

# Talent of All Kinds

Prairie Star Restaurant servers held a talent show on Thursday, Nov. 11, featuring singing, dancing, musical performances, and plenty of fun and good food!

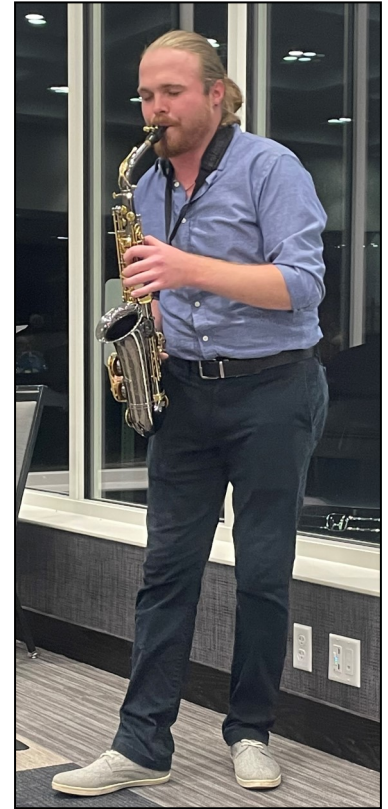
The night started off with a salute to our veterans as Brayden Cox sang the national anthem, accompanied by Ari Snell on the violin.

Guests enjoyed food and drinks while the following act, dancing queens Kendal Proctor and Rachel Edie, showed off their dancing (and sweeping) skills with a choreographed routine to “Another One Bites the Dust” that was full of leaps, turns, and other impressive feats. Brayden returned to the stage to sing,

this time collaborating with Grace Ruder on the ukulele. They impressed the crowd with their spectacular performance of “Fly Me to the Moon” by Frank Sinatra.

Other performances of the show included Brayden playing some improvised smooth jazz on his saxophone, and also Grace and Ari entertaining together on the violin and piano. The marvelous night was concluded with an impromptu can-can inspired kick line with many servers joining in on the fun.

The talented performers received multitudes of compliments and applause from guests. Thanks to all who helped bring the event together!



**[above]** Brayden Cox improvises jazz on the saxophone.  
**[far left]** Grace Ruder and Brayden Cox impress with a duet.  
**[left]** Grace Ruder and Ari Snell showcase their musical talents.  
**[bottom left]** Multiple Prairie Star servers laugh as they perform their kick line.  
**[bottom right]** Kendal Proctor and Rachel Edie complete a turn as part of their choreography.



# EVENTS & OPPORTUNITIES

## **Voice Recital Schedule Correction:**

The Voice Recital with Dr. Rosine and her students is actually scheduled for **tonight, Thursday, Nov. 18, at 7 p.m.**; not Friday, Nov. 19 as stated in last week's Messenger.

## **Fitness Center Update**

The Caul Fitness Center upgrade is nearly complete! BHS Construction installed new flooring, windows, lighting, and paint, as well as updated the bathroom fixtures. Fitness equipment will be moved from the Community Room to the Caul Fitness Center on Friday, Nov. 19.

Beginning in December, Sunday Worship Service and Monday Bingo will be relocated from the Event Center to the Community Room.

## **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 make your reservation by visiting the host stand at Prairie Star Restaurant.

The meal cost is \$17 per person and will include a choice of butternut squash soup or ambrosia salad; roast 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.

Prairie Star will be closed for the evening meal.

## **Recycle Your Floral Vases**

Do you have floral vases that you don't need anymore? Contact resident Kay Shanks to recycle them! She collects vases and recycles them by taking them to local florists for them to reuse. She is willing to pick them up from apartments, duplexes, or households, if needed.

If you have questions, or would like to donate some vases, please contact Kay at (785) 770-5054

## **Christmas Cards Available**

There are Christmas and other cards available to purchase at the Hospitality Desk. Pricing is as follows: Large card + envelope for \$1; Small card + envelope for \$0.75.

