



MEADOWLARK

Messenger

Oct. 7, 2021

Manhattan, Kansas

Messenger Editor: Sarah Duggan

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



[left] HOGtoberfest mascot Happy HOG poses with one of this year's Cash & More Raffle tickets. Is it a lucky one?

High on the HOG!

October ushers in HOGtoberfest season

by Becky Fitzgerald, Development Dir.

Oink! Now that the calendar has turned to October, temperatures are cooling, but activities to benefit Meadowlark's Good Samaritan Fund are just heating up. It's HOGtoberfest season, and Meadowlark Foundation has two squeal-worthy announcements!

No. 1 – This 8th annual event will occur at a new-to-Manhattan venue, Kite's Aggieville Draft House.

No. 2 – Cash & More Raffle tickets are now on sale!

The cooking Cox brothers, Bud and Bobby, partnered with

restaurant owner Scott Sieben to open Kite's Draft House this summer at the corner of 12th Street and Moro in Aggieville. (This new venture is in the north part of the building, while Kite's Bar & Grill remains in the south portion.) Mark your calendars to join us from 11 a.m. to 10 p.m. Thursday, Oct. 28. Ten percent of the day's proceeds will be donated to the Good Samaritan Fund, so plan now to enjoy lunch or dinner at Draft House that day. Meadowlark residents also may order food for delivery for either lunch or dinner. An order form will be included in

the Oct. 21 Messenger.

Moving the event to this new restaurant is increasing the food options for persons who choose to dine in. From 11 a.m. to 1 p.m., choose the pulled pork and chicken slider buffet or select an item from the Kite's menu. The Bar & Grill offers burgers, dawgs, and wraps, as well as soups, salads, and specialties, such as chicken fried steak, and spicy shrimp.

From 5 to 8 p.m., enjoy the whole hog roast buffet – What's HOGtoberfest without a hog roast? – or select an entrée from the Draft House menu, such as sautéed red

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EVENTS & OPPORTUNITIES

Kimball Avenue Closure

Meadowlark's Kimball Avenue entrance will be closed starting Monday, Oct. 18, as a part of the ongoing construction project along the North Corridor. The project is expected to last until August 2022.

This closure may affect travel times for Meadowlark transportation. Please keep this in mind when utilizing the service for appointments during the project timeframe.

Employee Gift Fund

We encourage you to give a monetary gift to the fabulous employees because of our no-tipping policy. Any amount of money may be given in appreciation and in gratitude of our employee's hard work throughout the year.

A lock box is at the Hospitality Desk for donations. You may mail contributions to Employee Gift Fund at 2121 Meadowlark Rd., Manhattan, KS 66502. No one at Meadowlark will know the amount of individual donations, just a grand total of what is contributed. Please make this a priority for your consideration.

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 the Event Center, and Rita, from Meadowlark's Finance team, will be present to help everyone through the process that day.

The date for Open Enrollment through Zoom at Meadowlark has changed to Tuesday, Oct. 19. 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. 19, 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 medication 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

submitted 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. To learn more about voting in the upcoming election, please visit rileycountykansas.gov/election.

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.

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

EVENTS & OPPORTUNITIES

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: Ad Astra

Friday, Oct. 8, at 6 p.m.

There is still time to purchase your ticket to Meadowlark's Art Mingle event, set to start at 6 p.m. Friday, Oct. 8, in Prairie Star Restaurant and Event Center.

The 2021 theme, Ad Astra, is a nod to Meadowlark's re-imagined Prairie Star Restaurant and new Event Center. A painting by each of our award-winning, honored guests figures into the restaurant's décor, and these two men arguably are "stars" of the regional art scene. Both are represented by galleries across Kansas, and their paintings are part of many private and public collections.

There will be scrumptious food and beverage options located for your convenience throughout the venue with toe-tapping Americana Music by the Tallgrass Express String Band. Purchase your tickets by visiting the Hospitality Desk or online at www.meadowlark.org.

