

December 12, 2019 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

# The Magical Windows of Christmas

#### submitted by Nancy Julien Kopp

At least once during the Christmas seasons of my 1940s childhood, my mother and I rode the elevated train from suburban Oak Park to downtown Chicago, exiting at the Marshall Field's station. Pigeons strutted on the wooden platform and railings, flapping soft gray wings now and then, drawing my attention, but Mother pulled me toward a long flight of steps to the street, leaving the pigeons far above us.

We headed to a special, magical place, the big department store's Christmas windows. Often, the wind and cold air stung our cheeks. Sometimes snowflakes floated lazily over us, but it didn't matter. A crowd formed close to the windows of Marshall Field's, and Mother and I wiggled into the center, moving closer and closer to the front until we stood before Christmas Window #1.

There, before us was a wonderland that brought 'oohs' and 'ahs' from the crowd. "Look, Mommy!" could be heard off and on as well when excited children pointed out the obvious to their mothers.

Marshall Fields initiated the Christmas window display in 1897. During November, the windows were covered with brown paper and not unveiled until the day after Thanksgiving. For weeks, designers and their staff worked long hours to create a story told in eleven successive windows, using a fairy tale or child's book theme. Animation came in later years, and the designs grew more and more lifelike. Piles of snow and frost-covered trees looked



real enough to touch. A tray of gingerbread men near an oven so perfect, I could almost smell the spicy aroma. A scroll or some other unique prop told part of the story, and the rest came with our imagination.

The earlier windows were toy displays, a marketing scheme that drew thousands of shoppers. Later, in the mid-40s, the story windows began, and Uncle Mistletoe and Aunt Holly were introduced,



becoming well-known to all Field's shoppers. We moved from window to window enjoying the continuing tale. Stories like Snow White and Pinocchio came to life behind the giant windows. They were probably more exciting in the days prior to television, for we had nothing like this anywhere but the movie theaters. By the time we'd walked the entire route, our feet were tingling with the cold, and we headed into the store to warm up.

What better place to thaw out than in the line that ended with a short sit on Santa's lap. By the time, we reached Santa, we'd shed gloves and hats and unbuttoned our heavy coats. I told Santa my dearest wishes, never doubting that he'd remember and bring at least one of the items I'd requested.

When the 1950s rolled around, I made the trip downtown to Marshall Field's with my girlfriends. Even then, my excitement stayed at a high pitch. I noticed more details in the story windows, and my friends and I giggled and chatted, and pointed things out to one another. With rosy cheeks and numbing toes by the time we'd gotten to the end, we headed into the store. Not to see Santa but to savor a cup of hot chocolate, gaze at the giant Christmas tree in the atrium, and then spend some time wandering through the massive place looking for Christmas gifts for our family members. We might finish the day with a Frango Mint, the candy made famous by Marshall Field's.

Today, Field's is no more. The sign in front now says Macy's. It was a sad day for me when that happened. A piece of my childhood crumbled, never to be the same. But the memory of the Christmas windows and my visits to Santa remain even many decades later.

# Schedule Changes for Friday, Dec. 13

- All regular scheduled activities are canceled for the day due to Christmas Carousel. Please feel free to use the Fitness Center as usual throughout the day. There will not be a regularly scheduled evening Resident Program.
- 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.

# **Christmas Carousel**

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

Christmas Carousel, the celebration of Candyland's 70th Anniversary, is Friday, Dec. 13. 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. Prior reservations are required for this event. Please meet in the Village Entrance main

lobby of the Community Center at your start time. Groups will have staff members along to guide you through the evening's festivities.

# 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 *littleapplechrous.org*, or at the door. Tickets are \$15 per person.

Meadowlark transportation will be provided for \$3 per person. Please sign up in the Blue Book at the Hospitality Desk. The bus will depart from the Village Entrance at 2:20 p.m.

## **Vespers Service**

#### Sunday, Dec. 15, at 7 p.m.

The Vespers service will be led by Rev. Ben Hitzfeld from First Christian Church at 7 p.m. Sunday, Dec. 15, in the Community Room. All are welcome.

#### Change & Loss Support Group Monday, Dec. 16, 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, Dec. 16, 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.

# **Timeless Acapella**

#### Monday, Dec. 16, at 6 p.m.

Meadowlark welcomes Timeless Acapella for a performance at 6 p.m. Monday, Dec. 16, in the Community Room. The group was formed in 2015 by a group of women who love the world of a cappella signing.

