MEADOWLARK
Messenger

Sept. 30, 2021
Manhattan, Kansas
Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

Bid & Give

Live, silent auctions add to Art Mingle excitement

[far left] A custom chiminea was made and donated by Danny Munck, the artist who created our Prairie Star signage and metal panels in the restaurant and courtyard. **[middle]** "Prairie Star Blessing," an original watercolor by Oscar Larmer. **[above]** Wild Bird Yonder includes food for feathered friends and entry for one person to attend UFM's Winter Birdwatching class.

By Becky Fitzgerald, Dev. Director

After an online auction in 2020, your Art Mingle team is pleased to return to an in-person event this fall. In addition to fabulous food, live music, and an ARTFul Memories exhibit, this 4th annual fundraising event features tempting live and silent auction items, as well as a raffle prize. The Art Mingle: Ad Astra committee began preparations in March and look forward to a fun and successful evening next Friday, Oct. 8, to benefit Meadowlark Memory Program.

Meadowlark Foundation is grateful that so many talented artists, local businesses, residents, and friends of Meadowlark didn't hesitate to contribute bid-boosting items. Their "yes's" produced a 10-item live auction slate and 29 silent auction entries. Jeff Ruckert of Ruckert Realty & Auction will urge higher bids as the event's volunteer auctioneer.

In addition to work by our featured artists Zak Barnes and Louis Copt – photos of their live auction paintings appeared in last week's Messenger – the 2021 Mingle also will offer original pieces by the late F. Gene Ernst and Angelo Garzio, jewelry, hand-crafted items, consumables, experiences, and more!

Meadowlark's own Oscar Larmer, a featured artist at the inaugural Art Mingle in 2018, graciously donated two original watercolors, inspired by the Prairie Star sculpture. This bronze beauty, by the late Elden Tefft, stands proudly near the restaurant and event space's exterior entrance and prompted this year's Mingle theme. Larmer's live auction entry, "Prairie Star Blessing," depicts Prairie Star in the Flint Hills amid grazing bison and sunflowers, while the sculpture's elongated star is the focus of "Prairie Beacon." This colorful, abstract work will go home with the person holding the winning raffle number; tickets will be sold at the event.

Bidding is expected to be fast-paced for two experiences on the live auction: an Ad Astra Tour and an "Art of the Game" package. Kansas State distinguished professor Christopher Sorensen is sharing his talents as an amateur astronomer to help up to 10 people view planets and constellations with the aid of a telescope he built

See BID, page 6

EVENTS & OPPORTUNITIES

Note from the Employee Gift Committee

Each day there are many Meadowlark employees who make our lives easier. Because tipping is not an accepted practice at Meadowlark, you are given the opportunity each year to thank those employees who have helped you by giving to the Employee Gift Fund.

What is the value of that help? That is a determination you must make, but we believe it is important to recognize those employees by presenting a monetary gift. Because we believe this to be important we ask everyone connected to Meadowlark to consider joining together to build a monetary fund that will be divided among the staff based on the hours they work. If each of us will examine our abilities to give and truly want to thank our staff, by joining together we can say thank you in an important way. Only you will know what you consider to be an appropriate amount, but we hope you will consider all the help you have received from staff during the year. Gifts may be left at the Hospitality Desk or mailed to Gift Committee at 2121 Meadowlark Road, Manhattan, Kan. 66502.

Pd Exercise & Boxing Classes

Rock Steady Boxing at Body First will continue to be on Fridays at 1 p.m. Rock Steady Boxing Class also is offered each week at 3 p.m. in Meadowlark's Community Room.

Parkinson's Exercise class is offered at Meadowlark on Mondays and Thursdays at 1 p.m. in the Community Room.

Resident Board Member Election

There is currently a vacant position for an Independent Living (IL) resident to be on the Meadowlark Hills Board of Trustees. Prior to an election, a nomination process must take place.

Nominations are welcomed from the IL population over a two-week period. Those nominating are to first contact the potential nominee to ensure he or she would be willing to serve. Nomination forms are available at the Hospitality Desk through 5 p.m. Thursday, Oct. 7. There is a box at the Hospitality Desk in which to place your nominations.

If you have any questions, contact Monte Spiller, at (785) 323-3801.

Part D Open Enrollment: 2022

submitted by Rita Harsch

It is that time again to start thinking about Open Enrollment and your Part D plans. Open Enrollment runs from Oct. 15 through Dec. 7, 2021, for the upcoming year of 2022. The North Central Flint Hills Area Agency on Aging will once again be helping those who would like to have their Part D plans reviewed for the year 2022.

