



## Eat, Drink, & Be Safe

Operation *Let's Get Back to Normal* is underway in independent living at Meadowlark. Efforts began Saturday, Feb. 6, with the discontinuation of the expected 10-day quarantine for all IL residents who chose to leave campus. Since Monday, Feb. 8, in-person dining at Prairie Star Restaurant for lunch and dinner has been available for independent living residents. Reservations will be required and the party size is limited to six people. Reservations can not be placed more than 48 hours in advance. Masks must be worn when away from your table. Carry-out service has resumed. Delivery service for lunch and dinner remains available and the \$2 delivery charge is suspended at this time. *Breakfast is delivery only.*

Prairie Star Restaurant's Pub is open from 4 to 7 p.m. Monday through Saturday. Masks are required unless seated. Pub seating is first-come, first-serve. Overflow seating will be available in the Game Room and Event Center. Dining is not permitted in the Pub at this time.

Visitors to independent living are permitted. They are required to wear a mask on Meadowlark's campus and are not allowed to congregate in common spaces, including Prairie Star Restaurant. Visitors must go straight to the resident's home upon arriving to campus. They will be screened at the Entry Point Station located at the Tuttle Creek Boulevard entrance.

## NEW on Channel 1960

### **New Orleans Parades from the Past Feb. 12 at 6 p.m.**

At 6 p.m. Friday, Feb. 5, Channel 1960 will air *New Orleans Parades from the Past*. In this one-hour program, rare home movies and archival footage offer a glimpse at past parades of Rex, Comus, Zulu, Endymion, Bacchus and nearly a dozen other krewes. Highlights include some of the earliest known footage of Rex parades from the 1920s, as well as footage showing the huge crowds that greeted the Rex and Zulu parades on Canal Street in the 1940s. The program are Carnival historians Arthur Hardy and Errol Laborde.

### **Perfect Love Songs: 1930s & 40s Feb. 14 at 6 p.m.**

Enjoy an hour-long collection of love songs by some of the world's greatest singing stars. The emphasis is on dreamy and laid-back ballads, though there is a sprinkling of more up-tempo numbers, too.

### **Speeches That Changed History Feb. 16 at 6 p.m.**

*Speeches That Changed History* will air on Channel 1960 at 6 p.m. Tuesday, Feb. 16. Words and delivery can combine to galvanize an audience, creating 'I remember where I was when' moments. JFK-Brandenburg Gate and Martin Luther King - Lincoln Memorial provide unforgettable examples. This collection of classic speech excerpts contains inspiring orations to the noblest endeavors and some of the most despicable speeches ever, including Hitler, Churchill, Hirohito, Gandhi, Nixon, and Obama.

## Espresso Drinks

Prairie Star is now serving specialty coffee and espresso drinks! Enjoy lattes, americanos, mochas, and even more to be delivered right to your door. Call (785) 323-3820 to place your order any time between **7 a.m. to 4 p.m.**



## EVENTS & OPPORTUNITIES

### **Final COVID-19 Vaccine Clinic**

**Saturday, Feb. 13**

The final Walgreen's Pharmacy Clinic to administer second doses of the Pfizer COVID-19 vaccine is set for the morning of Saturday, Feb. 13, in Prairie Star's Event Center. *If you are scheduled to receive your second dose on Saturday, you will be contacted by a Meadowlark staff member.*

Unless receiving the vaccine, please avoid the area before 11:30 a.m. Lunch reservations for Feb. 13 can be made for 11:30 a.m. or after.

### **Valentine's Day Dessert**

**Sunday, Feb. 14**

Enjoy a complimentary dessert with your evening meal to celebrate Valentine's Day on Sunday, Feb. 14! The special treat will include a cupcake and a chocolate-covered cherry.

### **Ash Wednesday Service**

**Wednesday, Feb. 17, at 10:30 a.m.**

Join Chaplain Patty Brown-Barnett at 10:30 a.m. Wednesday, Feb. 17, for an Ash Wednesday Service in the Event Center. The space is limited to 50 residents. This opportunity will also be offered on Channel 1960 on Wednesday at 10:30 a.m., 4 p.m., and 7 p.m.

### **Sing-Along Social**

**Wednesday, Feb. 17, at 3 p.m.**

Jim Reed, IL resident, will be hosting a Sing-Along Social each Wednesday from 3 to 4 p.m. in the Event Center. All independent living residents are invited to attend and sing some tunes!

