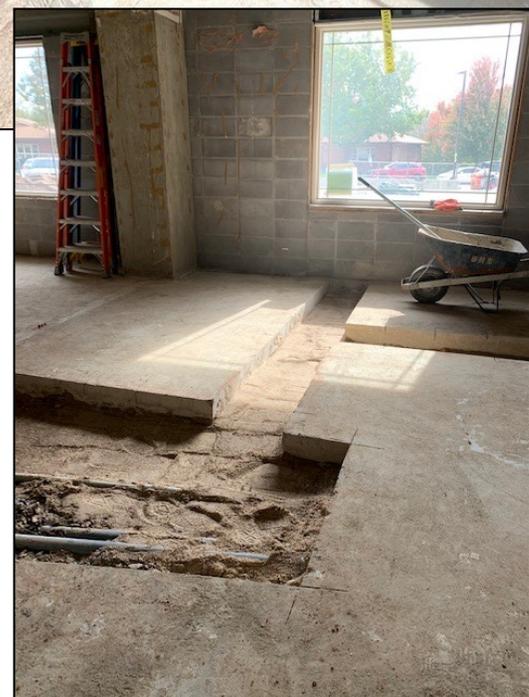
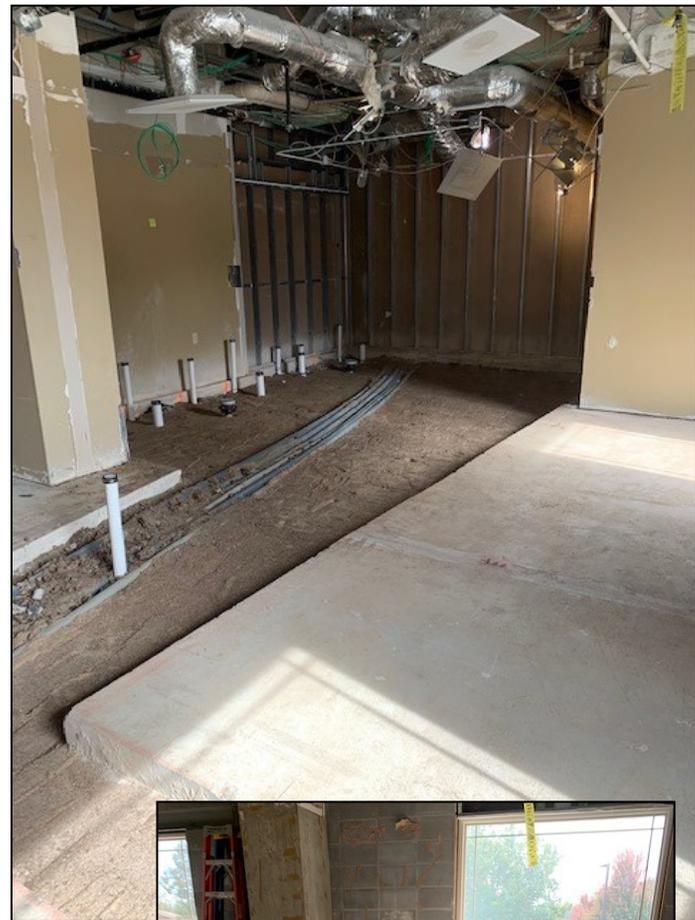


## Behind the Curtain

*Continued progress on Meadowlark's current renovation & expansion project*



*by Sarah Duggan*

It may seem like not much progress has been made in the past week or so on the Kitchen Renovation and Restaurant Expansion project, but there has been a lot of behind the scenes work happening! After a literal re-structure of the steel plan, our new steel order was placed and our construction crew expects to receive the steel and begin installing and erecting it the week of Oct. 28. Meadowlark residents, employees, and visitors will see the addition take shape above the new concrete pad where our the Prairie Star Restaurant patio was previously located.

The crew plans to work diligently through the holiday season on the project with the hope of finishing Phase One by the end of January 2020. The next phase will be construction of the new restaurant kitchen. Cross your fingers that we can get the building built and closed in before any major weather delays!