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 Center.

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.

Drama Therapy Group

Tuesday, Oct. 12, 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 next meeting from 11:30 a.m. to 12:30 p.m. Tuesday, Oct. 12, in the KSU Classroom. They plan to meet weekly through Tuesday, Dec. 7. No prior registration is necessary.

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 or 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 and in either new or gently-used condition.

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

Friday Night Entertainment: Dave Zerfas *Friday, Oct. 15, at 7 p.m.*

At 7 p.m. Friday, Oct. 15, Meadowlark welcomes Dave Zerfas to Prairie Star's Event Center! Dave is excited to bring us an evening of old-time Kansas and Cowboy songs. He never disappoints—so come on out for some great entertainment!

Shopping at Target & Dollar Tree West *Saturday, Oct. 16, at 10:30 a.m.*

The next scheduled trip is Saturday, Oct. 16, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Nov. 20. Please sign up in the Blue Book to participate in these opportunities.

Transportation to KSU Football Game *Saturday, Oct. 16, at 4:30 p.m.*

Transportation will be provided for the K-State home football game on Saturday, Oct. 16. The bus will leave at 4:30 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. 16 at 6:30 p.m.*

Saturday, Oct. 16, K-State will be back at Bill Snyder Family Stadium as they take on Iowa State. Join us at 6:30 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.

Women at War: UFM Class

Wednesday, Oct. 20, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *Women at War* with Dr. Robert Smith, Director for Fort Riley Museums Complex. This three-session course will begin Wednesday, Oct. 20, from 6:30 to 8 p.m. The second and third sessions will meet Wednesday, Oct. 27, and Wednesday, Nov. 3.

The two world wars of the twentieth century were global affairs enlisting vast numbers of men and women into the ranks of the military. While a significant number of the histories of the First and Second World Wars concentrate on the activities and achievements of the male soldiers, the vital services performed by military women cannot be overlooked or underestimated. This class attempts to recognize the service of thousands of women who donned the uniform of their country and served.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message and staff will call you back. This class is offered at no charge to Meadowlark residents and Passport members may attend with a 20-percent discount.

Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning, therefore, Osher classes are not available for a discount to Meadowlark affiliates.

Walk to End Alzheimer's

Saturday, Oct. 23, at 9 a.m.

The Alzheimer's Association Walk to End Alzheimer's Walk for Manhattan, Kan., is set to be an outdoor, in-person event for 2021. The Walk will be at Manhattan City Park on Saturday, Oct. 23, 2021.

To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Oct. 23, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 8 a.m. The Walk Day ceremony will start at 9 a.m., and the Walk will begin around 9:15 a.m. The Walk route is one mile long. If you have questions about the Walk or need assistance with registration, please contact Sarah at (785) 323-3878.

On the Parrot Named Bill

By Helen Roser

Dorothy and I sat on the front porch swing together. Her husband was away most of the time. His work was extremely dangerous. He transported Federal prisoners between court rooms and distant prisons. They were bound by chains together. Never apart, on vehicles or trains.

Sometimes gangs made murderous attempts to free their gang members in transit. Dorothy's husband had never lost a prisoner.

He adored Dorothy and bought her a new Buick every year. He was not home much, but Dorothy made sure it was calm and comfortable.

She was surprised when her husband came home with a parrot with green feathers sitting on his wrist. The bird was called Bill. He had spent his entire life aboard a merchant ship that had traveled the world, changing owners several times. But the parrot stayed with the ship. Finally, it was sold for salvage. But no one could coax the parrot to leave the ship. It came to the attention of port authorities. Somehow, The Federal Bureau of Prisons was called. Somehow, Dorothy's husband was called.

He was between assignments and near the harbor, so decided to check out the unusual request for help. He found the suffering parrot crammed into a too-little cage. He said he would take the parrot and try to

find a home for it. The parrot responded to his soft, kind voice and calmly sat on his wrist.