## **Changes to Group Exercise Classes**

All group exercise classes will be cancelled on Thursday, Nov. 25, and Friday, Nov. 26 for the Thanksgiving holiday. The schedule for the early part of that week will remain unchanged from normal scheduling. *See the Opportunities Calendar on page 10 for continued classes.*

## **Technology Assistance—Postponed**

Our trusty Volunteer Tech Assistant, Juliana, has accepted a new job in Kansas City! While we wish her well in her future endeavors, we hope to resume this activity for residents' benefit by early next year. Please look for a new volunteer to fill this position starting in January. A message in the Messenger will be posted around that time, providing the day of the week, along with the time frame residents will be able to meet with the volunteer to ask him or her their tech questions.

## **Dementia Friendly Manhattan Community Survey**

Dementia Friendly Manhattan is a Flint Hills Wellness Coalition initiative working towards making our community a more supportive, inclusive, and engaging place for people living with dementia and their care partners. Please take about 15 minutes to help us learn more about the strengths and gaps in our community's dementia-friendliness by completing the survey at: [www.surveymonkey.com/r/DFManhattan](http://www.surveymonkey.com/r/DFManhattan)

## **Voice Recital**

**Thursday, Nov. 18, at 7 p.m.**

All are invited to listen to students of Dr. Amy Rosine Underwood for a vocal recital of classical standards and a few holiday favorites in the Meadowlark Event Center, at 7 p.m. on Thursday, Nov. 18. Along with vocal directing the K-State Broadway Musicals, Dr. Rosine has served as music director for area theatres, including Junction City Little Theatre, Columbian Theatre in Wamego, and Marysville Area Community Theatre.

## **Prairie Star Menu Suggestion Meetings**

**Friday, Nov. 19, at 9 a.m.**

Prairie Star Restaurant will begin hosting open forums for residents to offer menu suggestions. The first meeting is scheduled for 9 a.m. on Friday, Nov. 19. This reoccurring meeting will be held on the first and third Friday of every month.

# EVENTS & OPPORTUNITIES

## **Ambassador Meeting**

*Friday, Nov. 19, at 3 p.m.*

Just a quick reminder, an impromptu Ambassadors meeting has been scheduled for Friday, Nov. 19, from 3 p.m. until 4 p.m. in the Patriot Room. If you have any questions, or would like to join the committee meeting, please contact Jana at (785) 323-3890.

## **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, Nov. 20, at 10:30 a.m.*

The next scheduled trip is Saturday, Nov. 20, with transportation going to Hobby Lobby and Dollar Tree East. 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 Target and Dollar Tree West on Saturday, Dec. 18. Please sign up in the Blue Book to participate in these opportunities.

## **Transportation to KSU Football Game**

*Saturday, Nov. 20, at 2:30 p.m.*

Transportation will be provided for the K-State home football game on Saturday, Nov. 20. The bus will leave at 2:30 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, Nov. 20, at 4:30 p.m.*

K-State will be at home as they take on the Bears of Baylor University on Saturday, Nov. 20! Join us at 4:30 p.m. in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Wildcats! Light refreshments will be served.

## **Funeral Service for Mary Smith**

*Monday, Nov. 22, at 10:30 a.m.*

There will be a funeral service for Mary Smith on Monday, Nov. 22, at 10:30 a.m., at Trinity Presbyterian Church. Mary was a resident in Lyle House. A light lunch will follow the funeral, with an interment after lunch at 1 p.m.

## **Change & Loss—Coping with Grief & Loss During the Holidays**

*Monday, Nov. 22, at 2 p.m.*

Change & Loss Support Group offers support to those who are struggling with the loss of a loved

one, changes in health, changes in living situation, or other major life changes. A safe space is provided to share your struggles and stories with others who have also experienced a major change or loss. The group provides emotional support, validation, and education about the grief process. This is an open group, and weekly attendance is not required. You may attend when your schedule allows. On Monday, Nov. 22 and Dec. 13, our group will be discussing ideas for coping with grief and the holidays. We meet every Monday from 2-3 p.m. in the Flint Hills Room. If you are unable to join us in person, you can connect with us through Zoom. If you would like support outside of a group environment, would like the Zoom link, or would like more information, please contact Linda Montgomery at (785) 320-7299, or Bridget Larkin at (785) 323-3837, or email us at [lmontgomery@meadowlark.org](mailto:lmontgomery@meadowlark.org) or [blarkin@meadowlark.org](mailto:blarkin@meadowlark.org).