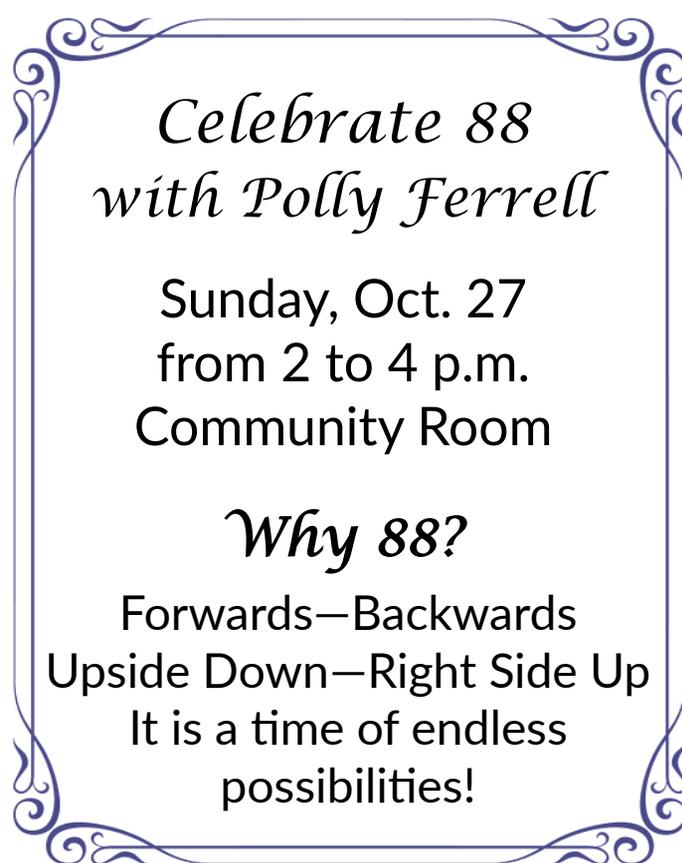
### **Parking Lot Work & Closings**

The West parking lot will be getting a new asphalt coating on Saturday, Oct. 26, and Sunday, Oct. 27. The work will be from the Maintenance Shop to the lower Bramlage House entrance (by the Bayer Pond trail entrance). On Saturday, there will be no parking on the southern half from the Maintenance Shop to the West entrance circle drive. On Sunday, there will be no parking from the West entrance going north to the lower Bramlage entrance. This will not affect parking stalls or visitor parking at Bramlage House.

### **Military Service Donations**

If you take a look into the West Conference Room, at the end of the main Community Center hallway, you will notice a folded and framed flag that was donated to Meadowlark.

We would like to add to our collection in this space. This may include memorabilia, service photos (we will make a copy of and return), or flags. If you have any military items that you would like to donate to the collection, please contact Monte Spiller at (785) 323-3801.



*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!**

### **6th Annual HOGtoberfest**

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

Today is the day for Food, Friends, and FUNdraising at HOGtoberfest at Cox Bros. BBQ! 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.

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 In German Oktoberfest tradition, there will be polka music and beer tasting. The HOG & Kisses competition winner will be announced at 6 p.m. Don't miss the smooch!

### **Vespers Service**

**Sunday, Oct. 27, at 7 p.m.**

The Vespers service will be led by the Deacons of Trinity Presbyterian Choir at 7 p.m. Sunday, Oct. 27, in the Community Room. All are welcome.

### **Celebration of Life for Margaret Wheat**

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

The family of Margaret Wheat would like to invite residents and staff to join in a Celebration of Life for Margaret Wheat at 3 p.m. Monday, Oct. 28, in the Game Room and the Courtyard, weather permitting. All are welcome to attend and share in the memories of Margaret's life and dedication to Meadowlark.

### **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 in the Blue Book at the Hospitality Desk will secure a spot and partner in the tournament.

## **Part D Open Enrollment**

**Tuesday, Oct. 29, at 8 a.m.**

If you are signed up for a Part D Open Enrollment session on Tuesday, Oct. 29, please bring with you a list of your current medications, copies of your new Medicare card, and current Part D insurance card. For questions, contact Rita Harsch at (785) 323-3891, or by stopping by the Finance Office.

## **Coffee Corner**

**Tuesday, Oct. 29, at 3 p.m.**

Join us for a weekly social hour for Coffee Corner at 3 p.m. Tuesday, Oct. 29, in the Community Room. Verna Belle's featured dessert will be Fudge Brownies. All are invited to attend!

## **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.

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. No RSVP is required.

