

Ozark Mountain Christmas

Meadowlark Travelers enjoy sights and sounds of Branson, Mo.



Travelers group all together outside of Chateau on the Lake, their lodging for the trip

by Becky Fitzgerald, Development Director

Four holiday-themed shows, two guided tours, and a drive-thru light display were just seven ways the Meadowlark Travelers found some Christmas spirit earlier this month. From Dec. 2nd to the 5th, three Meadowlark employees were joined by 43 residents, Passport members, and friends, for an Ozark Mountain Christmas getaway in Branson, Mo. Many of the travelers remarked that the live music shows we attended were especially well-done and captivating.

“The Miracle of Christmas” at Sight & Sound Theater featured three stages, dozens of singing, dancing and “flying” actors in colorful costumes, and several live animals. There were so many four-legged participants, we could have been watching a Noah’s ark story, but we learned that show doesn’t begin until 2020. Yes, horses, camels, goats, sheep, and donkeys were all part of the action, walking in the aisles and onto the stages. In addition, a parrot and

two doves had small roles. The story began with the betrothal of Mary and Joseph and concluded with rejoicing prompted by the Christ child’s birth in a stable in Bethlehem.

The Travelers also gave high praise to Christmas shows by the Brett

family, featuring a married couple and two of their three children, and the Hughes family, led by four brothers. The first act of both shows featured secular Christmas tunes. The Brett’s chose a stirring tribute to veterans for a portion of their second act, while the Hughes brothers and their large families, including their wives and many, many children, performed sacred music. The production value of both shows



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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.

Construction Work Update

Due to weather and project needs, construction may occur this weekend, Saturday, Dec. 21. We appreciate your understanding of the work necessary for our new enhancements.

Holiday Schedule Changes

- The Hospitality Desk will be closed at 5 p.m. Christmas Eve and closed all of Christmas Day.
- Exercise classes and regularly scheduled events are canceled Christmas Eve and Christmas Day.
- Prairie Star Restaurant will be closed for regular service on Christmas Day. Reservations for the Christmas meal from 11 a.m. to 2 p.m. can be made at the restaurant host stand.
- Verna Belle's Café will be closed at noon on Christmas Eve and closed all day Dec. 25, and Dec. 26. Need a breakfast treat on these mornings? Stop by the Prairie Star Restaurant host stand for a
 - pastry!
- Please be aware that Transportation, Maintenance, and Housekeeping will have limited staff on site for non-emergency needs. For urgent needs, please call (785) 537-4610 for an after hours phone line.
- The Parkinson's Partner Luncheon will be canceled for Friday, Dec. 27.

Meadowlark honey—yum!

Verna Belle's has Meadowlark honey back in stock! Swing by to grab some golden honey gathered from the bee hives on Meadowlark's campus. Large bottles are \$8, a honey bear is \$6, and a mini bear is \$2. Great for stocking stuffers!

Vespers Service

Sunday, Dec. 22, at 7 p.m.

The Vespers service will be led by Rev. Ben Hitzfeld from First Christian Church at 7 p.m. Sunday, Dec. 22, in the Community Room. All are welcome.

Festival of Lights Tour

Monday, Dec. 23, depart at 5:50 p.m.

Meadowlark has arranged for two buses to take a tour to the Blue Earth Plaza to see the Festival of Lights Monday, Dec. 23. Transportation will depart from the Village Entrance at 5:50 p.m. and cost is \$3 per person.

You will be able to view the thousands of lights sparkling with color on the 60-foot tree towering above the Plaza's wonderland of lights next to the Flint Hills Discovery Center. You will have the option to get off the bus to take a closer look or capture the holiday moment with a photo, or stay on the warm bus to enjoy the light show.

Prior to arriving at the Blue Earth Plaza, the bus will travel to a few of the surrounding neighborhoods to see more lights.

Parkinson's Care Partner Support Group

Friday, Dec. 27, at 1 p.m.

Meadowlark Parkinson's Program will host a Care Partner Support Group at 1 p.m. Friday, Dec. 27, in the Flint Hills Room. Join the group for a casual and supportive environment. All that are interested are welcome to attend.

Fellowship Hour

Saturday, Dec. 28, at 10:30 a.m.

Come join Jerry and Naketa Lawrence, Meadowlark volunteers, from 10:30 to 11:30 a.m. Saturday, Dec. 28, in the KSU Classroom for Fellowship Hour. This will be a time of fellowship, song, and reading of the Psalms. Refreshments will be served.

K-State Bowl Game Watch Party

Tuesday, Dec. 31, at 2:30 p.m.