## **Sign Language Classes**

*Monday, Nov. 22, at 2 p.m.*

Addison Parks, Meadowlark Volunteer, will be offering her talent to teach resident's basic sign language. There will be three classes held each Monday, for the next three weeks, starting

Monday, Nov. 22. Classes are free, and will start at 2 p.m. in the Patriot room. All are welcome to attend!



## **ARTful Making: Cornucopia Still Lives**

*Wednesday, Nov. 24, at 2:30 p.m.*

The Cornucopia, or Horn of Plenty, dates back 3,000 years and has its origins in Greek and Roman mythology. It has become the symbol of the bountiful harvest. We will add visual texture to our "bounty" before we arrange them into an artful still life. Inspiration pieces and all materials will be supplied. Join Kim Richards from the Beach Museum of Art for some autumn fun in the KSU Classroom!

**More Events and Opportunities on page 4**

## **Roots Run Deep on the Santa Fe Trail**

**Wednesday, Nov. 24, 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. The final session will meet Nov. 24, from 6:30 to 8 p.m. in Meadowlark's Community Room. Prior enrollment is required.

## **Gab & Games – Cancelled for Nov. 26**

Because of the holidays, Tom's Gab & Games will not be meeting on Friday, Nov. 26. Games will resume the following week, on Friday, Dec. 3, in the Flint Hills Room.

## **Kansas State Football Watch Party**

**Friday, Nov. 26, at 11 a.m.**

K-State will be traveling south as they head to Austin to take on the Texas Longhorns on Friday, Nov. 26! Join us at 11:00 a.m. in the Game Room, Prairie Star Pub, movie cinema, and the Bison Room to cheer on the Wildcats! Light refreshments will be served. Go Cats!

## **A Jazz Holiday: Christmas with the Thundering Cats**

**Sunday, Nov. 28, at 2 p.m.**

Meadowlark is excited to welcome back the Thundering Cats! Hear the songs of the holidays with Manhattan's Community Big Band playing on Sunday, Nov. 28, at 2 p.m. in the Meadowlark Event Center. Our very own Jim Reed and the Thundering Cats Big Band will be rocking the house with a special edition Christmas concert. All are welcome!

## **Holly Jolly Holiday Party**

**Monday, Nov. 29, all day**

Meadowlark's Holly Jolly Holiday Party will occur on Monday, Nov. 29! This event celebrates Meadowlark employees for all of their hard work throughout the year. There will be lots of great games, prizes, and food, starting bright and early, at 7 a.m. Employees would like to share in the joy of the season with you, so feel free to stop by and take part in the festivities!

Breakfast, lunch, dinner, and snacks will be provided throughout the day, along with a delicious assortment of desserts. Be sure to take part in the Cookie Decorating Contest, where cash prizes will be given! All supplies will be provided. A cake walk will be one of the exciting activities

you can take part in during various times throughout the day, in addition to making your own ornament! And if you would like to capture a sweet memory, be sure to visit the selfie station and enjoy the festive holiday backdrop. There may even be a "Santa Spotting," including some of his friends, such as Buddy the Elf, and Frosty the Snowman! You can end the day with a roaring game of BINGO at 7 p.m. You won't want to miss out on a jolly good time, so be sure to attend!

## **Winter Birdwatching: UFM Class**

**Tuesday, Nov. 30, at 9 a.m.**

UFM Lifetime Learning and Meadowlark present *Winter Birdwatching* with Ted Cable, Professor Emeritus of Park Management & Conservation at Kansas State University. This three-session course will begin Tuesday, Nov. 30, from 9 to 11 a.m. in Meadowlark's Community Room. The second and third sessions will meet Wednesday, Dec. 1, and Thursday, Dec 2.

