



[left] The updated Caul Fitness Center with new renovations and fresh look.

Back in Time for the Holidays!

The Caul Fitness Center re-opened just in time to help us keep off those extra holiday pounds! These renovations were the first in the fitness center since it opened in 2008. Not only were the renovations aesthetically necessary, but also energy efficient with the new lighting and windows.

The Community Room will continue to host all fitness classes and Special Programs classes, as well as Worship Service, BINGO, and other events that do not conflict with regularly scheduled programming.

Caul Fitness Center is open 24 hours per day on a first-come, first-served basis for the equipment. Please use code 4000 to enter the Fitness Center if the door is closed.

Personal training services also are available at a rate of \$22 for 30 minutes or \$37 for one hour. Please contact Jeff Heidbreder, Fitness Service Leader, at (785) 341-2995 to schedule personal training sessions, or for any other questions regarding fitness services.

EVENTS & OPPORTUNITIES

Thanksgiving Dinner Reservations

Prairie Star Restaurant is now accepting reservations for 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.

Hospitality Desk Closed on Thanksgiving

The Hospitality Desk will be closed all day on Thursday, Nov. 25, for the holiday. Staff return the following day.

McCain Auditorium Performance Series

Transportation is available for all remaining performances at McCain Auditorium starting on Dec. 2. A sign-up sheet is in the Blue Book at the Hospitality Desk.

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.

Changes to Church Services and Bingo

Starting on Nov. 28, Worship services will be held in the Community Room. Bingo Night also will move to the Community Room beginning on Dec. 6.

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.

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.

Dixie Roberts' Birthday Celebration

Wednesday, Nov. 24, at 2 p.m.

Come join Dixie Roberts on Wednesday, Nov. 24, at 2 p.m. in the Event Center to celebrate her upcoming birthday! All are welcome to attend.

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!

EVENTS & OPPORTUNITIES

Holly Jolly Holiday Party

Monday, Nov. 29, all day

Meadowlark's Holly Jolly Holiday Party will occur on Monday, Nov. 29, in the Prairie Star Event Center! 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!

Sign Language Classes

Monday, Nov. 29, at 2 p.m.

Addison Parks, Meadowlark Volunteer, will be offering her talent to teach residents basic sign language. The remaining two classes will be held Monday, Nov. 29, and Monday, Dec. 6. Classes are free and start at 2 p.m. in the Patriot Room. All are welcome 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 begins Tuesday, Nov. 30, from 9 to 11 a.m. in Meadowlark's Event Center. 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.

Dinner With The League

Thursday, Dec 2, at 6 p.m.

The speaker for the Thursday, Dec. 2, Dinner With League will be Debbie Nuss. A little over a year ago, the Flint Hills Wellness Coalition received a Blue Cross and Blue Shield of Kansas Pathways to a Healthy Kansas grant. Pathways to a Healthy Kansas is centered on the idea of creating healthy communities that provide the highest possible quality of life and well-being for Kansans. Deb will be bringing us up to speed on the status of the Pathways grant work.

The dinner will include a smothered chicken burrito, Mexican rice, and black beans, and will be priced at \$14. Please register in the Blue Book at the Hospitality Desk for this opportunity by Tuesday, Nov. 30. If you would like to attend the presentation and not eat dinner, there is no cost.

Prairie Star Menu Suggestion Meetings

Friday, Dec 3, at 9 a.m.

Prairie Star Restaurant has begun hosting open forums for residents to offer menu suggestions. The next meeting is scheduled for 9 a.m. on Friday, Dec. 3. This reoccurring meeting will be held on the first and third Friday of every month.

Continued on page 4

Tom's Gab & Games

Friday, Dec. 3, 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.

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.

Get the Scoop!

Thursday, Dec. 9, at 3 p.m.

At the next *Get the Scoop*, you will have the opportunity to meet Jessica Mies, Human Resource Assistant! A short presentation will be offered in the Event Center shortly after the start of the activity, so one can get ice cream treat before getting the scoop on all things Jess!

