

The 11th Hour, on the 11th Day, of the 11th Month

A day to honor those who have served and continue to serve our country

by Michele Riter,
Community Relations
Assistant

This year's Veterans Day Parade will begin at 9:30 a.m. Monday, Nov. 11, in Manhattan's downtown district. It will head west along Poyntz Ave. and finish at the City Hall Building on 14th Street. A ceremony will take place at 11

a.m. at the Peace Memorial Auditorium in City Hall. Sponsored by the Flint Hills Veterans Coalition, this special event is offering the public an opportunity to show their support for those who serve our nation. This is the State's largest celebration of service by partnering with the Kansas State Army ROTC, Ft. Riley, USO, and other organizations.

Tom Fryer, Meadowlark resident, is a current member of the planning committee for the parade. The Grand Marshalls of the parade will be World War II Veterans. If you would like transportation to watch the parade, please contact the Hospitality Desk.

Veterans Day falls on Nov. 11, each year as a day to honor our Veterans. Historically, Veterans Day originated as Armistice Day, which marked the end of the hostilities of World War 1. That occurred at the 11th hour, on the 11th day, of the 11th month.

Nine out of the 14 Veterans living at Meadowlark will be participating in the parade by riding a Meadowlark bus. Thank you to all those who have served and continue to serve our country! Of our residents that are Veterans, there are two that I would like to highlight their unique experiences in the military.

In 1943, Ruth Wells, Meadowlark resident,



*Meadowlark Veterans Group
with Ft. Riley soldiers*

graduated with a Bachelors of Science in Vocational Home Economics from Central Missouri University in Warrensburg, Missouri. Following graduation at the age of 22, she joined the US Marine Corps Women's Reserve and served her country during World War II. Ruth served as the

only baker in the women's mess hall. "I baked the way my mother taught me, not how the military did." She explained, in military fashion, that she was instructed to dump all the ingredients into one mixer to make all the pie crusts at once. Instead, she made each pie crust by hand.

She stated that the Marines "was the best 20% of the Navy." Her younger brother, who served in the Navy, did not appreciate this comment. Ruth's family quickly became full of service members. Her other younger brother was drafted into the Army while he was still in college and died in service. Before her time in the military, she had never flown on a plane or rode on a train. Now she had to fly across the country to boot camp at Camp Lajune, North Carolina. Ruth was



Ruth making pies one by one

See Veterans, page 3

Memorial Service for Dorothy Tompkins

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

The family of Dorothy Tompkins invites you to attend a service in her memory at 10 a.m.

Friday, Nov. 8, in the Community Room.

Kansas Music Teachers Assoc.

Sunday, Nov. 10, at 5 p.m.

All are welcome to attend a piano recital by members of the Kansas Music Teacher Association Collegiate Chapter at 5 p.m. Sunday, Nov. 10, in the Community Room. The members are previous and current students at Kansas State University that study piano.

Vespers Service

Sunday, Nov. 10, 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. 10, in the Community Room. All are welcome.

ARTful Making

Monday, Nov. 12, 11 a.m.

Meadowlark Memory Program is partnering with Marianna Kistler Beach Museum of Art for ARTful Making at 11 a.m. Monday, Nov. 11, 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, and offering sensory stimulation, as well as social engagement and expression of creativity. All supplies are provided free of charge and no prior art experience is required.

Coffee Corner

Tuesday, Nov. 12, 3 p.m.

Join us for a weekly social hour, Coffee Corner, at 3 p.m. Tuesday, Nov. 12, in the Community Room. Verna Belle's featured dessert will be Chocolate Chip Cookie Bars. All are invited to attend!

Midwest Car Collection & Lunch Trip

Wednesday, Nov. 13, at 10 a.m.

Meadowlark will be taking a trip to visit the Midwest Dream Car Collection Wednesday, Nov. 13. After, we will enjoy a lunch at PowerCat Bar & Grill. The Midwest Dream Car Collection is an electric dream collection of early roadsters, muscle cars, and exotics from across the

country.

Transportation will depart from the Village Entrance at 10 a.m. The cost for the museum and transportation is \$9. Lunch is not covered and will be the responsibility of each person. Please sign up in the Blue Book at the Hospitality Desk.

Assoc. Audiologist—Dr. Schotte

Wednesday, Nov. 13, at 1 p.m.

Sarah Schotte, Au. D. , FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology, and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 1 to 5 p.m. Wednesday, Nov. 13. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Alz. Assoc. Remote Learning Series

Wednesday, Nov. 13, at 1 p.m.

