

Art Appreciation

4th annual event boosts Memory Program



[left] Phyllis Copt (center), wife of featured artist Louis Copt, and Passport members George and Julie Strecker are all smiles at Art Mingle. Photo courtesy of Louis Copt.

By Becky Fitzgerald, Development Dir. After an online-only auction in 2020, Prairie Star Restaurant and Event Space was alive with the sounds of music, conversation, and laughter during the 4th annual event on Oct. 8 to benefit Meadowlark Memory Program. *Art Mingle: Ad Astra* attracted about 140 guests and volunteers, several of whom had not seen the new event space and/or had not been to a prior Art Mingle.

In addition to high praise for the venue and Prairie Star-catered food, the fundraiser seemingly ranked high on the good-times

scale. Annie Wilson, who provided toe-tapping tunes as lead singer and guitarist for Tallgrass Express String Band, found favor with Meadowlark employees and the way our spaces were used to their advantage.

“We had a lot of fun Friday night, and your event was incredible,” said Wilson of Elmdale. “I really enjoyed your employees, such nice people. Also, the indoor venue was beautiful, and that courtyard is totally *off-the-chart gorgeous*, especially the lovely lighting. We were honored to be part of the

evening.”

More good news comes when reviewing the event’s financial spreadsheet. Total revenue is nearly \$55,000, which is about \$7600 higher than income from 2019’s in-person event. This total is a combination of sponsorships, live and silent auction proceeds, ticket sales, raffle ticket sales, and donations. The total does not include gift-in-kind contributions, such as auction items, framing

for paintings to be auctioned, and discounts from merchants. Please see that amount on page 5.

Here’s a look at the event by the numbers:

- ~ Featured artists: 2
- ~ Donated or provided items: 44
- ~ Winning bidders: 27
- ~ Memory Program donors during live auction: 16
- ~ Live auction revenue: \$14,900
- ~ Silent auction revenue: \$8,090
- ~ Artist Showcase revenue: \$950
- ~ Additional donations: \$5,319
- ~ Sponsorships: \$9,500

See ART, page 5

EVENTS & OPPORTUNITIES

Urgent Message to Meadowlark Residents and Friends!

submitted by Employee Gift Committee

Our 2021 staff appreciation gift canvass is winding down — and we will soon be writing checks to our wonderful staff. BUT... this year's donations are lagging and your Gift Committee is making a special plea. We send our warm thanks if you've already contributed. If not, don't delay further — drop your check off at the Hospitality Desk! But, if you've already done that please consider a second check — it is not too late. Checks are payable to Employee Gift Fund.

Remember, these extraordinary times call for extraordinary responses. Dealing with Covid, our incredible staff has gone the extra mile in taking care of us — for the whole year! Let's use our imagination — going beyond the routine! Keep in mind that Meadowlark is a large-scale facility with a staff of nearly 450. We would like to match — or better to exceed last year's gifts. Don't wait! Let's show our appreciation — and set a record!

Impacts of Kimball Avenue Closure

Meadowlark's Kimball Avenue entrance is closed as a part of the ongoing construction project along the North Corridor. In Aug. 2022, the City plans to open one lane in each direction. The project is expected to be completed in its entirety by late November 2022. **Meadowlark expects the Kimball Avenue entrance to our campus to be closed at least through 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.

Additionally, the City of Manhattan shared with the Meadowlark team this week that there would be at least three separate "water shut down" occurrences in the next couple of months as a result of the transportation project on Kimball Avenue. The full extent of the affect these shut-downs will have on Meadowlark's campus is unknown at this time. **The City and Meadowlark plan to conduct a dry run to simulate the shut-down climate between 2 and 3 p.m. Tuesday, Oct. 26.** During that time, the water to campus

will be shut off. This exercise is an effort to determine what will be affected during the actual shut-downs. The Meadowlark team will update residents as new information becomes available.

Walk to End Alzheimer's

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

The Alzheimer's Association Walk to End Alzheimer's 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.

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 please contact Sarah at (785) 323-3878.

Kansas State Football Watch Party

Saturday, Oct. 23, at 11:00 a.m.

Saturday, Oct. 23, K-State will travel to Lubbock, Tex., to take on the Texas Tech Red Raiders. Join us at 11 a.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.

Dementia Friendly Manhattan

Sunday, Oct. 24, at 2 p.m.

Have you heard of the concept of "dementia friendly communities"? A recent survey found that nearly 83% of Riley County residents don't know what a dementia friendly community is. You're invited to learn about the Flint Hills Wellness Coalition's new initiative to begin making Manhattan a more dementia friendly place to live.

