

Thank You to Donors & Volunteers!

Meadowlark Ambassadors hosted a successful clothing drive for local organizations



submitted by Jana Armfield

About 25 boxes full of shirts, pants, shorts, and dress wear were donated during the Annual Ambassador's Clothing Drive on Tuesday, Oct. 8. Meadowlark Ambassadors were on hand to help sort and package clothing. They helped streamline the donation and drop off process, and make it a success! Many residents, staff, and community members stopped by with a contribution. The Flint Hills Room was covered in cloth and cardboard!

Donated items were given to both the Encore Shop and the Career Closet at K-State. The Encore Shop is a ministry of St. Paul's Episcopal Church. K-State's Career Closet is for students in need of business professional clothing. Students may receive items for free or are encouraged to



[above, from left to right] Alice Howard, Janice Parsons, Betty Grubb, Vicky Auman, Ruth Todd, Sue Hunt, and Janet Anders were a few of the Ambassadors who were present that day.



give a donation that benefits the Manhattan Emergency Shelter. Thank you to all who donated! Manhattan community members and students at K-State will greatly benefit from the donations.

Vespers Service

Sunday, Oct. 20, at 7 p.m.

The Vespers service will be Message in Music led by the Trinity Presbyterian Choir at 7 p.m. Sunday, Oct. 20, in the Community Room. All are welcome.

Change & Loss Support Group

Monday, Oct. 21, at 2 p.m.

Join Bridget Larkin, MSW and Chaplain Patty Brown-Barnett as they lead the Change and Loss Support Group at 2 p.m. Monday, Oct. 21, in the Flint Hills Room. The group 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.

Presentation by Dr. Mondero

Tuesday, Oct. 22, at 10 a.m.

Meadowlark welcomes Dr. Nick Mondero at 10 a.m. Tuesday, Oct. 22, in the KSU Classroom for a presentation on eye health and available services at his practice, Epic Vision. The current practice in Manhattan opened in July 2018. Dr. Mondero is originally from Ness City, KS. He completed his undergraduate work at Southwestern College in Winfield, KS, where he received a Bachelor of Science in Biology. He then attended Northeastern State University Oklahoma College of Optometry in Tahlequah, OK. He has special interest in specialty contact lenses, ocular disease and likes treating Dry Eye Syndrome. This is open to residents and employees who are interested in attending.

Coffee Corner

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

Join us for a weekly social hour for Coffee Corner at 3 p.m. Tuesday, Oct. 22, in the Community Room. Verna Belle's featured dessert will be an Apple Snicker Dessert. All are invited to attend!

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.

Trip to the Beach Museum

Wednesday, Oct. 23, at 10 a.m.

Meadowlark Memory Program is partnering with the Marianna Kistler Beach Museum for a day at the museum Wednesday, Oct. 23. This trip will include an interactive session at the exhibits and a walk around the museum's garden.

Transportation will be provided and departs from the Village Entrance at 10 a.m. Please sign up in the Blue Book at the Hospitality Desk. Space is limited, but all who are interested are welcome to attend.

Diabetic Support Group

Wednesday, Oct. 23, at 1:30 p.m.

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, Oct. 23, in the West Conference Room. The guest speaker will be Kara Bergman, RPh, a pharmacist from Barry's Drug Center. All who are interested are welcome to attend.

6th Annual HOGtoberfest

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

Join us 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 and donate 10-percent of that day's proceeds to the Good Samaritan Fund.

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. The HOG & Kisses competition winner will be announced at 6 p.m. Don't miss the smooch!

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 Café, from Meadowlark's board members, or at the event.

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.

Coffee Connections

Friday, Oct. 25, at 10 a.m.

Miller Place residents invite all residents and friends of Meadowlark to stop by for some coffee and conversation Friday, Oct. 25, 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!

Ogden Reading Program

Friday, Oct. 25, at 11 a.m. & 1:15 p.m.

Are you signed up to be a reading volunteer? The first session will depart from the main entrance at 11 a.m. Friday, Oct. 15, from the Village Entrance and arrive back at Meadowlark around 2 p.m. The second session of volunteers will depart from the main entrance at 1:15 p.m. and will return around 3:45 p.m. For questions, please call Jana Armfield at (785) 323-3890.