Participants will be introduced to birds that spend their winters in the Manhattan area. Winter birds include many types of waterfowl, raptors, finches, and sparrows. This course will include both classroom sessions and field trips to observe birds at local birding locations. Bird walks will be leisurely with frequent stopping to look, or listen, to the birds. Bringing binoculars to class is highly recommended, but not necessary for participation.

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.**

## **Trust Company Holiday Classic**

**Friday, Dec. 3, at 3 p.m.**

This year's Trust Company Holiday Classic will be held on Friday, Dec. 3 at Prairie Star Restaurant. Join us for refreshments and holiday entertainment! Admission is free, and reservations are required. To reserve your seats, please call (785) 323-3820 or sign up at the Prairie Star host stand! The restaurant will be open that evening for dinner guests not attending the event.

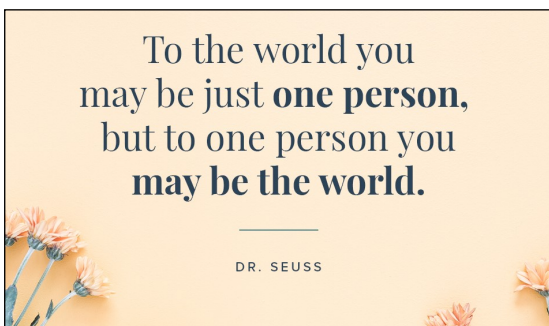
## Little Apple Barbershop Chorus

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, IL resident and Chorus member. Prices are \$15 for adults and \$50 for families.

Meadowlark has **six 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.



## Congrats!

Sarah Duggan, Community Relations Director, and her husband, Edward, are excited to announce the birth of their third daughter! Edie Glenn was born at 5:13 p.m. Thursday, Nov. 11 (Happy Veterans Day, Daddy!) weighing 7 pounds, 1 ounce and measuring 20.5 inches long.

Edie’s (ee-dee) name honors her daddy with a feminine form of Edward and her middle name was chosen from the maternal side of Sarah’s family. Grandpa’s middle name was Glenn, and this name also inspired Sarah’s mother’s name, Glenda. Sarah says the third Duggan girl is the perfect addition to complete the Duggan family.

Sarah plans to return to work in early January. While she is gone, Kesiah Winter will be creating the Meadowlark Messenger. Kesiah can be contacted at [kwinter@meadowlark.org](mailto:kwinter@meadowlark.org). For any other needs, please contact Chris Nelson, Jayme Minton, or Annie Peace.



Big sisters, Murphy (top) and Elish (bottom) hold Edie.



## Breadbasket Donations – Thank You!

Many thanks are in order to all who donated during the recent Food and Fund Drive! A total of 252 pounds of food were collected last week, along with monetary donations totaling \$205.00 to benefit the Flint Hills Breadbasket. Melissa Combs, Client Service Coordinator, thanks us for our recent donations, which makes it possible for them to continue to carry out their mission of eliminating poverty and hunger in the community.

Thank you, again, to everyone who contributed, making the holidays a bit brighter this year for those less fortunate.

## On Here Comes Mary

By Helen Roser

Folks standing to chat along the main street saw the shiny big car approaching in second gear. It looked like it was empty of any driver. But it wasn't. Folks saw it, smiled, and said: "Here comes Mary."

Mary was barely five feet tall. It was hard enough getting up into the driver seat without a pile of cushions to raise her up. So she bought a car picked out for its position of steering wheel. If she could see the road under and through the steering wheel, she bought it.

Mary was more comfortable driving in second gear. "That way it doesn't make me feel the car is running away with me."

So it was that the big shiny car, in second gear, looking driverless, came down the street in Mary's busy life. For her kindness and generosity, many thought Mary qualified for sainthood.

As a faithful surviving daughter, Mary took good care of her wealthy late father's investments. Then she spread his wealth where needed.

Mary's husband did not drive. He was content to have Mary drive him back and forth to the saloon he owned, always with a big box full of sandwiches Mary made for him to serve customers of his saloon.

The two didn't talk much. Both were content for one to lean comfortably back as the other carefully looked under the steering wheel to go their second-gear way down the street. "There goes Mary!"