Members are from the Manhattan area, Clay Center, Junction City, Wamego, and Westmoreland, The Timeless Acapella group perform mostly arrangements of barbershop style music, but also enjoy a wide variety of other styles. Currently, the chorus has about 25 members.

# **Guided Meditation**

#### Tuesday, Dec. 17, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Dec. 17, 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 Persons Group**

Tuesday, Dec. 17, at 1 p.m.

The Visually Impaired Persons Group will meet at 1 p.m. Tuesday, Dec. 17, in the KSU Classroom. The group will have a short discussion of the December book, "Calling Invisible Women" by Jeanne Ray. All are welcome to attend even if you have not read the book or attended a previous meeting.

We will also celebrate with a holiday gathering with sharing Christmas memories and enjoying some treats until 3 p.m. Please bring a snack to share.

# **Coffee Corner**

Tuesday, Dec. 17, at 3 p.m.

Join us for a weekly social hour, Coffee Corner, at 3 p.m. Tuesday, Dec. 17, in the Community Room. The featured dessert will be a chocolate peppermint layered dessert. All are invited to attend!

# Card Making with Michelle

Tuesday, Dec. 17, at 1:30 p.m.

Join Michelle Lehmer, Housekeeping and Laundry team staff member, for card making at 1:30 p.m. in the Flint Hills Room. Supplies will be provided.

## Parkinson's Program Webinar Thursday, Dec. 19, at 9 a.m.

Join Meadowlark Parkinson's Program for a webinar hosted by the Michael J. Fox Foundation at 9 a.m. Thursday, Dec. 19. This webinar will feature the Foundation's movement disorder specialist to answer questions for "Ask Us Anything: Our Doctors Take Your Questions." The hour will be devoted to the audience's inquiries, so please bring some questions with you.

#### Santa is Coming to Meadowlark! Thursday, Dec. 19, at 5 p.m.

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 from 5 to 8

p.m. Thursday, Dec. 19, 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! Residents, staff, family, and community members are all welcome to attend this free event sponsored by Meadowlark.

## Memorial Service for Paul Benne Friday, Dec. 20, at 2 p.m.

The family of Paul Benne invites you to join them in celebrating his life at 2 p.m. Friday, Dec. 20, in the Community Room. Paul was an active member in Meadowlark Parkinson's Program.

# The Church Ladies Christmas Show *Friday*, *Dec. 20*, *at 7 p.m.*

Meadowlark welcomes back The Church Ladies at 7 p.m. Friday, Dec. 20, in the Community Room for their Christmas Show! The Church Ladies are a harmony-based acoustic trio from the Manhattan area. Their musical selections include secular and non-secular music, bluegrass, gospel, country, and folk. All are invited to attend!

# Memorial Service for Ann Weston Saturday, Dec. 21, at 10:30 a.m.

A memorial service for Ann Weston will be held at 10:30 a.m. Saturday, Dec. 21, in the Community Room. All are welcome to attend to join the family in remembering Ann.

# **Christmas Reservations**

Reservations for Prairie Star Restaurant's Christmas meal are open. Residents and families can reserve seats from 11 a.m. to 2 p.m. on Christmas Day. A full menu will be published in next week's Messenger. Please make your reservations at the restaurant's host stand or by calling (785) 323-3820.

# Happy Feet for Christmas

submitted by Polly Ferrell

Meadowlark Hills residents have given generously to our Happy Feet for Christmas project so that families in distress will have warm feet this Christmas. We will be giving 50 pairs of colorful, festive Slipper Socks with treated soles to the Manhattan Emergency Shelter and 30 pairs to the Crisis Center. A total of \$275 will allow that to happen and as of Monday, Dec. 9, that goal has been reached!

Any additional dollars given will be used as an extra donation to the Emergency Shelter. The Happy Feet for Christmas jar at the Hospitality Desk will be removed at noon on Friday, Dec. 13. Thank you for your great generosity.

#### **Meadowlark Singers**

submitted by Peg Ziser Thank you to everyone that attended the Meadowlark Singers winter concert. There will be no more practice in December. Meadowlark Singers will start practicing again in the new year on Monday, Jan. 6, at 3:45 p.m.

**IL Resident Council Minutes,** *Nov.* 4, 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

<u>General Update</u> Lonnie shared that it is his understanding there has been limited complaints recently about the construction noise, except for one individual the previous Friday. He asked council members if they have heard of any other complaints. It was expressed that most residents understood some noise is to be expected and seem to be fine with it.