Meadowlark Memory Program is partnering with the Topeka Alzheimer's Association Chapter for a Remote Learning Series to bring education to the community and provide the opportunity to attend close to home. Join us for a webinar at 1 p.m. Wednesday, Nov. 13, in the KSU Classroom.

These monthly programs for caregivers and professionals are available to learn about memory disorders and the challenges associated with managing them. For questions, contact Michelle Haub at (785) 323-3899.

Birthday Party for Ellie Morton

Wednesday, Nov. 13, at 3 p.m.

Ellie Morton, along with friends and family, invite you to help her celebrate her birthday Wednesday, Nov. 13. Come and go as you'd like from 3 to 5 p.m. in the KSU Classroom.

Artist Profile with the Beach Museum

Wednesday, Nov. 13, at 6:30 p.m.

Join Kathrine Schlageck from the Marianna Kistler Beach Museum of Art for an artist profile presentation at 6:30 p.m. Wednesday, Nov. 13, in the KSU Classroom. The presentation will highlight Arthur Rackham, an English illustrator. All are welcome to attend!

Resident Focus Group

Thursday, Nov. 14, at 10 a.m.

All are welcome to attend November's Resident Focus Group for an opportunity to meet Kourtney Williams, the Human Resource Generalist, and

learn more about her personally and as an employee. This month's group will meet at 10 a.m. Thursday, Nov. 14, in the KSU Classroom.

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.

Ogden Reading Program

Friday, Nov. 15, 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, Nov. 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.

Biggs & Gustin Live!

Friday, Nov. 15, at 7 p.m.

Are you ready for a performance of decades of combined musical experience and acoustic music? Chris Biggs and Ken Gustin will perform at 7 p.m. Friday, Nov. 15, in the Community Room.

With the combination of traditional and original music, they feature folk, bluegrass, country blues, swing and country influences with strong vocals and sensitive harmonies. Don't miss Biggs & Gustin Live!

Memorial Service for Mildred Lindholm

Saturday, Nov. 16, at 10:30 a.m.

The family of Mildred Lindholm would like you to join them in celebrating and remembering her life. A memorial service will be held at 10:30 a.m. Saturday, Nov. 16, in the Community Room.

K-State Watch Party

Saturday, Nov. 16, at 2 p.m.

K-State welcomes the West Virginia Mountaineers

to Manhattan Saturday, Nov. 16. Join us in the Game Room at 2 p.m. to cheer on the Cats with friends and refreshments. Kick-off is at 2:30 p.m. Go State!

Thanksgiving Reservations

Thursday, Nov. 28

Prairie Star Restaurant is taking reservations for Thanksgiving. Residents and family members can make their reservation at the restaurant's host stand or by calling (785) 323-3820. The cost of the meal is \$16 per person.

Choice of Starter

Butternut Squash Soup, Green Salad
or Ambrosia Salad

Choice of Entrée

Roast Turkey or Baked Ham

Choice of Vegetable

Green Bean Casserole or Vegetable Medley

Choice of Dessert

Pumpkin Pie or Pecan Pie

Sides include Sausage Sage Dressing, Cranberry Relish, Mashed Potatoes, and Giblet Gravy

Thank You from Polly

submitted by Polly Ferrell

Life should not only be lived, it should be celebrated and you helped that to happen for my 88th birthday. Thank you for all the words, the cards, the party, and the welcoming of my family. All of them are ready to move in and live in our wonderful retirement environment. They were impressed by the friendly fun-filled atmosphere created as residents and staff live and work together. Thank you MLH family!

Veterans Day

submitted by Orris Kelly

As members of the Meadowlark Retirement Community, we are honored to be part of a special group that will participate in the Veterans Day Parade of 2019, in Manhattan, Kan. This group of Veterans have served in World War II, Korea, Vietnam, and other eras of the US Military. Veterans at Meadowlark served as part of the US Army, US Air Force, the United States Navy, Marine, and Coast Guard.

This is a special day for all of us because it gives us an opportunity to express our appreciation for being able to serve Our Country. We salute this day and the United State of America!!

Veterans, from page 1

then stationed at the Marine Corps Air Station near Santa Barbara, California and lastly, Oahu, Hawaii.

Ruth will join nine other Meadowlark residents for her first year riding in the Veteran's Day parade.