The K-State Wildcats take on the Midshipmen of the U.S. Naval Academy in the Liberty Bowl Tuesday, Dec. 31. Kick-off is at 2:45 p.m. Join us in the Community Room for a watch party. Coffee Corner will be hosted at this time with a K-State themed dessert and refreshments. The game will

also be shown in the Game Room. Come ring in the new year by cheering on the Cats to victory!

Heartstrings Band

Friday, Jan. 3, at 7 p.m.

Bring in the new year with the Heart String Band at 7 p.m. Friday, Jan. 3, in the Community Room. Meadowlark welcomes back Joe and Kathy Hopeck, a husband and wife duo who have been performing in the Topeka, Kansas City, Manhattan, and Wichita areas for over 10 years.

They will provide an entertaining listening experience as they perform songs from the 50s, 60s, and 70s. If you love to dance, Heartstrings is for you! Don't miss out on this good time!

Parkinson's Program Ed Group

Thursday, Jan. 9, at 2 p.m.

Meadowlark Parkinson's Program invites you to attend their monthly Education Group from 2 to 3 p.m. Thursday, Jan. 9, in the Community Room. Please note the date change of Jan. 9, instead of Jan. 2.

This month's group will be led by Marcie Lechtenberg, Ph.D., LMFT, Clinic Director at the K-State Family Center. Dr. Lechtenberg will be presenting "Let's Talk: Sharing Details of Your Parkinson's Journey with Family and Friends."

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. Please make your reservations at the restaurant's host stand or by calling (785) 323-3820.

Happy Feet for Christmas

submitted by Polly Ferrell



Warm fuzzy colorful Slipper Socks 94 pairs, are being delivered this week to the Manhattan Emergency Shelter and The Crisis Center, because you cared and contributed \$313 to the project! Thank you Meadowlark Hills residents for being so generous to families in distress. Merry Christmas!

Reserve your spot for
Christmas Dinner
at the Prairie Star Host Stand
DECEMBER 25TH 11:00-2:00



starter

Shrimp Bisque
Bibb Lettuce Tossed with Artichoke Hearts
& Roasted Yellow Pepper Ranch Dressing
Tossed Greens with Choice of Dressing

Entree

Grilled Raspberry Chicken ~ \$16
Grilled Salmon with Dill Sauce ~ \$17
Roast Prime Rib
with Au Jus & Horseradish ~ \$18

starch

Rice Pilaf
Smoked Gouda Scalloped Potatoes

Vegetable

Asparagus
Broccoli Medley

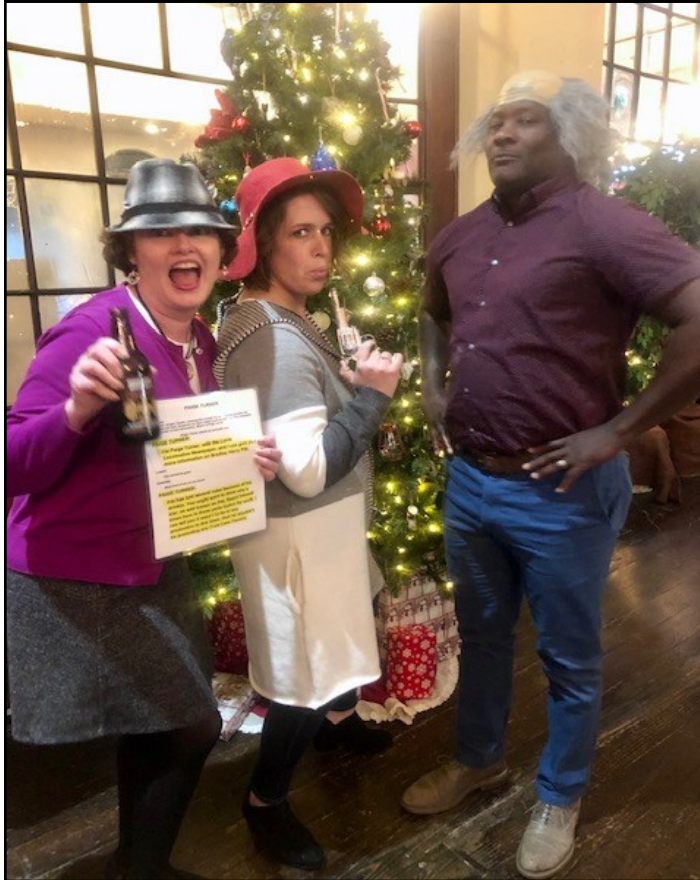
Dessert

Eggnog Snickerdoodle Cheesecake
Chocolate Tart

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was high – we were wowed by the sets, the lights, the costume changes, and the talent of the singers and musicians.