At the upcoming Foundation Board meeting on Tuesday and the Board of Trustees meeting on Thursday, Meadowlark will discuss our next project focusing on the Wellness Center and new independent living apartments. A lot of information has been gathered and we recently received a draft report back from Winkler who reviewed the feasibility of a capital campaign and everything looks positive. The Monarch (new IL apartments) are in the pre-sales phase and have signed up 26 people so far as priority members. The design is developing, and we hope to the last of the construction cost estimate in and will include that with our business case model and present it to the board this week.

Meadowlark has collaborated with K-State Global Campus and will be providing a program to help people understand how best to care for a loved one that has dementia. It is a combination of a four-week online course and two half-day in person classes which will be located here at Meadowlark. The in person classes start today

There has been a lot of positive feedback about the Halloween party and seems to be a great event for the community, residents and staff. It also serves as a great recruitment opportunity for Meadowlark as it allows individuals who may not be familiar with us, the chance to see what we have to offer.

Residents are reminded to be very careful and aware when they are walking in the Courtyard, that if there is anything white on the ground, it most likely is slick. A reminder will also be running in the Messenger.

**Support Services Update** Jayme shared there is currently an art student helping with the third-floor art and the hanging of new pieces. She also ask that residents be patient and not remove art from the walls as they are working through new ideas with the Art Committee as well.

**Approval of October Minutes:** Motion to approve minutes was passed with correction.

<u>New Business</u> The updated copy of ILRC policy and procedures manual was approved and passed.

**Old Business** It was expressed that the landscaping in Meadowlark Valley near the wall across from the cottages could use some attention when the time and season allowed. It was suggested that possibly some trees be planted along with additional plants to help enhance the visual appeal of that area.

There was a request to have leaves cleaned from driveways and surrounding areas. Mike Davis will be notified of the concerns.

<u>Additional Discussion Topics</u> Leo Lake stated he was recently in contact with two former Meadowlark residents, Ted Hodges who currently resides in Salina and Leonard Parker who is in the Dallas area. Both men asked that he tell everyone hello.

The question was asked if there could be a sugar -free alternative available in Prairie Star. It was explained that in the past they ordered pre-made desserts in the attempt to accommodate those requesting sugar-free deserts but was an inconsistent process. The restaurant will look at other options in the future in efforts to offer variety for those who cannot have sugar.

There was also a question about the listing of nutritional value being made available on the menu. It was explained if the restaurant tried to list nutritional value for every item on the menu, it would be a non-stop process of updating and changing the menu daily. Members were reminded that the Prairie Star menu currently list LEAP approved meals, along with gluten free, low sodium, and low fat symbols.

It was shared that an English class from K-State was coming to Meadowlark to join the Prairie Star Writing Group that meets on Tuesdays at 2 p.m. to collaborate and share stories. It was encouraged that others pop in and enjoy the activities.

#### **Meeting adjourned**

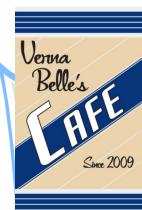
#### **Project Update**

The next two weeks will bring us to the Christmas holiday week and in the meantime onlookers will continue to witness a lot of action on the current jobsite! The crew will be wrapping up the exterior metal framing and boxing in the walls with Dens glass and waterproofing membrane. The storefront windows will be measured and officially go into the supplier's production schedule. Roofers will be installing the insulation on top of the metal decking, in addition to the roofing membrane. That milestone will allow the MEP (Mechanical/Electrical/Plumbing) rough in to begin above the ceiling installation.

The fire sprinkler piping is currently being installed and should be mostly completed this week. The crew will also be starting the ceramic tile in the restroom areas beginning next week. Meadowlark residents and staff greatly appreciate the hard, diligent, and efficient work of the BHS crew and their subcontractors. Phase One completion is getting closer every day!

# Holiday Messenger Schedule Due to Christmas and New Year's Day, there will be an early Messenger distribution for those two weeks. Messenger distribution will take place on Tuesday, Dec. 24, and Tuesday, Dec. 31. If you have something you would like submitted in the Messenger, please be mindful of these early editions and contact

Sarah Duggan at (785) 323-3878 or Michele Riter at (785) 323-3832.





