

## Thanks, Thanks, and More Thanks!

**By Jayme Minton and Becky Fitzgerald**

For as long as these writers can remember, Meadowlark's residents, families, and community members have always taken great care of our hardworking employees. From notes of appreciation, to hugs in the hall, and even a piece of candy or two along the way.

We distinctly remember one Independent Living resident about 10 years ago who would carry around apples and oranges in her purse for any employee with whom she would cross paths, and there are others who have never missed an employee birthday.

This year we saw the generosity, though always unexpected, grow as never before. It was almost like Christmas morning when supervisors delivered gift checks to their employees from the generous donations. Our only regret is that residents and other donors do not get to see the look of surprise and appreciation on every employee's face.

For those who have not heard a thank you directly from every person, let this serve as a collective expression of the employees' tremendous gratitude. Staff members have used the gifts to purchase extra gifts to place under

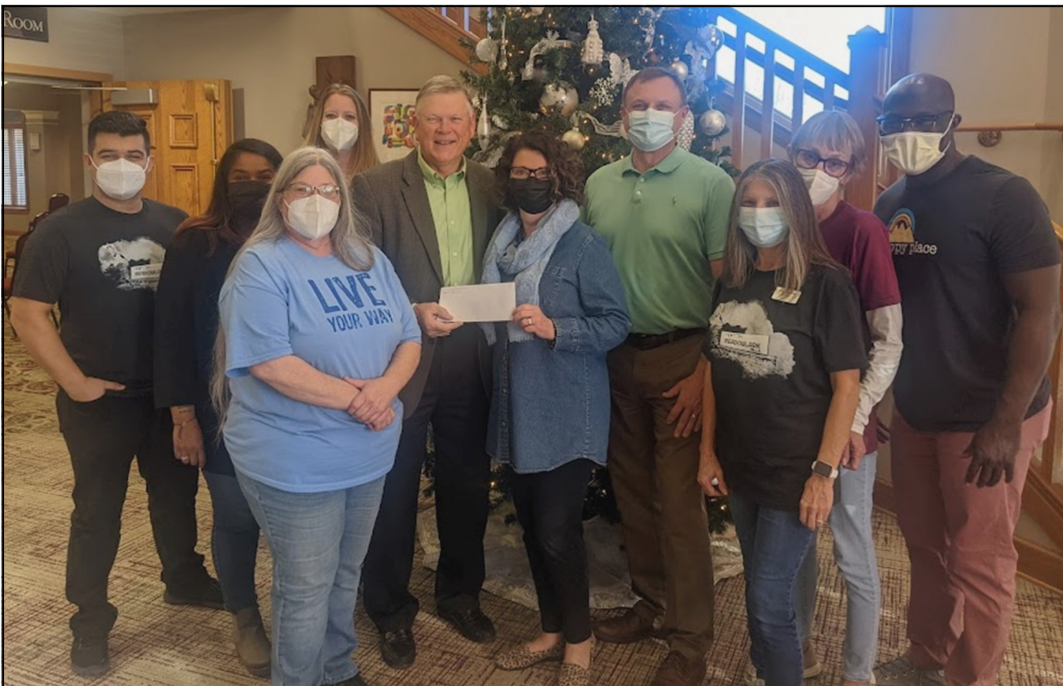
their Christmas trees, winter boots and coats for their families, much needed car repairs, daycare, vet bills, and groceries.

On Dec. 3, the employees received yet another tremendous surprise when Vern Henricks, CEO and president of Greater Manhattan Community Foundation, presented a check for \$20,000 – Wow! – to Development Director Becky Fitzgerald and several other employees. This grant was a portion of money raised from a community-led campaign called Senior Care Hero Appreciation and is to be used to purchase tokens of gratitude for Meadowlark's team

members. When the campaign was launched earlier this year, Henricks had this to say:

“Senior care workers throughout the Manhattan area have been working tirelessly to ensure that our nursing care facilities are as safe as can possibly be. Their perseverance and hard work has not gone unnoticed. Thanks to a generous challenge by Mary Vanier and Ward & Brenda Morgan, GMCF was able to start the Senior Care Hero Appreciation Fund. Gifts made to this fund will be

**See THANKS, page 6**



Meadowlark receives a grant from a Greater Community Foundation fund.

**[From left to right] Daniel Rubio, Home Health Aide; Elizabeth Thomas, Household Coordinator; Arlene Lundberg, Home Health Office Assistant and Home Health Aide; Angela Gerena, Home Health Office Manager and general jack of all trades; Vern Henricks, President/CEO GMCF; Becky Fitzgerald, Development Director; Lonnie Baker, CEO; Cath Bristol, Lyle House RN; Sherry Smith, Household Coordinator; Monte Spiller, Resident Services Leader**

# EVENTS & OPPORTUNITIES

## McCain Auditorium Performance Series

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

## 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.

## Gab & Games – Cancelled for Dec. 10

Because of 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.

