



Let There Be Lights!

Campus trees twinkle with colorful Christmas bulbs

**By Jayme Minton,
Support Services Director**

We can all agree that Christmas 2020 was not one we were expecting. In an effort to bring hope and encouragement to residents last year, Meadowlark partnered with Blueville Nursery to add Christmas lights in the center of campus.

In 2021, Meadowlark’s leadership team wanted to extend the light show to more areas of campus. This expansion resulted in more than 16,200 feet of LED lights, which is just over 3 miles in length. Now that is our kind of 5k!

Adding electric cheer is no simple task. The planning process for 2021 started this past summer and included tree selection, finding power supply, ordering lights, and of course, hanging the strands. We are thankful that Pete Reid of Blueville Nursery was up for the challenge again this year.

Pete has been involved in helping Meadowlark with various tasks for

more than 20 years: from the landscaping around the Tuttle Creek area cottages to working in all of Meadowlark’s courtyards, on Meadowlark Circle, Valley, and outside Bramlage House. In 2019, Reid and his team also designed and implemented the courtyard near Prairie Star Restaurant.

Credit for hanging the lights can be given to Mason and McKenzie Reid with the assistance of their father, Pete. There’s no name for their holiday lighting business yet, but look for it next year.

Mason is a student at Kansas State University, pursuing a dual major in kinesiology/integrated physiology, while also taking pre-med courses. He had heard that Blueville would not be able to supply the needed labor to get the lights up and down this year, so he jumped at the chance to help. Mason played a part in the inaugural holiday lights last year and agreed to step up this year. With the amount of lights almost

doubling, this task was more of a leap than a step! Even though he was in school, he determined the project would fit into his Thanksgiving break schedule.

Mason talked his sister McKenzie into helping him this year, and he found her to be a smart and fantastic worker. Both McKenzie and Mason have worked at Blueville nursery for a combined 5 years during the summer months.

When asked about the project, Pete said, “It has been my pleasure to serve the community at Meadowlark over the years, and I am more than pleased to see my children also serve those that have given and done so much for our generations. It took a tremendous amount of time to weave over 3 miles of lights into the landscape, but we enjoyed every minute. We hope that **See LIGHTS, page 6**



EVENTS & OPPORTUNITIES

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.

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.

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.

December Town Meeting

Monday, Dec. 6, at 9:30 a.m.

December's Town Meeting is set for Monday, Dec. 6, at 9:30 a.m. Come join to learn about campus updates, announcements, and events for the month of December.

Sign Language Classes

Monday, Dec. 6, at 2 p.m.

Addison Parks, Meadowlark Volunteer, will be offering her talent to teach residents basic sign language. The final class will be held Monday, Dec. 6. Class is free and starts at 2 p.m. in the Patriot Room. All are welcome to attend!



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 Resources 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.

Gab & Games – Cancelled for Dec. 10

Because of the Christmas Carousel, Tom's Gab & Games will not meet on Friday, Dec. 10. Games will resume the following week, on Friday, Dec. 17, in the Flint Hills Room.

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

EVENTS & OPPORTUNITIES

adults and \$50 for families.

Meadowlark has **three 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.

Change & Loss—Coping with Grief & Loss During The Holidays

Monday, Dec. 13, 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 can attend when your schedule allows.

On Monday, 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. If you prefer email, you can reach us at lmontgomery@meadowlark.org or blarkin@meadowlark.org.

Holiday Book Party—Posts of a Mid-Century Kid

Sunday, Dec. 12, at 2 p.m.

Join author Ann Anderson, of Lawrence, KS, on Sunday, Dec. 12, at 2 p.m. in the Event Center, for a special afternoon as she reads a few passages from her book, *Posts of a Mid-Century Kid*. In her memoir, Anderson takes us on a journey to 1950s and '60s Kansas and treats the reader to hometown cooking.

Bring your own holiday memories, pictures, and recipes to share with the group as well! Feel free to come dressed in holiday sweaters to enjoy the holiday spirit. Refreshments will be provided.

Carols & Cocoa

Wednesday, Dec. 15, at 3 p.m.

The Meadowlark Ambassadors will be joining efforts with music aficionado Jim Reed to host a holiday event called Carols & Cocoa. This come and go event will be during the regular Sing-Along Social time, on Wednesday, Dec. 15, from 3 p.m. until 4 p.m., at Prairie Star Event Center. Jim and the Ambassadors are looking forward to singing Christmas carols with you, and serving you delicious hot chocolate and cookies! All are welcome to attend.

