



MEADOWLARK

Messenger

Dec. 3, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives *even in the midst of a viral pandemic*



[above, top, middle, and bottom] Sneak peek!

18 Days Until Christmas: An Enchanted Forest at Meadowlark

An Enchanted Forest opens to Meadowlark independent living residents on Monday, Dec. 7 in Prairie Star Restaurant's new Event Space. Residents are encouraged to take a self-guided *Christmas Carousel* through the Enchanted Forest. Although viewing is optimal at any time, we recommend take a day time stroll to see all the beautiful details and return to enjoy the ambiance during an evening walk.

In addition to the beautiful atmosphere, the Enchanted Forest will have a variety of entertainment including a scavenger hunt and "18 Days Till

Christmas" – Meadowlark's very own version of the 12 Days of Christmas. There may even be a surprise or two throughout the holiday season! Mask usage is required (as it is in all common areas) and please practice social distancing. The display will run from Dec. 7 through Jan. 3.

While we wait for opening day, please admire the K-State tree in the Game Room; the tree, wreath and mantle décor at the Miller Place entrance, and the 12' white tree and other holiday decor in our main lobby.

Pearl Harbor Remembrance Day

National Pearl Harbor Remembrance Day, also referred to as Pearl Harbor Remembrance Day or Pearl Harbor Day, is observed annually in the United States on Dec. 7, to remember and honor the 2,403 United States citizens who were killed in the Japanese surprise attack on Pearl Harbor in Hawaii on Dec. 7, 1941 which led to the United States declaring war on Japan the next day and thus entering World War II.

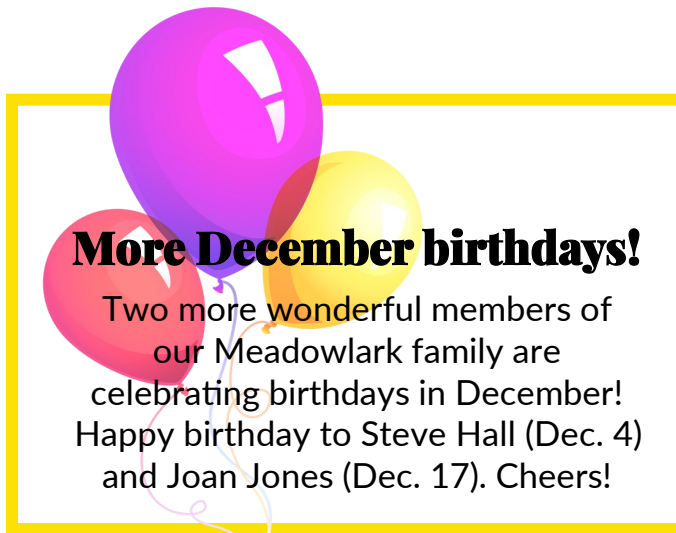
Tune in at 3:30 p.m. Monday, Dec. 7, and hear President Roosevelt's full speech in which he declares war on Japan. Following the nearly five minute presidential address, Channel 1960 will air a virtual tour of the USS Arizona Memorial, which is located in Oahu, Hawaii.

Riley County Key Club Pen Pals

The Riley County High School Key Club, the high school level Kiwanis Club, is looking for pen pals! If you are interested in having a pen pal from this organization, please contact Ron Williams at rwilliams@greatplainsumc.org.

Meadowlark SWAG SHOP

Orders for Meadowlark's SWAG SHOP can be placed by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to sguge@meadowlark.org. The cost of your order can be paid for at the Hospitality Desk by cash, check, or credit card. The charge can also be



added to your monthly statement.

The Holiday Catalog was printed in the Nov. 2 edition of the Meadowlark Messenger. Extra copies are available at the Hospitality Desk or upon request. Happy shopping!

KN95 Masks—FOR SALE!

Residents and staff are invited to purchase KN95 masks by contacting the Hospitality Desk at (785) 323-3847. Packages of five masks will be sold at \$7.50/each.

KN95 masks, like N95 respirators, consist typically of several layers of a polypropylene plastic polymer, a synthetic material. KN95 masks are the next level down from the N95 respirators, which require fit testing. This is an great opportunity to stock up for the winter months with a high-quality and effective mask.

Solutions from 11/19

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

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

Thanksgiving Word Scramble

1. Corn
2. Pumpkin
3. Turkey
4. Mayflower
5. Wishbone
6. Cranberries
7. Pilgrims
8. Drumstick

**Tune in
TOMORROW!**



**MEADOWLARK
*Holiday Classic***

2020

Friday, December 4, at 4 p.m.

