# **MEADOWLARK** Messenger

Nov. 4, 2021 Manhattan, Kansas Messenger Editor: Sarah Duggan

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



# **Food & Fund Drive**

The holidays are right around the will be placing collection boxes in 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 distributes food to ensure no one in the community goes hungry.

Please consider donating canned Hospitality Desk for collection. or boxed food items during the Food and Fund Drive from Tuesday, Nov. 2, to Tuesday, Nov. 9. The Meadowlark Ambassadors

the Game Room and near the elevator by the Hospitality Desk for those who would like to make food drive donations. Expired items and those that have seals broken will not be accepted.

If residents would rather make a monetary donation, a glass jar will also be available at the The Breadbasket uses these funds to purchase milk, margarine, and eggs for families they serve.



# **On Roy's Grass**

**By Helen Roser** 

Behind that gruff, loud, sharp voice that barked orders was the kindest, most generous man I ever knew. Roy was a "self-made" millionaire with a generous heart for those who struggled. I was his Girl Friday, who helped him in his many charities.

Now his beloved wife Phyllis was ready to take him to the hospital. He would have serious surgery and would be there for a while. As we parted, Roy yelled to me: "Don't send me any flowers!"

I told my friends, the florist who had sent many flowers from Roy to those he helped, about his request. Clever lady that she was, made the most of it. She sent a beautiful empty case with an elaborate bow tied around its base. She tied a note on the top of the conspicuously empty vase.

The note said "You will notice this does NOT include flowers. Even though you would deprive me of my income, I am sending you my best wishes. (signed) Your friendly florist."

On the platform, next to the empty vase, was a little square low wooden box, with young grass peeking through the soil. Next to it was a pair of child's scissors with a tiny green satin bow on it.

Rov made the most of it. When anyone called and wanted to talk too long, Roy would tell them: "You will have to excuse me. It is time for me to cut my grass." Phyllis told me Roy lovingly "took care of his grass," even after he got home.

That was my good friend Roy.

# **EVENTS & OPPORTUNITIES**

#### New menu items

As announced at the November Town Meeting, Prairie Star Restaurant has added a variety of new and former favorite items to its menu. Prairie Star Restaurant will continue to offer daily lunch and dinner specials.

- ~ Honey Bourbon Pork Chop (6 oz)
- ~ Lemon Linguine with choice of grilled chicken or grilled shrimp
- $\sim$  Fried Chicken Sandwich
- ~ Grown-Up Grilled Cheese
- ~ Apple Craisin Salad
- ~ Charcuterie Board
- ~ Sides: Roasted Corn & Black Bean Salad, Carrots, and Roasted Red Potatoes

#### **Thanksgiving Dinner Reservations**

Prairie Star Restaurant is now accepting reservations for the Thanksgiving Dinner. The meal will be served between 11 a.m. and 2 p.m. in Prairie Star Restaurant on Thursday, Nov. 25. Please sign up for your reservation by visiting the host stand in Prairie Star Restaurant.

The meal will cost \$17 per person and will include a choice of butternut squash soup or ambrosia salad; roasted turkey; green bean casserole; mashed potatoes with turkey gravy; sausage sage dressing; cranberry sauce; rolls with honey and butter; and a choice of pumpkin or pecan pie for desert.

Boxed dinners will be available for the evening meal. Please sign up to receive one by visiting the host stand in Prairie Star Restaurant.

#### **Baby Time!**

Sarah Duggan, Community Relations Director, and her husband are expecting their third daughter! Her arrival is anticipated for early to mid-November. Sarah plans to be gone on maternity leave following baby's arrival through the end of December. She anticipates returning the first week of January. In her absence, Kesiah Winter will take the lead on compiling the weekly Meadowlark Messenger. If you have a submission for the Messenger during this time, please contact Kesiah at *kwinter@meadowlark.org.* You can also contact Monte Spiller with questions at (785) 323-3801 or via email at *mspiller@meadowlark.org.* 

#### Homebound Library Program

Unable to get to the Manhattan Public Library to check out materials? The library can bring them to you every month, for free!