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

# <u>Sunday, Dec. 15</u> Breakfast: Omelets with Fruit

Monday, Dec. 16

**Breakfast:** Biscuits & Gravy **Lunch:** Maple Bacon Chicken Sandwich & Side breaded chicken topped with maple syrup, bacon, & Swiss cheese on a buttery croissant with your choice of side **~\$4.50/6.50** 

## Tuesday, Dec. 17

**Breakfast:** Breakfast Sandwich with Fruit **Lunch:** Lasagna & Garlic Toast layered pasta with marinara sauce, ground beef, & mozzarella cheese served with garlic toast~\$4.50/ \$6.50

## Wednesday, Dec. 18

**Breakfast:** Breakfast Burrito & Fruit **Lunch:** Bierocks & Choice of Side ground beef, onions, & cabbage stuffed inside a flakey biscuit **~\$4.50/\$6.50** 

## Thursday, Dec. 19

**Breakfast:** Biscuits & Gravy **Lunch:** White Chicken Chili & Cornbread Muffin shredded chicken, great northern beans, & onions in a creamy stew served with a sweet cornbread muffin **~\$4.50/\$6.50** 

# <u>Friday, Dec. 20</u>

**Breakfast:** Waffle or Pancake **Lunch:** Steak Fajita Quesadilla & Side marinated steak cut into strips with cheddar cheese, sautéed peppers, & onions in a crispy flour tortilla ~\$4.50/\$6.50

<u>Saturday, Dec. 21</u> Breakfast: A la carte menu options

# PRAIRIE\*STAR

# <u>Restaurant Hours</u> 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.

A۲	Dec. 15 ~ Lunch \$11	Dinner \$11
SUNDAY	Chicken & Noodles	White Chili
5	Mashed Potatoes	Cornbread
	Vegetable du Jour	Vegetable du Jour
AΥ	Dec. 16 ~ Lunch \$10	Dinner \$13
Ď	Grilled Ham & Cheese	Fried Catfish
$\left  \begin{array}{c} \\ \\ \\ \end{array} \right $	Cream of Tomato Soup	Red Beans & Rice
ž	French Fries	Vegetable du Jour
TUESDAY MONDAY	Dec. 17 ~ Lunch \$7	Dinner \$12
SD/	<b>-</b> -	
Ц	Taco Bar	Beef Stew & Potatoes
TU	(does not include drink, starter, or dessert)	Vegetable du Jour
	Dec. 18 ~ Lunch \$10	Dinner \$12
WED.		Braised Chicken Quarters
Ž	Turkey Pot Pie	with Balsamic Demi Glaze
>	Choice of Vegetables	Wild Rice
•		Vegetable du Jour
ഗ്	Dec. 19 ~ Lunch \$8	Dinner \$14
THURS.		Creamy Shrimp & Penne
Я	Soup & Salad Bar (does not include drink, starter, or dessert)	with Herb Sauce Garlic Toast
F	(does not include drink, starter, or dessert)	Vegetable du Jour
	Dec. 20 ~ Lunch \$10	Dinner \$13
DAY	Seared Sole	Fried Chicken
	with Lemon Chive Butter	Mashed Potatoes & Gravy
FR	Rice Pilaf	Vegetable du Jour
	Choice of Vegetable	
	Dec. 21 ~ Lunch \$10	Dinner \$15
SAT.	Honey Garlic Chicken Wings	Steak
S	Fried Rice	Baked Potato
	Vegetable du Jour	Vegetable du Jour

# Salty Dog Punch

DRINK1 oz. Vodka, 3 oz. Pineapple Juice, 1 oz. Lemon Lime Soda & LimeSPECIAL\$3.75

Grosh Cinema Movies		
Sunday, Dec. 15, to Saturday, Dec. 21, 2019 Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday		
Sunday, Dec. 15 — <u>Rudolph the Red Nose Reindeer</u> (1964) A misfit reindeer and his friends look for a place that will accept him. Co-Starring: Billie Mae Richards, Burl Ives, & Larry D. Mann Rated: PG; 47 min.		
Monday, Dec. 16— <u>Klaus</u> (2019) A simple act of kindness always sparks another, even in a frozen, faraway place. When Smeerensburg's new postman, Jesper, befriends toymaker Klaus, their gifts melt an age-old feud and deliver a sleigh full of holiday traditions. Co-Starring: Rashida Jones, Jason Schwartzman, & Joan Cusack Rated PG; 1 hr. 36 min.		
Tuesday, Dec. 17— <u>Erin Brockovich</u> (2000) *Resident Request An unemployed single mother becomes a legal assistant and almost single-handedly brings down a California power company accused of polluting a city's water supply. Co-Starring: Julia Roberts, Albert Finney, & David Brisbin Rated R for language; 2 hr. 11 min.		
Wednesday, Dec. 18— <u>The Irishman</u> (2019) *Showings at 1 and 7 p.m. only A mob hitman recalls his secrets that he kept as a loyal member of the Bufalino crime family. This Academy Award winning film depicts the story involving the slaying of Jimmy Hoffa. Co-Starring: Robert De Niro, Al Pacino, & Joe Pesci Rated R for language and graphic images; 3 hr. 29 min.		
<ul> <li>Thursday, Dec. 19 — <u>The Nutcracker and the Four Realms</u> (2018)</li> <li>A young girl is transported into a magical world of gingerbread soldiers and an army of mice.</li> <li>Co-Starring: Mackenzie Foy, Keira Knightley, &amp; Morgan Freeman</li> <li>Rated PG; 1 hr. 39 min.</li> </ul>		
Friday, Dec. 20 — <u>Enough Said</u> (2013) A divorced woman decides to pursue the man she's interested in. She learns that this man is her new friend's ex-husband. Co-Starring: Julia Louis-Dreyfus, James Gandolfini, & Catherine Keener Rated PG-13; 1 hr. 33 min.		
Saturday, Dec. 21 — <u>Miracle</u> (2004) The true story of Herb Brooks, the player-turned-coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Soviet squad. Co-Starring: Kurt Russell, Patricia Clarkson, & Nathan West Rated PG; 2 hr. 15 min.		