Service Photo of Orris Kelly

Chaplain (Major General) Orris Kelly, Meadowlark resident, entered the Army in Jan. 1944, in the Army Specialized Training Program for the Reserve and attended the University of Kansas. From basic training at Camp Fannin in Texas, he then was sent to Ft. Benning, Georgia for

Officer Candidate School. He graduated as a Second Lieutenant at the age of 18.

In 1947, Orris separated from the Army to attend Kansas Wesleyan University. After graduating, he went to Garrett Theological Seminary in Illinois and was ordained an elder in the United Methodist Church. He re-entered the Army as a chaplain reporting to Ft. Leonard Wood in Missouri.

Orris served in Japan, Korea, and as a Division Chaplain in Vietnam. He also served in many official positions, including the Director, Plans, Programs, and Policies in the Pentagon and as Executive Office to the chief of Chaplains. In 1979, Orris retired from the Army as Major General.

After retirement, Orris continued to serve on boards, advisory committees, and various associations, and in pastoral service roles. Orris was awarded the Distinguished Service Medal, Legion of Merit with 2 Oak Leaf Clusters, Bronze Star Medal with 2 Oak Leaf Clusters, Air Medal with 3 device, Army Commendation Medal with 2 oak Leaf Clusters and other decorations and honors.

Town Hall Meeting Notes

Notes from Town Meeting led by Monte Spiller, Resident Services Leader, on Nov. 5

Welcome & Introduction Monte Spiller welcomed

everyone to the November meeting.

Campus Updates Lonnie Baker reminded us of the winter months coming and to make sure residents and employees are watching out for slick spots around campus. Two main areas that will not be treated will be the trail and the courtyard. He also gave a project update that construction is planning to be completed by early summer. BHS Construction has installed a temporary window in the pub and restaurant to be able to view the day to day construction and renovations from the inside. During this phase of steel work, there will be an increase of noise. Capital campaigns are under way for the Wellness Center and priority events for the Monarch have begun. Information regarding planning and constructing will be announced soon.

Support Services Updates Jayme Minton informed us that the West Conference Room will have a name change. The room will be named to honor service men and women in the military. If anyone has any suggestions for a name, please contact Jayme.

Courtyard Walking Jeff Heidbreder 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 Wamego shirt! Once you have completed walking to Wamego, the next destination is Abilene which totals out to be 855 laps and will get you a campaign button for completing. After walking to Abilene, the next location is Lindsborg which is 92 miles away totaling out to be 1,183 laps around the Courtyard. The total miles walked by those participating is 267 miles! If you want to be a part of that ending total do not worry, there is still time to start walking!

Foundation Updates Rebecca Fitzgerald gave a warm thank you for the generosity and help to make HOGtoberfest a success. Jim Morrison was the winner this year and had to miss the kissing of Hannah the Hog due to family commitments. Bud Cox stepped in his place and kissed Hannah the Hog! Meadowlark Market will be open for one last day this month on Friday, Nov. 22 to SO far this year the market has raised \$44,000!

Updates/Events/Announcements Monte Spiller let us know about all events that will be happening here in November.

IL Resident Council Minutes, Oct. 7, 2019

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

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

General Update Lonnie shared about several current projects. The Kitchen Renovation and Restaurant Expansion construction is on schedule and could possibly get as much as six weeks ahead. Meadowlark continues to encourage BHS to find opportunities for speeding up the process as much as they can, with the chance to get Phase 1 done by the end of the year, which was initially scheduled to be done by February of 2020.

Renderings of the projects are available to view.

The bar and the pool table are being stored in climate-controlled storage in a well-maintained area. We are still working in the schematic design phase for the wellness center and the Monarch. Everything is looking great concerning the Monarch but with the wellness center we are still working through some things, specifically the swimming pool. The team will continue to run numbers and look at options on moving forward. With having a pool, comes many challenges, so we want to approach this project the most reasonable way possible.

The location of the Monarch has been decided. It will be located on the corner of Meadowlark Rd and Meadowlark Circle in the space currently used as the garden and the duplex located at 1212 and 1221 Meadowlark Circle, in addition to 2210 and 2212 Meadowlark Road. The space will be approximately 68,000 sq. feet with one- and two-bedroom apartments available. The building will be three stories high and have adjacent green spaces and landscaping.

State visited Meadowlark and we had our annual survey for long-term care, assisted living, and both Home Plus locations all within a week, as well as a visit from the State Fire Marshall. It is very rare for that to occur, but Meadowlark had great reports on all locations and departments.