A kick-off event is being held on Sunday, Oct. 24, at 2 p.m. and can be attended in person (Rockin' K's meeting room) or virtually. A special guest will be speaking virtually at this event -- Susan McFadden, PhD is the author of *Dementia-Friendly Communities: Why We Need Them and How We Can Create Them* and is the Co-Founder of the Fox Valley Memory Project in Wisconsin.

Please RSVP for the event here: <https://forms.gle/7xTM9Lv7ZJgSD5hB8> or by visiting the FHWC Facebook page.

EVENTS & OPPORTUNITIES

Pumpkin Carving

Tuesday, Oct. 26, at 2 p.m.

Celebrate the fall season with some good ol' fashioned pumpkin carving from 2 to 4 p.m. Tuesday, Oct. 26, in the Courtyard. Please sign up in the Blue Book if you would like Meadowlark to provide a pumpkin for \$6/each. Residents are also invited to bring your own pumpkin.

Apple cider, pumpkin bars, and cookies will be served at no charge. There will not be Coffee Corner on Tuesday, Oct. 26.

ARTful Making: Spooky Silhouettes

Wednesday, Oct. 27, at 2:30 p.m.

Since the late 18th century, artists began using paper cuts to illustrate books because they were easy to print. These silhouetted scenes are usually printed on white paper. We are going to create colorful Fall backgrounds on which to glue our spooky cut-outs. Inspiration pieces and all materials will be supplied. Join Kim Richards from the Beach Museum of Art for some autumn fun!

Women at War: UFM Class

Wednesday, Oct. 27, 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 continue with the second session on Wednesday, Oct. 27, from 6:30 to 8 p.m. in Meadowlark's Community Room. The final session will meet 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.

Brass Ensemble Concert

Friday, Oct. 29, at 7 p.m.

For the first time, Meadowlark welcomes Jim Lewis and his Brass Ensemble at 7 p.m. Friday, Oct. 29, in the Event Center. Jim, a tuba player, is excited to bring the brass quintet consisting of trumpets, horn, trombone, and tuba to perform on our campus. All the group members in Manhattan have a connection to K-State, including two professors, a librarian, and a former grad student, who is now a business owner, and a retired teacher/administrator. All are invited to come listen to their fun performance!

Transportation to KSU Football Game

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

Transportation will be provided for the K-State home football game on Saturday, Oct. 30. 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.

Continued on page 4



[left] The Meadowlark Ambassadors conducted another successful Clothing Drive on Tuesday, Oct. 12! This year's donations were taken to the Encore Shop, located at St. Paul's Episcopal Church.

The Encore Shop specializes in clothing and domestic goods, and support several local charities with their sale proceeds.



Kansas State Football Watch Party

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

Saturday, Oct. 30, K-State will be back at Bill Snyder Family Stadium as they take on the TCU Horned Frogs. Join us in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Cats! Light refreshments will be served.

Food & Fund Drive

Tuesday, Nov. 2, to Tuesday, Nov. 9

The holidays are right around the corner! This is often a time to reminisce about things we are thankful for, and to give back to those less fortunate. One way you can do so is by donating food to the Flint Hills Breadbasket; an organization in Manhattan that has been distributing food to ensure no one in the community goes hungry for more than 35 years. They receive no federal state, county, or city funding, and rely heavily on donations. Their goal is to put together at least 180 holiday baskets this year for those in need this holiday season.

Please consider donating the following food items for these special baskets: stuffing, canned pumpkin, canned yams, evaporated milk, and canned fruit. The Meadowlark Ambassadors will be placing collection boxes in the Game Room for those who would like to make food drive donations. If residents would rather make a monetary donation, a glass jar will also be available at the Hospitality Desk for collection.

The Breadbasket's Client Services Coordinator, Melissa Combs, said the breadbasket uses these funds to purchase milk, margarine, and eggs for families they serve.

Expired items and those that have seals broken will not be accepted. The drive will run from Tuesday, Nov. 2, to Tuesday, Nov. 9.

New Afghan Residents in Manhattan

by Harriette Janke

It is an Afghan custom to welcome guests with a teapot ready with hot green tea or spiced blends. Do you have an unused tea pot in your cupboard that you can donate? We want to give a warm welcome to these people new to Manhattan. We are also collecting sheets, blankets, comforters, bath towels, and hand towels.