All are welcome to attend this event which occurs on the second Thursday of the month, from 3 p.m. until 4 p.m., in Prairie Star.



Christmas Carousel: A Very Vegas Christmas

Friday, Dec. 10, at 5 p.m.

This year we will be celebrating Christmas Vegas-style with a "trip" to Sin City on Friday, Dec. 10.

Our Vegas event will feature five carousel rooms, a live band finale, and plenty of food, drinks, and fun for everyone. All carousel rooms begin promptly at 5 p.m. Advance sign-up at the Hospitality desk is required, and those participating should select a room to start his or her carousel experience. Each room will feature food, alcoholic and non-alcoholic beverages, and entertainment by Meadowlark employees with a few "celebrity" surprises!

Following the carousel, Margo Martinez and Essence will perform in the Prairie Star Event Center starting at 7 p.m., along with Casino games and a Vegas-worthy buffet. No advance sign-up is required to attend the post-carousel party in the Event Center.

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 **four free 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.

Baking with Stacey

Thursday, Dec. 16, at 3 p.m.

Join Executive Chef, Stacey, and Prairie Star's Baker, Joy, in Verna Belle's Cafe at 3 p.m. on Thursday, Dec. 16, to assemble Yule Logs for the holiday season! This is a free event. Please sign up at the front desk.

**WHAT IS A TURKEY'S
FAVORITE DESSERT?**

Peach gobbler!

Prairie Star Menu Suggestion Meeting Overview

Thank you to all who attended the first Prairie Star Menu Suggestions Meeting. Jayme Minton and Brook Marcotte led the discussion with approximately 20 residents in attendance. Jayme and Brook felt the meeting was very productive with the following changes occurring as a result (timelines were added following the meeting and after further discussion with the Restaurant Team):

- Traditional chili with ground beef and beans will be added to the Prairie Star Menu starting Dec. 1. This item will be available throughout the winter months.
- Entrees and specials will come with a larger serving of vegetables effective immediately.
- An additional sugar-free or no-sugar-added dessert will be added to dessert options starting no later than Dec. 1.
- Beets will be added as a vegetable item starting Dec. 1. Specific recipe and style still to be determined.

- A fish entrée is being researched as an addition to the Restaurant Menu. This will be subject to availability of suppliers.

Additional discussion included using pie crust to top chicken pot pie, adding chicken divan and Reuben casserole to the specials, exploring a different fried shrimp option, having hot plates at floor suppers, and ensuring adequate soup is available at dinner services. Brook and Jayme encouraged the group to report any concerns they may have regarding food service or food quality at the time they experience it to allow for the Prairie Star leadership to resolve the issue and provide appropriate training.

The Friday lunch buffets were well-received by those in attendance. Other suggestions include scheduling buffets in the evenings and offering the same daily special for lunch and dinner. That topic will be tabled until the next Menu Suggestions Meeting on Friday, Dec. 3.

Prior to the meeting, the chicken tender recipe was changed on Nov. 12, and water glasses were changed to Collins glasses per resident feedback.



December Birthdays

Skilled Nursing

12/9 Barbara Hall
 12/11 Mary Smith
 12/13 Shirley Rauch
 12/16 Marjorie Schlegel
 12/16 Glennis Couchman
 12/17 Ruth Diller
 12/18 John Hanson
 12/18 Kim Staub
 12/19 Betty Banks
 12/21 Verna Turnquist
 12/21 James Tate
 12/22 Claudene Emrich
 12/25 Marsha Priller
 12/27 Delores Case
 12/30 John Silva