### **UFM Lifetime Learning: A Drive Through Manhattan's African American History**

**Thursday, Feb. 18, at 1 p.m.**

In observance of African American History Month in February, Cheryl Collins, Director of Riley County Historical Museum will discuss some of the places and people who are part of the rich African American history of Manhattan, Kan.

Meadowlark residents can register for this class at no cost. Call UFM at (785) 539-8763 or email [info@tryufm.org](mailto:info@tryufm.org).



# Work That Brain!

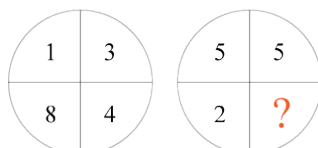
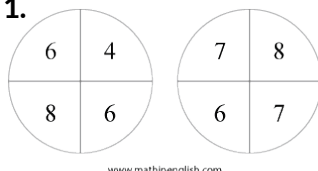
## Valentine

BE MINE  
LOVE  
FEBRUARY  
CHAMPAGNE  
BOYFRIEND  
ROMANCE  
RED ROSES  
BOUQUET  
VALENTINE  
GIRLFRIEND  
CUPID  
SWEETHEARTS  
ADMIRER  
CHERUB  
DATE  
CHOCOLATES

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Y	D	N	E	I	R	F	L	R	I	G	T	A	H
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B	E	N	T	B	A	E	A	Q	C	I	A	C	G
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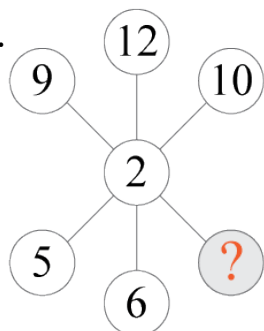
Solutions from 2/4.

1.

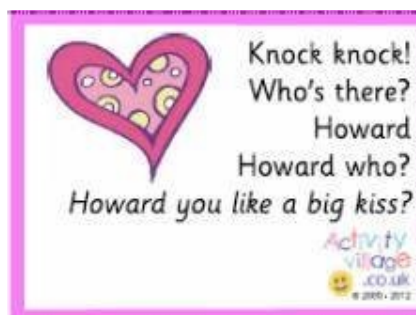


The answer is 4. The cell in the right bottom in each circle is the average of the other 3 cells in the circle.

2.



The answer is 18. Multiply the 1 digit number by 2 to get the opposite number.



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



# Art Engagement *from the* Beach Museum of Art



Paul Calle, *Waiting*, late 20<sup>th</sup> century, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Gilbert E. Johnson, 2017.39



There is nothing like the feeling of receiving a hand-written letter from friend or family. However, how many of us send notes through the mail? Research from a website called *Pen Heaven*, reveals that 64% of those polled hadn't written a letter over a one-year time span. Yet, 69% of those polled admitted that **receiving** a hand-written note meant more to them than an email, text, or tweet.

Valentine's Day is coming up. Do you remember the excitement of receiving a valentine from someone special? Perhaps you may want to take the time to jot a handwritten note to someone you care about and drop it in the mail or slide it under their door. If you are feeling creative you could cut out a heart to write your note on, add color with colored pencils or draw hearts around the border of the page.



**Sara Hillard**, Massage Therapist, is now offering massage therapy services for independent living residents! Massages will be performed at 2210 Meadowlark Road.

**To make an appointment,  
call Sara at (208) 949-5297.**

# PRAIRIE STAR RESTAURANT

**Restaurant Hours**  
**Delivery-only Breakfast from 7 to 10 a.m.**  
**Lunch & Dinner available**  
**Monday to Sunday 10:30 a.m. to 7 p.m.**

**Call (785) 323-3820 for reservations, carry-out and delivery meals, and grocery orders.**  
 No delivery fees will be assessed at this time. All specials include beverage, starter and dessert.  
 Lunch specials without a starter or dessert can be requested and will cost \$7 each.  
**Espresso drinks** can be ordered from Prairie Star Restaurant between 7 a.m. and 4 p.m.