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

# Weekly Opportunities Calendar Dec. 15 to Dec. 21

Sunday • Dec. 15 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 1:30 p.m. ~ Cuz'n Jed's Christmas, CR 7:00 p.m. ~ Vespers by Rev. Ben Hitzfeld, CR

# Monday • Dec. 16

Manhattan Room—open seating at lunch & dinner 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR 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 2:00 p.m. ~ Change & Loss Support Group, FHR 6:00 p.m. ~ Timeless Acapella Performance, CR 7:00 p.m. ~ Community Bingo, CR

# **Tuesday** • **Dec. 17** Trash & recycling pick-up

Manhattan Room—open seating at dinner only 10:30 a.m. ~ Guided Meditation, GC 10:30 a.m. ~ Steady Yourself, CR 11:15 a.m. ~ Chair Yoga, KSU CL 1:00 p.m. ~ VIP Book Club & Holiday Party, KSU CL 2:00 p.m. ~ LifeStory Writing Group, FHR 3:00 p.m. ~ Coffee Corner, CR 5:30 p.m. ~ 2nd Floor Supper, CR 5:30 p.m. ~ 4th Floor Supper, MR 7:00 p.m. ~ Dominoes, GR

# Wednesday • Dec. 18

Manhattan Room—open seating at lunch & dinner 9:30 a.m. ~ Seated Strength, CR 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE 10:00 a.m. ~ Memory Activities Class, KSU CL 10:00 a.m. ~ Memory Café, FHR 10:00 a.m. ~ Memory Care Partners Supp. Grp., GC 10:20 a.m. ~ Weights 101, CR 11:00 a.m. ~ Sit & Be Fit, CR 12:00 p.m. ~ Yoga, CR 1:00 p.m. ~ Pitch, GR

1:30 a.m. ~ Card Making with Michelle, 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

# Thursday • Dec. 19

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 Program Webinar, WCR 11:15 a.m. ~ Chair Yoga, CR 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR 5:00 p.m. ~ Santa is Coming to Meadowlark!, CR 5:30 p.m. ~ Meadowlark Circle Dinner, MR

# Friday • Dec. 20

Manhattan Room—open seating at lunch & dinner 9:30 a.m. ~ Seated Strength, CR 10:20 a.m. ~ Weights 101, CR 11:00 a.m. ~ Sit & Be Fit, CR 1:00 p.m. ~ Hand & Foot Card Games, GR 1:00 p.m. ~ Parkinson's Exercise Class, CR 2:00 p.m. ~ Memorial Service for Paul Benne, CR 3:30 p.m. ~ Catholic Rosary, FHR 7:00 p.m. ~ The Church Ladies Christmas Show, CR

# Saturday • Dec. 21

Manhattan Room—open seating at lunch & dinner 9:30 a.m. ~ Painting for Fun, MCR 10:30 a.m. ~ Memorial Service for Ann Weston, CR

# **Room Abbreviations**

WCR, West Conference Room CR, Community Room CSC, Combative Sports Center GR, Game Room FHR, Flint Hills Room GC. Grosh Cinema KR, Kansas Room (Pub) MFR, Miller Friendship Rm **PS**, Prairie Star Restaurant **VB**, Verna Belle's

MCR, Miller Craft Room HD, Hospitality Desk KSU CL, KSU Classroom MR, Manhattan Room **VE, Village Entrance** CY, Courtyard

Meadowlark News and Announcements can be viewed on Channel 1960