At “Murder by Eggnog,” the dinner theater audience followed the action to determine who poisoned visiting actor Bradley Harry Pitt. Five Meadowlark Travelers were selected to portray local folk who may or may not have had something to do with Bradley’s demise. Monte



Spiller, our Resident Services Leader, portrayed Bob Humbug, and was voted “Best Audience Actor” by the crowd. Development Director Becky Fitzgerald, in a nod to her former career as a journalist, volunteered to play Paige Turner, a newspaper reporter. Jayme Minton, Support Services Director, portrayed party girl Rose O’Neill, and two Passport members, Mike Heiberger and Allen “Ole” Olsen, were bald knobbers. We all were all given hats to wear and stood and read our lines when called upon, and none of us were the guilty party.

This adventure, the 21st Travelers trip since the program began in 2004, also included a guided tour of Branson and the surrounding area – the College of the Ozarks was a highlight – as well as a

guided tour at the Titanic Museum. The replica of the RMS Titanic included more than four-million dollars worth of artifacts and reproductions of the ship’s architecture. Tour-goers receive a boarding pass printed with the name of an actual 1912 passenger and biographical information about him or her, and learn the fate of that passenger in a memorial room before departing.

Our home base during our stay was Chateau on the Lake, Branson’s only AAA four-diamond resort. The common spaces were decked with garlands, wreaths, ornament-laden trees, and larger-than-life-size nutcrackers. We stared in wonder at a gingerbread village created by the hotel’s pastry chef and her staff.

What’s a holiday-themed trip without time for shopping? Several travelers boosted the local economy at the St. James Winery, the College of the Ozark’s Keeter Center, the stores of Branson Landing, and the Branson Craft Mall. On the return trip to Kansas, we made the most of a rest stop by visiting Osceola Cheese Co. in Osceola, Mo. We crowded in front of several refrigerated display cases so we could enjoy free samples before selecting cheese to purchase.

The success of Ozark Mountain Christmas has prompted questions about a Meadowlark Travelers trip in 2020. Where would you like to visit? Monte Spiller and Becky Fitzgerald welcome your destination suggestions!



JOY!

submitted by Polly Ferrell

We are so blessed to live at Meadowlark Hills! The Christmas Carousel is just one example of how staff go above and beyond to make life very special—and FUN! Thank you to everyone for a very fabulous holiday extravaganza.

Thank you!

submitted by G. Kent Stewart

Thanks so much for the obvious hard work and commitment by everyone involved who helped make the Holiday Carousel event a total success. To those providing the entertainment and to those who prepared the food, and arranged the furnishings, a big hearty thank you to all for a great evening at Meadowlark.

On Reading in the Aisle

submitted by Helen Roser

During WWII, Washington, D.C. was jammed with government personnel. My trip to and from the Pentagon took riding two street cars and a bus.

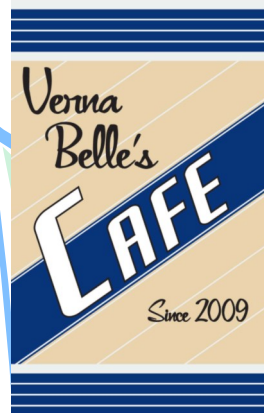
I always carried a copy of the New Yorker or a book by Ogden Nash or James Thurber. (Both were popular humorists). I read while standing in the crunch of people in the aisle.

Once I laughed at something I was reading. The person standing next to me asked what I had read. So I read it to him and we laughed together.

That caught the attention of others who asked me to read louder so they could hear too. So I did, and there was lots of laughing until I got off.

Through the months, bus and street car riders watched for me so I could read to them. Coming home, some said they rode beyond their place to get off to hear more. We all laughed about that.

I still have one of the Ogden Nash books I used to read on the street cars and buses. I wonder if some who shared those rides remember laughing as they listened to the lady standing in the aisle, reading to them.



