

## Just Hear Those Sleigh Bells Jingling

*Santa is coming to town and visiting Meadowlark!*



Santa is coming to town and visiting again this year! Santa Stephen and Mrs. Claus invite you to join them for a time of holiday cheer.

Residents, staff, family, and community members are all welcome to attend this free event sponsored by Meadowlark.

You will have two chances to talk with Santa Stephen and make

sure you are on the nice list this year: Wednesday, Dec. 11, and Thursday, Dec. 19, from 5 to 7 p.m. in Meadowlark's Community Room. The room will be transformed into a holiday scene for photos, family-friendly activities, tasty treats, and good cheer. Make sure to bring your camera to capture the joy!

## Project Update: Progress!

The past few weeks we have seen the metal exterior frame raised and formed for the Kitchen Renovation and Restaurant Expansion. The steel work for the framing is almost complete and then an exterior weather board will be installed.

It is time to get connected to the city service. Underground sewer lines, grease interceptor, and piping installation will soon be complete. Roofing materials will be delivered in the coming days. Construction of the roof will begin in the next week, weather permitting. You can take a peek at the inside construction through the viewing windows installed in the temporary Pub and Prairie Star Restaurant.

We are excited for our new additions and continued growth here at Meadowlark! Thank you for your patience during this project. The sounds, sights, and smells of construction are not always the most pleasant, but once the work is done, it will be a beautiful amenity with accommodating features to enjoy.



### **Schedule Changes on Friday, Dec. 13**

- All regular scheduled activities are canceled for the day due to Christmas Carousel. Please feel free to use the Fitness Center and Game Room as usual throughout the day.
- Prairie Star Restaurant will be a destination during Christmas Carousel and will be closed all day Friday, Dec. 13.
- There will be a Chef's Special buffet lunch available in the Game Room from 11 a.m. to 1 p.m. No previous sign up is required.
- Verna Belle's Cafe will close at noon. A brunch meal will be served between 7 a.m. and noon.

### **Meadowlark Singers Rehearsal**

*Friday, Dec. 6, at 4 p.m.*

If you are a Meadowlark Singer performing in the Friday evening concert, please attend the rehearsal at 4 p.m. Friday, Dec. 6, in the Community Room.

### **Meadowlark Singers Concert**

*Friday, Dec. 6, at 7 p.m.*

All are invited to come and enjoy your very own Meadowlark Singers' Winter Concert at 7 p.m. Friday, Dec. 6, in the Community Room. Led by resident, Peg Ziser, the singers group have been preparing for months to entertain you with a evening of great singing!

### **Olsburg's Swedish Supper**

*Saturday, Dec. 7, from 4:30 to 6:30 p.m.*

The Olsburg Lutheran Church is hosting their 63rd Annual Swedish Supper from 4:30 to 6:30 p.m. Saturday, Dec. 7. Tickets are \$15 per adult and \$7 for children six to 12 years old.

Get your tickets, as last year they sold out and space is limited. You can purchase tickets from the Hospitality Desk with cash or check only.

Meadowlark transportation will be provided to and from the event. The bus will leave from the main entrance at 4:10 p.m. Cost is approximately \$15, but may be reduced depending on the amount of people. For transportation, please sign up in the Blue Book at the Hospitality Desk.

### **Bonnie Zack Students Piano Recital**

*Sunday, Dec. 8, at 2 p.m.*

Students of Bonnie Zack, from Glenn's Music, will present a piano recital at 2 p.m. Sunday, Dec. 8, in the Community Room. The students, ages seven to 17-years-old, will bring their young enthusiasm as they perform "Presenting Holiday Music." All are welcome!

### **Vespers Service**

*Sunday, Dec. 8, at 7 p.m.*

The Vespers service will be led by Rev. Ben Hitzfeld from First Christian Church at 7 p.m. Sunday, Dec. 8, in the Community Room. All are welcome.

### **ARTful Making**

*Monday, Dec. 9, at 11 a.m.*

Meadowlark Memory Program is partnering with Marianna Kistler Beach Museum of Art for ARTful Making at 11 a.m. Monday, Dec. 9, 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.

