

Winner, Winner, HOG Dinner

Good Samaritan Fund benefits from 6th annual Hogtoberfest event



Bud Cox stepped in for the smooch in place of the winner, Jim Morrison



HOG & Kisses winner, Jim Morrison posing with Happy the HOG

by Becky Fitzgerald, Development Director

Known as a FOOD, FRIENDS and FUNdraising event, the 6th annual HOGtoberfest certainly checked all of those boxes. A packed house enjoyed tasty Cox Bros. barbecue for lunch and dinner on Oct. 24, five HOG kissing candidates increased awareness about Meadowlark Foundation, and several thousand dollars were generated for the Good Samaritan Fund.

In round numbers, total income is \$15,100, with gift-in-kind donations equaling another \$3,600. In addition to Cox Bros. BBQ donating 10% of the day's proceeds, event income was boosted from corporate sponsorships, HOG & Kisses Contest donations, raffle ticket sales, and t-shirt sales. Gift-in-kind donations include raffle tickets prizes, complimentary design/printing services, etc. Expenses were lower than expected, so about \$12,000 will benefit residents in Meadowlark healthcare households who have

outlived their financial resources.

Winner of the 2019 HOG & Kisses Contest is local attorney and long-time Meadowlark advocate Jim Morrison. His kissing candidacy raised \$1,309. His competitors, also category winners of the Manhattan Mercury's Readers' Choice awards, raised another \$2,082. Thank you, Vern Gannon of Gannon Real Estate and Auction, Ted Hartke of Gallery for Hair, Justin Minchow of Sink, Gordon & Associates, and Rick Pfeifley of Pfeifley Jewelers!

Only Jim Morrison, who attends First Presbyterian Church, "preached to the choir" regarding Meadowlark and the Good Samaritan Fund. First Presbyterian is one of Meadowlark's six founding churches, so many of the people who supported his kissing effort know about Meadowlark's charitable mission. The other candidates didn't have that level

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Daylight Savings Time

It is time to fall back! Don't forget to set your clocks back an hour before you go to bed Saturday, Nov. 2, so you can enjoy one more hour of sleep and not be late to your Sunday morning activities!

Exercise Classes cancelations

Please note on the Weekly Opportunities Calendar for schedule changes of exercise classes. Seated Strength will be canceled Monday, Nov. 4. Steady Yourself and Chair Yoga will be canceled on Tuesday, Nov. 5. All exercise classes, except for Parkinson's Exercise, will be canceled Friday, Nov. 8.

Open Communion Service

Sunday, Nov. 3, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, Nov. 3, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122.

Vespers Service

Sunday, Nov. 3, at 7 p.m.

The Vespers service will be led by Pastor Michael Schmidt from St. Luke Lutheran Church at 7 p.m. Sunday, Nov. 3, in the Community Room. All are welcome.

Town Meeting

Monday, Nov. 4, at 9:30 a.m.

Join us for November's Town Meeting to hear the news and happenings at Meadowlark. The meeting will take place at 9:30 a.m. Monday, Nov. 4, in the Community Room.

Change & Loss Support Group

Monday, Nov. 4, 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, Nov. 4, 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.

Bluestem Children's Choir

Monday, Nov. 4, at 5:45 p.m.

Meadowlark welcomes The Bluestem Children's Choir for a performance at 5:45 p.m. Monday, Nov. 4, in the Community Room. The Choir is made up of 3rd to 5th grade beginning choir for the Manhattan Area Flint Hills Children's Choir.

The ensemble is comprised of 30 singers from Manhattan, Ogden, Wamego, and St. George. They rehearse once a week for 50 minutes and sing concerts with the older Konza Choir, grades 6th to 10th. Bluestem Choir always makes it a priority to perform for the friendly, encouraging faces of Meadowlark at least once a season.

Coffee Corner

Tuesday, Nov. 5, 3 p.m.

Join us for a weekly social hour, Coffee Corner, at 3 p.m. Tuesday, Nov. 5, in the Community Room. Verna Belle's featured dessert will be Fudge Brownies. All are invited to attend!

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.

Walmart/Dillons Shopping Trip

Wednesday, Nov. 6, at 10 a.m.

