



## Eat, Drink, & Be Merry!

Prairie Star Restaurant will be closed for dinner on Christmas Day. A traditional Christmas meal will be offered for lunch and there will be a boxed meal for dinner. The regular restaurant menu will not be available on Christmas Day. Sign up for either meal (or both meals) is required by Wednesday, December 23. To sign-up, please call Prairie Star Restaurant at (785) 323-3820.

Lunch will be delivered between 11:30 a.m. and 1 p.m. Meal prices vary by entrée.

The menu options include:  
~ Choice of Starter: Shrimp Bisque, Tossed Salad, or a Bibb Lettuce with Roasted Yellow Pepper Ranch  
~ Choice of Entrée\*: (\$15) Seared Halibut & Asparagus Sauce, (\$17) Prime Rib au jus, or (\$13) a Grilled Chicken Breast & Blackberry Sage Sauce. *\*Each entrée will be served with Roasted Yukon Gold Potatoes & Broccoli Medley.*  
~ Choice of Dessert: Egg Nog Mousse with White Chocolate Raspberries or Hot Chocolate Cheesecake

The boxed dinner option will be delivered between 2 and 3 p.m. on Christmas Day and will include a ham sandwich, potato chips, pasta salad, mixed fruit, and a slice of pie. Cost is \$6 per boxed meal.

## COVID-19 Vaccine: Reminders regarding timing



The State of Kansas shared a plan for providing vaccinations, which has been very fluid as new challenges emerge. Vaccinations for staff and residents will be provided to Adult Care Homes (Nursing facilities, Assisted Living & Homes Plus) directly through pharmacies and are expected to arrive before the end of the December.

At this time we do not know how future vaccines will be administered. We do know that **independent living residents will be included in the second phase of vaccinating along with all other residents of the county who are over the age of 65.** Phase 2 of vaccinations, including IL residents, will occur no earlier than February 2021. We do not anticipate any additional information about vaccination dates or locations until some time in January.

## NEW! on Channel 1960

### Meadowlark Crib: Holiday Series

**New episode at 5:30 p.m. Dec. 19**  
Step into home of Meadowlark's Community Sales Leader, Abby Cavender! Join her family on a tour of their holiday decorations, inside and out!

### Christmas Storytime

**New episode at 6 p.m. Dec. 18**  
Elliott Heidbreder, 8-year-old daughter of Jeff Heidbreder, Fitness Services Leader at Meadowlark, will read *Must Be Santa*. Tune in to Channel 1960 at 6 p.m. Friday, Dec. 18, to hear this classic holiday story.

### A Christmas Dance

**Premieres at 6:05 p.m. Dec. 18**  
Ellie Martin, 5-year-old daughter of Kristen Martin, Meadowlark's Community Transitions Leader, will share a Christmas Dance following Storytime on Friday, Dec. 18. Stay tuned in after the story to watch this cute number performed by a sweet little girl.

### Osher Course: The Ranger Ideal

**New episode at 10:30 a.m. Dec. 19**  
Session two of *The Ranger Ideal* will air at 10:30 a.m. Saturday, Dec. 19, on Channel 1960. One re-run of the session will air at 9 a.m. Tuesday, Dec. 22. There are three total sessions for this course. The new sessions will premiere on Saturdays at 10:30 a.m.

Established in Waco in 1968, the Texas Ranger Hall of Fame and Museum honors the iconic Texas Rangers, a service which has existed, in one form or another, since 1823. Darren L. Ivey examines the lives and careers of the first nineteen of these men and discusses their contributions to the Rangers and to the nation.

## Art Engagement from the Beach Museum of Art

If you have a bird feeder in your yard year-round you will notice the species of birds change with the seasons. Of course, the birds you observe migrating into and away from your community also depends on where you live in the United States. In Manhattan, Kan. the Hummingbird and Oriole will migrate to states south of Kansas for the winter. The Dark-eyed Junco and Red-breasted Nuthatch will begin to visit the bird feeders in Kansas. As you enjoy the two artworks below from our permanent collection what do you notice that is the same or different about the artwork? Can you identify the black and white bird? You may want to keep an eye on your yard for the arrival of the species represented here.