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.

Meadowlark Hills Singers

Friday, Dec. 17, at 7 p.m.

All are invited to come and enjoy our very own Meadowlark Singers on Friday, Dec. 17, at 7 p.m., in the Community Room. The singers led by Bethany Bassler will entertain you with an evening of great singing as they present their "Winter Concert".

The Church Ladies: Rockin' New Year's Eve

Friday, Dec. 31, at 7 p.m.

Meadowlark is excited to have back the Church Ladies! On Friday, Dec. 31 at 7 p.m. in the Community Room, they will present their Holiday Show to bring in the New Year!

"The Church Ladies are a harmony-based acoustic trio from the Manhattan area. They have been performing together for four years and have entertained the Meadowlark community several times over the past few years. Members are Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12 string guitar, and Cindy Carlyon on melodica, upright bass, and kazoo! Their musical selections include secular and non-secular music, bluegrass, gospel, country, and folk."

Holly Jolly Holiday Party—Recap!

By Jana Armfield, Engagement Specialist

I don't know about you, but I sure had a holly jolly good time on Monday! Residents and staff members alike were invited to this special holiday event, presented at Prairie Star Event Center from early morning until evening. Great food, activities, games, and company was in abundance. Even Santa made a special appearance during the celebration!

It was great to see so many smiling faces and so many participate in the games and activities! Speaking of, there was a tie for the "Guess How Many" game! Winners were staff member Cassie Wittmeier and resident Harry Manges. They both guessed the correct amount of Hershey kisses in the jar, which was 205. They will split the candy winnings, and each will receive a gift card to Target!

The winners for the Cookie Decorating Contest were: Madi Cantu, 1st place; Cassie Wittneier, 2nd place; and Alex Borjas, 3rd place. Their lovely cookies are photographed below. Judging was completed by three members of the Meadowlark Leadership Team. They judged the cookies on creativity, overall impression, and use of color and sprinkles.

Big thanks, again, to everyone who celebrated the holiday season at the event. What a wonderful sight it was seeing residents and staff members enjoying one another, celebrating together, and having a great time! Here's to many more events that create togetherness, joy, and the feeling of family, which is what living and working at Meadowlark is all about!

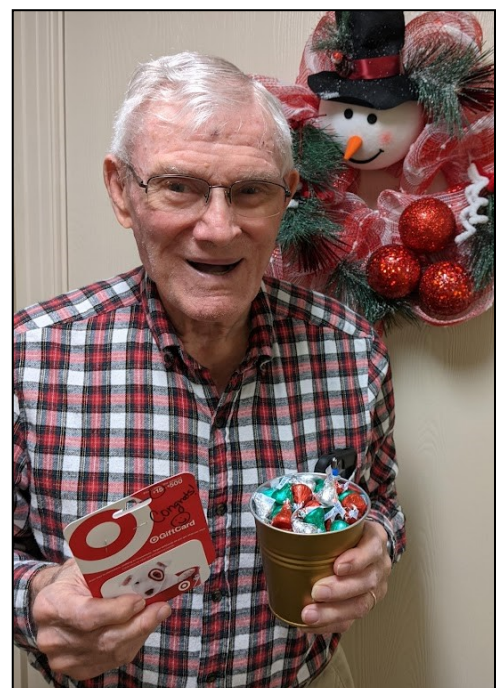


[top left] Winning Cookies for decorating contest! Madi Cantu, 1st place; Cassie Wittneier, 2nd place; and Alex Borjas, 3rd place.

[top right] Meadowlark residents Polly, Betty, and Marilyn pose at the Selfie Station.

[bottom left] Staff members Lynn, Rochelle, and Julia decorating cookies.

[bottom right] Resident Harry Manges, one of the "Guess How Many" game winners, with his prizes!



Christmas Menu

SATURDAY, DEC. 26

11 A.M.—2 P.M.

PRAIRIE STAR RESTAURANT

Choice of Starter

FONDUE SOUP WITH SLICED APPLES & CROUTONS

WINTER GREEN SALAD WITH GREEN GODDESS DRESSING

Choice of Entree

CRANBERRY PECAN CHICKEN WELLINGTON-\$17

ORANGE HONEY-GLAZED SALMON-\$19

PRIME RIB-\$21

Sides

SCALLOPED POTATOES

ONION BREAD PUDDING

LEMON ASPARAGUS

Choice of Dessert

CRANBERRY CHEESECAKE

OOEY GOOEY CHOCOLATE CAKE WITH

PEPPERMINT STICK ICE CREAM

RESERVE YOUR SPOT AT THE PRAIRIE STAR HOST STAND



On My Ovation

By Helen Roser

My one ovation for anything I ever said happened in the early days of the television. C.B.S. had just built their “television city.” Their 3-camera shows would be done before a live audience. This was their first taped show. The tape would circulate for the next two years around small towns. Many would have only one T.V. set in town, usually a corner pub where everyone gathered around to watch.

