



Christmas Cheer & Candy Canes

Christmas season is approaching and that means Christmas Carousel, a holiday party for independent living residents and Passport members, is too! It is time to sign up for the 2019 Christmas Carousel set for Friday, Dec.

13. This year's theme is a celebration of Candyland's 70th anniversary. Watch what happens when the board game comes to life and characters have to defend Candy Castle! The rotation for the rooms will be structured the same way it was in recent years. Each group will begin in the front lobby then continue down the Community Center hallways in 30-minute intervals.

The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events. Start times are as follows: Group One, 3:15 p.m.; Group Two, 3:50

p.m.; Group Three, 4:25 p.m.; Group Four, 5:00 p.m.; Group Five, 5:35 p.m. Reservations are required (and limited) for this event. You can make your reservation and selection of group by visiting the Hospitality Desk or calling (785) 323-3847.

Once the reservations close, each attendee will receive a personalized reminder card, which will indicate which time your group will begin the day of the party.

Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 13. There will be a Chef's Special Buffet lunch available in the Game Room. Verna Belle's Cafe will have limited hours. Please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 with questions regarding Christmas

Carousel.
Invitations were distributed previously this week.



New course success!

by Angela Gerena & Michele Riter

Meadowlark partnered with UFM and K-State Global Campus to provide "Caregiving for Your Loved One with Dementia," a six-week online course to learn about the dementia disease process, what to expect, self-care tactics, and available area resources. Nineteen participants were able to gain valuable insight on how to effectively care for and interact with your loved one.

In addition to the online modules, students were given resources and lessons in various areas led by Meadowlark staff members during two in-person sessions held at Meadowlark Monday, Nov. 4, and Tuesday, Nov. 5. This included Interaction Styles, Caregiver Fatigue and Self Care, Community Resources, Importance of Exercise, and

Communication Strategies.

The Meadowlark Home Health team led a hands-on session in which the students learned how to provide basic care to their loved one. Participants were given tips and techniques at each station and shown products available to ease the care for a loved one with Dementia. The final station included a Virtual Dementia Simulation in which participants senses and dexterity were hindered through the use of props. They were then told to complete a series of tasks designed to submerge them in the "World of Dementia."

Overall, this course was a success for its first offering. Meadowlark plans on offering this course and others like it in the coming months.

Vespers Service

Sunday, Nov. 17, 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. 17, in the Community Room. All are welcome.

Change & Loss Support Group

Monday, Nov. 18, 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. 18, 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.

Savage Studio Piano Recital

Monday, Nov. 18, at 7 p.m.

Students of Cheryl Savage will perform a piano studio recital at 7 p.m. Monday, Nov. 18, in the Community Room. All are welcome to attend!

Guided Meditation

Tuesday, Nov. 19, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Nov. 19, in the Grosh Cinema.

The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. No prior experience or understanding of meditation is necessary.

Visually Impaired Book Club

Tuesday, Nov. 19, at 1 p.m.

The Visually Impaired Persons Book Club will meet at 1 p.m. Tuesday, Nov. 19, in the West Conference Room. The discussion will be on *Hillybilly Elegy: A Memoir of a Family and Culture in Crisis*, by J.D. Vance. This book is available through the Kansas Talking Library by code DB85796. All are welcome to attend and be part of the discussion even if you have not read the book.

Visually Impaired Support Group

Tuesday, Nov. 19, at 2 p.m.

The Visually Impaired Persons Support Group

will meet at 2 p.m. Tuesday, Nov. 19, in the West Conference Room. This month's meeting will be focused on staying active and using techniques to adapt for games and other activities. All who are interested are welcome to attend.

Coffee Corner

Tuesday, Nov. 19, 3 p.m.

Join us for a weekly social hour, Coffee Corner, at 3 p.m. Tuesday, Nov. 19, in the Community Room. Verna Belle's featured dessert will be Lemon Bars. All are invited to attend!

Jingle Bell Rock—Live Radio Remote!

Wednesday, Nov. 20, at 5:30 p.m.

Meadowlark will host local Manhattan Broadcasting radio station, B104.7, for one of their annual Jingle Bell Rock promotions from 5:30 to 6:30 p.m. in the main lobby.

The Jingle Bell Rock is hidden each year by the station and Manhattan community members gather clues throughout the season to locate the rock. The person who finds the rock wins the fantastic prize package. Stop by and say hello during the live broadcast!

Parkinson's Webinar

Thursday, Nov. 21, at 11 a.m.

Meadowlark Parkinson's Program invites all who are interested to a webinar at 11 a.m. Thursday, Nov. 21, in the West Conference Room.