### **Amanda Arnold School Singers**

*Tuesday, Dec. 10, at 10 a.m.*

Students from Amanda Arnold Elementary School are visiting Meadowlark at 10 a.m. Tuesday, Dec. 10, in the Community Room. Second graders can't wait to sing some holiday songs, share some cheerful joy, and deliver home-made holiday cards to residents. All are welcome!

### **K-State's Tatsumaki Yosakoi Dance Club**

*Tuesday, Dec. 10, at 7 p.m.*

Meadowlark welcomes K-State's Tatsumaki Yosakoi Dance Club for a special performance at 7 p.m. Tuesday, Dec. 10, in the Community Room. The group will perform a festival dance dedicated to resident, Nao Ohno, for her continued support.

Yosakoi, meaning "come at night," is a contemporary form of Japanese festival dance that

started post-war Japan to uplift the spirits of the Japanese people. The energetic dance moves and music are a unique fusion of traditional and modern with regional folk tunes and Japanese instruments.

The K-State group began in 2005 by Seiki Ikeda and has had dancers from the age of nine to over 70 years old. The group invites everyone to dance with them.

### **Coffee Corner**

**Tuesday, Dec. 10, at 3 p.m.**

Join us for a weekly social hour, Coffee Corner, at 3 p.m. Tuesday, Dec. 10, in the Game Room. Verna Belle's featured dessert will be Jell-O. All are invited to attend!

### **Alzheimer's Assoc. Webinar**

**Wednesday, Dec. 4, 1 p.m.**

Join the Meadowlark Memory Program for a webinar at 1 p.m. Wednesday, Dec. 4, in the KSU Classroom.

These monthly programs hosted by the Topeka Alzheimer's Association Chapter are available for caregivers and professionals to learn about memory disorders and the challenges associated with managing them. For questions, contact Michelle Haub, Special Programs Leader, at (785) 323-3899.

### **Meadowlark Ladies Luncheon**

**Thursday, Dec. 12, at 12 p.m.**

Ladies Luncheon is coming soon! All Meadowlark ladies are invited to sign up for a seat at the table at noon Thursday, Dec. 12, in the Manhattan Room. We will feast on festive chicken pot pie, Christmas applesauce, and a dessert of red raspberry ice cream sundaes.

Each person in attendance will receive a bright and joyful Tannenbaum. We will also celebrate the completion of our Happy Feet for Christmas project with a Blessing of the Socks by Chaplain Patty Brown-Barnett.

This colorful luncheon is hosted by Nancy Prawl and Polly Ferrell. Please sign up in the Blue Book at the Hospitality Desk to reserve your spot.

### **Christmas Carousel**

**Friday, Dec. 13, various start times**

Reservation times are almost full for Christmas Carousel's celebration of Candyland's 70th Anniversary on Friday, Dec. 13. You'll get to see what happens when the board game comes to life and characters have to defend Candy Castle!

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. If you would like to cancel or change your reserved group time, please contact us as soon as possible to guarantee available openings.

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.

Please arrive five minutes before your start time in the Village Entrance, the main lobby of the Community Center. Groups will have staff members along to help guide you through the evening's events.

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.

### **Cuz'n Jed's Christmas**

**Sunday, Dec. 15, at 1:30 p.m.**

Come out and enjoy a fun-filled hour of Christmas Classics with Jed Wymore at 1:30 p.m. Sunday, Dec. 15, in the Community Room. Jed will be joined by other musicians as they entertain with an array of Christmas and holiday music! All are welcome to attend.

### **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 [littleapplechorus.org](http://littleapplechorus.org), or at the door. Tickets are \$15 per person.

### **Holiday Giving at Verna Belle's**

'Tis the season! We have received several requests for an opportunity to donate items to help those in need this holiday season. Verna Belle's Café is hosting a food drive benefiting the Flint Hills Bread Basket.

If you would like to participate, you may purchase a non-perishable food item from Verna Belle's and leave it in the wrapped boxed under the Café's Christmas Tree. Purchased items may be donated through Thursday, Dec. 12.

### **Christmas Reservations**

Prairie Star Restaurant will begin taking reservations Friday, Nov. 29, for a Christmas meal. Residents and families can reserve seats from 11 a.m. to 2 p.m. on Christmas Day. A full menu will be published in a future Messenger.