**THE TRUST COMPANY**

*Holiday*  
**CLASSIC**

**JOIN Us!**

Friday, December 3, 2021  
3:00 p.m.  
Prairie Star Restaurant  
Refreshments & Holiday Entertainment

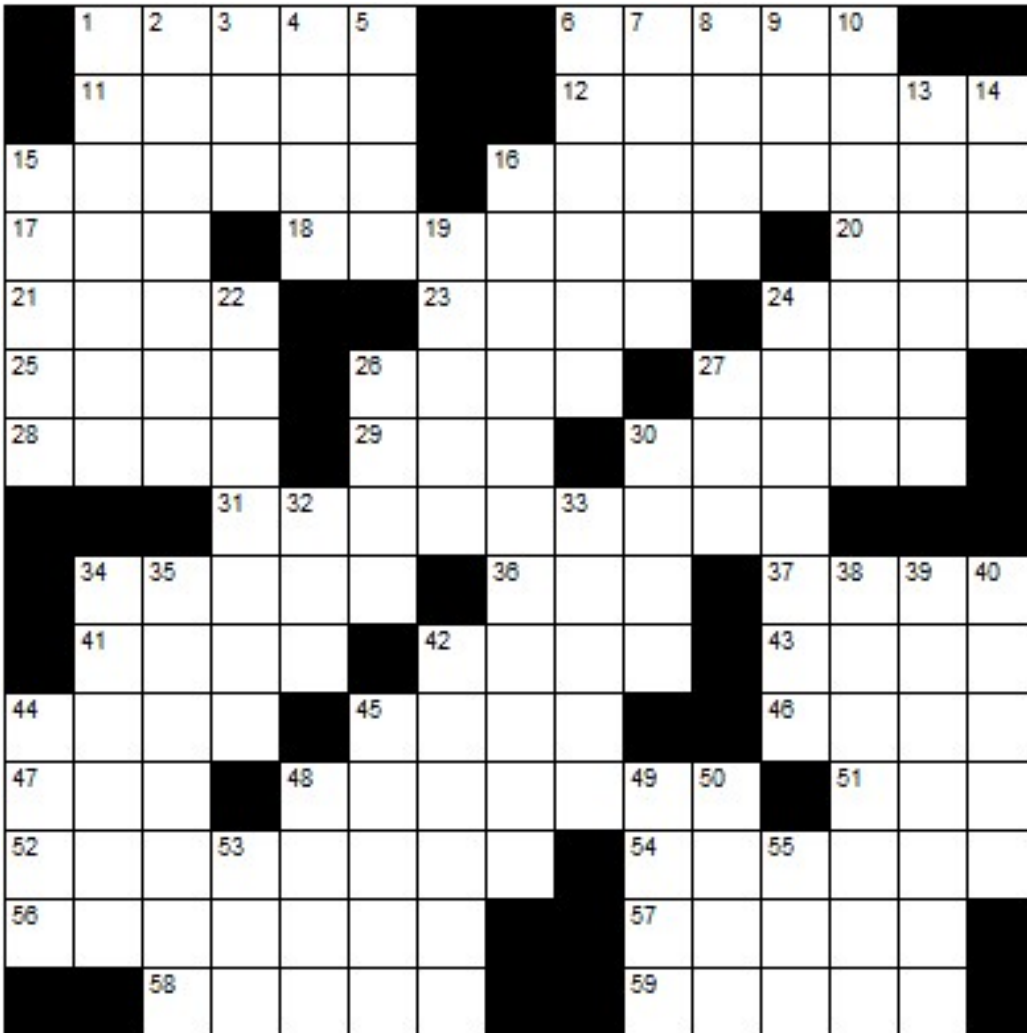
*Reservations required! Call 785-323-3820 or sign up at the Prairie Star host stand to reserve your seats!*

