waffle or Pancake

Lunch: Fish Sticks & Mac n' Cheese
fish sticks served with creamy mac n' cheese with tater tots ~\$4.50/\$6.50

Saturday, Oct. 19

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	Oct. 13 ~ Lunch \$13	Dinner \$12
	Braised Brisket <i>with Wild Mushroom Sauce</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour	Baked Ham <i>with Maple Glaze</i> Mashed Sweet Potatoes Vegetable du Jour
MONDAY	Oct. 14 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich French Fries Coleslaw	Chicken Marsala Wild Rice Vegetable du Jour
TUESDAY	Oct. 15 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
WED.	Oct. 16 ~ Lunch \$10	Dinner \$13
	Grilled Ham & Cheese Tomato Soup	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Oct. 17 ~ Lunch \$8	Dinner \$13
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Salmon Farfalle <i>with Sundried Tomato Sauce</i> Garlic Toast Vegetable du Jour
FRIDAY	Oct. 18 ~ Lunch \$10	Dinner \$13
	Baked Orange Roughy Rice Pilaf Vegetable du Jour	Beef Stroganoff & Noodles Vegetable du Jour
SAT.	Oct. 19 ~ Lunch \$10	Dinner \$15
	Pulled Pork Sandwich French Fries Coleslaw	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL	Bourbon Buck
	2 oz. Bourbon & 5 oz. Ginger Ale
	\$3.75

Grosh Cinema Movies

Sunday, Oct. 13, to Saturday, Oct. 19, 2019

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

Sunday, Oct. 13 — Tall Girl (2019)

Jodi, the tallest girl in her high school, has always felt uncomfortable in her own skin. But after years of slouching, being made fun of, and avoiding attention at all costs, Jodi finally decides to find the confidence to stand tall.

Co-Starring: Ava Michelle, Griffin Gluck, & Sabrina Carpenter

Rated: PG; 1 hr. 41 min.

Monday, Oct. 14— Rudy (1993) **Resident Request*

Rudy has always been told he was too small to play college football. But he is determined to overcome the odds and fulfill his dreams of playing for Notre Dame.

Co-Starring: Sean Astin, Jon Favreau, & Ned Beatty

Rated PG; 1 hr. 54 min.

Tuesday, Oct. 15— Ocean's 13 (2007)

Danny Ocean rounds up the boys for a third heist, after casino owner Willy Bank double-crosses one of the original eleven, Reuben Tishoff

Co-Starring: George Clooney, Brad Pitt, & Matt Damon

Rated PG-13: 2 hr. 2 min.

Wednesday, Oct. 16— John Wayne's The Trail Beyond (1934)

Rod Drew hunts for a missing girl and finds himself in a fight over a goldmine as well.

Co-Starring: John Wayne, Noah Beery, & Verna Hillie

Rated Approved; 55 min.

Thursday, Oct. 17 — The Bookshop (2017)

England 1959. In a small East Anglian town, Florence Green decides, against polite but ruthless local opposition, to open a bookshop.

Co-Starring: Emily Mortimer, Bill Nighy, & Hunter Tremayne

Rated PG; 1 hr. 53 min.

Friday, Oct. 18 — October Sky (1999)

The true story of Homer Hickman, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

Co-Starring: Jake Gyllenhaal, Chris Cooper, & Laura Dern

Rated PG; 1 hr. 48 min.

Saturday, Oct. 19 — The Pursuit of Happyness (2006)

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.

Co-Starring: Will Smith, Thandie Newton, & Jaden Smith

Rated PG-13; 1 hr. 57 min.

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

Weekly Opportunities Calendar Oct. 13 to Oct. 19

Sunday • Oct. 13

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 Trinity Pres. Deacons, CR

Monday • Oct. 14

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
11:00 a.m. ~ ARTful Making, KSU CL
11:30 a.m. ~ Meadowlark Valley Luncheon, MR
12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
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
4:00 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 15 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

10:30 a.m. ~ Guided Meditation, GC
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, KSU CL
1:00 p.m. ~ VIP Book Club, WCR
1:15 p.m. ~ All-Campus Party, CR
2:00 p.m. ~ VIP Support Group, WCR
2:00 p.m. ~ LifeStory Writing Group, FHR
3:00 p.m. ~ Coffee Corner, CR
5:30 p.m. ~ 2nd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

Wednesday • Oct. 16

Manhattan Room—open seating at dinner only

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, FHR
12:00 p.m. ~ Yoga, KSU CL
1:00 p.m. ~ Pitch, GR
1:30 p.m. ~ Card Making with Michelle, FHR
3:00 p.m. ~ Rock Steady Boxing, CSC
3:00 p.m. ~ Rock Steady Boxing, KSU CL
3:00 p.m. ~ Ice Cream Social, CY/VB
6:30 p.m. ~ Osher Class: World War I, CR

Thursday • Oct. 17

Manhattan Room—open seating at lunch only

8:00 a.m. ~ Apple Technology Help Lab, KR
8:30 a.m. ~ Messenger Team, 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: From Spurs to Silver Screen, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Oct. 18

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
11:00 a.m. ~ Depart for Ogden Reading, VE
12:30 p.m. ~ Mending Angel, GR
1:00 p.m. ~ AARP Safe Driving Course, KSU CL
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
1:15 p.m. ~ Depart for Ogden Reading, VE
3:00 p.m. ~ Rock Steady Boxing, CSC
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ Presentation by James Kenyon, CR
7:00 p.m. ~ Depart for Hale Concert Series, VE

Saturday • Oct. 19

Manhattan Room—open seating at lunch only

9:30 a.m. ~ Painting for Fun, MCR
1:00 p.m. ~ K-State Football Watch Party, GR
2:00 p.m. ~ Memorial Service for Fred Sobering, 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*