Kitchenware is also needed and the group supporting these new families is working with Kitchen Restore to provide these items. They will sort and pack our donations into kits, which will be distributed to each family or living group. Any items not needed by the Afghan households will be used to replenish the Kitchen Restore supplies to help others of our community in need.

Clothing will be supplied through local clothing resources, though if you have South Asian fabric or outfits, they are welcome. Furniture donations will be picked up by Habitat for Humanity Restore, and delivered to the Afghan residences. In addition to the usual large furniture, small bedside tables, coffee tables, and lamps are needed.

Finally, other items such as waste baskets, brassware, kitchen storage containers, small juice glasses, plastic table cloths, dish towels, and office supplies can all be used. Up to 70 more individuals are expected to arrive soon. While we don't know the total number of households, we do know there will be a need for many items to help families settle in safely and securely. Small items can be left by the apartment door of Harriette Janke or call me for help or questions at (785) 410-2150. If you wish to send a check it can be made out to *Housing MHK* and sent to attn: Scott Seel, 1135 Westport, Manhattan, Kan., 66502. Donations are tax deductible as this is a 501c3 organization.

On Our New Look

by Helen Roser

Our popular newscaster had been elected by a landslide. Now he was a commissioner of the World's largest county.

Very soon, he eagerly appeared at a gathering of the Steno Pool. He told us: "I have arranged for the county to have a new look! As soon as the orders arrive, county letters will have blue letterheads with matching letters typed with blue ribbons!" There were a few audible gasps and whimpered "buts...". Our Director said politely: "Thank you for letting us know."

She had been with the county a long time. Her motto was: "We do not give orders. We take them." She knew that stronger voices than ours were necessary to get anything done.

We quietly stashed our black letterhead and ribbons, then began our New Look. Letters were signed without comment, then taken to the Xerox room. Our Xerox machines whirred as they

dropped blank paper in the box marked Copies. Copies were collected, then delivered to the boxes.

Soon our phones began to ring, as expected. "Why are you putting blank paper in my box?" We were asked loudly. Time to explain. "The county's New Look has been ordered. It uses letterhead printed blue with body of letter typed with blue ribbon. The county's Xerox machines do not reproduce blue. It is a special feature of the county's new Xerox machines that make in-house notations possible that are not wanted reproduced for usual circulation."

Soon, a messenger arrived to tell us the New Look had ended. The usual black was on order.

We took out our stash and County business continued. The New Look paper was rounded up and chopped into note paper.

We didn't see much of the commissioner after that. He didn't run for re-election. I always felt a little sorry he didn't get to brag that he had given the County a New Look.

ART, from page 1



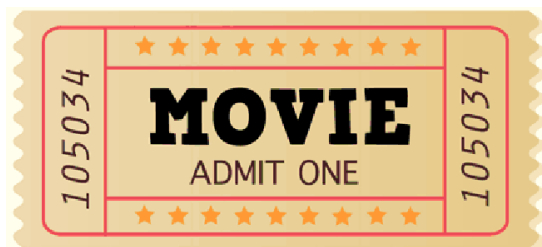
[left] Louis Copt poses next to two of his Artist Showcase paintings. Copt and Zak Barnes, the event's other featured artist, both brought paintings to auction, exhibit, and/or sell. Photo courtesy of Louis Copt.

~ Gift-in-kind contributions: \$19,110

~ Gift-in-kind contributors: 34

Thank you to those represented in the numbers above who helped ensure the success of this event. Also, the Art Mingle committee deserves much praise and congratulations. Members are Jackie Hartman Borck, Passport member and past Board of Directors member; Olivia Collins, Meadowlark resident; Sarah Duggan, Community Relations Director; Becky Fitzgerald, Development Director;

Michelle Haub, Special Programs Leader; Brook Marcotte, Dining Services Leader; Jayme Minton, Support Services Director; Jay and Barbara Nelson, former owners of Strecker-Nelson Gallery; Kim Richards, Education Specialist at K-State's Marianna Kistler Beach Museum of Art; Cindy Sloan, current Board of Directors member; and Ginny Young, local artist and *Art Mingle: Fine Art Fair* liaison.



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. 24

HOCUS POCUS (1993) PG, 1 hr. 36 min. *Comedy, Family, Fantasy*

Cast: Bette Midler, Sarah Jessica Parker, & Kathy Najimy

Conjured up by some unsuspecting pranksters, a trio of 300-year-old witches set out to cast a spell on the town & reclaim their youth. But first, they must get their act together and outwit three kids and a talking cat.