SUNDAY	Feb. 14 ~ Lunch \$13	Dinner \$12
	Roast Pork Loin <i>with Natural Sauce</i> Wild Rice Vegetable du Jour	Chicken Tetrazzini Garlic Toast Vegetable du Jour
MONDAY	Feb. 15 ~ Lunch \$10	Dinner \$13
	BBQ Brisket Coleslaw French Fries	Pork Tenderloin Roulades <i>with Spinach, Fresh Mozzarella, Sundried Tomatoes, &amp; Portobello Mushrooms</i> Risotto & Vegetable du Jour
TUESDAY	Feb. 16 ~ Lunch \$10	Dinner \$12
	Sourdough Turkey Melt Panini <i>with Green Chilis, Cheddar Cheese, &amp; Sliced Tomatoes</i> Sweet Potato Fries Choice of Vegetable	Beef Stew Cheese Biscuit Vegetable du Jour
WED.	Feb. 17 ~ Lunch \$10	Dinner \$13
	Tamale Pie Black Beans Rice	Chicken Cordon Bleu <i>with Supreme Sauce</i> Roasted Red Potatoes Vegetable du Jour
THURS.	Feb. 18 ~ Lunch \$10	Dinner \$14
	Chicken Crepes Rice Pilaf Choice of Vegetable	Shrimp Fettucine <i>with Alfredo Sauce</i> Garlic Toast Vegetable du Jour
FRIDAY	Feb. 19 ~ Lunch \$10	Dinner \$12
	Fish & Chips Coleslaw	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Feb. 20 ~ Lunch \$10	Dinner \$14
	Ham & Cheese Quiche Rice Choice of Vegetable	Sauteed Sole <i>in Lemon Butter</i> Twice Baked Potato Vegetable du Jour

# Weekly Opportunities

## Calendar Feb. 14 to Feb. 19

Sunday • Feb. 14  
10:30 a.m. ~ Worship Service, EC

Monday • Feb. 15  
9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Parkinson’s Exercise Class, CR  
1:45 p.m. ~ Parkinson’s Voice Class, CR  
7:00 p.m. ~ BINGO Night, EC

Tuesday • Feb. 16 *Trash & recycling pick-up*  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m.~ Chair Yoga, CR  
2:00 p.m. ~ Memory Activities Class, CR  
3:30 p.m. ~ UFM Lifetime Learning: *True Stories of Adoptions & Reunions* (prior registration required), EC

Wednesday • Feb. 17  
9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR  
10:30 a.m. ~ Ash Wednesday Service, EC  
11:30 a.m. ~ Sit & Be Fit, CR  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-Along Social, EC

Thursday • Feb. 18  
8:30 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson’s Exercise Class, CR  
1:00 p.m. ~ UFM Lifetime Learning: *A Drive Through Manhattan’s African American History* (prior registration required), EC  
3:00 p.m. ~ Rock Steady Boxing, BF

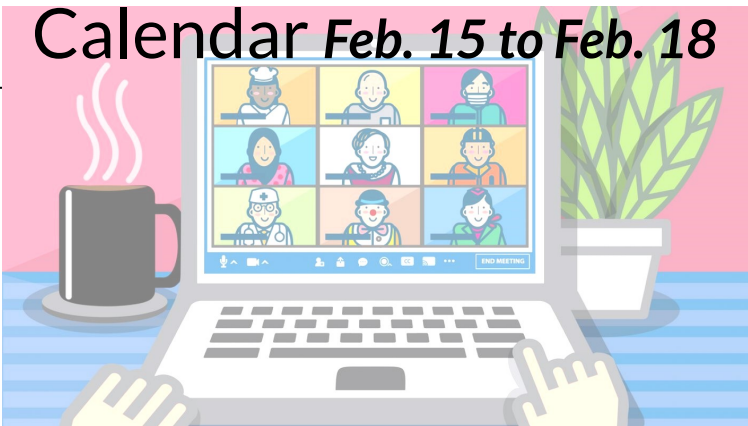
Friday • Feb. 19  
9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR

### Room Abbreviations

BF, Body First	GR, Game Room
CR, Community Room	HD, Hospitality Desk
CY, Courtyard	KSU CL, KSU Classroom
EC, Event Center	PS, Prairie Star Restaurant
GC, Grosh Cinema	VE, Village Entrance

# Zoom Opportunities

## Calendar Feb. 15 to Feb. 18



### Monday, Feb. 15

10:30 a.m.	Mindful Memoirs Group <b>URL:</b> <a href="https://ksu.zoom.us/j/94959978182">https://ksu.zoom.us/j/94959978182</a> <b>Meeting ID:</b> 949 5997 8182
1:45 p.m.	Parkinson’s Voice Class <b>URL:</b> <a href="https://us02web.zoom.us/j/82844488642">https://us02web.zoom.us/j/82844488642</a> <b>Meeting ID:</b> 828 4448 8642
2 p.m.	Change & Loss Support Group Email <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for log-in info.