You will need a Manhattan Public Library library card and complete a homebound program application. By completing a homebound program application, library staff can discover your reading or viewing preferences. Yes, the library can send out DVDs as well! With the assistance of Meadowlark staff, a library staff member will deliver materials to your door every month. One month later, we will bring new materials and collect the previous ones to return to the library. If you are interested, call Bryan at the library (785) 776-4741 ext. 320.

In addition, if you have a digital reader, such as a Kindle, or maybe an audio player, similar to a smartphone or iPad, keep an eye out for a future library post detailing how to get and use free eBooks and audiobooks through the library's digital resources.

#### Prairie Star Writers Group submitted by Nancy Kopp

Have you ever thought about putting your memories in writing, but never seem to get around to doing it? The Prairie Star Writers Group can help. The group meets at 2 p.m. on the first and third Tuesday of each month in the Patriot Room. Moderated by Cathy Hedge, this is a friendly group meant for sharing memories through writing. This is a group for everyone. Special writing skills are not needed. We chat, we write on a topic, then those who want to can share what they have written. There is no pressure. We hear some wonderful tales and have a lot of fun. Please join us.

#### Alice Howard Celebration of Life Friday, Nov. 5, at 1 p.m.

A Celebration of Life for Alice Howard will be held at Peace Lutheran Church in Manhattan, Kan. with Pastor Austin English. Masks are strongly preferred.

Refreshments will be served after the service at 2:30 p.m. in Prairie Star's Event Center. Come join us and share memories of Alice with friends and family.

# **EVENTS & OPPORTUNITIES**

#### Tom's Gab & Games

#### Friday, Nov. 5, at 2 p.m.

Join Tom Barcellina, former Hospitality team member turned Meadowlark volunteer, in an exciting game of Yahtzee! Each week, Tom will be conducting friendly games of Yahtzee from 2 to 3 p.m. on Fridays in the Flint Hills Room.

# Piano Music with Ethan Xin & Friends *Friday*, *Nov. 5, at 7 p.m.*

Ethan Xin is excited to bring to Meadowlark the "Youth Piano Passion Group." This group is comprised of six performers ranging from ages 4 to 14. Their mission is to serve and spread the love of music throughout the community. All are welcome to be a part of this wonderful youth movement at 7 p.m. Friday, Nov. 5, in the Community Room located by the Hospitality Desk.

#### Kansas State Football Watch Party

#### Saturday, Nov. 6, at 11 a.m.

K-State will travel to Lawrence to take on the University of Kansas Jayhawks on Saturday, Nov. 6! Join us at 11 a.m. in the Game Room, Prairie Star Pub, and the Bison Room for snacks and to cheer on the Cats! Light refreshments will be served.

#### Fall into BINGO!

#### Monday, Nov. 8, at 7 p.m.

Let's enjoy the wonderful fall weather and one another's company at this month's theme BINGO, *Fall Festival*! There will be exciting decorations and prizes to fit the theme, so be sure to attend at 7 p.m. Monday, Nov. 8, in the Prairie Star's Event Center. Player buy-in will be \$1 for the use of two playing cards.

BINGO occurs each Monday, from 7 to 8 p.m., and Theme BINGO nights occur on the second Monday of the month. No registration necessary.

#### Meadowlark Garden Forum

#### Tuesday, Nov. 9, at 11 a.m.

Meadowlark Community Garden participants are invited to a forum to discuss possible future locations for the garden. The forum will meet at **bottom of Meadowlark Valley Road** at 11 a.m. Tuesday, Nov. 9, with Lonnie Baker, CEO. If you have questions, please call (785) 323-3878.

#### Art and Décor Meeting Wednesday, Nov. 10, at 2 p.m.

Per request and after hearing several resident concerns and questions regarding art and decor changes, a discussion group has been scheduled regarding the appropriate process for suggesting or making aesthetic changes. The meeting is scheduled for 2 p.m. Nov. 10, in the Bison Room. Becky Fitzgerald, Jayme Minton, and Monte Spiller will facilitate the meeting. All residents who wish to join the discussion should plan to attend. Floor representatives are highly encouraged to attend. Please submit specific topics or questions for discussion to *jminton@meadowlark.org* prior to the meeting.