## **Identity Theft & Scam Education**

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

Don't be a Financial Fraud Victim! Join Meritrust Credit Union to learn about identity theft, including prevention, recovery and common scams to watch out for. Shannon Slaughter, Fraud Manager for Meritrust, will present at 1:30 p.m. Wednesday, Oct. 30, in the Community Room.

## **Halloween Trick-or-Trick Carnival**

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

Ghouls, ghosts, and monsters- oh my! Meadowlark's is hosting their 2<sup>nd</sup> 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. All are welcome to join in the spooky fun, including residents, passport members, family, and community members.

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.

## **The Andy Bell Trio**

**Friday, Nov. 1, at 7 p.m.**

Meadowlark welcomes the Andy Bell Trio as they perform at 7 p.m. Friday, Nov. 1, in the Community Room. The trio consists of Andy Bell on tenor sax, Ethan Levin on guitar and Patrick Gambill on bass. Ethan and Patrick are both seniors at K State. The trio will be playing jazz standards from the 40's 50's and 60's with a couple of funk tunes thrown in. It's a show you don't want to miss, all are invited!

## **Coffee Connections**

**Friday, Nov. 1 at 10 a.m.**

Miller Place residents invite all residents and friends of Meadowlark to stop by for some coffee and conversation Friday, Nov. 1, 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!

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

**Saturday, Nov. 2, at 2 p.m.**

K-state travels to Lawrence to take on rival KU Jayhawks in the Sunflower Showdown Saturday, Nov. 1. Come to the Game Room and cheer on the Cats with friends and refreshment. The game starts at 2:30 pm with refreshments being served at 2 p.m. Go State!

## **John Roberts' Birthday Party**

**Saturday, Nov. 2, at 2 p.m.**

Join John Roberts and his family as he celebrates his birthday. A celebration will take place at 2 p.m. Saturday, Nov. 2, in the Community Room.

**Events continued on page 4**

Events, from page 3

### **K-State Marching Band**

**Saturday, Nov. 3, at 3 p.m.**

Get ready to Wabash and sing the Alma Mater as K-State's Marching Band performs at Meadowlark at 3 p.m. Saturday, Nov. 3. The band will begin their musical march by Bramlage House, to the Lyle Patio, and finish in the Courtyard.

### **Meadowlark Travelers Meeting**

**Tuesday, Nov. 5, at 4 p.m.**

If you've registered for the Ozark Mountain Christmas trip, please plan to attend a meeting to review the itinerary for this upcoming Branson, Mo., adventure. Join tour leaders Becky Fitzgerald, Jayme Minton, and Monte Spiller at 4 p.m. Tuesday, Nov. 5, in the Community Room.

We will review or submit emergency contact information. Please note that if you have not yet paid the balance of your trip fee, that payment is now due. For double occupancy, the balance is \$700 per person and for single occupants, it's \$920.

Method of payment includes cash, check or credit card. Write checks to "Meadowlark," and write "Branson payment" on the memo line. Residents may request that payment is added to his or her November statement.

If you have questions or cannot attend, please contact Becky at (785) 323-3843, or Monte at (785) 323-3801.

### **Thanksgiving Reservations**

**Thursday, Nov. 28**

Prairie Star Restaurant will begin taking reservations for Thanksgiving. Residents and family members can make their reservation at the restaurant's host stand or by calling (785) 323-3820. Menu and pricing will be published in a future Messenger.

### **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.

### **On Live from New York**

*submitted by Helen Roser*

The 300 pound camera sat on firm wood tri-pods. The only way to slant their focus was to risk the camera falling over to raise one side of its stand.

# **Meadowlark** *Open only ONE day this month!* **MARKET**



**Friday, Oct. 25**

**10 a.m. to 5 p.m.**

*~extended hours~*

**1217 Meadowlark Circle**

*Nine rooms of antiques, gently-used furniture, appliances, dishware, collectibles, jewelry, and more!*

**October special: Holiday décor & serving pieces**

Pretty precarious.

Someone came up with the idea of a night program was to take the camera into night court. The camera was aimed at the judge's podium with enough room to see the arrested subject wobble his way to stand before the judge.

There was no audio, but they didn't say much and the guest was taken by the elbow by a cop and off to jail, followed by another who wobbled to the judge. Such was nighttime television programming in Washington, D.C. In the day time, a few programs came from New York.