**Solution from 11/11.**

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

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

# Work That Brain!



## ACROSS

1. A cry of approval
6. Male cows
11. Cite
12. Recurrence
15. Area around Latvia
16. Qualified
17. Consumed food
18. Honors
20. A parcel of land
21. Knife
23. Broth (Scottish)
24. Donate
25. If not
26. Give temporarily
27. Sea eagle
28. Clairvoyant
29. Consume
30. Set straight
31. Lookouts
34. Go on a buying spree
36. Loving murmur
37. Snare
41. Makes a mistake
42. King of the jungle
43. Corporate image
44. Scallion
45. Back talk
46. Visual organs
47. And so forth
48. Porridge
51. Former boxing champ
52. Inveigles
54. Sublease
56. Withhold
57. Secret schemes
58. Mortise and \_\_\_\_\_ joint
59. Kills

## DOWN

- |                         |                    |                                    |
|-------------------------|--------------------|------------------------------------|
| 1. Clatter              | 15. Foundations    | 38. Family of a monarch            |
| 2. Set free             | 16. Eccentricities | 39. Eternal                        |
| 3. Astern               | 19. Submarine      | 40. Propose                        |
| 4. Head covering        | 22. Frenzied       | 42. A triangular fore-and-aft sail |
| 5. Killer whale         | 24. Cartilage      | 44. Bawdy                          |
| 6. Whalebone            | 26. Extend credit  | 45. Artillery burst                |
| 7. Practical            | 27. L              | 48. Norse god                      |
| 8. Falls behind         | 30. Period         | 49. Vipers                         |
| 9. 56 in Roman numerals | 32. N N N N        | 50. Quiet time                     |
| 10. Brother or sister   | 33. Hangman's knot | 53. Before, poetically             |
| 13. Slob                | 34. Boil           | 55. Type of snake                  |
| 14. Distribute          | 35. Principle      |                                    |

# Art Engagement *from the* Beach Museum of Art

Balance ... An artwork that is considered balanced refers to the distribution of visual weight throughout the composition. When a piece is well-balanced, it is a comfortable and pleasing experience for the viewer, often invoking harmony. There can be symmetrical, asymmetrical, and radial balance. If you draw a horizontal or vertical line through the image and the halves mirror each other, that is symmetrical balance. If the viewer sees symmetry in multiple directions, radiating from a central point, like the petals of a sunflower, that is radial balance. Asymmetrical balance is informal; it occurs when the two halves of the artwork are not identical but the visual weight is equal. Do you think this artist successfully created balance? If yes, which type of balance do you notice in this image? What objects from each half create the visual weight? Do you notice another kind of harmony or balance within the mood of this piece?



Doris Lee, *Thanksgiving*, 1935, Oil on canvas, Art Institute Chicago, Mr. and Mrs. Frank G. Logan Purchase Prize Fund, 1935.313





## Breakfast & Lunch Specials

**Change of Hours This Week:** Mon. to Wed, 7 a.m. to 2 p.m. /  
 Thurs. Closed for Thanksgiving /  
 Fri. 7 a.m. to 1 p.m./ Sat. & Sun., 7 to 11 a.m.

**Monday, Nov. 22**

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

**Lunch: Chicken & Dumplings, \$6.50** *chicken & dumplings*

**Tuesday, Nov. 23**

**Breakfast: French Toast with Fruit, \$4.50 / \$6.50**

**Lunch: Chili & Cinnamon Rolls, \$4.50 / \$6.50** *ground beef, chili beans, onions, & tomatoes in a stew served with a cinnamon roll*

**Wednesday, Nov. 24**

**Breakfast: Breakfast Burrito with Fruit, \$4.50 / \$6.50**

**Lunch: Triple Meat Pizza, \$4.50 / \$6.50** *bacon, pepperoni, & sausage on a flatbread pizza with mozzarella cheese & marinara sauce*

**Thursday, Nov. 25—CLOSED—HAPPY THANKSGIVING!**

**Friday, Nov. 26**

**Breakfast: Waffle Bar with Fruit, \$4.50 / \$6.50**

**Lunch: BBQ Pork Tacos with Honey Mustard Slaw, \$4.50 / \$6.50** *shredded pork in BBQ sauce, topped with shredded cheddar cheese & honey-mustard slaw and served with your choice of side*

**Saturday, Nov. 27, and Sunday, Nov. 28**

**Breakfast: Ala Carte Menu Options**

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

Who is not hungry at Thanksgiving?