This webinar from the Michael J. Fox Foundation will be "New Treatments in Testing to Slow or Stop Parkinson's."

Dr. Rosine Student Recital

Thursday, Nov. 21, at 7 p.m.

Students of Dr. Amy Rosine will be performing a studio recital at 7 p.m. Thursday, Nov. 21, in the Community Room.

The students will be accompanied by Alicia Willard, Norma Roozeboom, and Songhwa Chae. Students will perform a variety of vocal selections including Christmas favorites. Dr. Rosine is in her 12th year at K-State and directs the Chancel Choir at First United Methodist Church.

Ogden Reading Program

Friday, Nov. 22, 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. 22, 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, Nov. 22, at 12 p.m.

Enjoy a relaxing lunch with Parkinson's Program members at noon Friday, Nov. 22, in the Manhattan Room. Please sign up in the Blue Book at the Hospitality Desk by Monday, Nov. 18.

Presentation by the Perry Family

Friday, Nov. 22, at 7 p.m.

With Thanksgiving near, the Perry Family will be doing a drama presentation of what it means to be thankful. Join us at 7 p.m. Friday, Nov. 22, in the Community Room for the Perry's acting skit intermixed with piano and flute.

Fellowship Hour

Saturday, Nov. 23, at 10:30 a.m.

Come join volunteers, Jerry and Naketa Lawrence for Fellowship Hour from 10:30 to 11:30 a.m. Saturday, Nov. 23, in the KSU Classroom. This will be a time of fellowship, singing, and the reading of the Psalms. Refreshments will be served.

K-State Watch Party

Saturday, Nov. 23, TBD

K-State will travel to play the Texas Tech Red Raiders Saturday, Nov. 23. Join us in the Game Room to cheer on the Cats with friends and refreshments. The game time has not yet been announced.

Coffee with a Cop

Wednesday, Nov. 27, at 9 a.m.

Join us for Coffee with a Cop at 9 a.m. Wednesday, Nov. 27, in the Community Room. No agenda or speeches, just a chance to engage with officers from the Riley County Police Department while enjoying coffee and doughnuts!

Thanksgiving Reservations

Thursday, Nov. 28, at 5 p.m.

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.

Prairie Star Restaurant will be closed for the evening of Thursday, Nov. 28, for regular service. A boxed dinner will be available. Please sign up at the host stand and pick up your boxed dinner by 3 p.m. Thursday, Nov. 28.

Closings on Thanksgiving

The Hospitality Desk will be closed Thanksgiving Day. There will be no Friday night program on Friday, Nov. 29, due to the holiday weekend. Verna Belle's Café will be closed all day Thursday for the holiday. All exercise classes will be canceled Thursday and Friday. Pizazz Salon will be closed both Thursday and Friday.

Thanksgiving Dinner

RESERVE YOUR SPOT AT THE HOST STAND

Choice of Starter

BUTTERNUT SQUASH SOUP
GREEN SALAD WITH CHOICE OF DRESSING
AMBROSIA SALAD

Choice of Entree

ROAST TURKEY
BAKED HAM

Choice of Vegetable

GREEN BEAN CASSEROLE
MEDLEY OF VEGETABLES

Sides

SAUSAGE SAGE DRESSING
CRANBERRY RELISH
MASHED POTATOES
GIBLET GRAVY

Choice of Dessert

PUMPKIN PIE
PECAN PIE



Little Apple Chorus

Sunday, Dec. 15, at 3 p.m.

The Little Apple Chorus will have their Harmony for the Holidays Christmas Program Sunday, Dec. 15, in Forum Hall at the K-State Union. The show begins at 3 p.m. and doors open at 2:30 p.m.

For this year's show, the chorus will be donating their profit to various vocal music programs. Tickets can be purchased from any chorus member, online at littleapplechrous.org, or at the door. Tickets are \$15 per person.

As a sponsor of the program, Meadowlark has five complimentary tickets. If you would like a ticket please visit the Hospitality Desk. Tickets are first come, first serve.

Thank You!

submitted by Sandra Emley

Thank you to our family of Meadowlark residents that sent me cards of well wishes and visited after my surgery and recovery. They were deeply appreciated. What a wonderful place to live in our senior years! Thank you.

On the House on the Train Tracks

submitted by Helen Roser

Theirs was a new community in Los Angeles County with citizens with great ideas for promoting their community. They had permission from the Rose Parade Committee to come to Pasadena and build their committee's float for the Rose Parade. It had a little house that volunteers built to be pulled on its big platform by a big truck in the parade.

Instead of putting it on display with the other floats after the parade, they wanted to bring it home for display. The Rose Parade Committee said it was okay with them, so their big truck began hauling their house home.