### Tuesday, Feb. 16

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
2 p.m.	Memory Activities Class <b>URL:</b> <a href="https://us02web.zoom.us/j/82043111342">us02web.zoom.us/j/82043111342</a> <b>Meeting ID:</b> 820 4311 1342

### Wednesday, Feb. 17

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 <b>URL:</b> <a href="https://us02web.zoom.us/j/88903923826">us02web.zoom.us/j/88903923826</a> <b>Meeting ID:</b> 889 0392 3826

### Friday, Feb. 18

10:30a.m.	Mindful Memoirs Group <b>See above for log-in information.</b>
1 p.m.	Parkinson’s Exercise Class <b>See above for log-in information.</b>





# CHANNEL 1960

## Entertainment Guide

### Friday, Feb. 12

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	<b>NEW!</b> Channel 1960 News <b>NEW!</b> Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	<b>(Re-run)</b> Channel 1960 News <b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	New Orleans Parades from the Past: <i>Celebrating Mardi Gras</i>

### Saturday, Feb. 13

9:15 a.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	<b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO

### Sunday, Feb. 14

9:00 a.m.	Sweat It Out Exercise Class
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
2:00 p.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga
6:00 p.m.	Perfect Love Songs: 1930s & 40s

### Monday, Feb. 15

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

### Tuesday, Feb. 16

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class
6:00 p.m.	Speeches That Changed History: <i>A Timeline Political Documentary</i>

### Wednesday, Feb. 17

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Ash Wednesday Service with Chaplain Patty Brown-Barnett
11:30 a.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	Weights 101 Exercise Class
4:00 p.m.	<b>(Re-run)</b> Ash Wednesday Service, Chaplain Patty Brown-Barnett
7:00 p.m.	<b>(Re-run)</b> Ash Wednesday Service, Chaplain Patty Brown-Barnett

### Thursday, Feb. 18

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class



Masks are required when outside of your home. Continue to social distance when around others. Wash hands well and often.



## GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.  
SUNDAY 2:00 P.M. / 6:00 P.M.

### SEASONAL SUNDAY: February 14

**LOVE, GUARANTEED (2020)** TV-PG, 1 hr. 31 min. *Feel-Good, Romantic*

Cast: Rachael Leigh Cook, Damon Wayans Jr., & Heather Graham

After 1,000 first dates, he's still single. So's the lawyer he hires to sue his dating app. All evidence points to romance.

### MUSICAL MONDAY: February 15

**HAMILTON (2020)** PG-13, 2 hr. 40 min. *Historical, Musical*

Cast: Lin-Manuel Miranda, Phillips Soo, & Leslie Odom Jr.

Presenting the tale of American founding father Alexander Hamilton, this revolutionary moment in theater is the story of America then, told by America now.

### TRUE TUESDAY: February 16

**THE SOCIAL DILEMMA (2020)** PG-13, 1 hr. 34 min. *Provactive, Investigative*

Cast: Skyler Gisondo, Kara Hayward, & Vincent Kartheiser

This documentary-drama hybrid explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations.

### WESTERN WEDNESDAY: February 17

**BADLAND (2019)** TV-14, 1 hr. 57 min. *Gritty, Western, Drama*

A detective with a license to kill roams the Old West to wrangle Confederate war criminals and meets a pioneer woman who throws his journey off track.

Cast: Kevin Makely, Bruce Dern, & Mira Sorvino

### THRILLER THURSDAY: February 18

**THE DA VINCI CODE (2006)** PG-13, 2 hr. 28 min. *Exciting, Suspenseful*

Cast: Tom Hanks, Audrey Tautou, & Ian McKellen

When the curator of the Louvre is killed, a Harvard professor and a cryptographer must untangle a web of deceit involving works of Leonardo da Vinci.

### FEATURE FRIDAY: February 19

**PENGUIN BLOOM (2021)** TV-14, 1 hr. 35 min. *Heartfelt, Inspiring, Emotional*

Cast: Naomi Watts, Andrew Lincoln, & Jacki Weaver

As a mom copes with the aftermath of a harrowing accident, she finds inspiration from an injured magpie taken in by her family. Based on a true story.

### SWEET SATURDAY: February 20

**FINDING 'OHANA (2021)** PG, 2 hr. 3 min. *Heartfelt, Feel-Good*

Cast: Gabriel Bateman, Darby Camp, & Kiele Sanchez

On O'ahu for the summer, two siblings from Brooklyn connect with their Hawaiian heritage—and their family—on a daring quest for long-lost treasure.