There will not be a one-on-one in person meeting at Meadowlark for Open Enrollment. Instead, Meadowlark and the Area Agency on Aging will be using ZOOM meetings (virtual meetings) to communicate with each person one-on-one. This will happen in a meeting room at Meadowlark, and Rita, from Meadowlark's Finance team, will be present to help everyone through the process that day.

Open Enrollment through Zoom at Meadowlark will be Wednesday Oct. 20. There is a sign-up sheet in the Blue Book, and the last day to sign up is Monday, Oct. 11.

For your appointment on Oct. 20, you will need the following items to have your Part D plan reviewed for 2022: a list of your medications, copies of your Medicare card, and a copy of your current Part D insurance card.

If you have questions, please call Rita at (785) 556-9139. Other resources that can help you review your Part D plan for 2022 are listed below.

~ Your local pharmacy can assist in reviewing medications lists and current plan ahead of your scheduled appointment on Oct. 20

~ Riley County Extension Office: (785) 537-6350

~ Riley County Senior Center: (785) 537-4040

Get Registered to Vote

by Kay Shanks

If you have moved into or within Meadowlark since you last voted, you must re-register to be ready to vote in the November 2021 election.

Paperwork and help knowing what you must do is available at the Hospitality Desk, or by calling Kay Shanks at (785) 770-5054. If no answer, please leave a message that includes your name and how to contact you. Or you may call the Riley County Clerk's Office at (785) 537-6300 for instructions.

If you are in doubt about the status of your registration and whether you are to get a mail-in

ballot, call the Clerk's Office and check. Staff there are very courteous and helpful.

Important Dates coming up:

~ Registration ends Oct. 12, 2021.

~ Advanced voting at the Riley County Office Building begins Oct. 13 and ends Nov. 1 at 12 p.m. (noon).

~ Advanced voting by mail begins Oct. 13. Ballots will be mailed out Oct. 13. It is best to do your voting and mail the ballots quickly.

~ 2021 General Election is Tuesday, Nov. 2

Flu Shots for Independent Living

Flu shots have started to arrive at local pharmacies and primary care clinics. Typically, flu shots are administered in the fall in preparation for the flu season. In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May.

For independent living (IL) residents who are patients at Dr. Floersch's practice, CenterPointe Physicians, you will be contacted by the clinic staff to schedule an appointment to receive your annual influenza vaccine. You also can call the clinic at (785) 537-1900 to set up your appointment.

Any IL residents who are not patients of Dr. Floersch can go to Walgreen's or another local pharmacy to receive your flu shot. You could also contact your primary care physician to inquire about the vaccine.

Additionally, if you are a client of Meadowlark's home health agency, you can receive your flu vaccine by contacting the home health office (785) 537-9497.

If the on-campus clinic at Meadowlark receives enough doses to accommodate a walk-in clinic for non-patients, there will be communication released in the Messenger. If you have questions, please contact Monte Spiller at (785) 323-3801.

Courtyard Bar Hours & Drink Specials

Thursday, Sept. 30, & Friday, Oct. 1

The Courtyard Bar will feature a Whiskey Sour Slush on Sept. 30 and Oct. 2 starting at 4 p.m. Frozen drink specials are available for $5 each. The frozen drink special will be offered at Prairie Star Pub if the heat index is over 95 degrees.

Transportation to KSU Football Game

Saturday, Oct. 2, at 12:30 p.m.

Transportation will be provided for the K-State home football game on Saturday, Oct. 2. The bus will leave at 12:30 p.m. from the Village Entrance. Please sign up in the Blue Book. Cost of transportation is $3 per person.

Kansas State Football Watch Party

Saturday, Oct. 2 at 2:30 p.m.

Saturday, Oct. 2, K-State will be back at Bill Snyder Family Stadium as they take on the Sooners of Oklahoma. Join us at 2:30 p.m. in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Cats! Light refreshments will be served during the game.

Asphalt Sealing Project

Starting week of Oct. 4

Starting the week of Oct. 4, crews will begin sealing the asphalt on campus. This will occur at the road and parking in front Bramlage House, along Meadowlark Circle, Assisted Living parking lot, and at the Tuttle Creek Boulevard entrance. The crew will likely start at Tuttle Creek and work their way up to Meadowlark Circle.

Parkinson's Voice Class

Monday, Oct. 4, at 1:45 p.m.