It got through communities and were within two miles of home when it happened. There was a train track about six feet higher than street level.

The street crossing was a short, steep climb up, across the tracks, and down the other side. Their truck got the house across one track before it got stuck, with the house straddled across the train tracks.

I worked for the county of Los Angeles and apparently was known as someone who knew about laws and ordinances and contractors in trouble.

My phone rang. I was having a pleasant winter Sunday afternoon at home. My radio was playing softly as I was reading the Sunday papers. I answered my phone.

A man's voice yelled: "Helen! What are we going to do? Our house is stuck and the train is coming!" I said: "Wait a minute. Take it slowly. You are moving a house? On Sunday?"

"Yes!" he gasped. "The Rose Parade Committee said we could bring it home to display it. But it got stuck on the train tracks and the train comes through here and it's going to wreck our house! What are we going to do?"

I told him: "Calm down. Forget about the house. There are human lives on that train. Trains can't stop quickly. Call your law enforcement and tell them to call the train company and tell them about obstruction on the tracks. Do that first. Then call a house mover to come get your house off the tracks."

The house mover came and expertly jacked the house up and got it off the tracks before the train came through.

Several legal entities told the Rose Parade Committee to never again let anyone take their float home. That ruffled the feathers of several of the Float Committee.

"Bureaucracy!" they fumed. "Something about a train! What does a train have to do with the Rose Parade?"

By the way, that expert house moving company was owned and operated by a woman.

MEADOWLARK MARKET

Furniture and Fabulous Finds

Antiques • Collectibles • Home Décor
Gently Used Furniture

Nov. 22

~ FINAL day to shop in 2019~

10 a.m. to 5 p.m.

1217 Meadowlark Circle

October Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of October were given in memory/honor of the following persons to benefit the Parkinson's Program and Good Samaritan Fund, including support for the HOG & Kisses Candidates.

Memory of

Joyce Ardery	June Benedict
Elaine Bishop	Marion Boydston
Max Brecheisen	Wilma Hafenstein
Bruce McCallum	Pauline Norby
Raymond Pageler	Dorothy Tompkins
Margaret Wheat	

Honor of

Vern Gannon	Ted Hartke
Justin Minchow	Jim Morrison
Rick Pfeifley	

If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.

Holiday Gift Items

We have NEW seasonal items, perfect for a gift or a special treat for yourself! Stop by the Swag Shop at Verna Belle's Café to browse glass tumbler and coaster gift sets, ornaments, comfy long sleeve t-shirt and jackets.



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. 17

Breakfast: Omelets with Fruit

Monday, Nov. 18

Breakfast: Biscuits & Gravy

Lunch: Sloppy Joes & Chips

juicy, saucy sloppy joe seasoned beef served on a hamburger bun with a side of chips ~ \$6.50

Tuesday, Nov. 19

Breakfast: Breakfast Sandwich with Fruit

Lunch: Tuna Casserole & Mashed Potatoes

noodles, tuna, & peas mixed together in a creamy cheese sauce, served with a side of mashed potatoes ~ \$4.50/\$6.50

Wednesday, Nov. 20

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Chicken Sliders

pulled chicken with Sweet Baby Ray's BBQ sauce on slider buns with a side of slaw ~ \$4.50/\$6.50

Thursday, Nov. 21

Breakfast: Biscuits & Gravy

Lunch: Chicken Nuggets & Fries

baked chicken nuggets served with a side of fries ~ \$4.50/\$6.50

Friday, Nov. 22

Breakfast: Waffle or Pancake

Lunch: Hot Ham & Cheese Sliders

sliced ham & cheese served on slider buns, served with macaroni salad ~ \$4.50/\$6.50

Saturday, Nov. 23

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. 17 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Onions, and Celery Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Nov. 18 ~ Lunch \$10	Dinner \$12
	Prime Rib Sandwich French Fries Coleslaw	Chicken Marsala Wild Mushroom Risotto Vegetable du Jour
TUESDAY	Nov. 19 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter, or dessert)	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	Nov. 20 ~ Lunch \$10	Dinner \$14
	Steamed Polish Sausage with Sauerkraut French Fries Choice of Vegetables	Salmon Farfalle with Sun-dried Tomato Sauce Garlic Toast Vegetable du Jour
THURS.	Nov. 21 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Chicken Lasagna Garlic Toast Vegetable du Jour
FRIDAY	Nov. 22 ~ Lunch \$10	Dinner \$12
	Fried Chicken Sandwich Potato Chips Broccoli Slaw	Herb Crusted Pork Tenderloin with Red Wine Vinaigrette Roasted Potatoes Vegetable du Jour
SAT.	Nov. 23 ~ Lunch \$10	Dinner \$15
	Chicken Enchilada Black Beans Spanish Rice	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Manhattan
 2 oz. Bulliet Rye, 1 oz. Vermouth with Bitters and Cherry Juice
\$3.75

Grosh Cinema Movies

Sunday, Nov. 17, to Saturday, Nov. 23, 2019

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

Sunday, Nov. 17—A Fairly Odd Summer (2014)

Timmy Turner and his friends head to Hawaii. And in fairly odd fashion, things don't always go as planned.