#### Roots Run Deep on the Santa Fe Trail Wednesday, Nov. 10, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *Roots Run Deep on the Santa Fe Trail* with Marcia Fox, Charter Member of the Santa Fe Trail Association. This three-session course will begin Wednesday, Nov. 10, from 6:30 to 8 p.m. in Meadowlark's Community Room. The second and third sessions will meet Wednesday, Nov. 17, and Nov. 24.

This year, 2021, is the 200th anniversary of the Santa Fe Trail. These sessions will take you along the Trail, learning the history, the people, and their connections not only as it applies to the United States and Mexico, but also the impact the Trail made on world trade in the 1800s.

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.

#### Get the Scoop!

#### Thursday, Nov. 11, at 3 p.m.

You're invited to enjoy some Call Hall Ice Cream in Prairie Star's Pub and Event Center at 3 p.m. Thursday, Nov. 11. Registration is not required.

Continued on page 4

#### Prairie Star' Got Talent

Thursday, Nov. 11, at 5:30 p.m.

We've got talent, yes we do, we've got talent ... how about you? You're invited to Prairie Star's Got Talent at 5:30 p.m. Thursday, Nov. 11, in Prairie Star's Event Center. Reservations for dinner and the show can be made by signing up at restaurant's host stand. The dinner menu for the evening will include chicken roulade filled with fresh mozzarella, sundried tomatoes, and spinach; ravioli with a white a wine sauce; asparagus; and amoretti cheesecake for dessert. The cost of dinner is \$15 per person.

Prairie Star Restaurant will be closed for dining service starting at 2 p.m. Thursday, Nov. 11, in preparation for the show. The bar will remain open for drink service. If you do not plan to attend the event but would like to sign up for a boxed dinner, please do so by visiting the host stand. The boxed dinner will include a sandwich with pub chips and fresh fruit for \$8. These can be picked up between 2 and 5 p.m. Thursday, Nov. 11, at the Pub.

If you'd like to skip the dinner, but attend the show then no sign-up is necessary. Those attending the show only are welcome to sit in the row seating located toward the back of the Event Center.

#### **October 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 October.

#### Memory of

Eugene Friedmann\* Miles McKee Gerald Mowery Don Rasmussen Frank Sidorfsky Michael Strope

#### Honor of

Harriette Janke

\*Remembered during the Honor a Legacy campaign.

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

# Transportation to KSU Football Game *Saturday*, Nov. 13, at 9 a.m.

Transportation will be provided for the K-State home football game on Saturday, Nov. 13. The bus will leave at 9 a.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, Nov. 13, at 11 a.m. K-State will host the West Virginia Mountaineers on Saturday, Nov. 13! Join us at 11 a.m. in the Game Room, Prairie Star Pub, and the Bison Room for snacks and to cheer on the Cats! Light refreshments will be served.

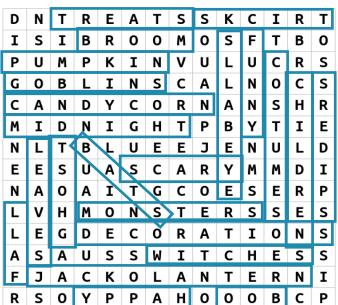
#### Little Apple Barbershop Chorus Sunday, Dec. 12, at 3 p.m.

The Little Apple Barbershop Chorus presents "Back Home for the Holidays" at the KSU Student Union's Forum Hall on Sunday, Dec. 12. The auditorium doors will open at 2:30 p.m. and the program will begin at 3 p.m. There will be a guest appearance by Heartland Harmony.

Tickets can be purchased from Cam Beatty and they are \$15 for adults and \$50 for families.