Our show was a first “audience participation,” though we six “jurors” had been invited, mostly for our good voices.

Our show was called “Face the Facts.” It was true accounts of real lawsuits, with interesting charges we would discuss.

As we were ready to “air,” the director told us: “They are not tuning in for a legal education. Mothers have their baby down for a nap to watch a little T.V. Men will be sitting at the corner pub, with opinions on everything. Let them have fun!”

The case that got me the big ovation from the cheering, clapping audience (mostly women), was about a woman suing her husband’s employer for hiring a “home-wrecking” woman.

When it was my turn to give my opinion, and why, I indignantly made a short speech in which I said: “A woman should feel safe when her husband goes to work, that some home-wrecking floozy does not work there!”

The studio audience went wild, yelling and clapping and some jumping out of their seats. It went on and on for a woman who “thought right.”

But that was not the winning opinion, and I didn’t win the “Grand Prize”, which was an electric dishwasher. Ugh!

That taped show circulated for two years. It was aired for the inmates of the federal prison where my brother worked. He told me “The men really liked you.”

So the one ovation of my life came from C.B.S.’s first studio audience and the inmates of a federal prison. A fun memory.

Art Committee Sign-Up

Do you have an interest in, or knowledge of, art and artists? Would you like to be part of a team in making decisions regarding the purchase and placement of future fine art purchases to enhance Meadowlark’s community spaces? If so, you’re invited to join Meadowlark’s Art Committee.

Meadowlark is proud of our extensive fine art collection that has been cultivated through purchases and carefully considered donations over many years.; the Art Committee has been part of this process since 2005. After a hiatus of more than a year, the Art Committee will begin meeting again on a quarterly basis beginning in early 2022. Membership is open to past participants, as well as residents and Passport members, who have not previously served on the committee. Registration is open through the end of the year. You may sign-up in the Blue Book at the Hospitality Desk.

If you have any questions, please contact Jayme Minton or Becky Fitzgerald.

LIGHTS, from page 1

the lights bring a tremendous amount of joy to all that see them this holiday season,” he added. “Thank you Meadowlark for inviting us into your neighborhood, and we wish all of you joy and peace through this wonderful season!”

Thank you, Pete, Mason, and McKenzie Reid for making our holidays a lot brighter. Meadowlark Foundation also would like to acknowledge a generous donation that offset the cost of a portion of lights this season.



November Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Lyle House Activity Fund, Meadowlark campus enhancement, Meadowlark Clean Air campaign, and Meadowlark Parkinson’s Program were received by Meadowlark Foundation during the month of November.

Memory of

William “Bill” Auman*	Dennis Law*
Dorothy Buller	John Vogt
Brenda Condray	Betsy Young*
Alice Howard	