Meadowlark Transportation takes a bus to Walmart and Dillons, eastside location, each Wednesday departing from the Village Entrance at 10 a.m. and returns about 11:30 a.m. There is

no cost for this trip. The next trip is Wednesday, Nov. 6. Please sign up in the Blue Book at the Hospitality Desk.

Memory Makers Luncheon

Wednesday, Nov. 6, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Nov. 6, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, Nov. 4. Cost is approximately \$9 per person.

Ice Cream Social

Wednesday, Nov. 6, at 3 p.m.

I scream, you scream, we all scream for ice cream! Join us for an ice cream social beginning at 3 p.m. Wednesday, Nov. 6, in Verna Belle's Café. You will have your choice of three flavors and various toppings. All are welcome!

Parkinson's Education Group

Thursday, Nov. 7, at 2 p.m.

Meadowlark Parkinson's Program invites you to their monthly Education Group at 2 p.m. Thursday, Nov. 7, in the Community Room. This month's topic will feature Tap(ping) To Togetherness presented by Dr. Julie Pentz, K-State Dance Professor. Tap to Togetherness, started by a partnership between Parents as Teachers and the K-State Tap Dance Ensemble. Tap to Togetherness is a program that fosters family interactions and child development through movement. And now with Meadowlark, it is multi-generational!

Dorothy Tompkins Memorial Service

Friday, Nov. 8, at 10 a.m.

The family of Dorothy Tompkins would like to invite you to attend a memorial service in her honor. The service will begin at 10 a.m. Friday, Nov. 8, in the Community Room.

Joshua Lightfoot Band

Friday, Nov. 8, at 7 p.m.

Meadowlark welcomes back the Joshua Lightfoot Band to perform at 7 p.m. Friday, Nov. 7, in the

Community Room. Tove Thunell, Joshua's wife grew up the Swedish seaport town of Gothenburg. She began her interest in American folk music at the young age of 13. Inspired by musicians such as Woody Guthrie and The Carter Family she took up banjo playing when she was still a teenager.

Joshua was born in Oklahoma and grew up around music as a natural part of family gatherings. He was taught to play guitar by his father, and later became multi instrumental learning the banjo, mandolin and fiddle. The banjo he uses today once belonged to his grandfather. Joshua met Tove for the first time in 2013, at the Woody Guthrie Folk festival in Okemah, Oklahoma.

They began sharing songs one night which fired off a relationship and a career together. All are welcome to come hear this talented duo!

Trip to Hobby Lobby/Dollar Tree

Saturday, Nov. 9, at 10:30 a.m.

On the second Saturday of each month, Meadowlark Transportation takes a bus to Hobby Lobby and Dollar Tree. It departs from the Village Entrance at 10:30 a.m. and returns about 11:45 a.m. Cost for this trip is \$3. The next trip is Saturday, Nov. 9. Please sign up in the Blue Book at the Hospitality Desk.

Meadowlark Ladies Luncheon

Thursday, Nov. 14, at 12 p.m.

Yvonne Crawford and Karen Trail invite you for lunch at noon, Thursday, Nov. 14, in the Manhattan Room. The menu will be ham and cheese quiche, fruit salad, and croissant with angel food cake with strawberries for dessert.

We will be joined by Bob Crawford, a retired reporter from CBS news. Bob had a 40-year career covering local and national politics. He will be presenting to us about his observations on today's political climate in a non-partisan atmosphere. Bob will also be happy to answer any questions about his experiences.

Please sign up in the Blue Book at the Hospitality Desk if you are interested in attending.