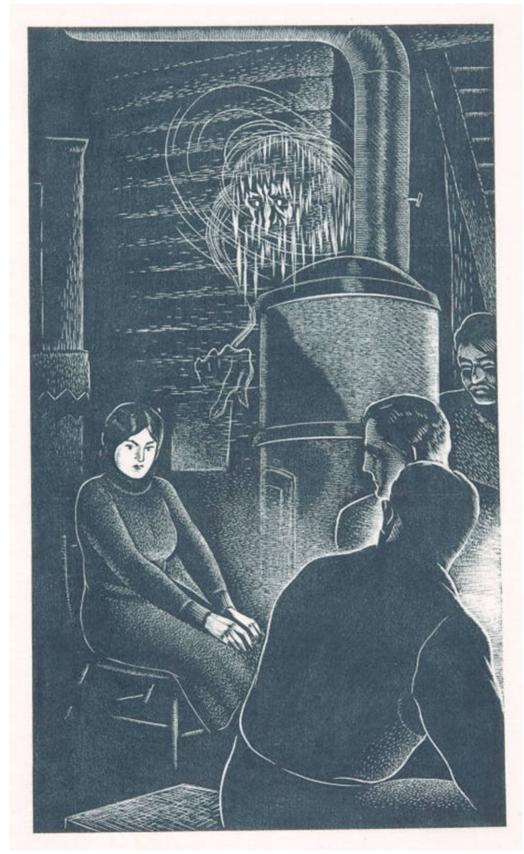
Meadowlark has **five adult tickets** available for residents. If you are interested in one or more of these tickets, please contact the Hospitality Desk at (785) 323-3847. These tickets will be given away on a first-come-first-served basis.

#### Solution from 10/28.



# Art Engagement from the Beach Museum of Art

What is going on? ... Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas? *See page 9 for artist information*.



# **Work That Brain!**

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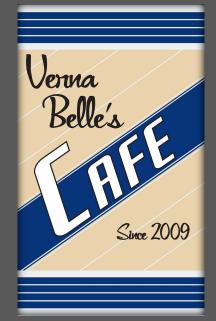
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# Breakfast & Lunch Specials

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

Monday, Nov. 8 Breakfast: Biscuits & Gravy, \$2.50/\$4.50 Lunch: Goulash, \$4.50/\$6.50 ground beef and macaroni in a tomato stew

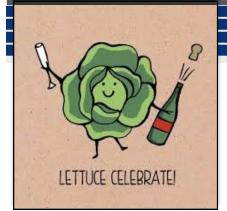
Tuesday, Nov. 9 Breakfast: French Toast, Bacon, & Fruit, \$4.50/\$6.50 Lunch: Patty Mett, \$4.50/\$6.50 grilled hamburger patty, sauteed onions, Swiss cheese, and Thousand Island dressing on buttered toasted rye bread, served with your choice side

Wednesday, Nov. 10 Breakfast: Blueberry Crepes with Side of Yogurt and Granola, \$4.50/\$6.50 Lunch: Chili Hot Dogs, \$6.50 grilled hot dog topped with chili and shredded cheddar cheese, served with your choice side

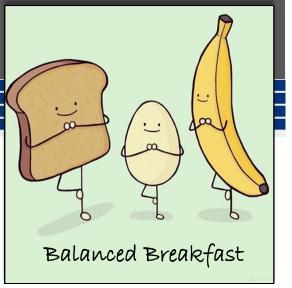
Thursday, Nov. 11 Breakfast: Biscuits & Gravy, \$2.50/\$4.50 Lunch: Crunchy BBQ Chicken Sandwich, \$6.50 grilled chicken breast, provolone cheese, BBQ sauce, and fried onions on a toasted bun, served with your choice side

Friday, Nov. 12 Breakfast: Waffe Bar with Fruit, \$4.50/\$6.50 Lunch: BBQ Pork Sandwich, \$6.50 shredded pork and BBQ sauce on a buttered toasted bun, served with your choice side

Saturday, Nov. 13, and Sunday, Nov. 14 Breakfast: Ala Carte Menn Options Egg (cooked to order), omelet, bacon, sausage, toast, & fruit







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# Weekly Opportunities Calendar Nov. 7 to Nov. 13

Sunday • Nov. 7 — Daylight Savings Time Ends 10:30 a.m. ~ Worship Service, EC 10:30 a.m. ~ Transportation to FUMC, VE

#### Monday • Nov. 8

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 Luncheon, 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 7:00 p.m. ~ Bingo Night, EC

Tuesday • Nov. 9 Trash & recycling pick-up 7:00 a.m. ~ Rock Steady Boxing, BF 10:30 a.m. ~ Steady Yourself, CR 11:00 a.m. ~ Meadowlark Garden Forum, meet at ML Valley Road (bottom) 11:15 a.m.~ Chair Yoga, CR 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 3:00 p.m. ~ Coffee Corner, EC 4:00 p.m. ~ Meadowlark Singers Practice, CR