Support Services Update Jayme shared that we will have some Manhattan High School art students coming to paint murals in Prairie Star

Restaurant on the temporary plywood walls in efforts to make it more appealing during construction.

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

New Business

Each Council member was given an updated copy of ILRC policy and procedures manual. Jo Lyle requested members to read over the updated manual and we would vote on approval during the November meeting. Monte Spiller provided each Council member with an updated copy of the term schedule by member, which details their original election date, re-election date, and anticipated last term.

Old Business

Pam Oehme reported on behalf of the Employee Gift Committee. She explained they will meet on Wednesday to send out reminder letters and they will write checks in November.

Additional Discussion Topic

A Council member expressed residents have come to her upset about the decrease in pay to servers in Prairie Star Restaurant. It was explained that Meadowlark has struggled with front-of-house servers for years. It has been really challenging and adjustments were made to create lead roles to hopefully address the issues, but it did not work out as planned. Moving forward, Meadowlark decided to go with a full-time front-of-house manager position. Therefore, was not a decrease in pay to servers, however the pay differential with the front-of-house lead positions was discontinued. We are also looking at other incentives to give to servers along with the resident gift at the end of the year and the staff appreciation party to keep a positive environment to compensate the fact that tips aren't permitted.

Ron Williams explained a resident was really pleased with the work done on her bathroom. She is also pleased with the filling in and resurfacing of the concrete in the breezeway.

Jan Vanderbilt stated all residencies in Meadowlark Valley are full now.

Meeting adjourned



LEADER OF THE PACK

Congrats to our November Leader of the Pack, Erin Hildreth. Erin is currently the Prairie Restaurant Assistant Manager. She recently moved from a position in the Human Resources office and has made the transition without a visible hitch. She has added leadership to the restaurant, and is a wonderful example for the servers. She is always willing to help them to become more efficient and attentive. You can find Erin smiling in the dining room or setting up for special events. Thanks Erin for all you do at Meadowlark!

Outdoor Encounters

submitted by Nathan Bolls

The loud, thumping trill from the woods booms against our ears. I'm reminded of James Thurber's "things that go bump in the night." What Phantom of the Forest with such auditory might lurks therein and calls from the night? Or... "what rough beast...slouches toward Bethlehem to be born?" (W.B. Yeats poem "The Second Coming") Numerous societies across our world speak of a mysterious local monster, but the existence of none, as of yet, has been proven. We hear most often of the Himalayan Yeti, the north American Sasquatch (Bigfoot), or of Scotland's Loch Ness Monster.

Not to be outdone, we have one of those "things that go bump in the night:" the Beast of the Loud Thumps (Thank you, Sharon) that we know as the—Treefrog, or Tree Toad, as they sometimes are called! Reason for second name later.

They are all around us, just waiting to burst—our eardrums! For two reasons, humans rarely see them. It is the only amphibian in Kansas capable increasing its camouflage, of changing somewhat both the pattern on and the color of its skin to match the substrate on which it happens to be sitting or clinging.

Although the treefrog skin's ground color usually is some shade of gray, both species possess the ability to change through a range of colors to green. But regardless of the ground color, there is an irregular dark pattern on the

back outlined in black. I was only eight to nine years old when I first held one in my hand—and was intrigued with watching its skin color change gradually from greyish to brownish, a reaction that is hormone driven.

And then there's the matter of size: snout to rump, they usually are in the mighty range of 1 1/4th to 2 1/4th inches in length! Everyone who has heard that loud, thumping trill, and knows the frog's size, wonders how the critter manages to create that magnitude of sound.

We have two species of treefrogs in Kansas: Cope's gray treefrog and the eastern gray treefrog,



Cope's grey treefrog

so similar that one has to use the diameter of their red blood cells or the number of their chromosomes to tell them apart. For example, Cope's treefrog has half as many chromosomes as does the eastern gray.

Both are highly arboreal (far more than any other KS frogs), inhabiting trees and low shrubs in woodland and woodland edge

areas. But the Cope's gray treefrog is more arboreal, and apparently can tolerate a less humid habitat. Both species possess enlarged adhesive toe pads that enable them cling to surfaces, even to a vertical glass plate!

They are active in Kansas from early March to early October, their trills growing slower and shorter in cooler weather: below 60 degrees. One mid-October I once heard one give but a single loud "thump;" probably the Cope's treefrog because of the harshness of the "thump," which sounded more like a bark. Their normal breeding

season is from mid-March to mid-July in permanent, semi-permanent, or temporary pools with mud bottoms, or weedy vegetation in or nearby wet woodlands. The males often “sing” in choruses within the same breeding area, and they do this either on the ground at water’s edge or from low overhanging vegetation.