Thanksgiving Reservations

Thursday, Nov. 28

Prairie Star Restaurant will begin taking

Events continued on page 5

November Birthdays

Healthcare	11/2	Bayleigh Bisnette
11/13 Vernon Auen	11/2	Kevia King
11/17 Dixie Tessman	11/2	Chris Madsen
11/25 Forrest Johnson	11/2	Jerrie Rieck
	11/2	Dejohnpaulhezues Williams
Assisted Living	11/4	Connie Smith
11/5 John Roberts	11/5	Madalyn Taylor
11/17 Donna Vaughan	11/6	Niki Clem
11/21 Bernice Brighton	11/6	Rachel Dickinson
11/22 Donna Noble	11/6	Kudzai Mugadza
11/23 Agnes Peterson	11/6	Terry Seematter
11/24 Anna Noll	11/7	Mellini Johnson
	11/7	Cassandra Koch
Independent Living	11/7	Shari Tedford
11/3 John Lindholm	11/9	Tony McDowell
11/6 Sharon Spencer	11/10	Morgan Atwill
11/7 Duane Miksch	11/11	Corey Gyuran
11/7 Scott Merrit	11/11	Benjamin Smith
11/9 Betty Brodersen	11/13	Brennan Burks
11/9 Eleanor Deibler	11/13	John Gasser
11/12 Lila Snell	11/14	Brandy Graham
11/13 Margaret Carlson	11/15	Emily Brun
11/15 Julie Merklin	11/18	Fati Cisse Yero Alzouma
11/17 Pam Oehme	11/19	Erin Anderson
11/19 Alice Morton	11/19	Chase Fox
11/19 Jo Lyle	11/20	Becky Fitzgerald
11/24 Esther Sobering	11/20	Nick Lundeen
11/24 Peg Ziser	11/20	Brennan Williams
11/25 Alice Howard	11/22	Kerby Sloyer
11/26 Jim Jorns	11/23	Christina Davin
11/27 Mary Basham	11/24	Troy Mastrian
	11/24	Jacqueline Passonno
Employees	11/27	Sarah Cox
11/1 Katrina Chitwood	11/28	Ally Jensen
11/1 Ace Descuatan	11/28	Elizabeth Thomas
11/1 Belinda Holcomb	11/29	Megan Strecker
	11/30	Brian Neuman

Bold denotes a milestone birthday of 80, 90, 100 or 100+

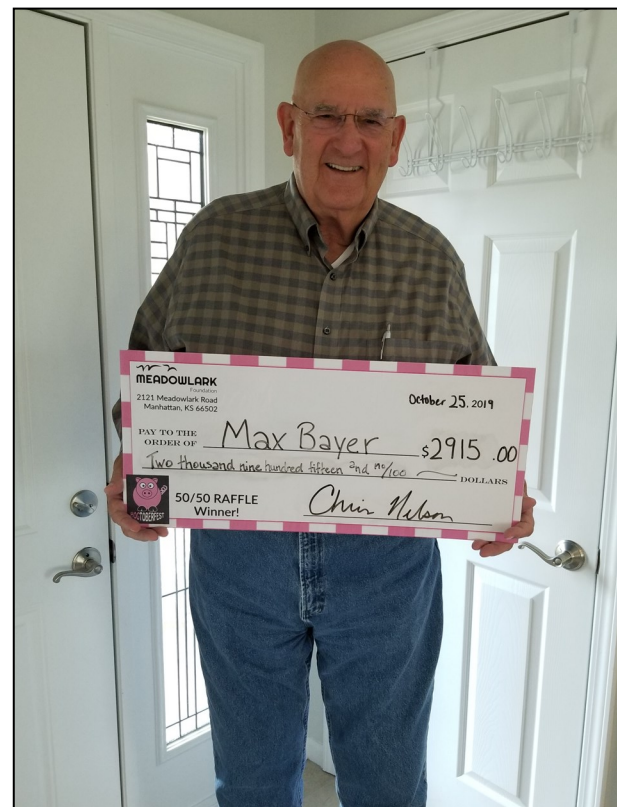


HOG, from page 1

of awareness about the Fund, and expressed excitement to share information about it with their customers and co-workers.

Jim unexpectedly had a conflict the evening of HOGtoberfest, and could not be present for the kissing. He asked that Bud Cox, a longtime friend and fellow First Presbyterian member, pucker up in his place. Thank you, Bud!

Winner of this year's cash prize in the 50/50 Raffle is Meadowlark resident Max Bayer. Proceeds from the raffle total \$5830, meaning Max's portion is \$2915. He is generously donating his portion to the Good Samaritan Fund. Thank you, Max!



Resident and Board of Trustees member Bob Crawford sold Max the winning ticket, and Sandra Emley sold a whopping 168 tickets, earning the title of Top Ticket Seller! Meritrust Credit Union donated two \$25 restaurant gift cards, which were won by Byron Alexander, a member of a Meadowlark founding church, First Presbyterian, and Marilyn Galle, wife of a Meadowlark Foundation board member.