**Remembered as part of the annual Dollar-a-Day campaign.*

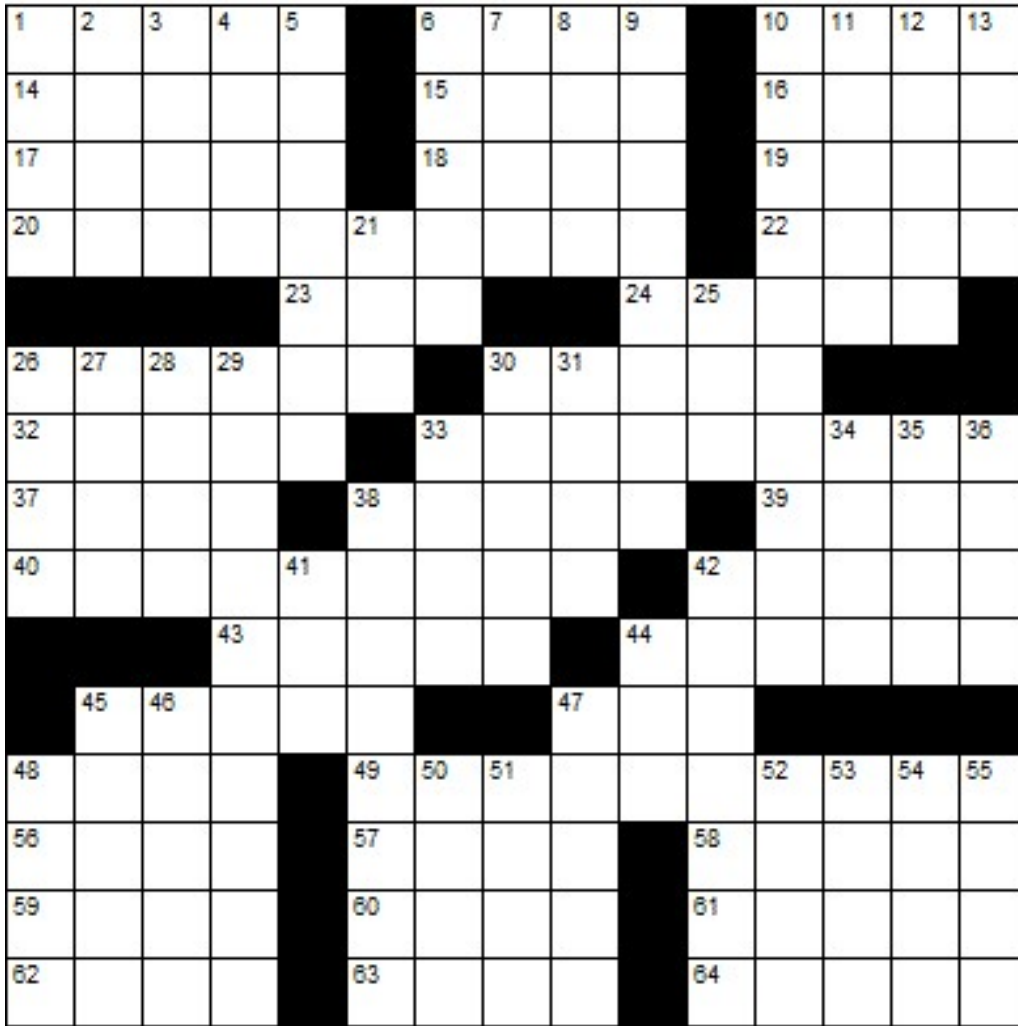
If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald at (785) 323-3843.

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

Solutions from 11/24.

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

Work That Brain!



ACROSS

1. Short person
6. Sprockets
10. Dogfish
14. Audio communications
15. Astringent
16. Proven information
17. Zeal
18. Former Italian currency
19. Within
20. Mystifying
22. Masterstroke
23. ___ populi
24. Whiskers
26. Made noises while sleeping
30. Spanish for "Friend"
32. Flamingo or heron
33. People of high status
37. As just mentioned
38. Twisted
39. Ogive
40. He loves being punished
42. Draw forth
43. Lift
44. Worn away
45. Central points
47. Mistake
48. Formally surrender
49. From that time on
56. Coral barrier
57. Adriatic resort
58. Latin name for our planet
59. Brother of Jacob
60. God of love
61. Of a pelvic bone
62. Water source
63. A Greek territorial unit
64. Near

DOWN

- | | | |
|-------------------------|-------------------------|----------------------------|
| 1. Apothecary's weight | 21. 16 1/2 feet | 41. Feline |
| 2. Cautious | 25. Years | 42. Fickle |
| 3. Contributes | 26. Breaststroke | 44. Before, poetically |
| 4. Violent disturbance | 27. Nil | 45. Ganders |
| 5. For a limitless time | 28. Poems | 46. Something to shoot for |
| 6. Chalice | 29. Repentant | 47. Jagged |
| 7. Hodgepodge | 30. Beguile | 48. Team |
| 8. Mentor | 31. Pepper_____ | 50. Employ |
| 9. Very good (British) | 33. Goddess of discord | 51. Anagram of "Dome" |
| 10. Fan | 34. Gunk | 52. Tumbled |
| 11. Country estate | 35. Behold, in old Rome | 53. Threesome |
| 12. Convulsion | 36. Outbuilding | 54. Historical periods |
| 13. At the peak of | 38. Signaled | 55. Dash |

Art Engagement *from the* Beach Museum of Art

Compare and Contrast ... The two artworks shown are paintings by the Regionalist, John Steuart Curry. They are indicative of Curry's large Kansas landscapes. These two are currently on display at the Beach Museum of Art as part of the exhibition *Sunrise Over Kansas: John Steuart Curry*.