After Dorothy's husband explained about the parrot, he fixed a comfy box with a soft towel in it, and went to bed.

Dorothy told me she felt so sorry for the parrot. She lay on the floor next to his box and talked to him. She told him she understood why he was sad about not being on the ship. She told him her name was Dorothy.

He hopped out of his box and stood next to her. He said her name softly, over and over: "Dorothy." Dorothy stayed on the floor beside him all night.

Bill lived with them, never in a cage. He had special perches by a window. He always wanted to be able to see Dorothy.

When she hung her washing in the backyard, Bill watched from the kitchen window. He would call to her: "Dorothy! Dorothy!" She would tell him: "I'm coming, Bill."

Dorothy and Bill understood that you must hold onto what you love. When her husband came home from his dangerous work, it was always to a calm, loving welcome. When he sat in a chair, Bill always sat on his shoulder.

Bill had no interest in me. He sat inside the front window, listening and watching as Dorothy and I visited, or just sat quietly together, friends.

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snapper, Irish steak & biscuits, or meat loaf.

To add to the festive atmosphere at Draft House, Dave Lewis of Dave Lewis Entertainment will keep the atmosphere lively with polka tunes and other types of music fitting a fall Oktoberfest-style party.

As referenced above, there's a way to get into the HOGtoberfest spirit prior to the big day: purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes:

1st prize: \$2000 cash

2nd prize: \$500 shopping spree at Meadowlark Market

3rd prize: YETI Hopper Flip 12 cooler and \$50 The Fridge gift card, valued at \$300

4th prize: \$50 gift cards to Kite's Aggieville Draft House, Mr. K's, and Rockin K's, valued at \$150

Academy Sports + Outdoors is an additional sponsor for this year's raffle.

Tickets are available now at the Hospitality Desk, at Verna Belles' Café, or by contacting a Meadowlark board member. Help us reach our goal of selling 1500 tickets!

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources. The Fund bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement. In addition to the aforementioned Kite's Aggieville Draft House and the raffle ticket sponsor, Meadowlark Foundation appreciates the support of Meritrust Credit Union, McCullough Development, Burnett Automotive, BHS Construction, Blueville Nursery, and Standard Beverage.

Please watch future Messengers for more details about this annual Food, Friends, and Fundraising event.

Work That Brain!

Found in the Home

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

RUGS
TABLES
DRYER
KITCHEN
CELLAR
MICROWAVE
SINK
OVEN
STUDY
CARPET
FAMILYROOM
FURNITURE
CLOSETS
WASHER
HOUSE
THROWRUG
STOVE
PANTRY
BEDROOM
GARAGE