Assisted Living

12/8 **Mary O'Laughlin**
 12/28 Robert Robinson
 12/31 **Don Emley**

Independent Living

12/1 Dixie Roberts
 12/1 **Donna Alexander**
 12/1 Bob Cranmer
 12/2 Bill Anders

12/4 Dean Spencer
 12/4 Steve Hall
 12/9 Mike Roberts
 12/12 Bob Pulford
 12/13 Karen Halderson
 12/14 Sue Hunt
 12/17 Joan Jones
 12/21 Ella Umphrey
 12/26 Janice Parsons
 12/27 Jeanette Gibson
 12/27 Brian Spooner
 12/27 **Bea Rasmussen**
 12/28 Orlan Buller
 12/29 Noel Stanton
 12/29 Angie Fryer
 12/30 Dorothea Boutz

Employees

12/1 Doug Fiser
 12/2 Dorian Robertson
 12/4 Hailey Havenstein
 12/4 Rebecca Mares
 12/4 James Moore
 12/5 Niamh (Neve) Coughlin
 12/5 Terri Parr
 12/5 Kayla Webb

12/6 Lily Gonzalez
 12/7 Justin Latimer
 12/8 Ari Snell
 12/9 Lee Flanary
 12/9 Ed Payne
 12/9 Taylor Wheelock
 12/12 Abby Cavender
 12/12 Talia Johnson
 12/12 Ava Savage
 12/12 Melanie Sharma
 12/14 Tiffany Miller
 12/14 Solana Rios
 12/15 Allie Cloyd
 12/15 Denise Torres
 12/18 Sumaya Nabakooza
 12/20 Cindy Elsasser
 12/21 Sydney Gall
 12/21 Latoria Hobbie
 12/21 Bailey McCollum
 12/22 Christina Wong
 12/23 Christine Broggreen
 12/24 Robyn Lower
 12/26 Marilyn Thomas
 12/28 Ryan Ward
 12/29 Shelby Lolley
 12/30 Oswaldo Mezquita
 12/31 Skylar Medrano

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

On A Kind Neighbor

By Helen Roser

When I visited Grandma, I hung around her neighbor across the road as much as I could. He never spoke to me, just nodded when I showed up to watch him.

He was the kindest person I ever knew. He was so gentle with his animals. Sometimes he stroked the face of his cow or horse and talked softly to them. I think he was thanking them.

One time he had a man visitor he was showing around. He stopped, reached down, and took up a handful of dirt. He gently let it run through his fingers and let it fall to the ground. He told his visitor how good his soil was to manage and how nicely it made everything grow.

The strange part is that his wife had a loud, screechy voice. She always seemed mad and yelled at him a lot. He didn't have a chance to stroke her face and say nice things to her in his quiet voice.

When I think of kindness, I always think of Grandma's neighbor, who praised even his dirt.

Family at Meadowlark

By Ronald Williams

Ron and Vera Williams have lived in Meadowlark Hills Independent Living for the past five years. Both of their children live in Manhattan, as well as their five grandchildren.

Their son, Eric, is married to Sarah Goudy Williams, and her parents, Bob and Janice Goudy, came to live at Meadowlark Hills two years ago.

Their daughter, Rhonna Hargett, is married to Kirk Hargett, and Kirk's father, Ronald Hargett, just moved into Meadowlark Hills on Wednesday, Nov. 17.

The two Williams families and the Hargetts will join together for Thanksgiving here at Meadowlark Hills.

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!

“

Be present in
all things and
thankful for
all things.

”

- Maya Angelou -

Work That Brain!