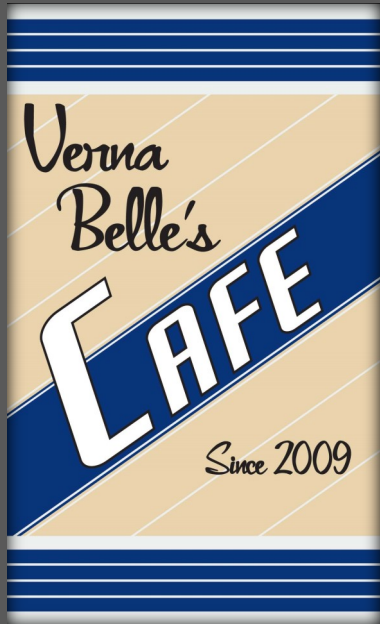
The two paintings may appear very different at first glance, what do you notice that is different? As you spend time looking closely at them, several similarities may appear. What do you notice is the same? If you would like to see the paintings in person, the exhibition will be on display through Feb. 28, 2022.



John Steuart Curry, *Sun Dogs*, 1930, Oil on canvas, Acquisition made possible with funds provided by K-State students, faculty, and members of the Manhattan community, 1933.3



John Steuart Curry, *Morning II (Sunrise over Kansas)*, 1941, Oil on canvas mounted on panel, Kiechel Fine Art, Lincoln, Nebraska, and John Steuart Curry Foundation



Breakfast & Lunch Specials

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

Monday, Dec. 6

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

Lunch: Meatball Sub, \$4.50 / \$6.50 *meatballs covered in marinara sauce topped with provolone cheese served on a sub roll with your choice of side*

Tuesday, Dec. 7

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

Lunch: Gumbo, \$4.50 / \$6.50 *meat and seafood mixed in a dark savory stew served over white rice*

Wednesday, Dec. 8

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

Lunch: Smothered Chicken Burrito, \$4.50 / \$6.50 *shredded chicken, tomatoes, corn, & shredded cheese wrapped in a flour tortilla covered in a white cheese sauce*

Thursday, Dec. 9

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

Lunch: Cowboy Hot Dog, \$6.50 *grilled hot dog topped with bacon, onions, shredded cheddar cheese, & BBQ sauce served with your choice of side*

Friday, Dec. 10

Breakfast: Blueberry French Toast Casserole, \$4.50 / \$6.50

Lunch: White Chicken Chili, \$4.50 / \$6.50 *shredded chicken, great northern beans, & onions in a creamy stew served with corn bread muffin.*

Saturday, Dec. 11, and Sunday, Dec. 12

Breakfast: Ala Carte Menu Options

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



Weekly Opportunities Calendar *Dec. 5 to Dec. 11*

Sunday • Dec. 5

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

Monday • Dec. 6

8:30 a.m. ~ Resident Council, BR
 9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Town Hall Meeting, EC
 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
 5:30 p.m. ~ Tuttle Creek Dinner, BR
 7:00 p.m. ~ Bingo Night, CR

Tuesday • Dec. 7 *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
 12:00 p.m. ~ Kimball Luncheon, BR
 2:00 p.m. ~ Memory Activities Class, KSU CL
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ Prairie Star Writers Group, PR
 4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Dec. 8

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
 2:00 p.m. ~ Drama Therapy Group, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ Eastside Dinner, BR

Thursday • Dec. 9

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, EC

Friday • Dec. 10

ALL DAY ~ PRAIRIE STAR RESTAURANT CLOSED
 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**
 5:00 p.m. Christmas Carousel, Multiple Rooms

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 *Dec. 6 to Dec. 9*

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

Monday, Dec. 6

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

Tuesday, Dec. 7

2 p.m.	Memory Activities Class
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Wednesday, Dec. 8

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

Thursday, Dec. 9

1 p.m.	Parkinson's Exercise Class
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TV GUIDE

CHANNEL 1960 Entertainment Guide

Sunday, Dec. 5

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.	Guided Meditation with Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga

Monday, Dec. 6

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 11/24.

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

Tuesday, Dec. 7

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. 8

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. 9

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. 10

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. 11

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: Dec. 5

FAMILY STONE (2005) PG-13, 1 hr. 46 min. *Emotional, Romantic*

Cast: Rachel McAdams, Dermot Mulroney, & Sarah Jessica Parker

Although their relationship works in the city, things begin to fall apart for buttoned-up Manhattanites Everett and Meredith when they visit the suburbs for the holidays to stay with Everett's family.