Maurice Bebb, *Juncos*, 1974, Etching on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Catherine Parr, 2011.71



Margaret Evelyn Whittemore  
Title unknown (*two birds on branch*), Mid 20<sup>th</sup> century, Watercolor on paper, KSU, Marianna Kistler Beach Museum of Art, G. E. Johnson Art Acquisition Fund, 2006.297

Solutions from 12/10

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

**Winter Math:** The lampposts are the number 15, the snowmen are the number 4, and the trees are the number 3. Then in the last equation, a light post with only one light would represent the number 5. If you go by the order of operations, 3 multiplied by 4 is 12, then if you add 15 and subtract 5 you'll get 22.

### Christmas Trivia

1. HOLY NIGHT
2. TOM HANKS
3. EBENEZER
4. ENGLAND
5. HE BEGAN TO DANCE AROUND
6. RANDY
7. ROCKING AROUND THE CHRISTMAS TREE



# 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. 20 ~ Lunch \$12	Dinner \$10
	Pot Roast with Carrots, Onions, & Celery Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Dec. 21 ~ Lunch \$10	Dinner \$12
	Chicken ala King Rice Pilaf Choice of Vegetable	Maple-Glazed Pork Tenderloin Mushroom Risotto Vegetable du Jour
TUESDAY	Dec. 22 ~ Lunch \$10	Dinner \$13
	BBQ Brisket Coleslaw Baked Beans	Shrimp Scampi Rice Pilaf Vegetable du Jour
WED.	Dec. 23 ~ Lunch \$10	Dinner \$12
	Honey Lime Baked Wings French Fries Coleslaw	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Dec. 24 ~ Lunch \$10	Dinner \$12
	Chili Cinnamon Roll Choice of Vegetable	Baked Ham <i>with Balsamic Cherry Sauce</i> Au Gratin Potatoes Vegetable du Jour
FRIDAY	Dec. 25 ~ Lunch \$13 / \$15 / \$17	Dinner \$6
	Traditional Christmas Menu <i>See page one for full listing.</i> <i>Prior sign-up is required.</i>	Boxed Dinner Menu <i>See page one for full listing.</i> <i>Prior sign-up is required.</i>
SAT.	Dec. 26 ~ Lunch \$10	Dinner \$15
	Beef Quesadilla Mexican Rice Black Beans	Steak Baked Potato Vegetable du Jour



# Meadowlark Entertainment Guide

## Friday, Dec. 18

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:49 a.m.	Christmas Carousel Promotion
12:00 p.m.	Channel 1960 News
12:30 p.m.	<b>NEW Update</b> with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	10 Christmas Exercises
4:49 p.m.	Christmas Carousel Promotion
5:00 p.m.	<b>(Re-run)</b> Channel 1960 News
5:30 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Christmas Storytime with Elliott Heidbreder
6:05 p.m.	A Christmas Dance performed by Ellie Martin

## Saturday, Dec. 19

9:15 a.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
10:30 a.m.	Osher Course: The Ranger Ide- al, Session Two
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
5:19 p.m.	Christmas Carousel Promotion
5:30 p.m.	Meadowlark Cribs: Holiday Series, <i>Cavender Residence</i>

## Sunday, Dec. 20

9:00 a.m.	10 Christmas Exercises
10:30 a.m.	<b>NEW</b> Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
12:30 p.m.	<b>(Re-run)</b> Meadowlark Holiday Classic 2020
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Chair Yoga
4:49 p.m.	Christmas Carousel Promotion
5:00 p.m.	<b>(Re-run)</b> Meadowlark Holiday Classic 2020

## Monday, Dec. 21

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
5:30 p.m.	<b>(Re-run)</b> Meadowlark Cribs: Cavender Residence

## Virtual Programming (via Zoom)



### Friday, Dec. 18

1 p.m.	Parkinson's Exercise Class <b>URL:</b> <a href="https://us02web.zoom.us/j/87980256567">us02web.zoom.us/j/87980256567</a> <b>Meeting ID:</b> 879 8025 6567
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### Monday, Dec. 21

2 p.m.	Change & Loss Support Group Email Kathleen for log-in info at <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> .
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