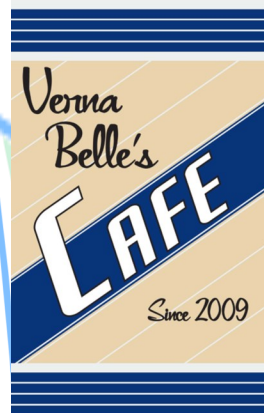
The most robust choruses have been recorded between 10 p.m. and 3 a.m. The mating call for both sexes is a loud trill that lasts one to three seconds. The gray treefrog’s call is slower and more melodious than the harsh call of Cope’s treefrog. They are nocturnal and are active even on hot, but humid, summer nights, when they can often be heard calling from tree tops. Listen for them; it makes the humidity more bearable.

As cold weather approaches, they find shelter under loose bark, among the tangle of roots of trees, beneath leaf litter, under logs, or in hollow trees. They are freeze tolerant, forming a glycerol in their blood, and are able to withstand temperatures as low as minus 20 degrees Fahrenheit. Amazing! When inactive during warm weather they hide in some of these same sorts of spots.

Our treefrogs feed on beetles, ants, flies, moths, insect larvae, spiders, and other small invertebrates. Around human habitations, they often forage near porch lights, windows, and other sources of light. Look closely while enjoying your porch in the evening.

Usually, but not always, their skin is rough and warty, like that of a toad. But, like other frogs, the skin always a bit moist. The skin of other frogs is smooth, but highly permeable, making it a route via which water may be either easily lost from or taken up by the body. The treefrog skin surely is less permeable than that of other KS frogs. Otherwise, these animals would not be able to travel so far, and stay so long away from a body of water.

These marvelous creatures represent yet another fly in the out-of-date jar of ointment that is labelled Bigger-is-Always-Better.



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. 10

Breakfast: Omelets with Fruit

Monday, Nov. 11

Breakfast: Biscuits & Gravy

Lunch: Chili Hotdog & Chips

hot dog, topped with chili, onion, cheese, kraut relish & the works ~ \$6.50

Tuesday, Nov. 12

Breakfast: Breakfast Sandwich with Fruit

Lunch: Hoagie Sandwich & Baked Beans

roasted beef, ham, turkey & Swiss cheese served on a hoagie bun ~\$4.50/\$6.50

Wednesday, Nov. 13

Breakfast: Breakfast Burrito & Fruit

Lunch: Lasagna & Bread Stick

melted cheese layered with ground beef, tomato sauce, & lasagna noodles ~\$6.50

Thursday, Nov. 14

Breakfast: Biscuits & Gravy

Lunch: Meatball Sub

meatballs, red sauce & mozzarella cheese on a hot dog bun ~\$4.50/\$6.50

Friday, Nov. 15

Breakfast: Waffle or Pancake

Lunch: Tony’s Famous Meatloaf & Mashed Potatoes

meatloaf made with ground beef, spice mix & topped with a tomato sauce served with a side of mashed potatoes ~\$6.50

Saturday, Nov. 16

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. 10 ~ Lunch \$12	Dinner \$12
	Baked Ham with Pineapple Sauce Swiss & Green Onion Scalloped Potatoes Vegetable du Jour	Grilled Raspberry Chicken Breast Wild Rice Vegetable du Jour
MONDAY	Nov. 11 ~ Lunch \$10	Dinner \$13
	Bacon & Green Pea Fettuccine Alfredo Garlic Toast Choice of Vegetable	Beef Stroganoff & Noodles Vegetable du Jour
TUESDAY	Nov. 13 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter, or dessert)	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
WED.	Nov. 14 ~ Lunch \$10	Dinner \$12
	Salisbury Steak Mashed Potatoes & Gravy Choice of Vegetables	Chicken Fairmont with Hunter's Sauce Polenta Vegetable du Jour
THURS.	Nov. 15 ~ Lunch \$8	Dinner \$11
	Baked Potato Bar (does not include drink, starter, or dessert)	Steamed Polish Sausage Hot German Potato Salad Vegetable du Jour
FRIDAY	Nov. 16 ~ Lunch \$10	Dinner \$14
	Beef & Bean Burrito Spanish Rice Black Beans	Seafood Newburg Rice Vegetable du Jour
SAT.	Nov. 17 ~ Lunch \$10	Dinner \$13
	Chili with a Cinnamon Roll Choice of Vegetable	Braised Short Ribs Green Chili Mashed Potatoes Vegetable du Jour