### **Town Hall Meeting Notes**

*Notes from Town Meeting led by Abby Cavender, Community Sales Leader, on Dec. 2.*

**Welcome & Introduction** Abby Cavender welcomed everyone to the December meeting. She filled in for Monte Spiller since he joined the Meadowlark Travelers trip to Branson, along with over 40 residents and Passport members. Vee Mechsner, a new Meadowlark resident, was introduced.

**Campus Updates** Lonnie Baker reminded us that Meadowlark is continuing the design process of two different projects: the Monarch independent living apartments, and a capital campaign for a Wellness Center. The Monarch will have 24 units. The sales team has been working hard in the pre-sales. Currently, 46 Priority Memberships have been purchased, meaning they are genuinely considering moving to the Monarch.

The Wellness Center will be located by Bramlage and will have many amenities, such as out-patient therapy, fitness center, Special Programs, and a warm water pool. With certain details being finalized no date for project completion has been determined.

Lonnie shared that there is a plan for an addition to our staff parking lot of 85 parking spots and relies on an agreement with K-State. More details of all Meadowlark's growth and development to come!

**Community Relations Update** Sarah Duggan informed us of different ways Meadowlark is involved in the Manhattan community. Representatives of Meadowlark attended Mission Sunday at First Presbyterian Church and Riley Pride and was a sponsor for Halloween Hustle, a location for the Jingle Bell Rock Hunting Tag pick up and clues, and continuing to be active in the Manhattan Area Chamber of Commerce.

Sarah gave updates on the Kansas Alzheimer's disease Task Force that she was selected to be a part of for the past couple of months. They are completing their proposal to share in January to Congress.

Sarah also shared about the success of the Caring for Your Loved One with Dementia course held by UFM, Meadowlark, and K-State Global Campus. It was comprised of a four-week online course with two onsite days at Meadowlark. There were 19 total participants in this class. This class will be offered again in the spring. Michelle Haub, Special Programs Leader, and Sarah are in the beginning stages of working on a similar format for a class focused on Parkinson's disease.

**Change and Loss Support Group** Bridget Larkin, Social Services Leader, and Kathleen Spearman reminded us of the Change and Loss Support Group that meets the first, third, and fifth (if applicable) Monday of every month in the Flint Hills Room from 2 to 3p.m. These meetings are informal with no set agenda. Bridget and Kathleen let us know that being in the holiday season can be difficult with changes in life, that this is a great resource for anyone to come and join.

**Events & Announcements** Abby Cavender gave updates of the events happening here in December. You can learn more about them in the weekly Messengers.

### **On Sonny Boy, the T.V. Star**

*submitted by Helen Roser*

When the new device called television for home entertainment began, if you worked for the movie industry, you'd better not be caught trying to help television or you were dead forever for work in the movies.

Movies were trying to sell tickets to watch a movie in a theatre. Television wanted people to stay home and watch television. To pay for production cost of a television show

required the invention of sponsors with money. The main problem with sponsors was that they usually had a wife.

Television sponsors' wives usually took great interest in screenplay writing. Not in writing a screenplay of their own, but in "improvements" in what had been written and bought. Other sponsor's wives had a relative who aspired to an acting career.

My friend, who aspired to sell his stack of western cowboy screenplays, quit his job teaching high school English to concentrate on producing his cowboy plays for television.

But there was a little problem. If your story is about horses and cowboys, you have to show them now and then. But you couldn't take the big heavy television cameras out to where the cowboys and horses were. So you had to bring them in to where the cameras were.

The sponsor's wife had improved the screenplay to make her nephew, Sonny Boy, the star. He would come to town the day the cowboy show was to be televised. Sonny Boy had never told his Auntie that he was scared to death of horses and had never been on one.

Come production time, six real cowboys came in, astride real horses, covered with authentic dirt. An extra horse awaited Sonny Boy. Auntie had taken Sonny Boy out and had him outfitted in a sparkling new cowboy suit and hat, with a shining gun on each hip. The director sighed and told the cowboys to get the kid onto his horse, stay around him to make sure he didn't fall off, and to "dirty him up" and "get rid of that hat."