MUSICAL MONDAY: Oct. 25

HAIRSPRAY (2007) PG, 1 hr. 56 min. *Musical, Heartfelt, Feel-Good*

Cast: Nikki Blonsky, John Travolta, & Michelle Pfeiffer

After landing a spot on a popular dance show, a gutsy and talented teenager rallies against racial segregation and sizeism in 1960s Baltimore.

TRUE TUESDAY: Oct. 26

AMANDA KNOX (2016) TV-MA, 1hr. 32 min. *True Crime, Investigative, Provocative*

She was twice convicted and acquitted of murder. Amanda Knox and the people closest to her case speak out in this illuminating documentary.

WESTERN WEDNESDAY: Oct. 27

LAWLESS (2012) R *for strong bloody violence, language, & some nudity/sexuality.* 1 hr. 42 min. *Violent, Gritty*

Cast: Shia LaBeouf, Jessica Chastain, & Jason Clarke

This true-to-life action saga profiles Virginia's bootlegging Bondurant brothers, whose exploits during the Prohibition era made them outlaw heroes.

THRILLER THURSDAY: Oct. 28

THE SIXTH SENSE (1999) PG-13, 1 hr. 46 min. *Scary, Chilling, Suspenseful,*

Cast: Bruce Willis, Haley Joel Osment, & Toni Collette

When 6-year-old Cole Sear inexplicably starts seeing dead people, he lands in the care of the child psychologist Malcolm Crowe, who's determined to uncover the truth behind Cole's remarkable paranormal abilities in this twisty chiller.

FEATURE FRIDAY: Oct. 29

BEETLEJUICE (1988) PG, 1 hr. 32 min. *Imaginative, Quirky*

Cast: Michael Keaton, Alec Baldwin, & Geena Davis

A young couple who drowned return to their house as poltergeists but must enlist the help of a goofy ghost to put a scare in the rude new owners. Unfortunately, he's got a diabolical agenda of his own.

SWEET SATURDAY: Oct. 30

HALLOWEENTOWN (1998) TV-PG, 1 hr. 24 min. *Coming of Age, Comedy, Fantasy, Action-Adventure*

Cast: Debbie Reynolds, Judith Hoag, & Kimberly J. Brown

When Marnie, a young girl living with her good-witch grandmother, learns she too is a witch, she must help her grandmother save Halloweentown from evil forces.

Art Engagement *from the Beach Museum of Art*

Color ... The Marianna Kistler Beach Museum of Art is celebrating its 25th Anniversary this month. It opened its doors on Oct. 13, 1996, and began sharing its varied collection of regional art. The image featured today is one of the very first pieces in the collection given in 1927 as a gift from the artist, Sven Birger Sandzén. Have you ever read some of the names given to colored crayons or paint chips for example, Sun glow or Purple Mountains' Majesty? As you spend some time enjoying Sandzén's painting, what names would you give the colors you see?



Sven Birger Sandzén (1871-1954), *Fall in the Mountains*, 1927, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of the artist, 1929.2



Breakfast & Lunch Specials

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

Monday, Oct. 25

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

Lunch: Kansas City Hot Dog, \$6.50 *grilled hot dog topped with burnt ends, KC barbeque sauce, and bread-and-butter pickle slices with your choice of side*

Tuesday, Oct. 26

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

Lunch: Ultimate Grilled Cheese & Tomato Soup, \$4.50 / \$6.50 *American, Swiss, Provolone, and Cheddar cheese on grilled sourdough bread served with tomato soup*

Wednesday, Oct. 27

Breakfast: Blueberry Crepes with Side of Yogurt & Granola, \$4.50 / \$6.50

Lunch: Bierocks, \$6.50 *ground beef, cabbage, and onions wrapped in a biscuit with your choice of side*

Thursday, Oct. 28

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

Lunch: Grilled Chicken Mac & Cheese Bowl, \$6.50 *mac & cheese topped with grilled chicken, cheese, and your choice of toppings from the salad bar*

Friday, Oct. 29

Breakfast: Pumpkin Cinnamon Roll Bake, \$4.50 / \$6.50

Lunch: Enchiladas, \$4.50 / \$6.50 *seasoned ground beef, shredded cheddar cheese, and onions wrapped in a flour tortilla covered in enchilada sauce and served with a side of Spanish rice*

Saturday, Oct. 30, & Sunday, Oct. 31

Breakfast: Ala Carte Menu Options

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



HALLOWEEN MENU
October 31st
Prairie Star Restaurant
Available All Day

STARTER
Pumpkin Soup

ENTREE
Italian Stuffed Pepper in Carved Pepper
Finger Breadsticks
Roasted Carrots