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

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

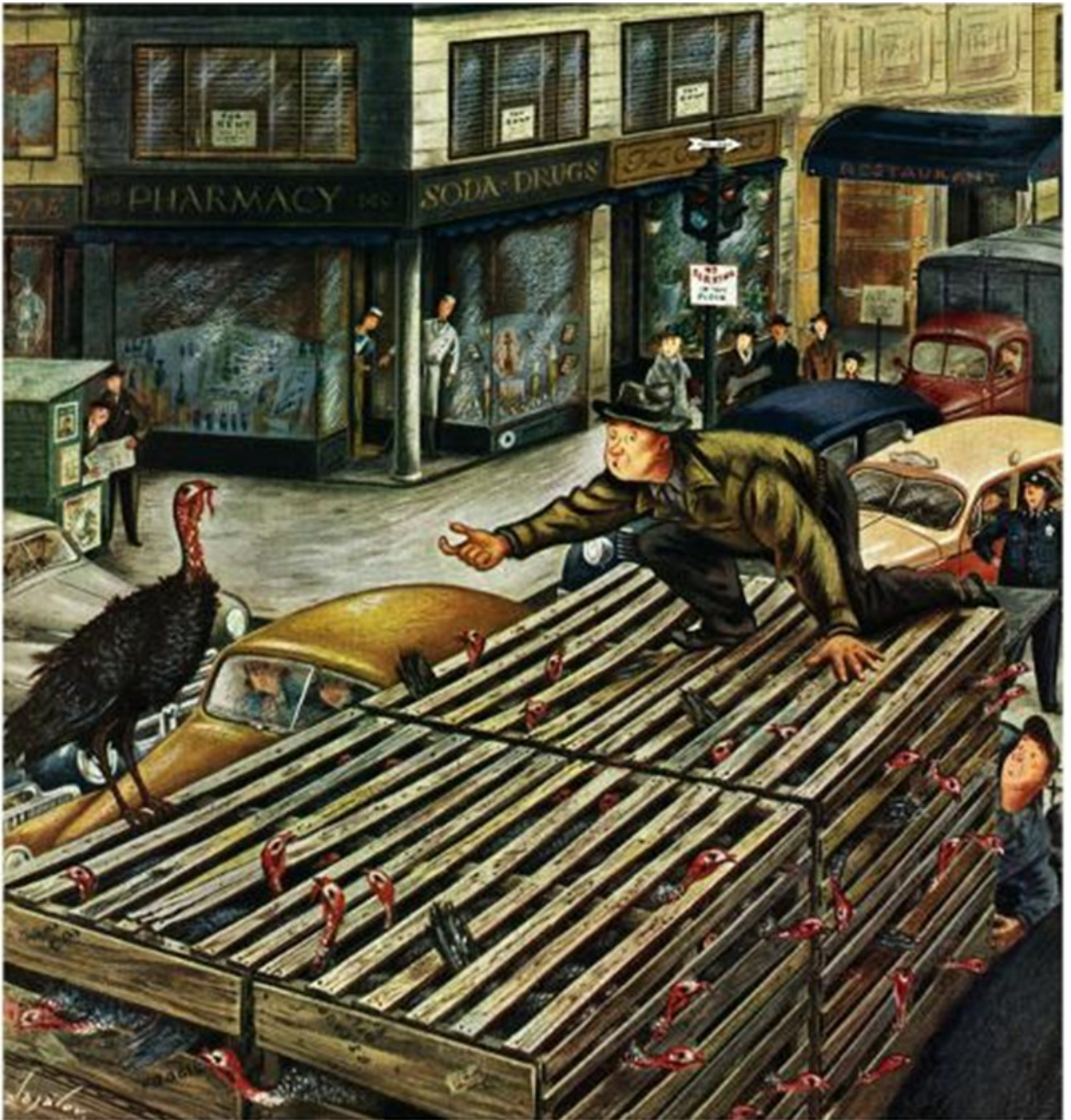
Thanksgiving

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

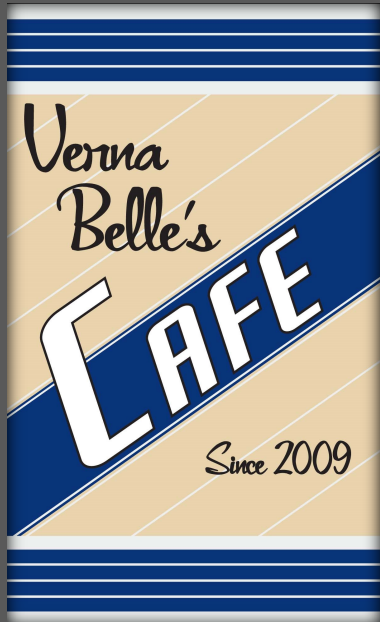
- BLACK FRIDAY
- FAMILY
- TURKEY
- GRAVY
- STUFFING
- HARVEST
- CELEBRATE
- PUMPKIN PIE
- PILGRIMS
- MASHED POTATOES
- NOVEMBER
- FEAST
- CORN
- GREEN PEAS
- THANKSGIVING
- FALL
- AUTUMN
- PLYMOUTH