Appreciation

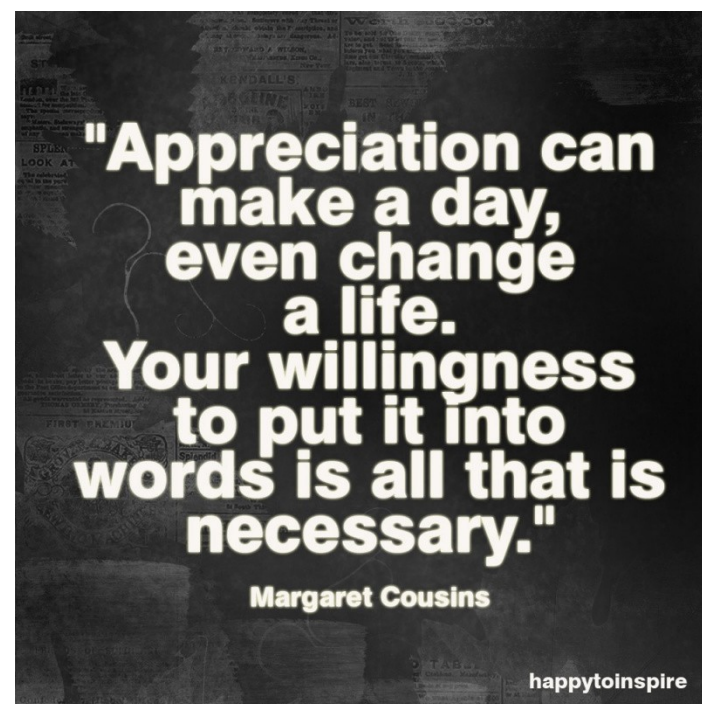
Submitted by Ron Williams

I got a wake-up message this noon. Vera and I went out to lunch, and Arby's was closed to dining because of a staff shortage, and we stopped by a flower shop and they were closed, because staff was making deliveries, and none was available for the store, and Dairy Queen had a sign up saying, "Obviously, we are hiring."

We need to be thankful that we have enough wait staff and they do a good job, and for professional staff Meadowlark Hills has Not had to use contract staff.

This is just a thought for us to be pleasant and give our employees our thanks. We are fortunate to have them.

And... oh yes, it is time for the appreciation gift.



Art Engagement *from the* Beach Museum of Art

Compare and Contrast It is the time of year when fruit trees are heavy with fruit ready to harvest, and some gardens are still producing tomatoes and peppers. Thus, today's artwork is timely. Spend a few moments carefully observing these two pieces and identify what you see that is the same and different between the two images. Consider all the elements of art: line, shape, color, value, form, texture, and space, as well as subject matter.



Barbara Hawkins, *Green Tomatoes in a Bowl*, ca. 1999, Acrylic on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Barbara Hawkins, 2014.446



Henry Varnum Poor, *Basket of Yellow Apples*, 1963, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, Ninth Biennial Exhibition of Regional Art (1967), gift of the artist, 1967.2



Breakfast & Lunch Specials

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

Monday, Oct. 11

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Jambalaya, \$4.50 / \$6.50 sausage, red beans, rice, peppers & onions in a Cajun-seasoned stew with a cornbread muffin

Tuesday, Oct. 12

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

Lunch: Beef & Bean Burrito, \$4.50 / \$6.50 seasoned ground beef, black beans, & shredded cheese wrapped in a flour tortilla and served with Spanish rice

Wednesday, Oct. 13

Breakfast: Breakfast Burrito, \$4.50 / \$6.50

Lunch: Creamy Cheese Tortellini, \$4.50 / \$6.50 cheese tortellini in a creamy sauce with mushrooms, onions, tomatoes, & spinach

Thursday, Oct. 14

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Chicken Teriyaki Rice Bowl, \$6.50 shredded chicken, stir-fry vegetables, & teriyaki sauce served over a bed of wild rice

Friday, Oct. 15

Breakfast: Waffle Bar with a Side of Fruit \$4.50

Lunch: Fried Bologna Sliders, \$4.50 / \$6.50 bologna, provolone cheese, pickles, & roasted garlic aioli on a slider bun served with your choice of side

Saturday, Oct. 16, & Sunday, Oct. 17

Breakfast: Ala Carte Menu Options

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

Solutions from 9/30.



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

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**

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**

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, capocola, 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.

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. 10 to Oct. 16

Sunday • Oct. 10

10:30 a.m. ~ Worship Service, EC
10:30 a.m. ~ Transportation to FUMC, VE

Monday • Oct. 11

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
11:30 a.m. ~ Meadowlark Valley, BR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Contemporary God Talk, BR
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
6:00 p.m. ~ Dinner with the League, EC
7:00 p.m. ~ Spooktacular BINGO Night, KSU CL

Tuesday • Oct. 12 *Trash & recycling pick-up*

9:00 a.m. ~ Ambassador's Clothing Drive, FHR
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. 4th Floor Luncheon, BR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers, PR
3:00 p.m. ~ Coffee Corner, EC
4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Oct. 13

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
5:30 p.m. ~ Eastside Dinner, BR

Thursday • Oct. 14

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
2:30 p.m. ~ Blood Pressure Clinic, PR
3:00 p.m. ~ Get the Scoop, PS