In addition to our 13 HOG-tastic sponsors, Meadowlark Foundation also

recognizes the following for their contributions to this successful event: Darrell Parks of Parks Pasture Park who loaned us Hannah HOG for a few hours. Residents Pam Oehme and Robert Reeves, who transported Hannah to and from Cox Bros. BBQ and kept her calm during the smooching, Meadowlark, Meritrust, and Cox Bros. staff who served before, during and after the event, Board of Trustees and Board of Directors members, and Meadowlark employees who sold raffle tickets, and the many who purchased Cox Bros. food and/or purchased raffle tickets and t-shirts.

We greatly appreciate your support. Oink!

Events, from page 3

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.

Thank You!

submitted by Rita Harsch

Meadowlark would like to thank the North Central Flint Hills Area Agency on Aging and those who participated in the Part D Enrollment on Oct. 29, 2019. Thirty people were seen during these sessions. The amount saved by those who changed their plans totaled to \$12,923.74.

Those who left their session with information, but did not change their plan, have until Dec. 7 to change for the 2020 year. Please contact Rita Harsch in the Finance Office if you have any questions about your current enrollment or suggestions for next year's Open Enrollment.

Project Update

Our Kitchen Renovation and Restaurant Expansion Project continues to push forward! Next steps include interior framing for the new restrooms, which also means the crew will be hanging sheetrock on the main hallway side where the double doors are currently located at the former Billiards Parlor and Pub. In addition to that, the team is still working on the installation of the structural steel to hold up the existing masonry while they demolish the walls below.

Two of the crew members from BHS will be installing two portal windows today, Oct. 31, in

the plywood temporary walls so residents, staff, and visitors can view the construction site from



inside our warm, toasty building. The project team continues to meet every two weeks to gauge progress, assess updated timelines, and review budget status. Phase One is expected to conclude at the beginning of 2020.



Meadowlark at Home on the Hills: A History of Meadowlark Hills Retirement Community

written by Margaret Wheat, March 2014

A full copy of Margaret's reflections on the first 30 years of Meadowlark will be available in the Library in the next following weeks.

The old adage, "Necessity is the mother of invention," can be interpreted as a recognized need can become the motivation to fulfill the need.

In Manhattan in the 1960s and 70s, its maturing population recognized the need to create a retirement community in which the older citizens could live, where problems of aging could be addressed and assistance given by geriatric and health professionals.

Downsizing could be accomplished, while a home could be established among friends, and dignified living could be achieved at a slower pace, with activities that filled the social needs of the later years of life. Several unsuccessful attempts had been made to achieve this goal.

A motivator would be a primary requirement to succeed in attaining this goal, and such a person materialized this motivation is, Marshall Schirer, the pastor of The First Baptist Church in Manhattan. After only a few years in Manhattan, he saw several couples who had been actively involved in the life of their church, and who, because of the lack of retirement facilities in Manhattan, had moved to such places as Kansas City and Wichita. By 1974, he had gone before the Ministerial Alliance of the city, and challenged them to work together in planning,

supporting, and leading the city in a cooperative effort to raise funds to create a retirement community for its citizens.

Of course, a vision of such utter grandiose hope and desire was not for the faint hearted. The evidence of numerous nursing homes and retirement centers across the nation which were in financial difficulties was discouraging, and the idea as a group activity was turned down by the Ministerial Alliance. Yet the need became rooted. To attempt to meet this need required the



following: go on record as supporting the efforts of those seeking to provide retirement facilities; church membership roles will be made available and members can be approached to consider financial commitment; the church will appoint an official representative who is a member of the church.

The church passed this motion, and Vernon Larson and Evans Roth were elected by the church to be its representatives on the Retirement Committee Board.