Parkinson's Partner Luncheon

Friday, Oct. 25, at 12 p.m.

Enjoy a relaxing lunch at noon Friday, Oct. 25, in the Manhattan Room. Please sign up in the Blue Book at the Hospitality Desk by Monday, Oct. 21. The lunch buffet will cost approximately \$11 to \$13 per person.

Performance by Emily Stillwell

Friday, Oct. 25, at 7 p.m.

Back by request, we are happy to have Emily Stillwell perform at 7 p.m. Friday, Oct. 25, in the Community Room. Emily is a jazz, folk singer-songwriter from Atlanta. Her repertoire ranges from classical piano to jazz standards and down-home blues greats of the 20's and 30's. All are welcome!

Fellowship Hour

Saturday, Oct. 26, at 10 a.m.

Join volunteers, Jerry and Naketa Lawrence, from 10 to 11:30 a.m. Saturday, Oct. 26, in the KSU Classroom for Fellowship Hour. This will be a time of fellowship, singing, and reading of the Psalms. You will have an opportunity to share your favorite Psalm to be read aloud. You can also sing along with them as they sing hymns. Jerry and Naketa have decided to relocate to Kansas for ministry and love to give back by way of serving others. They look forward to meeting everyone very soon! Refreshments will be served.

K-State Football Watch Party

Saturday, Oct. 26, at 10:30 a.m.

K-State plays at home this week against the Oklahoma Sooners Saturday, Oct. 26. Come hang out in the Game Room to cheer on the Wildcats. Refreshments will be served at 10:30 a.m.. Kick-off is at 11:00 a.m. Go State!

Bocce Ball Tournament

Monday, Oct. 28, at 3 p.m.

Come and enjoy the beautiful fall weather, and join members from the K-State Women's Soccer Team for an exciting game of Bocce Ball! Interested residents will be paired with a student athlete to play in the Bocce Ball tournament. The top three teams will receive a special prize!

This event will be held from 3 to 5 p.m. Monday, Oct. 28, in the Courtyard. Refreshments will be provided. The first ten residents to sign up will secure a spot and partner in the tournament. Sign ups for the ten slots will be located in the Blue Book at the Hospitality Desk and will close on Wednesday, Oct. 23.

Mindful Connections Series

Tuesday, Oct. 29, at 5:30 p.m.

Mindful Connections is an educational opportunity to learn about topics related to Alzheimer's disease and other forms of dementia while building meaningful connections with others affected by the disease.

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Events, from page 3

This session's topic is "End of Life Matters" and will take place from 5:30 to 6:30 p.m. Tuesday, Oct. 29, in the Community Room.

Conversations about the end of life are difficult, but very important. This presentation will help attendees become more comfortable with the topic by providing information about advance care planning.

A panel of speakers will include Heather Sloan, APRN, Megan Chase, RN & Clinical Coordinator, and Care Partners. All who are interested are welcome to attend.

Halloween Trick-or-Trick Carnival

Thursday, Oct. 31, at 5 p.m.

Ghouls, ghosts, and monsters- oh my!

Meadowlark's is hosting their 2nd annual Trick-or-Treat Halloween Carnival on Thursday, Oct. 31, from 5 to 7 p.m. throughout the Community Center. This free family-friendly event will include an abundance of games, food, prizes and trick-or-treating.

Appetizers will be served in the Courtyard from 5 to 7 p.m. Prairie Star Restaurant will be closed at 2 p.m. to prepare for the event.

Last year, close to 400 community members celebrated this special event with us! In order to make this year's event bigger and better, we need your help! We are looking for volunteers to help facilitate carnival games such as witch hat ring toss, pumpkin plink-o, and ghoulish golfing, pass out prizes, and act as greeters. If this sounds like something you are interested in, please contact Jana, Volunteer Coordinator, at (785) 323-3890.

We All Scream For Ice Cream!