The turkey because he's already stuffed!

**KNOCK KNOCK!"**

**"WHO'S THERE?"**

**"ARTHUR."**

**"ARTHUR WHO?"**



**"ARTHUR ANY LEFTOVERS?"**

What is the mathematician's favorite type of dessert?



# Weekly Opportunities Calendar Nov. 21 to Nov. 27

## Sunday • Nov. 21

10:30 a.m. ~ Worship Service, EC  
 10:30 a.m. ~ Transportation to FUMC, VE  
 2:00 p.m. ~ Meadowlark Market, 1217 & 1221 Meadowlark Circle

## Monday • Nov. 22

9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 10:30 a.m. ~ Technology Assistance, GR  
 10:30 a.m. ~ Mary Smith Funeral, Trinity Presbyterian Church  
 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  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 2:00 p.m. ~ Sign Language with Addison, PR  
 7:00 p.m. ~ Bingo Night, EC

## Tuesday • Nov. 23 *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  
 3:00 p.m. ~ Coffee Corner, EC  
 4:00 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ 3rd Floor Supper, BR

## Wednesday • Nov. 24

9:30 a.m. ~ Seated Strength, CR  
 9:30 a.m. ~ Courtyard Communion, 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 Support 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  
 6:30 p.m. ~ UFM Class: Sante Fe Trail, CR

## Thursday • Nov. 25 – Happy Thanksgiving!

9:00 a.m. ~ Messenger Team, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 11:00 a.m. ~ Thanksgiving Lunch, PS

## Thursday • Nov. 25 – Happy Thanksgiving!

1:00 p.m. ~ PD Care Partner Support Grp, FHR  
 ~ **Prairie Star Closed for Evening Meal** ~

## Friday • Nov. 26

9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ KSU Watch Party, GR, PS & BR  
 11:30 a.m. ~ Sit & Be Fit, CR

### 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 Nov. 22 to Nov. 25

E-mail Michelle at [michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org) for log-in information unless otherwise noted below.

### Monday, Nov. 22

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

### Tuesday, Nov. 23

2 p.m.	Memory Activities Class
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### Wednesday, Nov. 24

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



# CHANNEL 1960 Entertainment Guide

## Sunday, Nov. 21

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett
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. 22

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 11/11.

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

## Tuesday, Nov. 23

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, Nov. 24

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	<b>(Re-run)</b> 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, Nov. 25

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

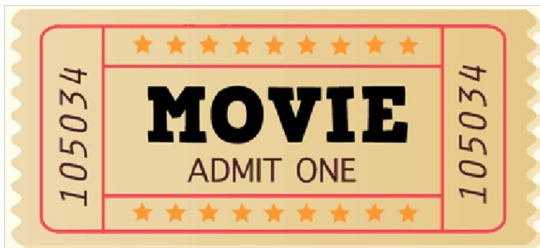
## Friday, Nov. 26

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, Nov. 27

9:30 a.m.	Band Bust Exercise Class
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: Nov. 21

***PLANES, TRAINS, & AUTOMOBILES (1995)*** R for adult material, 1 hr. 32 min. *Slapstick, Comedy, Sentimental*

Cast: Steve Martin, John Candy, & Laila Robins

While trying to get home to his family for Thanksgiving, marketing executive Neal Page runs into one disaster after another, which includes being stuck with salesman Del Griffith as his unshakable traveling companion.

### MUSICAL MONDAY: Nov. 22

***GET ON UP (2014)*** PG-13, 2 hr. 18 min. *Inspiring, Drama*

Cast: Chadwick Boseman, Nelsan Ellis, & Dan Aykroyd

Music Legend James Brown makes a turbulent journey from humble origins to superstardom as the Godfather of Soul in this biopic.