DRINK SPECIAL | **Whiskey & Coke**
 1 1/2 oz. Crown Royal Whiskey & 4 oz. Coca Cola
\$3.75

Grosh Cinema Movies

Sunday, Nov. 10, to Saturday, Nov. 16, 2019

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

Sunday, Nov. 10 — The Karate Kid (1984)

A boy and his mother move to California for a new job. He struggles to fit in, as a group of karate students to bully him for dating a rich girl from their clique. It's up to the Japanese landlord, Miyagi, to teach him karate.

Co-Starring: Ralph Macchio, Pat Morita, & Elisabeth Shue

Rated: PG; 2 hr. 6 min.

Monday, Nov. 11— Gigi (1958) *Resident Request

Weary of the conventions of Parisian society, a rich playboy and a youthful courtesan-in-training enjoy a platonic friendship, but it may not stay platonic for long.

Co-Starring: Leslie Caron, Maurice Chevalier, & Louis Jourdan

Rated G; 1 hr. 55 min.

Tuesday, Nov. 12— Jackie Robinson: My Story (2013)

Taking baseball pioneer and civil rights symbol Jackie Robinson as its subject, this compelling docudrama blends powerful storytelling with interviews, newsreels and historical archival footage.

Co-Starring: Jackie Robinson & Stephen Hill

Not Rated; 1 hr. 7 min.

Wednesday, Nov. 13— Angel & the Badman (1947)

Quirt Evans, an all round bad guy, is nursed back to health and sought after by Penelope Worth, a Quaker girl. He eventually finds himself having to choose between his world and the world Penelope lives in.

Co-Starring: John Wayne, Gail Russell, & Harry Carey

Rated Approved; 1 hr. 40 min.

Thursday, Nov. 14 — Little Women (1994)

Louisa May Alcott's beloved novel comes to life telling the story of four sisters and their mother battle life's vicissitudes in Civil War-era America after their father leaves to join the conflict.

Co-Starring: Susan Sarandon, Winona Ryder, & Gabriel Byrne

Rated PG; 1 hr. 58 min.

Friday, Nov. 15 — Genius (2016)

A chronicle of Max Perkin's time as the book editor at Scribner, where he oversaw works by Thomas Wolfe, Ernest Hemingway, F. Scott Fitzgerald and others.

Co-Starring: Colin Firth, Jude Law, & Nicole Kidman

Rated PG-13; 1 hr. 44 min.

Saturday, Nov. 16 — Unlocked (2017) ~Show Times will be changed to 12 & 3 p.m.

A CIA interrogator is lured into a ruse that puts London at risk of a biological attack.

Co-Starring: Noomi Rapace, Orlando Bloom, & Toni Collette.

Rated R for violence & language; 1 hr. 38 min.

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

Weekly Opportunities Calendar Nov. 10 to Nov. 16

Sunday • Nov. 10

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
- 5:00 p.m. ~ Kansas Music Teachers Assoc., CR
- 7:00 p.m. ~ Vespers by Pastor Michael Schmidt, CR

Monday • Nov. 11

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, WCR
- 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 • Nov. 12 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, MR
- 3:00 p.m. ~ Coffee Corner, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Nov. 13

Manhattan Room—open seating at lunch 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. ~ Midwest Car Collection Trip, 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
- 1:00 p.m. ~ Assoc. Audiologist—Dr. Schotte, WCR
- 1:00 p.m. ~ Alzheimer's Assoc. Webinar, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Ice Cream Social, VB
- 3:00 p.m. ~ Birthday Party for Ellie Morton, KSU CL

- 5:30 p.m. ~ Eastside Supper, MR
- 6:30 p.m. ~ Artist Profile with the Beach, KSU CL
- 6:30 p.m. ~ Osher Class: Kansas Characters, CR

Thursday • Nov. 14

Manhattan Room—open seating at dinner 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
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decisions, FHR

Friday • Nov. 15

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. ~ Depart for Odgen Reading, VE
- 11:00 a.m. Sit & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Depart for Odgen Reading, VE
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Biggs & Gustin Live!, CR

Saturday • Nov. 16

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:30 a.m. ~ Memorial for Mildred Lindholm, CR
- 2:00 p.m. ~ K-State 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