Art Engagement *from the* Beach Museum of Art

Happy Thanksgiving!
What's going on in this picture? How do you think it turns out?



Constantin Alajalov, *Turkey Loose Atop Truck*, November 27, 1948, *Saturday Evening Post*, <https://www.saturdayeveningpost.com/>



Breakfast & Lunch Specials

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

Monday, Nov. 29

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, Nov. 30

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

Lunch: Fried Chicken & a Biscuit, \$6.50 *crispy chicken tender topped with creamy gravy & honey hot sauce in a buttermilk biscuit with your choice of side*

Wednesday, Dec. 1

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

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

Thursday, Dec. 2

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

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

Friday, Dec. 3

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

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

Saturday, Dec. 4, and Sunday, Dec. 5

Breakfast: Ala Carte Menu Options

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



**What did the reporter
say to the ice cream?**

**"WHAT'S THE
SCOOP?"**

Weekly Opportunities Calendar Nov. 28 to Dec. 4

Sunday • Nov. 28

- 10:30 a.m. ~ Worship Service, CR
- 10:30 a.m. ~ Transportation to FUMC, VE
- 2:00 p.m. ~ Thundering Cats, EC

Monday • Nov. 29

- ALL DAY ~ Holly Jolly Holiday Party, EC
- 9:30 a.m. ~ Seated Strength, CR
- 10:30 a.m. ~ Weights 101, CR
- 10:30 a.m. ~ Technology Assistance, GR
- 11:30 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Contemporary God Talk, BR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 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. 30 *Trash & recycling pick-up*

- 7:00 a.m. ~ Rock Steady Boxing, BF
- 9:00 a.m. ~ UFM Class: Winter Birdwatching, EC
- 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
- 4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Dec. 1

- 9:00 a.m. ~ UFM Class: Winter Birdwatching, EC
- 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. ~ Memory Cafe, KSU CL
- 1:30 p.m. ~ Diabetic Support Group, FHR
- 2:00 p.m. ~ Drama Therapy Group, KSU CL
- 2:00 p.m. ~ Dixie Roberts' Birthday Party, EC
- 3:00 p.m. ~ Sing-A-Long, EC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Dec. 2

- 9:00 a.m. ~ Messenger Team, KSU CL
- 9:00 a.m. ~ UFM Class: Winter Birdwatching, EC
- 10:30 a.m. ~ Steady Yourself, CR
- 1:00 p.m. ~ Parkinson's Education Meeting, CR
- 6:00 p.m. ~ League of Women Voters, EC

Friday • Dec. 3

- 9:00 a.m. ~ Prairie Star Menu Forum, EC
- 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
- 3:00 p.m. ~ Trust Company Holiday Classic, EC

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. 29 to Dec. 2

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

Monday, Nov. 29

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

Tuesday, Nov. 30

2 p.m.	Memory Activities Class
--------	-------------------------

Wednesday, Dec. 1

10 a.m.	Memory Care Partner Support Group
1 p.m.	Memory Cafe
2 p.m.	Drama Therapy Class



CHANNEL 1960 Entertainment Guide

Sunday, Nov. 28

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

Monday, Nov. 29

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 11/18.

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

Tuesday, Nov. 30

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, Dec. 1

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, Dec. 2

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, Dec. 3

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, Dec. 3

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. 28

FREEBIRDS (2006) PG-13, 1 hr. 31 min. *Family, Comedy*

Cast: Owen Wilson, Woody Harrelson, & Amy Poehler

When two adversarial turkeys find a time machine, they take a wild trip to the past to try to take turkey off the traditional Thanksgiving menu.