My friends were excited over having bought a television set. Their antenna was strung across the floor to the window, out up to the antenna on the roof. People who owned a television set lived here! For a while, a roof antenna was a status symbol.

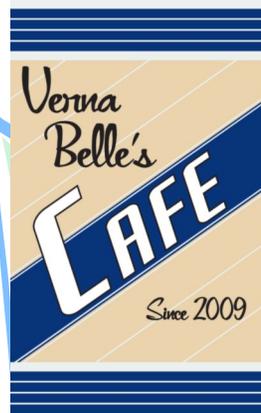
I was invited over to watch their television with them. A program was to come on at 2 p.m.

Sure enough, at 2 p.m., a voice announced: "We are coming to you live from New York!" It was raining hard and the only thing we could see was mostly bus tops and other traffic. Between buses, we could see beyond them to umbrellas with feet under them. Remembering what my friend had told me about focusing the camera, I realized the camera taking in what we were seeing had to be in an upstairs window, across the street, propped up to focus downward, with the camera man hoping it didn't fall out the window.

Meanwhile, my friends were in rapture of what was going on. "Just think!" my friend said. "They are talking in New York and here we are, in Washington, D.C. listening to them!"

I refrained from adding: "Not to mention the camera upstairs, across the street, that hasn't fallen out the window yet."

That was the most enjoyable afternoon I have ever spent, looking at those bus tops and umbrellas as a few snatches of human voices were heard through the roar of the buses: "Coming to you live, from New York!"



## 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. 27

**Breakfast:** Omelets with Fruit

### Monday, Oct. 28

**Breakfast:** Biscuits & Gravy

**Lunch:** Chicken Fajita Street Tacos & Side shredded chicken, bell peppers, onions, & Tony's famous pico de gallo topped with cheese on a small flour tortilla ~\$4.50/\$6.50

### Tuesday, Oct. 29

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Ham & Cheese Wrap ham slices, cheese, lettuce, tomato, & onion on a flour tortilla ~\$4.50/\$6.50

### Wednesday, Oct. 30

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Burger & Fries home-made smash burger served with fries ~\$6.50

### Thursday, Oct. 31

**Breakfast:** Biscuits & Gravy

**Lunch:** Make Your Own Quesadilla choose toppings from the salad bar to create your own quesadilla on a flour tortilla ~\$4.50/\$6.50

### Friday, Nov. 1

**Breakfast:** Waffle or Pancake

**Lunch:** Flatbread Pizza your choice of pepperoni or cheese pizza served on a flatbread ~\$4.50/\$6.50

### Saturday, Nov. 2

**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>	Oct. 27 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour	Lasagna Garlic Toast Vegetable du Jour
<b>MONDAY</b>	Oct. 28 ~ Lunch \$10	Dinner \$12
	Fish Tacos Black Beans Spanish Rice	Roast Pork Loin with Cherry Balsamic Sauce Twice Baked Potato Vegetable du Jour
<b>TUESDAY</b>	Oct. 29 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter, or dessert)	Braised Brisket with Red Wine Sauce Au Gratin Potatoes Vegetable du Jour
<b>WED.</b>	Oct. 30 ~ Lunch \$10	Dinner \$12
	BBQ Brisket Sandwich Coleslaw French Fries	Chicken Picatta Risotto Vegetable du Jour
<b>THURS.</b>	Oct. 31 ~ Lunch \$7	Dinner
	Mac & Cheese Bar (does not include drink, starter, or dessert)	Halloween Buffet Restaurant will closed at 2 p.m.
<b>FRIDAY</b>	Nov. 1 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Stuffed Sole with Crab Wild Rice Vegetable du Jour
<b>SAT.</b>	Nov. 2 ~ Lunch \$10	Dinner \$15
	Fried Chicken Sandwich Pasta Salad Sweet Potato Fries	Prime Rib Au Jus Smoked Gouda Scalloped Potatoes Vegetable du Jour

**DRINK SPECIAL** | **Witch's Brew Cocktail**  
 2 oz. Midori, 2 oz. Lemon Lime Soda, & 1 oz. Orange Juice  
**\$3.75**

## Grosh Cinema Movies

Sunday, Oct. 27, to Saturday, Nov. 2, 2019

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

### **Sunday, Oct. 27—Igor (2008)**

A hunchbacked evil scientist's assistant who aspires to become a scientist himself, much to the displeasure of the rest of the evil science community.