Friday • Oct. 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. ~ Rock Steady Boxing, BF
2:00 p.m. ~ Tom's Gab & Games, FHR
2:00 p.m. ~ Ed Lindley 100th Birthday Party, EC
7:00 p.m. ~ Friday Entertainment: Dave Zervas, EC

Saturday • Oct. 16

10:30 a.m. ~ Depart for Shopping Trip, VE
4:30 p.m. ~ Depart for KSU Football, VE

Room Abbreviations

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

**Zoom Opportunities
Calendar Oct. 11 to Oct. 14**

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

Monday, Oct. 11

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

Tuesday, Oct. 12

2 p.m.	Memory Activities Class
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Wednesday, Oct. 13

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

Thursday, Oct. 14

1 p.m.	Parkinson's Exercise Class
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CHANNEL 1960 Entertainment Guide

Sunday, Oct. 10

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW! Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Oct. Town Meeting: Update from Lonnie Baker, CEO
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. 11

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

September Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Meadowlark Memory Program, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of September.

Memory of

Marilyn Fagot
Beverly Fink
Barbara Harlan

Don Rasmussen
Mary Smith

If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald at (785) 323-3843.

Tuesday, Oct. 12

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. 13

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. 14

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. 15

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
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Saturday, Oct. 16

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

Why did the nurse need a red pen at work?

In case she needed to draw blood.



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. 10

GHOSTBUSTERS (1984) PG, 1 hr. 45 min. *Imaginative, Action Comedy*

Cast: Bill Murray, Dan Aykroyd, & Rick Moranis

After losing their academic posts at a prestigious college, a team of parapsychologists create a business exterminating ghouls, hobgoblins, and supernatural pests.

MUSICAL MONDAY: Oct. 11

ROCKETMAN (2019) R for language, drug use, and sexual content, 2 hr. 1 min. *Inspiring, Drama*

Cast: Taron Egerton, Jamie Bell, & Bryce Dallas Howard

This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll.

TRUE TUESDAY: Oct. 12

DRAIN THE SUNKEN PIRATE CITY (2017) TV-14, 47 min. *Documentary, Historical*

Cast: Jon Henderson

Hidden beneath the waters of Jamaica's Kingston Harbour lie the ruins of the biggest pirate city of all time, Port Royal. In June 1692, an earthquake followed by a tsunami destroyed the city. Archaeologist Dr. Jon Henderson used the latest high-tech scientific survey to reveal the full extent of

WOMEN-POWER WEDNESDAY: Oct. 13

RESIDENT REQUEST

9 to 5 (1980) PG, 1 hr. 50 min. *Goofy, Feel-good*

Cast: Jane Fonda, Lily Tomlin, & Dolly Parton

Three women fed up with their "sexist, egotistical, lying, hypocritical bigot" of a boss entertain fantasies about revenge. But fantasy turns into a reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks.

THRILLER THURSDAY: Oct. 14

THINGS HEARD & SEEN (2021) TV-MA, 2 hr. 1 min. *Thriller, Horror, Based on Book*

Cast: Amanda Seyfried, James Norton, & Natalia Dyer

A young woman discovers that both her husband and their new home harbor sinister secrets after they leave Manhattan for small-town life.

FEATURE FRIDAY: Oct. 15

RESIDENT REQUEST

OSCAR (1991) PG, 1 hr. 49 min. *Comedy, Crime*

Cast: Sylvester Stallone, Ornella Muti, & Peter Riegert

A gangster attempts to keep the promise he made to his dying father: that he would give up his life of crime and "go straight".

SWEET SATURDAY: Oct. 16

BABYSITTER'S GUIDE TO MONSTERS HUNTING (1989) TV-PG, 1 hr. 38 min. *Exciting, Family*

Cast: Tamara Smart, Oona Laurence, & Tom Felton

Recruited by a secret society of babysitters, a high schooler battles the Boogeyman and his monsters when they nab the boy she's watching on Halloween.