MUSICAL MONDAY: Nov. 29

THE POLAR EXPRESS (2004) G, 1 hr. 40 min. *Sentimental, Feel-Good*

Cast: Tom Hanks, Leslie Zemeckis, & Hayden McFarland

A young boy's faith in the holiday spirit is revived after he makes his way by train to the North Pole on Christmas Eve in this warm-hearted computer-animated tale.

TRUE TUESDAY: Nov. 30

UNTAMED ROMANIA (2018) TV-PG, 1 hr. 32 min. *Inspiring, Nature*

This documentary explores how the legendary creatures of Romania's vast wilderness roam free, yet endure the ever-changing seasons.

WESTERN WEDNESDAY: Dec. 1

MUDBOUND (2017) R, 2 hr. 15 min. *Intimate, Emotional*

Cast: Carey Mulligan, Jason Clarke, & Mary J. Blige

Two Mississippi families—one black, one white—confront the brutal realities of prejudice, farming and friendship in a divided World War II era.

THRILLER THURSDAY: Dec. 2

GREMLINS (1984) PG, 1 hr. 46 min. *Scary, Dark*

Cast: Zach Galligan, Phoebe Cates, & Hoyt Axton

A man brings home a rare creature from Chinatown as a Christmas present for his son that comes with three simple instructions: no water, no food after midnight, and no bright lights. But when those rules are ignored, it makes for a horrifying holiday.

FEATURE FRIDAY: Dec. 3

THE HOLIDAY CALENDAR (2018) TV-G, 1 hr. 35 min. *Charming, Heartfelt*

Cast: Kat Graham, Quincy Brown, & Ethan Peck

A talented photographer stuck in a dead-end job inherits an antique Advent calendar that may be predicting the future—and pointing her toward love.

SWEET SATURDAY: Dec. 4

A CHRISTMAS PRINCE (2017) TV-PG, 1 hr. 32 min. *Feel-Good, Romantic, Family*

Cast: Rose McIver, Ben Lamb, Alice Krige

Christmas comes early for an aspiring young journalist when she's sent abroad to get the scoop on a dashing prince who's poised to be king.

RESTAURANT **SPECIALS**

<p>Sunday, November 28th</p>	<p>\$14 Fried Chicken Mashed Potatoes and Gravy Corn Biscuit</p>	<p>\$14 Fried Chicken Mashed Potatoes and Gravy Corn Biscuit</p>
<p>Monday, November 29th</p>	<p>\$9 Ham, Cheese, Egg Sandwich on Croissant Tater Tots</p>	<p>\$12 Sweet and Sour Pork Stir Fry Vegetables</p>
<p>Tuesday, November 30th</p>	<p>\$8 White Chicken Chili Cornbread with Honey Butter</p>	<p>\$14 Shrimp Scampi Linguine Asparagus</p>
<p>Wednesday, December 1st</p>	<p>\$9 Pizza Panini (pepperoni, mozzarella, marinara, on sourdough with garlic butter) Pub Chips</p>	<p>\$11 Swiss Steak Mashed Potatoes Green Beans</p>
<p>Thursday, December 2nd</p>	<p>\$10 Pulled Pork Nachos with tortilla chips, beer cheese, pico, street corn and guacamole</p>	<p>\$11 Smothered Burrito with Cheese Sauce Mexican Rice Chips & Queso</p>
<p>Friday, December 3rd</p>	<p>\$9 Pasta Bar</p>	<p>\$12 Shepherd's Pie Cheddar Biscuit Broccoli</p>
<p>Saturday, December 4th</p>	<p>\$9 Hotdog with sauerkraut and grilled onions Dr. Pepper Baked Beans Coleslaw</p>	<p>\$17 8 oz Ribeye Baked Potato Green Beans</p>



PRAIRIESTAR
Dine • Drink • Gather

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