Parkinson's Voice Class will meet from 1:45 to 3 p.m. Monday, Oct. 4, in the Community Room. This class is a weekly activity, occurring every Monday at this same time through Dec. 6. This also will be offered as a virtual class at the same time.

Drama Therapy Group resumes

Tuesday, Oct. 5, at 11:30 a.m.

All are invited to attend the Drama Therapy Group led by K-State Drama Therapy students. The group will focus on bringing out the artist within through exploring music, art, storytelling, poetry, dance, movement, and the performing arts.

The group will have their first meeting from 11:30 a.m. to 12:30 p.m. Tuesday, Oct. 5, in the KSU Classroom. They plan to meet weekly through Tuesday, Dec. 7. No prior registration is necessary.

Meadowlark Singers

Tuesday, Oct. 5, at 4 p.m.

Make a joyful noise! The Meadowlark Singers will

have practices every Tuesday from 4 to 5 p.m., in the Community Room, located near the Hospitality Desk. The next practice will take place Tuesday, Oct. 5, at 4 p.m.. The singers are led by Bethany Bassler. For questions, contact Resident Services Leader, Monte Spiller at (785) 323-3801.

Parkinson's Education Group

Thursday, Oct. 7, at 2 p.m.

You're invited to the monthly meeting of the Parkinson's Education Group from 2 to 3:30 p.m. Thursday, Oct. 7, in the Community Room. This month's presentation is titled "Understanding New Advancements of Deep Brain Stimulation (DBS) Therapy," which will be provided by Therapy Representative, Jamie Guild.

Prairie Star Restaurant closed

Friday, Oct. 8

Prairie Star Restaurant will be closed all day on Friday, Oct. 8. Verna Belle's Café will be open for its usual breakfast and lunch hours.

For dinner, a boxed meal option will be offered. If you would like to receive a boxed dinner on the evening of Oct. 8, please sign up in the Blue Book at the Hospitality Desk by Oct. 7. The dinner meals will be delivered to your residence between 5 and 6 p.m. Friday, Oct. 8, at no additional charge.

The cost of the meal is $14 each and will include Salisbury steak, mashed potatoes with gravy, green beans, and apple pie.

Art Mingle: Fine Art Fair

Saturday, Oct. 9, from 10 a.m. to 3 p.m.

Don't miss an opportunity to see and purchase original fine art and hand-crafted items from local and regional artists! Art Mingle: Fine Art Fair is set for 10 a.m. to 3 p.m. on Saturday, Oct. 9, at Prairie Star Event Space.

There is no charge to attend the Fair, and the public is invited. Many artisans who wish to show and sell their paintings, collages, fiber art, wood pieces, etc., and several others are expected to join the fun. See a full list at *www.meadowlark.org/events.*

As part of Meadowlark's COVID-19 protection plan, several Synexis Spheres were installed earlier this year in the Event Space and adjacent areas. The Spheres continuously emit dry hydrogen peroxide, which has been proven in independent laboratory studies to fight viruses and bacteria.

BINGO Spooktacular

Monday, Oct. 11, at 7 p.m.

October's Theme Bingo Night will be *Spooktacular*! There will be exciting decorations and prizes to fit the spooky theme, so be sure to attend at 7 p.m. Monday, Oct. 11, in the Event Center. To get in the spirit of Halloween, you're invited to wear a festive costume. There will be prizes for the best costume!

Play buy-in is $1 for the use of the two playing cards. BINGO occurs each Monday from 7 to 8 p.m. and Theme Bingo Night is the second Monday of each month. No registration necessary.

Dinner with the League

Monday, Oct. 11, at 6 p.m.

Come to Dinner with League at 6 p.m. Monday, Oct. 11, in the Event Center. Rich Vargo, Riley County Clerk, will speak about how the new Kansas voting laws will affect you in the upcoming election cycle. Non-League guests are welcome to attend.

Please register in the Blue Book for this opportunity by Friday, Oct. 8. If you would like to attend the presentation and not eat dinner, there is no cost. Joining for dinner is $13 per person.

Annual Clothing Drive

Tuesday, Oct. 12, from 8:30 a.m. to 12 p.m.

It's time for the Ambassadors' Annual Clothing Drive! On Tuesday, Oct. 12, from 8:30 a.m. to 12 p.m. the Meadowlark Ambassadors will be in the Flint Hills Room to help sort and package donated clothing. Donations this year will be going to the Encore Shop. Located at St. Paul's Episcopal Church, the Encore Shop specializes in clothing and domestic goods. Sale proceeds support several local charities.