Co-Starring: Tara Strong, Teryl Rothery, & Ali Liebert

Rated: G; 1 hr. 8 min.

Monday, Nov. 18—Bohemian Rhapsody (2018)

The story of the legendary British rock band Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid (1985).

Co-Starring: Rami Malek, Lucy Boynton, & Gwilm Lee

Rated PG-13; 2 hr. 14 min.

Tuesday, Nov. 19—Inherit the Wind (1960) *Resident Request

Based on a real-life case in 1925, two great lawyers argue the case for and against a science teacher accused of the crime of teaching evolution.

Co-Starring: Spencer Tracy, Fredric March, & Gene Kelly

Rated Approved: 2 hr. 8 min.

Wednesday, Nov. 20—The Law of .45s (1935)

Lawyer Rontel has made Geologist Sheffield his prisoner and by power of attorney is using his money to buy the ranches of those driven off by his hired men. But when he goes after Hayden, Tucson and Stoney arrive and things begin to change.

Co-Starring: Guinn 'Big Boy' Williams, Molly O'Day, & Al St. John

Rated Approved; 57 min.

Thursday, Nov. 21—Invictus (2009)

Nelson Mandela, in his first term as President of South African, initiates a unique venture to unite the Apartheid-torn land: enlist the national rugby team on a mission to win the Rugby World Cup.

Co-Starring: Morgan Freeman, Matt Damon, & Tony Kgoroge

Rated PG-13; 2 hr. 14 min.

Friday, Nov. 22—Swing Vote (2008)

In a remarkable turn-of-events, the result of the presidential election comes down to one man's vote.

Co-Starring: Kevin Costner, Paula Patton, & Kelsey Grammer

Rated PG-13; 2 hr.

Saturday, Nov. 23—Grease (1978)

Good girl Sandy and greaser Danny fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

Co-Starring: John Travolta, Olivia Newton-John, & Stockard Channing

Rated PG-13; 1 hr. 50 min.

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

Weekly Opportunities Calendar Nov. 17 to Nov. 23

Sunday • Nov. 17

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 by Pastor Michael Schmidt, CR

Monday • Nov. 18

Manhattan Room—open seating at lunch only

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 8:00 a.m. ~ Stepping On Workshop, KSU CL
- 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, WCR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 2:00 p.m. ~ Change & Loss Support Group, FHR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Savage Studio Piano Recital, CR
- 7:00 p.m. ~ Community Bingo, VB

Tuesday • Nov. 19 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

- 8:00 a.m. ~ Stepping On Workshop, KSU CL
- 10:30 a.m. ~ Guided Meditation, GC
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 11:30 a.m. ~ 4th Floor Luncheon, MR
- 12:00 p.m. ~ Seven Dolors Book Discussion, MR
- 1:00 p.m. ~ Visually Impaired Book Club, WCR
- 2:00 p.m. ~ Visually Impaired Support Group, WCR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Nov. 20

Manhattan Room—open seating at lunch & dinner

- 8:00 a.m. ~ Stepping On Workshop, KSU CL
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Activities Class, CR
- 10:00 a.m. ~ Memory Café, FHR
- 10:00 a.m. ~ Memory Care Partners Supp. Grp, WCR
- 11:00 a.m. ~ Sit & Be Fit, CR

- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Ice Cream Social, VB
- 5:30 p.m. ~ Jingle Bell Rock Live Radio Remote, VE

Thursday • Nov. 21

Manhattan Room—open seating at lunch only

- 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. ~ Parkinson's Webinar, WCR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decisions, FHR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ Dr. Rosine Student Recital, CR

Friday • Nov. 22

Manhattan Room—open seating at dinner only

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Meadowlark Market, 1217 MLH Cir.
- 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
- 12:00 p.m. ~ Parkinson's Partner Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ PD Care Partner Supp. Grp, FHR
- 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
- 7:00 p.m. ~ Presentation by the Perry Family, CR

Saturday • Nov. 23

Manhattan Room—open seating at lunch & dinner

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