Unfortunately, some of us are screaming about ice cream because of a problem... Call Hall on K-State's campus usually provides our tasty selection for Ice Cream Social on Wednesday's at 3 p.m. Due to a machine malfunction at the dairy bar, they are unable to serve us. Don't worry! We will still hold Ice Cream Social Wednesday's at 3 p.m. in Verna Belle's Café.

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

The last day to sign up for Part D Open Enrollment is Oct. 22. The enrollment sessions will be Tuesday, Oct. 29. Please sign up in the Blue Book at the Hospitality Desk.

Please bring with you a list of your current medications, 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.

*Celebrate 88
with Polly Ferrell*

Sunday, Oct. 27
from 2 to 4 p.m.
Community Room

Why 88?

Forwards—Backwards
Upside Down—Right Side Up
It is a time of endless
possibilities!

There's Nothing Like It

submitted by Michele Riter

"When yellow leaves, or none, or few, do hang."

I believe this quote from one of Shakespeare's sonnets describes the season of fall perfectly, especially in Kansas.

Some trees stay green, show yellow and brown hues, or drop their leaves without any chance to become a new color. First, a pigment of chlorophyll—shades of green, fades to carotenoid—yellow, orange and brown. The luckiest of trees have leaves that hang like red rubies against the blue, autumn sky.

Growing up, I lived next to a neighborhood city park. Every year, the same tree was the first to start changing colors. Sometimes even in the middle of September if the air turned brisk early. All of a sudden, a bright yellow. Then a shade of orange that you knew was about to be something special. Finally, before falling to the ground, a radiant red.

Autumn officially lasts three months on the calendar, September through November, but it seems to be shorter as the changing colors fade as quickly as they appear.



As the leaves make an instinctive change, people often feel inspired to initiate their own changes. A new path in a career. Perspectives on relationships. Lifestyle and health choices. Change is the only constant in our lives, so take the time to embrace it.

The fall season alludes to a different motivation than the springtime, where we feel energized to de-clutter after a winter's hibernation. We may instead feel a need for reflection and growth since the year is coming to an end. Just as we stoke the fire on a chilly evening and it starts to glow, we are illuminated of the choices we make.

This time of year has a charming feel and there's nothing like it.



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. 20

Breakfast: Omelets with Fruit

Monday, Oct. 21

Breakfast: Biscuits & Gravy

Lunch: Salisbury Steak & Potatoes
beef patty smothered in homemade brown mushroom gravy served with scalloped potatoes
~\$6.50

Tuesday, Oct. 22

Breakfast: Breakfast Sandwich with Fruit

Lunch: Goulash
ground beef, tomato sauce & cheese ~\$6.50

Wednesday, Oct. 23

Breakfast: Breakfast Burrito & Fruit

Lunch: Bacon Ranch Chicken Casserole
bacon mixed with chicken & ranch seasoning
~\$6.50

Thursday, Oct. 24

Breakfast: Biscuits & Gravy

Lunch: Stuffed Peppers Casserole
peppers stuffed with ground beef, cheese & mixed with an egg batter ~\$6.50

Friday, Oct. 25

Breakfast: Waffle or Pancake

Lunch: Tater Tot Casserole
ground beef & veggies mixed in a creamy mushroom sauce topped with tater tots & cheese ~\$6.50

Saturday, Oct. 26

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. 20 ~ Lunch \$12	Dinner \$11
	Cornflake & Ranch Baked Chicken Loaded Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Oct. 21 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	Oct. 22 ~ Lunch \$7	Dinner \$11
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Scalloped Potatoes Vegetable du Jour
WED.	Oct. 23 ~ Lunch \$10	Dinner \$12
	Ham Loaf Roasted Fingerling Potatoes Choice of Vegetable	Ranch Pork Chops Roasted Fingerling Potatoes Vegetable du Jour
THURS.	Oct. 24 ~ Lunch \$7	Dinner \$14
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp Scampi Linguini Pasta Vegetable du Jour
FRIDAY	Oct. 25 ~ Lunch \$10	Dinner \$12
	Chicken ala King Rice Vegetable du Jour	Chicken Cordon Bleu <i>with Supreme Sauce</i> Wild Rice Vegetable du Jour
SAT.	Oct. 26 ~ Lunch \$10	Dinner \$14
	BBQ Wings French Fries Coleslaw	Grilled Salmon <i>with Dill Sauce</i> Twice Baked Potato Vegetable du Jour