Independent living residents are encouraged to drop off clothing donations in the Flint Hills Rooms during the Clothing Drive. If you live outside the main building (cottage, duplex, garden apartment) and you need assistance delivering your donation, please call the Hospitality Desk at least one day prior to the event and arrange for a Meadowlark team member to pick up your items. Items must be clean an in either new or gently-used condition.

If you have questions, please contact Monte Spiller at (785) 323-3801.

On Thoughts From Under the Bed

by Helen Roser

There was a mix-up and my big sisters and brother, who wanted a dog, got me instead. They didn't need another sister.

So I stay here, under the bed, to be out of their way and quiet and not be a nuisance. Here, I think, and wonder how the mistake happened.

Being a girl, I will be a Virginia-bred lady when I am bigger. I think my legs will get mixed up when I try to do a curtsy.

There is a place called school where people go to learn everything about everything. You don't have to think anything new. It has already been thought of.

I think being a dog would be nice. They have a tail to wag to say hello. When they are hungry, all they have to do is stand by their food dish.

I am told not to ask questions, but I will try to ask the man in church if he can fix the problem of me being me instead of a dog. He talks loud when he tells God how to run the world. Maybe he can help me.

Until then, I will stay out of the way and not be a nuisance, here under the bed.

Crafts & Creations Night Winners!

FABRIC & TEXTILES
Norma Larson

WOOD, METAL & POTTERY
Steve Hall

PAINTING & PHOTOGRAPHY
Jane Swofford

*The winner of each category received a **$50 gift card** to Prairie Star Restaurant.*

October Birthdays

Skilled Nursing

10/1 Elizabeth Kelley
10/2 Glenn Leitch
10/3 Merle Schmidt
10/5 Charles Schurle
10/7 Evelyn Russell
10/10 Carol Winslow
10/13 Brenda Condray
10/14 Peggy Dettmer
10/14 Tom Poston
10/17 David Bowers
10/19 Ann Erickson
10/20 Donald Foster
10/22 Charlotte Welfringer
10/25 Junior Wagner

Independent Living

10/3 Betty Love
10/6 Terry Pacumbaba
10/9 Carol Balding
10/11 Mary Lou Gibbs
10/13 David Vanderbilt
10/15 Edwin Lindly
10/16 Pat Dunaway
10/21 Mike Sekal
10/23 Max Bayer
10/23 Olivia Collins
10/24 Polly Ferrell
10/25 Pat Freeman
10/26 Charles Bussing
10/27 Jane Swofford
10/27 Dottie Blacker
10/30 Sandy Bussing
10/30 Pat Vogt
10/31 Opal Phillips

Assisted Living

10/6 Madlyn Rietcheck
10/26 Frances Stout

Employees

10/1 Ruben Pando
10/2 Aubrey Edds
10/3 Carrie Schlesinger
10/4 Kyler Cox
10/4 Mary Jo Eichman
10/4 Mary Swanson
10/5 Brayden Sundberg
10/7 Brittany Hernandez
10/9 Danae Adams
10/9 Caroline Davis
10/12 Alexis Gano
10/12 Chris Radabaugh
10/12 Greta Wehrman
10/14 Carie Scott
10/15 Bridget Larkin
10/15 Jake Swisher
10/15 Dylan Wallace
10/16 Alex Horak
10/18 Ella Conaway
10/18 Rebekah Kryger
10/18 Shyanne Wallace
10/19 Braxton Myles
10/21 Kate Cashman
10/21 Nathalia Silva
10/22 Lisa Lawton
10/23 Alayna Noe
10/26 Cathy Bristol
10/27 Kimm Burton
10/27 Kim Ensley
10/31 Nadia Dupree Fogle

Bold denotes milestone birthdays of 70, 80, 90, or 100+ !

Work That Brain!

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

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

BID, from page 1

at the age of 16. This tour includes transportation, drinks, snacks, and dessert. The evening will close around the fire pit at Meadowlark's courtyard.

Two field-level seats to the KC Chiefs vs. Dallas Cowboys game on Nov. 21 at Arrowhead Stadium are included in "Art of the Game," along with hotel accommodations for two nights, game day transportation, an invitation to a private tailgate party, and an opportunity to see the art collection at Arrowhead. Friends of Olivia Collins, a Mingle committee member, donated the 3rd row tickets and are pleased to welcome the high bidders to their FAN-tastic tailgate party prior to the game. The value of this package is at least $2,500.