So, the cowboys put the kid on his horse, smeared dirt on his face and yanked his new hat off and replaced it with a beat up old one.

"Action!" yelled the director. The whole thing took only seconds of air time. The sponsor's wife was ecstatic. Sonny Boy went home, now that he was a television star.

My friend went back to teaching English to avoid being convicted of murdering a sponsor's wife.



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, Dec. 8

**Breakfast:** Omelets with Fruit

### Monday, Dec. 9

**Breakfast:** Biscuits & Gravy

**Lunch:** Cornbeef Reuben & Side  
*tender beef, Swiss cheese, sauerkraut, & thousand island dressing on grilled toast ~\$4.50/6.50*

### Tuesday, Dec. 10

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Fried Bologna Sandwich & Soup  
*slices of fried bologna & cheese served with a bowl of chicken noodle soup ~\$4.50/\$6.50*

### Wednesday, Dec. 11

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Homemade Pork Tamales & Side  
*corn flour tortillas filled with tender pork roast served with cheese sauce ~\$4.50/\$6.50*

### Thursday, Dec. 12

**Breakfast:** Biscuits & Gravy

**Lunch:** Hamburger Sliders & Chips  
*slow grilled slider beef patties with cheese & toppings from the salad bar served with chips ~\$4.50/\$6.50*

### Friday, Dec. 13 ~ closes at noon

**Brunch:** Breakfast Casserole ~\$3.99

A la carte breakfast menu will also be available

### Saturday, Dec. 14

**Breakfast:** A la carte menu options

## Happy Feet for Christmas

*submitted by Polly Ferrell*

Meadowlark Hills residents are giving generously to our Happy Feet for Christmas project so that families in distress will have warm feet this Christmas. Our original goal was to give 50 pairs of colorful, festive Slipper Socks with treaded soles to the Manhattan Emergency Shelter.

As of Monday, Dec. 2, \$192 have been donated. Because of your continuing generosity, we are expanding out giving of Slipper Socks to The Crisis Center, too. A total donation of \$275 will allow that to happen.

Please add your dollars to the Happy Feet for Christmas jar located at the Hospitality Desk. Only \$83 more and we will reach our goal! Thank you as the giving continues.

## A Message from Esther Headrick

*submitted by Esther Headrick*

Thanks for being my neighbor, caregiver, and friend. The decade I've been at Meadowlark has been full of great times. I can be reached at my new address: 1995 Idaho Street Apt. #105, Superior, NE 68978.

**> Live Your Way**

## How do YOU live YOUR way?

What are ways that you like to live your best life? Meadowlark is creating a list of ways that people live their way every day and we need your help! We are needed know your answers to the following questions: What are your top five favorite things you currently do to live your way? What is one thing you want to do in the future to keep living your way? This could be about hobbies, activities, community involvement, or simply, something like your favorite breakfast. Or even something you do not like to do!

If you are interested in sharing, please send an email to Sarah Duggan at [sguge@meadowlark.org](mailto:sguge@meadowlark.org) with your answers. You may also bring a list of your responses to the Hospitality Desk.

**LEADER OF  
THE PACK**



Congratulations to December's Leader of the Pack, Jasmine Bobo! Jasmine is a CMA at Meadowlark and has spent time assisting residents and staff in each of the healthcare households. Jasmine has been described as motivated, professional, kind, and dependable! She is personally requested by household coordinators, staff, and residents to work with them, as she creates a fun and upbeat environment for all. Thank you Jasmine for your hard work, enthusiasm, and dedication to making Meadowlark feel like home!

## Outdoor Encounters

*submitted by Nathan Bolls*

At some point each fall we should pause and honor one of the most profound of evolutionary developments: the green leaves of flowering plants. Even though most of them last only one growing season, these leaves, and what they make possible, are an essential part of survival for many animals, even for the health of the very soil in which those plants grow. Leaves house the green pigment, chlorophyll, an essential part of the chemical pathway of photosynthesis that makes plant sugars. These sugars, via another chemical pathway, are the raw material the plant uses to trap and store energy, and this energy enables green plants to make the many products both they, and we, depend upon. Of basic importance is the fact that flowers, if fertilized, make the seeds that are both the basis for the next plant generation and a food type for many animals. It is said that humans could not exist without green plants and the many different items they provide. But we actually look forward to the demise of the leaves of our deciduous trees, to the fall colors that they show.