Co-Starring: John Cusack, Molly Shannon, & Steve Buscemi

Rated: PG; 1 hr. 27 min.

### **Monday, Oct. 28—Goosebumps 2: Haunted Halloween (2018)**

To make some money, two teens clean up an abandoned house. Inside, they find Slappy the Dummy.

They unknowingly bring him to life by speaking magic words found in his pocket.

Co-Starring: Wendy McLendon-Covey, Madison Iseman, & Jeremy Ray Taylor

Rated PG; 1 hr. 30 min.

### **Tuesday, Oct. 29—The Invisible Man (1933)**

A scientist needs to reverse an experiment he conducted on himself that made him invisible.

Unfortunately, the drug he used has also warped his mind, making him aggressive and dangerous.

Co-Starring: Claude Rains, Gloria Stuart, & William Harrigan

Rated PG; 1 hr. 11 min.

### **Wednesday, Oct. 30—The Outsider (2019)**

In search of a better life, a railroad worker finds himself on the wrong side of a group of corrupt lawmen. Tragedy strikes forcing the town's Marshal to decide between justice and family.

Co-Starring: Jon Foo, Trace Adkins, & Sean Patrick Flanery

Rated R for violence; 1 hr. 26 min.

### **Thursday, Oct. 31—Hocus Pocus (1993) \*No 7 p.m. Showing**

300 years have passed since the Sanderson sisters were executed for practicing dark witchcraft.

Returning to life thanks to a combination of a spell spoken before their demise and the accidental actions of the new-kid-in-town.

Co-Starring: Bette Midler, Sarah Jessica Parker, & Kathy Najimy

Rated PG; 1 hr. 36 min.

### **Friday, Nov. 1—Superman Returns (2006)**

Returning to Earth from his homeworld Krypton, Superman finds things have changed while he was gone, and he must once again prove himself important to the world.

Co-Starring: Brandon Routh, Kevin Spacey, & Kate Bosworth

Rated PG-13; 2 hrs. 34 min.

### **Saturday, Nov. 2—Walking Out (2017)**

An urban teenager journeys to Montana to hunt big game with his estranged father. Father and son struggle to connect, until a brutal encounter in the heart of the wilderness changes everything.

Co-Starring: Matt Bomer, Josh Wiggins, & Bill Pullman

Rated PG-13; 1 hr. 35 min.

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

# Weekly Opportunities Calendar Oct. 27 to Nov. 2

## Sunday • Oct. 27

*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
- 2:00 p.m. ~ Polly Ferrell's Birthday Celebration, CR
- 7:00 p.m. ~ Vespers with Trinity Pres. Deacons, CR

## Monday • Oct. 28

*Manhattan Room—open seating at dinner only*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:30 p.m. ~ Contemporary God Talk, WCR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:00 p.m. ~ Celebration of Life ~Margaret Wheat, GR
- 3:00 p.m. ~ Bocce Ball Tournament, CY
- 4:00 p.m. ~ Meadowlark Singers Practice, CR
- 6:00 p.m. ~ LEAP! Series, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Oct. 29 *Trash & recycling pick-up*

*Manhattan Room—open seating at lunch & dinner*

- 8:00 a.m. ~ Part D Open Enrollment, KSU CL
- 10:30 a.m. ~ Steady Yourself, CR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 5:00 p.m. ~ Mindful Connections Series, CR
- 7:00 p.m. ~ Dominoes, GR

## Wednesday • Oct. 30

*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 Café, FHR
- 10:00 a.m. ~ Memory Care Partner Supp. Grp, WCR
- 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
- 1:30 p.m. ~ Identity Theft & Scam Education, CR
- 3:00 p.m. ~ Rock Steady Boxing, CSC

- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Ice Cream Social, VB
- 6:30 p.m. ~ Osher Class: Kansas Characters, CR

## Thursday • Oct. 31

*Manhattan Room—no open seating available*

- 8:00 a.m. ~ Apple Technology Help Lab, GR
- 8:30 a.m. ~ Messenger Team, WCR
- 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
- 5:00 p.m. ~ Halloween Carnival, Community Center

## Friday • Nov. 1

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Coffee Connections, MFR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ The Andy Bell Trio, CR

## Saturday • Nov. 2

*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
- 2:00 p.m. ~ John Roberts' Birthday Celebration, 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*