A somewhat unusual item to appear on the auction block is a Synexis germ-fighting Sphere and a year's worth of replacement parts to maintain optimal performance. When operating, the Sphere emits dry hydrogen peroxide, which has been proven in independent laboratory tests to safely fight pathogens, including coronavirus and influenza, in the air and on surfaces. The Sphere was named one of 2021's best infection preventing products by *Newsweek* magazine. Value: $2,650.

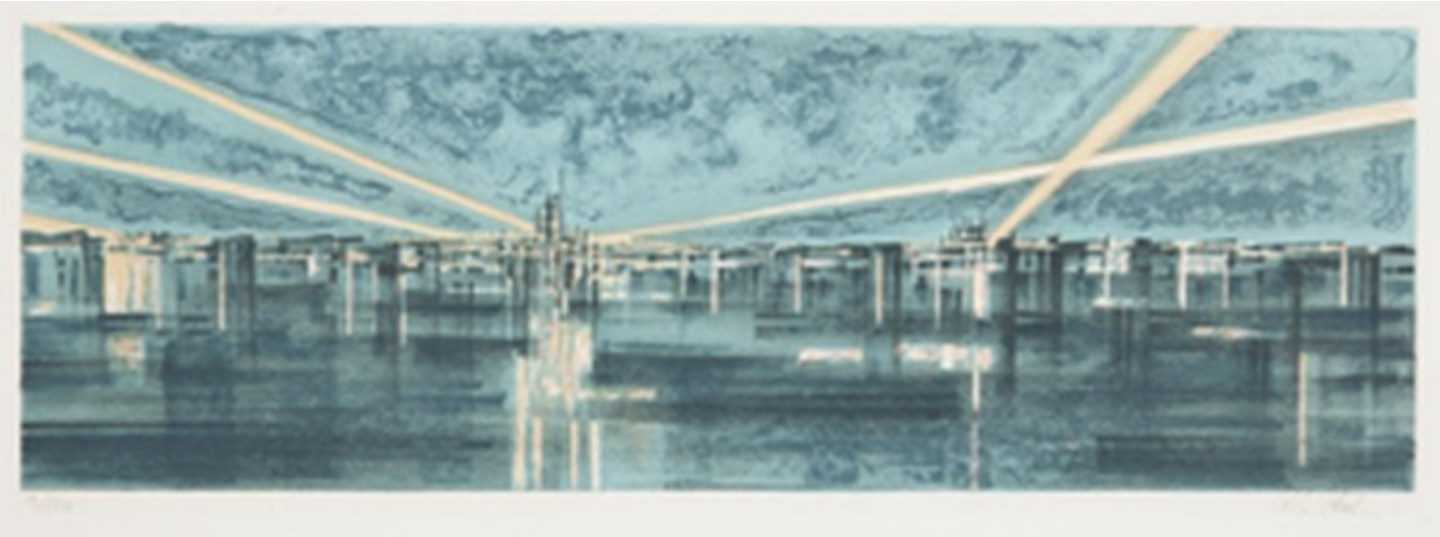
Retail values of the auction items are expected to range from about $75 to $3500. Event-goers also will have the opportunity to raise their paddles to support the memory program, which offers free education, support, and enrichment opportunities for persons who are experiencing cognitive changes and their care partners.

To purchase event tickets and to see additional photos and descriptions of auction items, visit the Art Mingle page at *www.meadowlark.org*. Event tickets are $75 each, and also may be purchased by calling the Hospitality Desk at (785) 323-3847. Residents and Passport members may add tickets to their monthly statements.

High bidders for the Art of Game package will attend the KC Chiefs vs. Dallas Cowboys game on Nov. 21 at Arrowhead Stadium and attend a tailgate party hosted by longtime Chiefs fans and season-ticket holders Don and Robyn Munce, who are friends of resident Olivia Collins.

Art Engagement *from the* Beach Museum of Art

Perspective An artist has several tricks he or she can use to create perspective in a work of art. One might overlap objects, place darker saturated colors in the foreground, reduce the size of objects as they move into the background, include more detail in the foreground objects, or use linear perspective. The use of perspective line will create the illusion of depth **and** give the viewer a visual path through the image. It allows the eye to enter at an emphasized point and move around the work. What methods did the artists use to create perspective in the art below? How does your eye move around the scenes? What objects in each piece did the artist use to produce linear perspective?



