



It's HOGtoberfest season! Cox Bros. BBQ again is our host for this 7th annual event planned from 11 a.m. to 9 p.m. Thursday, Oct. 29. A portion of the proceeds from the sales will benefit Meadowlark Good Samaritan Fund, so plan now to enjoy lunch or dinner from Cox Bros. later this month.

There will be a pork and chicken slider buffet at lunch time, and hog roast buffet beginning at 5 p.m.

There are a few ways you can get into the HOGtoberfest spirit prior to the big day. Following the 2020 trend of change and adaptation during COVID-19, there have been a few updates to longtime features of the event.

1. Purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes (sponsored by Manhattan Appliance & Sleep Source, GTB Custom Meats in

Riley, Kan., and HCI Hospitality): 1st prize: \$2000 cash; 2nd prize: Traeger "Ranger" Portable Pellet Grill, valued at \$430; 3rd prize: 40-Pound Pork Bundle, valued at \$160; 4th prize: \$50 gift cards to Cox Bros. BBQ, Coco Bolos, and Powercat Grill. Tickets are available now at the Hospitality Desk or online.

2. Reserve a custom **HOGtoberfest face mask** for \$5. Meritrust Credit Union, a longtime sponsor of the event, has ordered the must-have accessory of the season. Limited supplies.

3. A small number of **HOGtoberfest T-shirts** are available in either a short- or long-sleeve option. Reserve a short-sleeve shirt for \$15, and a long-sleeve for \$18. To reserve either a mask or T-shirt, or purchase raffle tickets, visit or call the Hospitality Desk at (785) 323-3847.

Ready for a Change

by Michele Riter, Community Relations Assistant

Fall, autumn, the finale of summer sunshine—it is a season marked with change. Everything begins to change. The temperature changes to a cool breeze, the colors change to bright pigments, the plans for the upcoming months change to talk of holidays, the clothes hanging in the closet change to long sleeves and cozy jackets.

Whether we like it or not, change is inevitable. But it can also bring a new perspective if we let it. Some may see fall as the time of year where everything is dying, preparing for the cold hibernation of winter. Instead, we can view it as the opportunity for something new to come. If we reflect on the change, we can see how truly beautiful October, the season of change, can be.

~ An excerpt from *Anne of Green Gables* by Lucy Maud Montgomery: "October was a beautiful month at Green Gables, when the birches in the hollow turned as golden as sunshine and the maples behind the orchard were royal crimson and the wild cherry trees along the lane put on the loveliest shades of dark red and bronzy green, while the fields sunned themselves in aftermaths.

Anne reveled in the world of color about her. 'Oh, Marilla,' she exclaimed one Saturday morning, coming dancing in with her arms full of gorgeous boughs, 'I'm so

glad I live in a world where there are Octobers. It would be terrible if we just skipped from September to November, wouldn't it? Look at these maple branches. Don't they give you a thrill—several thrills?"



REMINDER—Meadowlark Staff Gift

submitted by the Employee Gift Committee

Saturday, Oct. 31, is the closing date for the annual appreciation gift to our ever-helpful Meadowlark staff. It's time to send your check!

This tradition means so much to our outstanding staff, and this year we want to show extra appreciation for their caring attention as they handle the stress of the coronavirus so skillfully.

Place your envelope in the box at the Hospitality Desk, or mail to the Hospitality Desk at 2121

Meadowlark Road, Manhattan, KS, 66502. Make your check payable to Employee Gift Fund. Thank you and stay safe.

Courtyard Maintenance

A painter will work in the Courtyard to apply stain today, Oct. 15, and Friday, Oct. 16. Residents and staff should remain out of the Courtyard on these days. The scheduled maintenance is weather dependent.

2021 Part D Open Enrollment

by Rita Harsch, Financial Counselor

As in years past, Meadowlark has hosted Part D Open Enrollment, but this year is different for sure. Here is some information that I hope helps each of you to make a decision on your Part D plans for the year 2021.

Each year, you have from Oct. 15 to Dec. 7 to review your current Part D plan to see if this current plan will meet your prescription needs in 2021. Please review any information you may have received in the mail letting you know what your new monthly premium will be in 2021.

If you need assistance with reviewing your drug plan for 2021, please contact the following:

- ~ North Central Area Agency on Aging (Manhattan), 785-776-9294
- ~ Riley County Extension Office (Manhattan), 785-537-6350.

Additionally, Rita can be reached at (785) 323-3891 with questions about this process.

A poster for a Murder Mystery Dinner Theater Party. The background is dark with a red and black striped pattern at the top. Several lit candles are visible. In the center, a magnifying glass is held over a red fingerprint. The text is white and red. The title 'Murder Mystery' is in a large, stylized font. Below it, 'DINNER THEATER PARTY!' is in a smaller font. The date and time 'THURSDAY, OCT. 29 AT 5:30 P.M.' are prominently displayed. The location 'EVENT CENTER' is also shown. The menu items are listed at the bottom in red text.