### TRUE TUESDAY: Nov. 23

***A NEW WORLD (2005)*** PG-13, 2 hr. 15 min. *Emotional, Romantic, Dark*

Cast: Colin Farrell, Q'orianka Kilcher, & Christopher Plummer

Set in 1607, Terrence Malick's epic adventure chronicles the extraordinary actions of explorer John Smith and Native American princess Pocahontas. As English settlers and Native Americans clash, Smith and Pocahontas find their worlds colliding and their hearts entwined, but ancestral loyalty may tear them apart.

### WESTERN WEDNESDAY: Nov. 24

***A CHAMPION HEART (2018)*** G, 1 hr. 29 min. *Heartfelt, Feel-Good*

Cast: Mandy Grace, David de Vos, & Donna Rusch

When a grieving teen must work off her debt to a ranch, she cares for a wounded horse that teaches her more about healing than she expected.

### TINSEL THURSDAY: Nov. 25

***HOLIDAY RUSH (2019)*** TV-PG, 1 hr. 34 min. *Sentimental, Heartfelt, Family*

Cast: Romany Malco, Sonequa Martin-Green, & Darlene Love

A widowed radio DJ and his four spoiled kids need to tighten their belts and pull together when their life of luxury turns lean just before Christmas.

### FEATURE FRIDAY: Nov. 26

***PAUL BLART: MALL COP (2009)*** PG, 1 hr. 27 min. *Goofy, Comedy*

Cast: Kevin James, Keir O'Donnell, & Jayma Mays

An overzealous security guard, Paul Blart, finds himself in over his head when he attempts to thwart a criminal mastermind's plot to rob an entire shopping mall.

### SWEET SATURDAY: Nov. 27

***NIGHTMARE BEFORE CHRISTMAS (1993)*** PG, 1 hr. 20 min. *Family, Fantasy, Animation*

Cast: Danny Elfman, Chris Sarandon, & Catherine O'Hara

Bored with the same old scare-and-scream routine, Pumpkin King Jack Skellington longs to spread the joy of Christmas. But his merry mission puts Santa in jeopardy and creates a nightmare for good little boys and girls everywhere.

# RESTAURANT **SPECIALS**

<p><b>Sunday, November 21st</b></p>	<p><b>\$13</b> Ham with Apricot Glaze Hashbrown Casserole Green Beans</p>	<p><b>\$13</b> Ham with Apricot Glaze Hashbrown Casserole Green Beans</p>
<p><b>Monday, November 22nd</b></p>	<p><b>\$10</b> Salmon Quiche Strawberry Feta Salad</p>	<p><b>\$14</b> Root beer Glazed Pork Chop Bourbon Mashed Sweet Potatoes with Toasted Marshmallow Cream Brussel Sprouts</p>
<p><b>Tuesday, November 23rd</b></p>	<p><b>\$11</b> Cowboy Burger (Bacon, Cheddar, Onion Ring, &amp; BBQ Sauce) French Fries</p>	<p><b>\$14</b> Braised Short Ribs Loaded Mashed Potatoes Broiled Tomatoes</p>
<p><b>Wednesday, November 24th</b></p>	<p><b>\$8</b> Grilled Cheese with Gruyere Cheese on Sourdough Tomato Soup</p>	<p><b>\$11</b> Spaghetti with Vodka Cream Sauce Garlic Knots Broccoli</p>
<p><b>Thursday, November 25th</b></p>	<p><b>Thanksgiving Luncheon</b> Advance sign-up required</p>	<p><b>Restaurant Closed</b> Advance sign-up required for box dinner</p>
<p><b>Friday, November 26th</b></p>	<p><b>\$9</b> Ham Salad on Croissant Pub Chips Pickle Spear</p>	<p><b>\$12</b> Cilantro Lime Chicken with Mango Salsa Coconut Rice Asparagus, Tomatoes, Onions</p>
<p><b>Saturday, November 27th</b></p>	<p><b>\$11</b> Grilled Chicken Sandwich (swiss cheese, bacon, avocado &amp; ranch dressing) Garlic Parmesan Fries</p>	<p><b>\$11</b> Meatloaf Mashed Potatoes &amp; Gravy Green Beans</p>



**PRAIRIESTAR**  
Dine • Drink • Gather

\*Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.