Robert Florsheim, *Airport*, published 1965, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Dr. & Mrs. Eugene Friedmann, 1986.18

Joseph John Jones, *Head Lights and Tail Lights*, 1960, Screenprint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett, 1999.79

Breakfast & Lunch Specials

Mon. to Fri., 7 a.m. to 2 p.m. / Sat. & Sun., 7 to 11 a.m.

Monday, Oct. 4

Breakfast: Biscuits & Gravy, $2.50 / $4.50

Lunch: Goulash, $4.50 / $6.50

ground beef & macaroni in a tomato stew

Tuesday, Oct. 5

Breakfast: Bacon Eggs Benedict with Fruit, $4.50 / $6.50

Lunch: Patty Melt, $4.50 / $6.50 *grilled hamburger patty, sauteed onions, Swiss cheese, & Thousand Island dressing on buttered and toasted rye bread and served with your choice of side*

Wednesday, Oct. 6

Breakfast: Apple Pie Stuffed French Toast Casserole with Fruit, $4.50 / $6.50

Lunch: Chili Cheese Hot Dog, $6.50 *grilled hot dog topped with chili & shredded cheddar cheese and served with your choice of side*

Thursday, Oct. 7

Breakfast: Biscuits & Gravy, $2.50 / $4.50

Lunch: Crunchy BBQ Chicken Sandwich, $6.50 *grilled chicken breast, provolone cheese, BBQ sauce, & fried onions on a toasted bun served with your choice of side*

Friday, Oct. 8

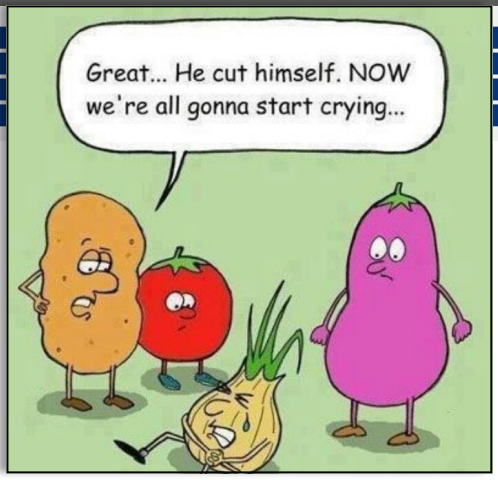
Breakfast: Waffle Bar with a Side of Fruit $4.50

Lunch: BBQ Pork Sandwiches, $6.50 *shredded pork & BBQ sauce on a butter-toasted bun and served with your choice of side*

Saturday, Oct. 9, & Sunday, Oct. 10

Breakfast: Ala Carte Menu Options

Egg (cooked to order), omelet, bacon, sausage, toast, & fruit



WINE FLASH SALE
Thursday, September 30th
3:00 – 6:00
$11 PER BOTTLE
only on select wines
at Prairie Star

RESTAURANT **FAVORITES**

Shareable Appetizers

Chicken Wontons
crispy wontons, chicken breast pieces, cream cheese, & green onions served with house made sweet and sour sauce, ***$6.75***

Reuben Fries
French fries covered in corned beef, sauerkraut, mornay sauce, green onions, and Thousand Island dressing, ***$9***
Individual serving available for $4

Salads

Cobb Salad
mixed greens, grilled chicken, bacon, hard-boiled egg, tomato, avocado, cucumber, red onion, & blue cheese crumbles served with cobb dressing, ***$9.50***

Grilled Caesar Salad
Chopped grilled romaine heart, shredded parmesan, topped in Caesar dressing and served with croutons ***$5***
Add grilled or crispy chicken +$3
Add grilled shrimp or honey –smoked salmon+$4

House Side Salad
mixed greens, carrots, cucumbers, tomato, red onions, & croutons, ***$3***
Add grilled or crispy chicken +$3
Add grilled shrimp or honey –smoked salmon+$4

Strawberry Feta Side Salad
mixed greens, strawberries, & feta cheese crumbles served with sunflower vinaigrette, ***$3***

Sandwiches, Burgers, & Wraps

Served with a side of your choice.
We recommend the house-made pub chips!

Reuben Sandwich
corned beef, sauerkraut, swiss cheese, & thousand island dressing served on marbled rye bread, ***$8.50***

Cold Cut Club Sandwich
Salami, capocolla, ham, bacon, provolone cheese, lettuce, tomato, and mayo served on a toasted wheat bread, ***$8.25***

The Burger*
an angus beef chuck patty topped with lettuce, tomato, red onion, & house pickles on a brioche bun, ***$8.25***

add American, cheddar, pepper jack, provolone, or Swiss cheese +$1.