Humans invented agriculture some 10,000 years ago, but even during the many prior millennia, when we lived in hunter/gatherer groups, we—and many other animals—depended upon some leaves and many of the seeds, nuts, and fruits produced by flowering plants. Life, even though difficult, took place in a veritable Garden of Eden! Our world contains 250,000 to 400,000 species of flowering plants (depending upon which expert you consult), which includes some 60,000 tree species and many hundreds of species of woody shrubs. Kansas alone has some 90 tree species, and numerous woody shrubs—most native but a few imported.

But we now have largely lost our summer umbrella of living green shingles that also give shade to many different situations in Nature. In deciduous trees and shrubs, we celebrate leaf ephemerality by watching for color changes, knowing full well that change is related to leaf death and drop. Conifer leaves (needles) are lost on a more regular year-round basis, but with some showing a more pronounced rate of leaf death and drop in the fall.

Several factors influence fall leaf color:

increasing night length, lower air temperatures, distribution of leaf pigments, and genetics. Genetics determines why leaves or fruits of certain species turn certain colors. But the astronomically-based trend of steadily longer nights during fall is the big unvarying factor in the equation. Color intensity is enhanced by ample rainfall and by steadily falling temperatures, but is impeded by suddenly freezing temperatures.

The green pigment, chlorophyll, during the growing season, is constantly being produced and broken down within leaves, but chlorophyll production slows down and eventually stops as nights lengthen and temperatures drop. And other existing pigments are unmasked. The carotenoid pigments, present along with chlorophyll during the growing season, produce the yellow, orange, and brown pigments seen in some leaves and in corn, buttercups, daffodils, carrots, rutabagas, and bananas.

The anthocyanin pigments, most produced as days shorten and nights lengthen, give their colors to some leaves and to cranberries, red apples, blueberries, Concord grapes, cherries, plums, and strawberries. But genetics plays the big role of determining the combination and concentration of carotenoid and anthocyanin pigments present in both ripe fruits and fall leaves.

Many marvelous processes are in action as plants and animals prepare for the cold, but one of the most obvious, and most beautiful, is that process by which trees and shrubs shed their most vulnerable parts: leaves. They will be broken down over the winter by microbes into compounds and elements. These chemicals can, in turn, be used for building new plants and animals. The cycle continues, and there's always next fall!



*Our palette of fall!  
Gently falling, fading—gone,  
Save in grateful eyes.*

~Haiku by NJB

# 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>	Dec. 8 ~ Lunch \$12	Dinner \$11
	Chicken & Dumplings Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	Dec. 9 ~ Lunch \$10	Dinner \$12
	Bacon & Green Onion Quiche Rice Pilaf Choice of Vegetable	Chicken Milanese Wild Rice Vegetable du Jour
<b>TUESDAY</b>	Dec. 10 ~ Lunch \$8	Dinner \$14
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Shrimp Pesto Marinara Linguini Vegetable du Jour
<b>WED.</b>	Dec. 11 ~ Lunch \$10	Dinner \$13
	Goulash Garlic Toast Choice of Vegetables	Sautéed Pork Tenderloin <i>with Sherry Gravy</i> Wild Rice Cake Vegetable du Jour
<b>THURS.</b>	Dec. 12 ~ Lunch \$8	Dinner \$11
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Shepherd's Pie Vegetable du Jour
<b>FRIDAY</b>	Dec. 13	Dinner
	<i>Restaurant closed</i> Chef's Special Buffet served in Game Room	<i>Restaurant closed</i>
<b>SAT.</b>	Dec. 14 ~ Lunch \$10	Dinner \$14
	Hot Turkey Sandwich Mashed Potatoes Vegetable du Jour	Grilled Salmon <i>with Dill Sauce</i> Smoked Gouda Mashed Potatoes Vegetable du Jour

## DRINK SPECIAL

### Irish Coffee

3 oz. Regular or Decaf Coffee, 1 oz. Jameson Whiskey &  
 1 oz. Half n' Half Creamer



## Grosh Cinema Movies

Sunday, Dec. 8, to Saturday, Dec. 14, 2019

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

### **Sunday, Dec. 8 — The Princess Switch (2018)**

Competing in a Christmas baking competition in Belgravia, a Chicago baker bumps into the prince's fiancée, who looks just like her. They switch lives for two days.