A special dessert will be delivered to your door!
Tune in to Channel 1960 for a community holiday variety show,
with performances by:

Linda Uthoff, Joe Braun, Jane Boys, and Thom Jackson

First United Methodist Bells

Little Apple Chorus

Bourbon and Baker

Manhattan Arts Center MAC Academy Youth Theater Students

Manhattan High School Choir

Manhattan High School Chamber Orchestra

Hosted by





MEADOWLARK

NEW BOSTON
creative group

Work That Brain!

Christmas Scrambles Puzzle Sheet

Unscramble the letters on top of each set of boxes to form a new Christmas-related word. Then, unscramble the bonus letters (those in circles) to discover the bonus solution.

G I C T K O N S	=	
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	=	<input type="text"/>
C A R P I F L E E	=	<input type="text"/>
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	=	<input type="text"/>
Y I M N E C H	=	<input type="text"/>
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S T E E M O L I T	=	<input type="text"/>
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N A R S T O M E N	=	<input type="text"/>
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S N E T L I	=	<input type="text"/>
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H I G L E S	=	<input type="text"/>
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N E S T S P E R	=	<input type="text"/>
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L I N T K E W	=	<input type="text"/>
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The Bonus Solution is:



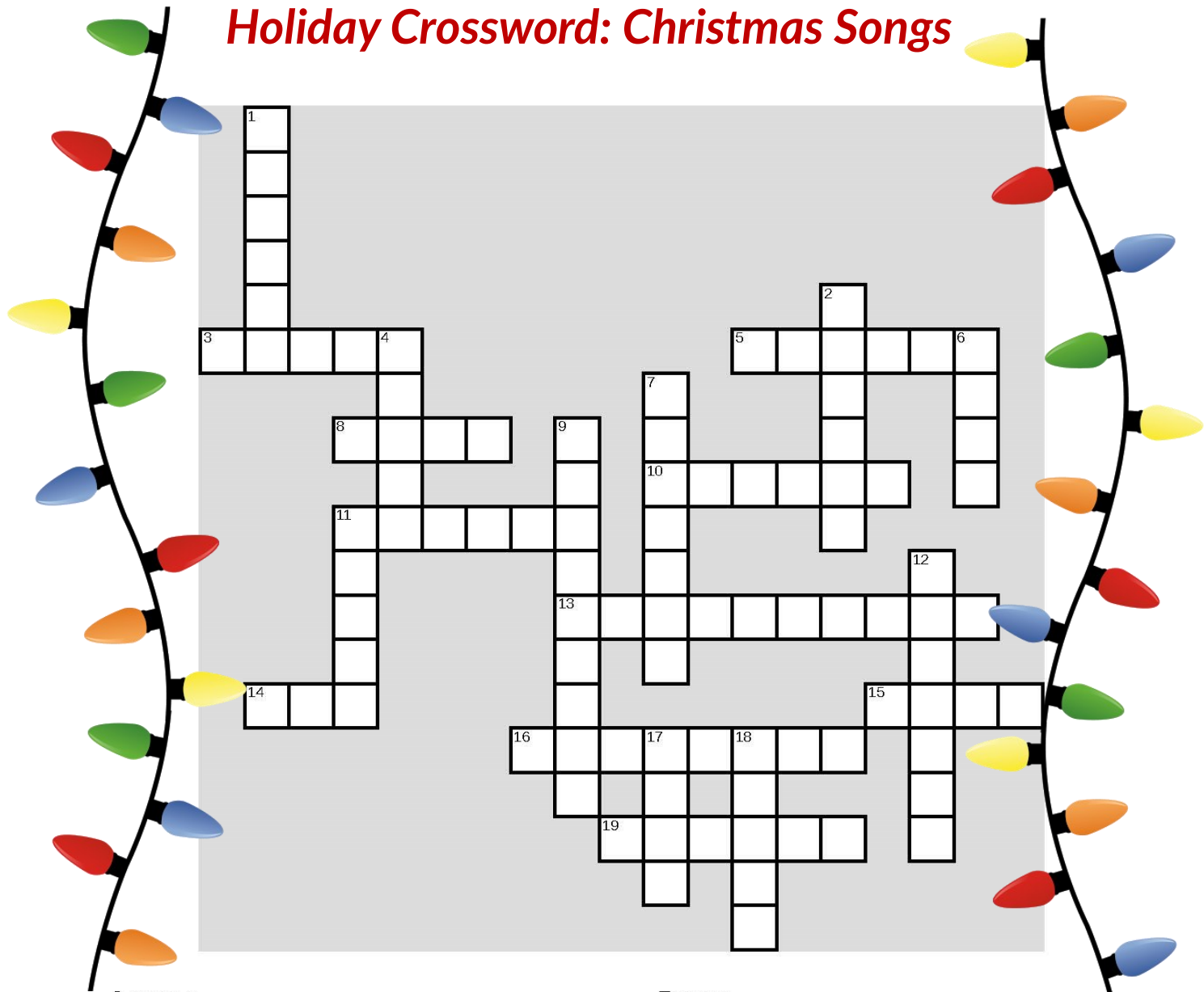
Sudoku is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square.