Chicken Club Wrap
grilled or fried chicken, lettuce, tomato, red onions, bacon, cheddar cheese, & ranch dressing wrapped in a whole wheat tortilla, ***$8.25***

Chicken Salad Wrap
house-made chicken salad with grapes, cran-raisins, celery, toasted almonds wrapped in a whole wheat tortilla with lettuce, tomato, & red onions, ***$8.25***
Make it gluten free! Ditch the wrap and make it a platter with fresh fruit on the side for no additional charge.

Classics

Meatloaf
bacon-wrapped meatloaf stuffed with cheese served with mashed potatoes & green beans, ***$12***

Classic Shrimp
seasoned grilled or fried shrimp served with your choice of two sides, ***$12***

Chicken Tenders
buttermilk cornflake fried chicken tenders served with slaw and French fries, ***$10.50***

Sides

$2
House-Made Pub Chips, French Fries, Slaw, Cottage Cheese, Mashed Potatoes, Green Beans, Broccolini, Peas & Pearl Onions, Soup of the Day

$3
House Side Salad, Strawberry Feta Side Salad, Seasonal Fruit, Sweet Potato Fries
$1 upcharge when selected as side option

Weekly Opportunities Calendar *Oct. 3 to Oct. 9*

Sunday • Oct. 3
10:30 a.m. ~ Worship Service, EC
10:30 a.m. ~ Transportation to FUMC, VE

Monday • Oct. 4
8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
10:30 a.m. ~ Technology Assistance, GR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Contemporary God Talk, BR
1:45 p.m. ~ Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ BINGO Night, EC

Tuesday • Oct. 5
Trash & recycling pick-up
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m.~ Chair Yoga, CR
11:30 a.m. ~ Drama Therapy Group, KSU CL
12:00 p.m. ~ Kimball Luncheon, BR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ LifeStory Writing Group, PR
4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Oct. 6
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, FHR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Memory Café, KSU CL
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR

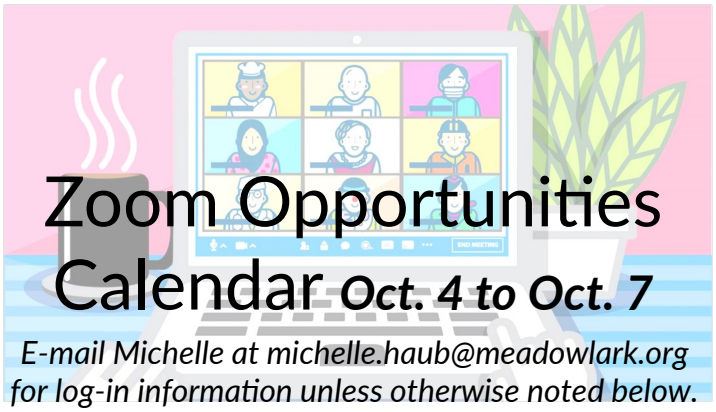
Thursday • Oct. 7
9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ PD Care Partner Support Grp, FHR
2:00 p.m. ~ Stepping On, KSU CL
2:00 p.m. ~ Pd Education Group, CR
5:00 p.m. ~ Smores Night, CY
5:30 p.m. ~ Meadowlark Circle Dinner, BR

Friday • Oct. 8
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. ~ Rock Steady Boxing, BF
2:00 p.m. ~ Tom's Gab & Games, FHR
6:00 p.m. ~ Art Mingle: Ad Astra, PS & EC

Saturday • Oct. 9
10 a.m. to 3 p.m. ~ Art Mingle: Fine Art Fair, EC
11 a.m. to 3 p.m. ~ Fitness Center Not Available

Room Abbreviations

BF, Body First
BR, Bison Room
CR, Community Room
CY, Courtyard
EC, Event Center
FHR, Flint Hills Room
GC, Grosh Cinema
GR, Game Room
HD, Hospitality Desk
KSU CL, KSU Classroom
MR, Manhattan Room
PR, Patriot Room
PS, Prairie Star Restaurant
VE, Village Entrance



Zoom Opportunities Calendar *Oct. 4 to Oct. 7*

E-mail Michelle at michelle.haub@meadowlark.org for log-in information unless otherwise noted below.