YOU'RE INVITED TO A

Murder Mystery

DINNER THEATER PARTY!

THURSDAY, OCT. 29
AT 5:30 P.M.
EVENT CENTER

STARTER ~ Pumpkin Soup in Acorn Squash
with Crème Fraîche

SALAD ~ Red Pepper Jack-o-Lantern & Mixed Greens

ENTRÉE ~ Herb-Crusted Rack of Lamb, Spaghetti Squash with
Tomato, & Smashed Garlic Yukon Gold Potatoes

DESSERT ~ Chocolate Mousse Cake

Space is limited.
Please contact Prairie Star Restaurant
at 323-3820 to make a reservation.

Virtual Programming

Virtual Programming Opportunities are available through the online platform Zoom, accessed via smartphone, tablet, or computer. If you are unfamiliar with Zoom, let us know and we can provide a quick tutorial.

Friday, Oct. 16

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
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Monday, Oct. 19

1:30 p.m.	Parkinson's Voice Class URL: us02web.zoom.us/j/82844488642 Meeting ID: 828 4448 8642
2 p.m.	Change & Loss Support Group Email Kathleen at kspearman@meadowlark.org for the log-in information.

Tuesday, Oct. 20

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
2 p.m.	Memory Activities Class URL: us02web.zoom.us/j/82043111342 Meeting ID: 820 4311 1342

Wednesday, Oct. 21

10 a.m.	Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in info by calling (785) 323-3837.
1 p.m.	Memory Café URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862

Friday, Oct. 23

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
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Football Word Scramble Answers from 10/8

- | | | |
|-------------|----------------|-----------|
| 1. Guard | 5. Punt | 9. Score |
| 2. Huddle | 6. Linebacker | 10. Drive |
| 3. Center | 7. Quarterback | |
| 4. Halftime | 8. Down | |

Fitness Equipment

Some fitness equipment is available to use in the Community Room. Exercise sessions are limited to 30 minutes.

Sign up for a session time by calling the Hospitality Desk at (785) 323-3847. Before entering the Community Room for your session, check in with the Hospitality staff. Sessions are available from 7 a.m. to 7 p.m. daily, **however, the equipment cannot be reserved on Wednesdays between 9 a.m. and 12 p.m.** Times will be limited to 30 minutes per session, with a 15 minute gap between sessions to sanitize equipment.

Use the disinfectant spray and rags to wipe down equipment after use. Following campus protocol, participants must wear a mask while in the Community Room.

Card Shower for Brook

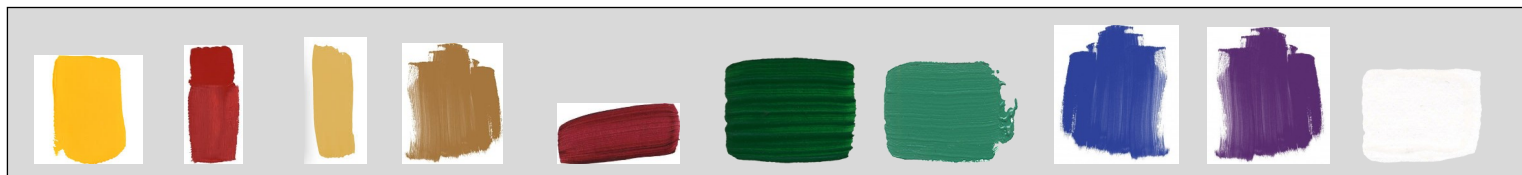
Help celebrate Brook Marcotte, Dining and Event Services Leader, with a card shower! Brook is expecting Mini Marcotte No. 2 this month!

If you would like to have a card delivered to her and her family, please bring one to the Hospitality Desk by Monday, Oct. 19. No gifts please.

Crossword solution from 10/8

S	C	A	L	P		C	O	W	L		A	L	U	M
L	A	M	I	A		A	R	E	A		L	O	N	E
A	V	I	A	N		D	A	R	N		T	U	B	A
B	E	D	R	A	G	G	L	E	D		O	P	A	L
					C	O	Y			L	A	G	E	R
S	E	P	T	E	T		S	T	A	D	E			
A	L	O	H	A		R	O	A	D	S	T	E	R	S
R	A	G	E			B	U	L	L	Y		H	A	U
T	N	O	R	G	A	N	I	C			V	E	R	S
			E	A	S	E	D			C	U	R	L	E
		B	E	A	S	T			O	I	L			
C	A	L	F			I	N	F	L	A	T	A	B	L
O	B	I	T			L	O	A	D		U	N	L	A
R	O	D	E			L	O	D	E		R	O	U	T
D	O	E	R			E	B	O	N		E	A	R	E

Color... is used by artists in many ways. It can set a mood, create contrast, provide symbolism and define a season. Many artists blend their paints to acquire a desired color before applying it to the canvas. Sven Birger Sandzen preferred to use pure colors that deflect off each other but, at a distance allow for “optical blending” and create intense vibrant results. Below is the color palette that Sandzen used. Do you see these hues in the artwork? Do you see additional colors as well?