Similar actions were being taken by five other churches. The official Manhattan Retirement Foundation Board membership in 1975, was composed of representatives from Blue Valley Methodist, Dave Peterson (minister) and Kris Arheart; First Baptist, Marshall Schirer (minister,) Vernon Larson, and Evans Roth; First Christian, Ben Duerfield (minister,) Howard and Geraldine McManus; First Lutheran, Milton Olson

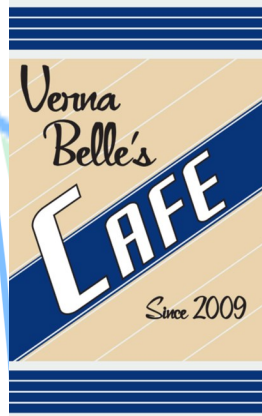
(minister,) Lloyd Carlson and Hal Deters; First Presbyterian, John Graham (minister,) Jim Morrison, and J. Willett Taylor; Trinity Presbyterian, Alvin Zimmerman (minister,) John Buller.

At large members included Mary Border, Roger Reitz, Alvin Hostetler, Gene Ernst, Charles Bissey, Christine Wiggins, Betty Mader, and Howard McManis.

The Board, once organized, was faced with a daunting task—from ground zero to find the funds and land on which to build a retirement community. Retired citizens were eager to see planning underway and were ready to commit funds toward reserving a place for themselves in the community to be built—it was an exhibition of faith and trust in a future hoped for, yet unseen. To begin the process, on March 3, 1975, The Articles of Incorporation of the Manhattan Retirement Foundation, Inc. were applied for and granted by the Secretary of the State of Kansas.

...
In November 1976, plans were laid for applying for zoning and annexation to the city, plans that would meet the newly revised zoning regulations. The treasurer reported \$12,526.72 on hand, money that had been given to the organization by churches and individuals. Tom Wentz was asked to begin negotiation for an employee who would serve as coordinator of the building activities and future sales of living units. The Service Committee gave a written report on their trips to other retirement and nursing communities which included ideas on house keeping, maintenance, laundry, health care services, food, apartment units, and recreational space.

This Service Committee also reported their discussion of a name for the future retirement community, and presented the name Meadowlark Hill as their suggestion. This met the approval of the entire Board, and thus the meadowlarks of the grasses would eventually be joined in song by Manhattan retirees.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Nov. 3

Breakfast: Omelets with Fruit

Monday, Nov. 4

Breakfast: Biscuits & Gravy

Lunch: Open-face Chicken & Gravy Sandwich
chicken sandwich, served with gravy on top, with creamy mashed potatoes ~\$4.50/\$6.50

Tuesday, Nov. 5

Breakfast: Breakfast Sandwich with Fruit

Lunch: Beef Stew

stewed beef & vegetables served with white rice ~\$4.50/\$6.50

Wednesday, Nov. 6

Breakfast: Breakfast Burrito & Fruit

Lunch: Grilled Chicken & Pasta

grilled chicken breast & pasta with creamy, spicy sauce ~\$4.50/\$6.50

Thursday, Nov. 7

Breakfast: Biscuits & Gravy

Lunch: Walking Taco & Side

taco meat, cheese, lettuce & tomato served in a bag of Fritos ~\$6.50

Friday, Nov. 8

Breakfast: Waffle or Pancake

Lunch: Chili & Cinnamon Roll

ground beef, pinto beans, tomato sauce & spices served with an iced cinnamon roll ~\$4.50/\$6.50

Saturday, Nov. 9

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	Nov. 3 ~ Lunch \$12	Dinner \$11
	Meatloaf Au Gratin Potatoes Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	Nov. 4 ~ Lunch \$10	Dinner \$13
	Fish & Chips Coleslaw	Mustard & Brown Sugar Pork Tenderloin Butternut Squash Risotto Vegetable du Jour
TUESDAY	Nov. 5 ~ Lunch \$8	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Pecan <i>with Dijon Sauce</i> Wild Rice Vegetable du Jour
WED.	Nov. 6 ~ Lunch \$10	Dinner \$12
	BLT <i>with Avocado</i> French Fries Choice of Vegetables	Roast Turkey <i>with Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Nov. 7 ~ Lunch \$7	Dinner \$12
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Ham Loaf Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
FRIDAY	Nov. 8 ~ Lunch \$10	Dinner \$13
	Baked Sole <i>with Dill Sauce</i> Roasted Red Potatoes Choice of Vegetable	Shrimp & Chicken Penne <i>with Sherry Garlic Sauce</i> Garlic Toast Vegetable du Jour
SAT.	Nov. 9 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich Potato Salad Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | **Gin Rickey**
 2 oz Beefeater Gin, Club Soda, Simple Syrup, & a Sliced Lime
\$3.75

Grosh Cinema Movies

Sunday, Nov. 3, to Saturday, Nov. 9, 2019

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

Sunday, Nov. 3 — Spiderman: Into the Spider Verse (2018)

Teen Miles Morales becomes Spider-Man of his reality, crossing his path with five counterparts from other dimensions to stop a threat for all realities.