#### Wednesday • Nov. 10

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. ~ ARTFul Memories, KSU CL
2:00 p.m. ~ Art and Décor Meeting, BR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Eastside Dinner, BR
6:30 p.m. ~ UFM Class: Roots Run Deep, CR

#### Thursday • Nov. 11

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 2:30 p.m. ~ Blood Pressure Clinic, PR 3:00 p.m. ~ Get the Scoop, PS & EC 5:30 p.m. ~ Prairie Star's Got Talent, EC

#### Friday • Nov. 12

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

#### Saturday • Nov. 13

9:00 a.m. ~ Depart for KSU Football Game, VE 11:00 a.m. ~ KSU Watch Party, PS & Pub

#### **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 Nov. 8 to Nov. 11

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

#### Monday, Nov. 8

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

2 p.m. Change & Loss Support Group

#### Tuesday, Nov. 9

11:30 a.m. Drama Therapy Class

2 p.m. Memory Activities Class

#### Wednesday, Nov. 10

10 a.m. Memory Care Partner Support Group

1 p.m. ARTFul Memories

#### Thursday, Nov. 11

1 p.m. Parkinson's Exercise Class

# **CHANNEL 1960** Entertainment Guide

#### Sunday, Nov. 7

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	<b>(Re-run)</b> Nov. Town Meeting: Update from Lonnie Baker, CEO
2:00 p.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Guided Meditation with Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga

#### Monday, Nov. 8

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, Nov. 9

- 10:30 a.m. Steady Yourself Exercise Class
- 11:30 a.m. Chair Yoga Exercise Class

#### Solutions from 10/28.

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	1:	00 p	o.m.	Parkinson's Exercise Class									
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## **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: Nov. 7

### ADAMS FAMILY VALUES (1993) PG-13, 1 hr. 34 min. Comedy, Dark Humor

Cast: Anjelica Huston, Raul Julia, & Christopher Lloyd

Siblings Wednesday and Pugsley Adams will stop at nothing to get rid of Pubert, the new baby adored by their parents. Things get worse when the "black widow" nanny, Debbie Jellinsky, plans to add Fester to her collection of dead husbands.

## MUSICAL MONDAY: Nov. 8

**RESIDENT REQUEST** 

# *GREASE* (1978) PG, 1 hr. 50 min. *Musical, Romance*

Cast: John Travolta, Olivia Newton-John, & Stockard Channing

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

### **TRUE TUESDAY:** Nov. 9 GHOST OF THE MOUNTAINS (2017) G, 1 hr. 18 min. Science, Nature, Documentary

#### Cast: Antoine Fuqua

An international group of filmmakers sets out on a mission to get up close and personal with a family of elusive snow leopards.

# WILD WEDNESDAY: Nov. 10

### BIG FOOT FAMILY (2021) TV-Y7, 1 hr. 28 min. Exciting, Family, Comedy

Cast: Jules Wojciechowski, Roger Craig Smith, & Grant George

Bigfoot's now a big deal. So when he goes missing, his shy but tech-savvy teen sone must take on an evil CEO to save his family and a wildlife preserve.

# THRILLER THURSDAY: Nov. 11

### *MYSTIC RIVER* (2003) R *for language and violence,* 2 hr. 17 min. *Dark, Suspenseful*

**Cast:** Sean Penn, Tim Robbins, & Kevin Bacon Haunted by a monstrous crime, three childhood friends in Boston cross paths again decades later in connection with a murder investigation.

# FEATURE FRIDAY: Nov. 12

# *TIMMY FAILURE: MISTAKES WERE MADE* (2020) PG, 1 hr. 43 min. *Family, Comedy, Mystery* Cast: Winslow Fegley, Ophelia Lovibond, & Craig Robinson

This movie follows the hilarious exploits of our quirky, deadpan hero, Timmy Failure, who, along with his 1500pound polar bear partner Total, operate Total Failure Inc., a Portland detective agency.

# SWEET SATURDAY: Nov. 13

### THE STARLING (2021) PG-13, 1 hr. 44 min. Feel-Good, Emotional, Heartfelt

Cast: Melissa McCarthy, Chris O'Dowd, & Kevin Kline

A woman adjusting to life after a loss contends with a feisty bird that's taken over her garden — and a husband who's struggling to find a way forward.