Sven Birger Sandzen

***Autumn on the Blue River*, 1930, Oil on canvas**

KSU, Marianna Kistler Beach Museum of Art, bequest of President & Mrs. Francis Farrell, 1986.16

Work That Brain!

Human Rights

Y	O	L	G	I	R	O	L	H	C	E	E	P	S
C	I	E	M	E	R	F	A	Y	A	R	O	S	I
H	E	H	A	O	S	E	S	H	J	E	T	L	N
I	E	I	R	O	P	Q	R	A	Y	E	E	S	F
L	I	I	R	I	X	U	E	E	T	B	P	F	O
D	T	E	I	S	R	A	V	C	R	E	L	E	R
R	T	R	A	V	E	L	I	I	E	S	I	I	M
E	N	H	G	B	F	I	N	T	P	T	B	L	A
N	T	P	E	A	U	T	U	S	O	H	E	E	T
P	R	I	V	A	C	Y	I	U	R	G	R	B	I
Y	T	I	N	G	I	D	Q	J	P	I	T	E	O
S	I	G	R	O	T	E	F	I	L	R	Y	Y	N
A	O	E	X	P	L	O	I	T	A	T	I	O	N
N	O	I	G	I	L	E	R	I	C	I	D	M	R

PRIVACY
LIBERTY
UNIVERSAL
SPEECH
INFORMATION
LIFE
RIGHTS
EXPLOITATION
RELIGION
TRAVEL
JUSTICE
CHILDREN
DIGNITY
EQUALITY
BELIEFS
MARRIAGE
PROPERTY

Sudoku is played on a grid of 9x9 spaces.
Each row, column, and square needs to
be filled out with the numbers 1-9 without
repeating any numbers within the row,
column, or square.

What type of music do
ghosts listen to?

Rhythm and Boo's!



				1		5		
6				3				1
9				4				7
			8		2			
		6				9		
		2		6	7			
		1		2		3		
	7		3				9	
	8							

Grosh Cinema Movies

Sunday, Oct. 18 — Saturday, Oct. 24

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

Sunday, Oct. 18— Miracle (2004)

Focused on achieving the impossible at the 1980 Winter Olympics, brash U.S. hockey coach unites a motley group of college athletes and turns them into a force to be reckoned with.

Co-Starring: Kurt Russell, Patricia Clarkson & Noah Emmerich; Rated PG; 2 hr. 16 min.

Monday, Oct. 19— Maid in Manhattan (2002)

It's love at first sight when Marisa Ventura and fast-rising politician Christopher Marshall literally run into each other at a posh New York City hotel. The only problem? He has mistaken her for a guest, but she's one of the maids.

Co-Starring: Jennifer Lopez, Ralph Fiennes & Natasha Richardson; Rated PG-13; 1 hr. 45 min.

Tuesday, Oct. 20— Frozen 2 (2019)

The truths about Elsa's past await her as she ventures into the unknown—to the enchanted forests and dark seas beyond her kingdom. Together with Anna, Kristoff, Olaf and Sven, she'll face a dangerous but remarkable journey.

Co-Starring: Kristen Bell, Idina Menzel & Josh Gad; Rated PG; 1 hr. 43 min.

Wednesday, Oct. 21— Gene Autry: Texans Never Cry (1951)

When Texas Ranger Gene Autry saves a family on the brink of being evicted from their homestead, he discovers the existence of a scheme to counterfeit Mexican lottery tickets.

Co-Starring: Gene Autry, Mary Castle & Russell Hayden; NR; 1 hr. 7 min.

Thursday, Oct. 22— Superman Returns (2006)

After spending years away from Metropolis, Superman returns to find a city that's managed to survive without him. But now his archenemy Lex Luthor is developing a new plan to rule the world. Co-

Starring: Brandon Routh, Kevin Spacey & Kate Bosworth; Rated PG-13; 2 hr. min.

Friday, Oct. 23— Radioactive (2020)

This engrossing biopic chronicles the singular path of legendary scientist Marie Curie, who -- with her husband, Pierre -- achieves global fame and wins a Nobel Prize for the 1903 discovery of the radioactive element radium.