Co-Starring: Vanessa Hudgens, Sam Palladio, & Nick Sugar

Rated: PG; 1 hr. 41 min.

### **Monday, Dec. 9— A Steeple Names Desire (1951) \*Resident Request**

Disturbed Blanche DuBois moves in with her sister in New Orleans and is tormented by her brutish brother-in-law while her reality crumbles around her.

Co-Starring: Vivien Leigh, Marlon Brando, & Kim Hunter

Rated PG; 2 hr. 2 min.

### **Tuesday, Dec. 10— The First Wives Club (1996)**

Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women.

Co-Starring: Goldie Hawn, Bette Midler, & Diane Keaton

Rated PG: 1 hr. 43 min.

### **Wednesday, Dec. 11— The Desert Fox (1951)**

The story of Field Marshall Erwin Rommel in the early 1940's. He came to the realization that his home country of Germany was being destroyed and led to a conspiracy against Hitler.

Co-Starring: James Mason, Cedric Hardwicke, & Jessica Tandy

Rated Approved; 1 hr. 28 min.

### **Thursday, Dec. 12 — Grace Unplugged (2013)**

Grace Trey is a phenomenal singer. But at the tender age of eighteen, after she gets the music break of a lifetime and is thrust into the "real world," her faith is put to the test.

Co-Starring: AJ Michalka, Kelly Thiebaud, & James Denton

Rated PG; 1 hr. 42 min.

### **Friday, Dec. 13 — NO MOVIE SHOWING**

### **Saturday, Dec. 14 — Battle of the Sexes (2017)**

The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

Co-Starring: Emma Stone, Steve Carell, & Andrea Riseborough

Rated PG-13; 2 hr. 1 min.

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

# Weekly Opportunities Calendar Dec. 8 to Dec. 14

## Sunday • Dec. 8

*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. ~ Bonnie Zack Student Piano Recital, CR
- 7:00 p.m. ~ Vespers by Rev. Ben Hitzfeld, CR

## Monday • Dec. 9

*Manhattan Room—no open seating available*

- 8:30 a.m. ~ IL Resident Council, KSU CL
- 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. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Dec. 10 *Trash & recycling pick-up*

*Manhattan Room—open seating at dinner only*

- 10:00 a.m. ~ Amanda Arnold School Singers, CR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, KSU CL
- 12:00 p.m. ~ Seven Dolores Book Discussion, MR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ MLH Ambassadors Meeting, KSU CL
- 7:00 p.m. ~ Dominoes, GR
- 7:00 p.m. ~ Tatsumaki Yosakoi Dance Club, CR

## Wednesday • Dec. 11

*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
- 10:20 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. ~ Alzheimer's Assoc. Webinar, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Ice Cream Social, VB
- 3:00 p.m. ~ Unitarian Universalist Fellowship, FHR
- 5:00 p.m. ~ Santa is Coming to Meadowlark, CR
- 5:30 p.m. ~ Eastside Supper, MR

## Thursday • Dec. 12

*Manhattan Room—open seating at dinner only*

- 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
- 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 4:00 p.m. ~ Great Decision, FHR

## Friday • Dec. 13

*Activities canceled due to Christmas Carousel*

*\*prior reservation required*

- 3:15 p.m. ~ Christmas Carousel Group One, VE
- 3:50 p.m. ~ Christmas Carousel Group Two, VE
- 4:25 p.m. ~ Christmas Carousel Group Three, VE
- 5:00 p.m. ~ Christmas Carousel Group Four, VE
- 5:35 p.m. ~ Christmas Carousel Group Five, VE

## Saturday • Dec. 14

*Manhattan Room—open seating at lunch & dinner*

- 9:30 a.m. ~ Painting for Fun, MCR

### 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