Christmas Trivia Challenge

- Which popular Christmas beverage is called "milk punch?" _____
- What did the other reindeer not let Rudolph do because of his shiny red nose? _____
- How many ghosts show up in a *A Christmas Carol*? _____
- Where was baby Jesus born? _____
- The movie *Miracle on 34th Street* is based on a real-life department store. Which one is it? _____
- What are the two other most popular names for Santa Claus? _____
- Elvis isn't going to have a white Christmas, he's going to have a ... _____
- What do people traditionally put on top of a Christmas tree? _____

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

Holiday Crossword: Christmas Songs



Across

- 3 Silver _____
- 5 Hark! The _____ angels sing
- 8 Let it _____
- 10 _____ night
- 11 Away in a _____
- 13 Here comes _____
- 14 _____ to the world
- 15 The first _____
- 16 O come, all ye _____
- 19 _____ days of Christmas

Down

- 1 _____ Bells
- 2 We three kings of _____ are
- 4 _____ baby
- 6 _____ the halls with boughs of holly
- 7 I saw mommy _____ Santa Claus
- 9 I'll be home for _____
- 11 We wish you a _____ Christmas
- 12 _____ the red nosed reindeer
- 17 O little _____ of Bethlehem
- 18 _____ Navidad

Art Engagement from the Beach Museum of Art

Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Be sure and include in your comments what you see that gives you these ideas. See page 8 for title and artist info.



Who You Gonna Call?

Finance Department	(785) 323-3819
Food & Grocery Delivery	(785) 323-3820
Hospitality Desk	(785) 323-3847
Housekeeping Request	(785) 323-3847
IT Help Request	(785) 323-3847
Maintenance Request	(785) 323-3847
Meadowlark Home Health	(785) 537-9497

If you are sick, please contact your doctor via phone for further instruction. After contacting your doctor, please call Jayme Minton at (785) 313-0454 to update the Meadowlark team on your status.

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	Dec. 6 ~ Lunch \$12	Dinner \$12
	Meatloaf with Glaze Mashed Potatoes Vegetable du Jour	White Spaghetti Garlic Toast Vegetable du Jour
MONDAY	Dec. 7 ~ Lunch \$10	Dinner \$12
	Ham & Pea Fettucine Alfredo Garlic Toast Choice of Vegetable	Fried Catfish with Tartar Sauce French Fries Coleslaw
TUESDAY	Dec. 8 ~ Lunch \$10	Dinner \$12
	Chicken Crepes with Mushrooms & White Sauce Rice Pilaf Choice of Vegetable	Roast Pork Loin with Blackberry Sauce Wild Rice Vegetable du Jour
WED.	Dec. 9 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich Potato Salad Choice of Vegetable	Beef Stroganoff Noodles Vegetable du Jour
THURS.	Dec. 10 ~ Lunch \$10	Dinner \$14
	Fried Chicken Sandwich Sweet Potato Fries Coleslaw	Braised Short Ribs Gouda Scalloped Potatoes Vegetable du Jour
FRIDAY	Dec. 11 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich Pasta Salad Choice of Vegetable	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable du Jour
SAT.	Dec. 12 ~ Lunch \$10	Dinner \$15
	Turkey Reuben French Fries Coleslaw	Baked Almond-Crusted Halibut Twice Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

Friday, Dec. 4

9:00 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	NEW Update with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
4:00 p.m.	Meadowlark Holiday Classic
5:00 p.m.	(Re-run) Channel 1960 News
5:30 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Saturday, Dec. 5

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class

Saturday, Dec. 5

2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Sunday, Dec. 6

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga

Monday, Nov. 30

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
3:30 p.m.	National Pearl Harbor Remembrance Day: <i>President Roosevelt Declaration of War (full speech) & Virtual Tour of the USS Arizona Memorial</i>

Virtual Programming (via Zoom)

Friday, Dec. 4

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
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Monday, Dec. 7

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 for log-in info at kspearman@meadowlark.org .

Artist info from page 6

Paul Marcus
The Auction, 1987
 Woodcut on paper
 KSU, Marianna Kistler Beach Museum of Art, acquisition made possible with funds provided by Don Lambert, 2000.37