Co-Starring: Rosamund Pike, Sam Riley & Aneurin Barnard; PG-13; 1 hr. 43 min.

Saturday, Oct. 24— Hocus Pocus (1993)

The Sanderson Sisters return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters. It's a night full of zany fun and comic chaos once the tricky 300-year-old trio sets out to cast a spell on the town and reclaim their youth.

Co-Starring: Bette Midler, Sarah Jessica Parker & Kathy Najimy; Rated PG; 1 hr. 36 min.

*Seating in the Cinema will be spread and masks are required for the duration of the movie.
If two people from the same household attend the movie, staff can move two chairs together.
Otherwise, chairs should not be moved. No prior sign up is required.*

PRAIRIE STAR RESTAURANT

Restaurant Hours
Breakfast is available from 7 to 10 a.m.
Monday to Saturday, 10:30 a.m. to 7 p.m.
Sunday, 10:30 a.m. to 7 p.m.

CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.
 Lunch specials without a starter or dessert can be requested and will cost \$7 each.
 Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.
 Alcohol also will be available for delivery if purchased by the bottle.

SUNDAY	Oct. 18 ~ Lunch \$12	Dinner \$12
	Roast Pork Loin with Natural Sauce Swiss & Green Onion Scalloped Potatoes Vegetable du Jour	Chicken Spaghetti Garlic Toast Vegetable du Jour
MONDAY	Oct. 19 ~ Lunch \$10	Dinner \$13
	London Broil Garlic Mashed Potatoes Choice of Vegetable	Blackberry Sage Pork Tenderloin Wild Rice Vegetable du Jour
TUESDAY	Oct. 20 ~ Lunch \$10	Dinner \$12
	Grilled Chicken Parmesan Sandwich Sweet Potato Fries Coleslaw	Swiss Steak Mashed Potatoes Vegetable du Jour
WED.	Oct. 21 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich Potato Salad Choice of Vegetable	Creamy Herb Chicken Thighs Rice Pilaf Vegetable du Jour
THURS.	Oct. 22 ~ Lunch \$10	Dinner \$12
	Chicken Enchilada Refried Beans Mexican Rice	Meatloaf with Glaze Roasted Red Potatoes Vegetable du Jour
FRIDAY	Oct. 23 ~ Lunch \$10	Dinner \$15
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	Baked Cod with Seasoned Panko Twice Baked Potato Vegetable du Jour
SAT.	Oct. 24 ~ Lunch \$10	Dinner \$15
	BBQ Pulled Pork Sandwich Coleslaw Potato Chips	Steak Baked Potato Vegetable du Jour

Weekly *Face-to Face* Opportunities Calendar **Oct. 16 to Oct. 24**

Friday • Oct. 16

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Parkinson's Exercise, PS EC

Sunday • Oct. 18

10:30 a.m. ~ Worship Service, PS EC

Monday • Oct. 19

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
7:00 p.m. ~ Bingo, PS EC

Tuesday • Oct. 20

Trash & recycling pick-up

9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Parkinson's Exercise, PS EC
2:00 p.m. ~ Memory Activities Class, PS EC

Wednesday • Oct. 21

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Memory Cafe, PS EC

Thursday • Oct. 22

9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Staff Spotlight: Sara Snell, PS EC
5:30 p.m. ~ Dinner Theater, PS EC

Friday • Oct. 23

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Parkinson's Exercise, PS EC

Saturday • Oct. 24

11:00 a.m. ~ KSU Football Watch Party, PS EC & Pub

Face-to-Face Opportunities are open to independent living residents in the new Prairie Star Restaurant Event Center (PS EC). When entering the main building for events, residents must be screened. Masks are required.

Update with Lonnie Baker, next week

A new video update with Lonnie Baker, CEO, will air on Channel 1960 at **12:30 p.m. Friday, Oct. 23.**



Meadowlark Entertainment Guide

Friday, October 16

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:55 a.m.	Message from Jo Lyle, <i>IL Resident Council Chair</i>
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
4:55 p.m.	Message from Jo Lyle, <i>IL Resident Council Chair</i>
5:00 p.m.	Channel 1960 News, <i>Re-run</i>

Saturday, Oct. 17

9:25 a.m.	Message from Jo Lyle, <i>IL Resident Council Chair</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	Message from Jo Lyle, <i>IL Resident Council Chair</i>

Sunday, Oct. 18

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	Worship Service <i>Re-run episode from 10/14</i>
11:00 a.m.	Explained: <i>Whose Vote Counts</i>
12:00 p.m.	Message from Jo Lyle, <i>IL Resident Council Chair</i>
2:00 p.m.	Worship Service <i>Re-run episode from 10/7</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga—NEW!

Monday, Oct. 19

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class