Co-Starring: Shameik Moore, Jake Johnson, & Hailee Steinfeld

Rated: PG; 1 hr. 57 min.

Monday, Nov. 4— Breakthrough (2019) **Resident Request*

When her 14-year-old son drowns in a lake, a faithful mother prays for him to come back from the brink of death and be healed.

Co-Starring: Marcel Ruiz, Topher Grace, & Sarah Constible

Rated PG; 1 hr. 56 min.

Tuesday, Nov. 5— The Bounty Hunter (2010)

A bounty hunter learns that his next target is his ex-wife, a reporter working on a murder cover-up. Soon after their reunion, the always-at-odds duo finds themselves on a run-for-their lives adventure.

Co-Starring: Jennifer Anniston, Gerard Butler, & Gio Perez

Rated PG-13: 1 hr. 50 min.

Wednesday, Nov. 6— It Happened One Night (1934) **Resident Request*

A spoiled heiress running away from her family is helped by a man who is actually a reporter in need of a story.

Co-Starring: Clark Gable, Claudette Colbert, & Walter Connolly

Rated Approved; 1 hr. 45 min.

Thursday, Nov. 7 — RBG (2018) **Resident Request*

This documentary depicts the exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a strong legal legacy while becoming an unexpected pop culture icon.

Co-Starring: Ruth Bader Ginsburg, Ann Kittner, & Harryette Helsel

Rated PG; 1 hr. 38 min.

Friday, Nov. 8 — The Laundromat (2019)

Investigating an insurance fraud, chasing leads to a pair of a flamboyant Panama City law partners exploiting the World's financial system.

Co-Starring: Gary Oldman, Antonio Banderas, & AJ Meiger

Rated R for language & some sexual content; 1 hr. 35 min.

Saturday, Nov. 9 — The Water Diviner (2014)

An Australian man travels to Turkey after the Battle of Gallipoli to try and locate his three missing sons.

Co-Starring: Russell Crowe, Olga Kurylenko, & Jai Courtney

Rated R for war violence & disturbing images; 1 hr. 51 min.

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

Weekly Opportunities Calendar Nov. 3 to Nov. 9

Sunday • Nov. 3

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
 4:00 p.m. ~ Open Communion Service, FHR
 7:00 p.m. ~ Vespers by Pastor Michael Schmidt, CR

Monday • Nov. 4

Manhattan Room—open seating at lunch only

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
 8:30 a.m. ~ IL Resident Council, KSU CL
 9:30 a.m. ~ Town Meeting, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, FHR
 12:00 p.m. ~ Weights 101, 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, WCR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 5:45 p.m. ~ Bluestem Children's Choir, CR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 5 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

12:00 p.m. ~ Kimball Luncheon, MR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner, CR
 3:30 p.m. ~ MLH Ambassadors Meeting, WCR
 4:00 p.m. ~ MLH Traveler's Meeting, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Nov. 6

Manhattan Room—open seating at dinner only

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
 11:00 a.m. ~ Memory Makers Luncheon, MR
 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, CR
 3:00 p.m. ~ Ice Cream Social, VB
 6:30 p.m. ~ Osher Class: Kansas Characters, CR

Thursday • Nov. 7

Manhattan Room—open seating at lunch only

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
 2:00 p.m. ~ Parkinson's Education Group, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Nov. 8

Manhattan Room—open seating at lunch & dinner

10:00 a.m. ~ Memorial for Dorothy Tompkins, CR
 10:00 a.m. ~ Coffee Connections, MFR
 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
 3:00 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Joshua Lightfoot Band, CR

Saturday • Nov. 9

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Painting for Fun, MCR
 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE

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

*Meadowlark News and Announcements
 can be viewed on Channel 1960*