DRINK SPECIAL | **White Russian**
 2 oz. Vodka, 1 oz. Kahlua, & 1/2 oz. Heavy Cream served over ice
\$3.75

Grosh Cinema Movies

Sunday, Oct. 20, to Saturday, Oct. 26, 2019

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

Sunday, Oct. 20—Halloweentown (1998)

Aggie wants to start Marnie's witch training before her 13th birthday or Marnie will lose her powers forever. Something dark & evil is growing in Halloweentown.

Co-Starring: Debbie Reynolds, Kimberly Brown, & Judith Hoag

Rated: G; 1 hr. 24 min.

Monday, Oct. 21—Precious (2009)

In New York City's Harlem circa 1987, an overweight, abused, illiterate teen who is pregnant with her second child is invited to enroll in an alternative school in hopes that her life can head in a new direction.

Co-Starring: Gabourey Sidibe, Mo'Nique, & Paula Patton

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

Tuesday, Oct. 22—All About Eve (1950) **Resident Request*

An ingénue insinuates herself into the lives of an established but aging stage actress and her circle of theater friends.

Co-Starring: Bette Davis, Anne Baxter, & George Sanders

Rated NR; 2 hrs. 18 min.

Wednesday, Oct. 23—Kill the Irishmen (2011)

The true story of Danny Greene, an impoverished but charismatic young Irish-American who rises to power as president of the longshoreman's local union and is charged with corruption.

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

Rated R for violence & language; 1 hr. 46 min.

Thursday, Oct. 24—Falling Inn Love (2019)

When city girl Gabriela spontaneously enters a contest and wins a rustic New Zealand inn, she teams up with bighearted contractor Jake Taylor to fix and flip it.

Co-Starring: Christina Milian, Adam Demos, & Jeffrey Bowyer-Chapman

Rated PG; 1 hr. 38 min.

Friday, Oct. 25—The Phantom of the Opera (2004)

A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House.

Co-Starring: Gerard Butler, Emmy Rossum, & Patrick Wilson

Rated PG-13; 2 hrs. 23 min.

Saturday, Oct. 26—Eat Pray Love (2010)

Realizing how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

Co-Starring: Julia Roberts, Javier Bardem, & Richard Jenkins

Rated PG-13; 2 hrs. 13 min.

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

Weekly Opportunities Calendar Oct. 20 to Oct. 26

Sunday • Oct. 20

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. Choir, CR

Monday • Oct. 21

Manhattan Room—open seating at lunch only

- 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, KSU CL
- 4:00 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 22 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

- 10:00 a.m. ~ Presentation by Dr. Mondero, KSU CL
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, KSU CL
- 3:00 p.m. ~ Coffee Corner, CR
- 3:00 p.m. ~ Depart for Jamboree Day Care Visit, VE
- 5:30 p.m. ~ 3rd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Oct. 23

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. ~ Trip to Beach Museum, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Diabetic Support Group, WCR
- 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
- 3:00 p.m. ~ Unitarian Universalist Fellowship, FHR
- 5:30 p.m. ~ 1st Floor Supper, CR

Thursday • Oct. 24

Manhattan Room—open seating at lunch & dinner

- 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. ~ Depart for HOGtoberfest Lunch, VE
- 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
- 5:00 p.m. ~ Depart for HOGtoberfest Dinner, VE

Friday • Oct. 25

Manhattan Room—open seating at dinner only

- 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
- 11:00 a.m. ~ Depart for Ogden Reading, VE
- 12:00 p.m. ~ Parkinson's Partner Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ PD Care Partner Support Group, FHR
- 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
- 7:00 p.m. ~ Performance by Emily Stillwell, CR

Saturday • Oct. 26

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:00 a.m. ~ Fellowship Hour, KSU CL
- 10:30 a.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*