Monday, Oct. 4

1 p.m.	Parkinson's Exercise Class
1:45 p.m.	Voice Class
2 p.m.	Change & Loss Support Group

Tuesday, Oct. 5

2 p.m.	Memory Activities Class

Wednesday, Oct. 6

10 a.m.	Memory Care Partner Support Group
1 p.m.	Memory Café

Thursday, Oct. 7

1 p.m.	Parkinson's Exercise Class

CHANNEL 1960 Entertainment Guide

Sunday, Oct. 3

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	**NEW!** Worship Service *with Chaplain Patty Brown-Barnett*
2:00 p.m.	***(Re-run)*** Worship Service *with Chaplain Patty Brown-Barnett*
3:00 p.m.	Progressive Muscle Relaxation *with Bridget Larkin, LMSW*
3:30 p.m.	Chair Yoga

Monday, Oct. 4

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Solution from 9/23.

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

Tuesday, Oct. 5

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

Wednesday, Oct. 6

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	***(Re-run)*** Worship Service *with Chaplain Patty Brown-Barnett*
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, Oct. 7

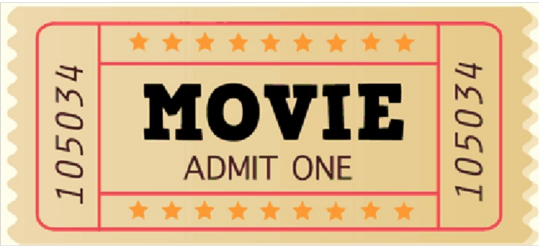
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Friday, Oct. 8

9:00 a.m.	Oct. Town Meeting: Update from Lonnie Baker, CEO
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
12:00 p.m.	***(Re-run)*** Oct. Town Meeting: Update from Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Saturday, Oct. 9

9:00 a.m.	***(Re-run)*** Oct. Town Meeting: Update from Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
12:00 p.m.	***(Re-run)*** Oct. Town Meeting: Update from Lonnie Baker, CEO
2:00 p.m.	Band Bust Exercise Class



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: Oct. 3

OCTOBER SKY (1999) PG, 1 hr. 48 min. *Emotional, Drama, Biography*

Cast: Jake Gyllenhaal, Chris Cooper, & Laura Dern

As the Soviet satellite Sputnik streaks across the heavens in October 1957, it's a source of inspiration for 17-year-old Homer Hickam. Homer and a few friends craft a rocket to compete for a science fair scholarship.

MUSICAL MONDAY: Oct. 4

ALADDIN (2019) PG, 2 hr. 15 min. *Romance, Fantasy, Musical*

Cast: Will Smith, Mena Massoud, & Naomi Scott

From Disney comes the thrilling and vibrant live-action adaptation of the animated classic Aladdin, the exciting tale of the charming street rat Aladdin; courageous and self-determined Princess Jasmine; and the Genie who may be the key to their future.

TRUE TUESDAY: Oct. 5

JANE GOODALL: THE HOPE (2020) TV-14, 1 hr. 29 min. *Documentary, Biographical*

Cast: Jane Goodall

Jane Goodall: The Hope follows the inspirational activist and leader throughout her never-ending travels, capturing her relentless commitment and determination to spread a message of hope.

WESTERN WEDNESDAY: Oct. 6

RESIDENT REQUEST

THE MAGNIFICENT SEVEN (1960) NR, 2 hr. 8 min. *Classic Western, Suspenseful*

Cast: Yul Brynner, Eli Wallach, & Steve McQueen

Fed up with being brutalized and impoverished because of outlaw raids led by merciless brigand, the besieged citizens of a small Mexican town hire seven American gunslingers to stave off the marauders once and for all.

THRILLER THURSDAY: Oct. 7

ENOLA HOLMES (2020) PG-13, 2 hr. 4 min. *Witty, Exciting, Suspenseful*

Cast: Millie Bobby Brown, Henry Cavill, & Sam Claflin

While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.

FEATURE FRIDAY: Oct. 8

LITTLE SHOP OF HORRORS (1986) PG-13, 1 hr. 34 min. *Comedy, Campy, Absurd*

Cast: Rick Moranis, Ellen Greene, & Steve Martin

Gawky Seymour Krelborn looking for a way to save his job in a ramshackle, skid row flower shop, purchases a curious exotic plant hoping it will make business bloom. And it does. There's just one problem: The little creeper possesses a rapacious appetite for fresh human plasma, and it's mushrooming out of control!

SWEET SATURDAY: Oct. 9

LITTLE MONSTERS (1989) PG, 1 hr. 41 min. *Goofy, Comedy, Family*

Cast: Fred Savage, Howie Mandel, & Daniel Stern

Brian knows there are creatures under his bed. When he faces his fears and confronts them, however, he makes some hilariously weird new friends.