DESSERT
Chocolate Skull Cake

\$18

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, Broccoli, 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. 24 to Oct. 30

Sunday • Oct. 24

10:30 a.m. ~ Worship Service, EC
 10:30 a.m. ~ Transportation to FUMC, VE
 2 to 4 p.m. ~ Meadowlark Market, 1217 Meadowlark Circle

Monday • Oct. 25

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. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 7:00 p.m. ~ BINGO Night, EC

Tuesday • Oct. 26 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, **BF**
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ Memory Activities Class, KSU CL
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ Pumpkin Carving, CY
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Oct. 27

9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Courtyard Communion, CY or BR
 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. ~ ARTful Memories, KSU CL
 1:30 p.m. ~ Diabetic Wellness Group, FHR
 2:30 p.m. ~ ARTful Making, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ 1st Floor Supper, MR
 6:30 p.m. ~ UFM Class: Women at War, CR

Thursday • Oct. 28

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11 a.m. to 10 p.m. ~ HOGtoberfest, Kite's Aggieville Draft House
 11:00 a.m. ~ Transportation to HOGtoberfest, VE

Thursday • Oct. 28

1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ PD Care Partner Support Grp, FHR
 5:00 p.m. ~ Transportation to HOGtoberfest, VE

Friday • Oct. 29

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
 7:00 p.m. ~ Brass Ensemble Performance, EC

Saturday • Oct. 30

12:30 p.m. ~ Depart for KSU Football Game, VE
 2:30 p.m. ~ KSU Watch Party, PS & Pub

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. 25 to Oct. 28

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

Monday, Oct. 25

1 p.m.	Parkinson's Exercise Class
1:45 p.m.	Parkinson's Voice Class

Tuesday, Oct. 26

11:30 a.m.	Drama Therapy Class
2 p.m.	Memory Activities Class

Wednesday, Oct. 27

10 a.m.	Memory Care Partner Support Group
1 p.m.	ARTful Memories

Thursday, Oct. 28

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

Sunday, Oct. 24

9:00 a.m.	Sweat It Out Exercise Class
10:15 a.m.	(Re-run) Message from the Employee Gift Committee
10:30 a.m.	NEW! Worship Service with Chaplain Patty Brown-Barnett
1:45 p.m.	(Re-run) Message from the Employee Gift Committee
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Guided Meditation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

Solution from 10/14.

M	U	F	T	I		T	A	P	E		C	H	E	F
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L	O	E	S	S		L	I	A	R		A	N	O	A
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Monday, Oct. 25

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

Tuesday, Oct. 26

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. 27

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. 28

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. 29

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. 30

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

Thursday,
Oct. 28



Order Form

Would you like lunch or dinner? Check the box for the corresponding meal and return form to Hospitality Desk by noon, Tuesday, Oct. 26. Total at bottom will be added to your monthly statement.

LUNCH (Price include sales tax.) Quantity _____

Slider Meal, \$10 _____

Includes two small sandwiches, two sides and barbecue sauce

Please check if you would like: Pulled chicken only _____

Pulled pork only _____

One pork, one chicken _____

Select two of three sides for each meal.

Meal 1: _____ Baked Beans _____ Potato Salad _____ Southern-Style Cole Slaw

Meal 2: _____ Baked Beans _____ Potato Salad _____ Southern-Style Cole Slaw

Lunch Sub-Total \$ _____ . _____

DINNER (Price includes sales tax.) Quantity _____

Pulled Pork or Pulled Chicken Meal, \$12 _____

Includes **pork** or **chicken** sandwich with sauce, two sides, and apple cobbler

(Please circle one meat option per meal.)

Select two of three sides for each meal.

Meal 1: _____ Baled Beans _____ Potato Salad _____ Southern-Style Cole Slaw

Meal 2: _____ Baled Beans _____ Potato Salad _____ Southern-Style Cole Slaw

Dinner Sub-Total \$ _____ . _____

Cash & More Raffle Tickets (optional)

Want a chance to win four HOG-tastic prizes? Add raffle tickets to your order. Tickets are just \$5 each, and 1st prize is \$2000! 2nd prize: \$500 Meadowlark Market shopping spree ~ 3rd prize: YETI cooler with gift card ~ 4th prize: \$150 gift card package. (*Can't use a cooler? This prize would make a great gift.*) Raffle tickets are a fun way to support our Good Samaritan Fund!

Number of Tickets _____

Ticket Total \$ _____ .00

Total \$ _____ . _____

Name _____ Address _____

Please print.