MUSICAL MONDAY: Dec. 6

CHRISTMAS ON THE SQUARE (2020) TV-PG, 1 hr. 38 min. *Campy, Heartfelt, Inspiring*

Cast: Dolly Parton, Christine Baranski, & Treat Williams

Seasonal cheer comes to a screeching halt when a cold-hearted woman tries to sell her hometown's land. Can music, magic, and memories change her mind?

TRUE TUESDAY: Dec. 7

BING CROSBY'S WHITE CHRISTMAS USO ALL STAR SHOW (2009) NR, 1 hr. 30 min.

This star-studded holiday special star's Hollywood's best and brightest—such as Bob Hope, Jimmy Stewart, and Milton Berle—cut it up for laughs, and other vocalists contribute spirited songs, including Bing Crosby singing "White Christmas" and Louis Armstrong performing "When the Saints Go Marching In."

WINTER WEDNESDAY: Dec. 8

FARGO (1996) R for strong violence, language, and sexuality, 1 hr. 38 min. *Witty, Quirky, Dark*

Cast: Frances McDormand, William H. Macy, & Steve Buscemi

Police chief Marge Gunderson—a serious sleuth who's sharper than her folksy accent suggests—is hot on the trail of a Minneapolis car dealer conspiring with two kidnapers to snatch his wife so he can pocket part of the hefty ransom.

TINSEL THURSDAY: Dec. 9

A CHRISTMAS CAROL (2009) PG, 1 hr. 36 min. *Children & Family, Adventure*

Cast: Jim Carrey, Steve Valentine, & Daryl Sabara

An animated retelling of Charles Dickens' classic novel about a Victorian-era miser taken on a journey of self-redemption, courtesy of several mysterious Christmas apparitions.

FEATURE FRIDAY: Dec. 10

OPERATION CHRISTMAS DROP (2020) TV-G, 1 hr. 36 min. *Charming, Inspiring*

Cast: Kat Graham, Alexander Ludwig, & Virginia Madsen

A by-the-book political aide falls for a big-hearted Air Force pilot while looking to shut down his tropical base and its airborne Christmas tradition.

SWEET SATURDAY: Dec. 11

48 CHRISTMAS WISHES (2017) TV-PG, 1 hr. 24 min. *Heartfelt, Feel-Good*

Cast: Khiyla Aynne, Noah Dyer, & Maya Franzoi

When a small town's letters to Santa accidentally go up in smoke, two elves venture out of the North Pole to retrieve every missing wish.

RESTAURANT **SPECIALS**

<p>Sunday, December 5th</p>	<p>\$14 Pot Roast Mashed Potatoes & Gravy Roasted Root Vegetables, cabbage, carrots, celery, onions, & sweet potatoes</p>	<p>\$14 Pot Roast Mashed Potatoes & Gravy Roasted Root Vegetables, cab- bage, carrots, celery, onions, & sweet potatoes</p>
<p>Monday, December 6th</p>	<p>\$10 Fried Pork Cutlet Sandwich Pub Chips Coleslaw</p>	<p>\$13 Cajun Braised Chicken Thighs Red Beans & Rice Corn Pudding</p>
<p>Tuesday, December 7th</p>	<p>\$9 Chicken Divan Waldorf Salad</p>	<p>\$14 Steak Fajitas Cilantro Lime Rice Mexican Street Corn</p>
<p>Wednesday, December 8th</p>	<p>\$11 Fish & Chips Coleslaw</p>	<p>\$13 Chicken Cordon Bleu Wild Rice Sauteed asparagus, tomatoes, red onions</p>
<p>Thursday, December 9th</p>	<p>\$11 Ham and Scalloped Potato Quiche Green Beans Almondine Apple Cheddar Muffin</p>	<p>\$12 Salisbury Steak Mashed Potatoes & Gravy Green Beans</p>
<p>Friday, December 10th</p>	<p>Restaurant Closed to prepare for Christmas Carousel</p>	<p>Restaurant Closed for Christmas Carousel</p>
<p>Saturday, December 11th</p>	<p>\$11 Philly Cheesesteak Tater Tots Fresh Fruit</p>	<p>\$15 Grilled Salmon with Dill Sauce Roasted Red Potatoes Broccoli</p>



PRAIRIESTAR
Dine • Drink • Gather

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