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. 22

Breakfast: Omelets with Fruit

Monday, Dec. 23

Breakfast: Biscuits & Gravy

Lunch: Everything Bagel Sandwich & Side ham, turkey, & Swiss cheese on an everything bagel topped with a honey mustard glaze with your choice of side ~\$4.50/6.50

Tuesday, Dec. 24 ~closed at noon

Breakfast: Breakfast Sandwich with Fruit

Wednesday, Dec. 25 ~ closed all day



Thursday, Dec. 26 ~closed all day

Friday, Dec. 27

Breakfast: Waffle or Pancake

Lunch: Smothered Burritos & Side shredded chicken, tomatoes, corn, black beans, & shredded cheddar cheese topped with a creamy white queso with your choice of side ~\$4.50/\$6.50

Saturday, Dec. 28

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	Dec. 22 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour	Spaghetti with Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Dec. 23 ~ Lunch \$10	Dinner \$12
	Fried Pork Tenderloin Sandwich French Fries Choice of Vegetable	Sautéed Chicken Supreme Wild Rice Vegetable du Jour
TUESDAY	Dec. 24 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter, or dessert)	Baked Ham with Cherry Sauce Mashed Potatoes Vegetable du Jour
WED.	Dec. 25	Dinner
	Restaurant closed for regular service. Christmas Meal *prior reservations required	Restaurant closed.
THURS.	Dec. 26 ~ Lunch \$9	Dinner \$14
	Mac & Cheese Bar (does not include drink, starter, or dessert)	Coconut Shrimp Baked Potato Vegetable du Jour
FRIDAY	Dec. 27 ~ Lunch \$10	Dinner \$13
	Fish & Chips Coleslaw	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Dec. 28 ~ Lunch \$10	Dinner \$13
	Beef Burrito Spanish Rice Refried Beans	Salmon Penne with Sun-dried Tomato Sauce Garlic Toast Vegetable du Jour

**DRINK
SPECIAL**

Mistletoe Margarita

1 oz. Silver Tequila, 2 oz. Triple Sec, 1 oz. Cranberry Juice & Splash of Lime Juice
\$3.75

Grosh Cinema Movies

Sunday, Dec. 22, to Saturday, Dec. 28, 2019

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

Sunday, Dec. 22 — Christmas with the Kranks (2004)

■ With their daughter away, the Kranks decide to skip Christmas altogether until she decides to come home, causing an uproar when they have to celebrate the holiday at the last minute.

■ Co-Starring: Tim Allen, Jamie Lee Curtis, & Dan Aykroyd

■ Rated G; 1 hr. 39 min.

Monday, Dec. 23— White Christmas (1954) *Resident Request

■ A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

■ Co-Starring: Bing Crosby, Danny Kaye, & Rosemary Clooney

■ Rated Approved; 2 hr.

Tuesday, Dec. 24— Miracle on 34th Street (1994)

■ A lawyer and a little girl must prove that a man claiming to be Santa Claus is the real thing.

■ Co-Starring: Richard Attenborough, Elizabeth Perkins, & Dylan McDermott

■ Rated PG; 1 hr. 54 min.

Wednesday, Dec. 25— A Christmas Carol (1983)

■ In the 1940s, a young boy named Ralphie attempts to convince his parents, his teacher and Santa that a Red Ryder BB gun really is the perfect Christmas gift.

■ Co-Starring: Peter Billingsley, Melinda Dillon, & Darren McGavin

■ Rated PG; 1hr. 24 min.

Thursday, Dec. 26 — Fiddler on the Roof (1971)

■ In prerevolutionary Russia, a Jewish peasant contends with marrying off three of his daughters while growing anti-Semitic sentiment threatens his village.

■ Co-Starring: Topol, Norma Crane, & Leonard Frey

■ Rated G; 2 hr. 59 min.

Friday, Dec. 27 — The Hundred-Foot Journey (2014)

■ The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

■ Co-Starring: Helen Mirren, Om Puri, & Manish Dayal

■ Rated PG; 2 hr. 2 min.

Saturday, Dec. 28 — Wish Man (2019)

■ After surviving a life-threatening accident, a troubled cop finds new purpose when he bonds with a young boy. Based on a true story, this shows how wishes can come true.

■ Co-Starring: Andrew Steel, Kirby Bliss Blanton, & Tom Sizemore

■ Rated PG-13; 1 hr. 47 min.

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

Weekly Opportunities Calendar Dec. 22 to Dec. 28

Sunday • Dec. 22

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 Rev. Ben Hitzfeld, CR

Monday • Dec. 23

Manhattan Room—open seating at dinner only

- 8:00 a.m. ~ Blood Drive, 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
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 5:50 p.m. ~ Depart for Festival of Lights Tour, VE
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 24 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

- 7:00 p.m. ~ Dominoes, GR

Wednesday • Dec. 25

11:00 a.m. to 2:00 p.m. ~ Christmas Meal, PS/MR

**prior reservations are required*



Thursday • Dec. 26

Manhattan Room—open seating at lunch & dinner

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • Dec. 27

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
- 1:00 p.m. ~ PD Care Partner Support Group, FHR

Saturday • Dec. 28

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:30 a.m. ~ Fellowship Hour, KSU CL
- 2:00 p.m. ~ Piano Recital, CR

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