## Holiday Book Party—*Posts of a Mid-Century Kid*

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

Join author Ann Anderson of Lawrence, Kan, 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.

## 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 **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](mailto:lmontgomery@meadowlark.org) or [blarkin@meadowlark.org](mailto:blarkin@meadowlark.org).

# EVENTS & OPPORTUNITIES

## **BINGO at the North Pole!**

*Monday, Dec. 13, at 7 p.m.*

Come and enjoy BINGO with some of Santa's friends at the North Pole! There will be exciting decorations and prizes to fit the theme, so be sure to attend on Dec. 13. Meadowlark resident Steve Hall will be donating some of his holiday creations to gift to a few special residents who win them at BINGO. 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 advance sign-ups are necessary.

## **Family Caregiver Alliance Webinar: The Gift of Self-Compassion This Holiday Season**

*Wednesday, Dec. 15, at 1 p.m.*

In the holiday season, we talk a lot about kindness to others, to strangers, and to our families. But it is important to remember kindness and compassion to ourselves, especially as caregivers, and especially during holidays when things can feel even more pressured.

In this interactive session on Wednesday, Dec. 15, from 1-2 p.m., in the Patriot Room, we will share practical ways to build compassion towards ourselves and those around us, including mindfulness as a useful technique for deepening compassion. *Presented by Roy Remer, Zen Caregiving Project Executive Director.*

If you have any questions, contact Bridget Larkin at [blarkin@meadowlark.org](mailto:blarkin@meadowlark.org) or (785) 323-3837. No RSVP required.

## **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 to 4 p.m., at Prairie Star Event Center. Jim and the Ambassadors are looking forward to singing Christmas carols with you and serving delicious hot chocolate and cookies! All are welcome to attend.

## **Artist Profile: 'Twas The Night Before Christmas**

*Wednesday, Dec. 15, at 4 p.m.*

Join Kim Richards from the Beach Museum of Art for 'Twas the Night Before Christmas: A Collection of Illustrations at 4 p.m. on Wednesday, Dec. 15, in the Bison Room. This familiar Clement C. Moore poem was first published in 1823. Over the years, it has had a name change and a challenge to Moore's authorship. We will explore the story of this charming poem and view various illustrations from multiple styles and decades.

## **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.

## **Hooray Thursday**

*Thursday, Dec. 16, at 5:30 p.m.*

Prairie Star is excited to host Hype Manhattan's "Hooray Thursday" event on Thursday, Dec. 16! All residents are invited to join us at the Prairie Star bar beginning at 5:30 p.m. for a casual happy hour to mingle with young professionals and enjoy some of Prairie Star's new Signature Sling drinks. No sign-up is required.

## **Prairie Star Menu Suggestion Meetings**

*Friday, Dec 17, 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. 17. This reoccurring meeting will be held on the first and third Friday of every month.

## **Tom's Gab & Games**

*Friday, Dec. 17, 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.

Continued on page 4

## 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".

## Target/Dollar Tree West Shopping Trip

Saturday, Dec. 18, at 10:30 a.m.

The next scheduled trip is Saturday, Dec. 18, with transportation going to Target and Dollar Tree West. 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 Hobby Lobby and Dollar Tree East on Saturday, Jan. 15. Please sign up in the Blue Book to participate in these opportunities.

## 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."

## Participants Needed for Nutrition Research Study

A K-State Master of Public Health student is recruiting participants for a 3-part study examining healthy eating behaviors among adults over the age of 65. Participants must be aged 65 or older, community-dwelling (meaning they must live independently and not in a nursing home, assisted living facility, memory care facility, etc.), and speak English. There is a chance to win a \$25 grocery store gift card! If you are interested in participating, please contact Anna Biggins at [abiggins15@ksu.edu](mailto:abiggins15@ksu.edu) for more information.

## Wow, That Is A Lot of Steps!

By Jeff Heidbreder, Fitness Services Leader

We recently completed a cumulative step-count on the 10 NuStep recumbent stair steppers here on the Meadowlark campus and wanted to share what we found. This is the number of steps that people have completed since the machines were brought onto the Meadowlark campus. The total number is nearing 156 million steps! According to NuStep, it takes 1,824 steps to equal a mile, which means that our residents have stepped more than 85,500 miles. If you are unfamiliar with the NuStep machines, stop by the Caul Fitness Center and we will be happy to help you give one a try. Keep up the hard work!

## LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for December 2021: Rita Harsch! Rita is the Financial Counselor at Meadowlark.

Her nomination read, "Rita has really gone above and beyond her job duties to ensure that residents get qualified for Medicaid. One case, specifically, she coordinated with the resident's community landlord to get the resident's apartment cleared out, orchestrated the delivery and pick up of a dumpster, sat in on countless calls with the resident to help her purchase a funeral plan and transfer/sell stocks, as well as delivers the resident her personal newspaper on Mondays. Rita visits that resident every day (that

she is on campus) to ensure that she has everything she wants and needs. Recently Rita came in on her day off to help this resident buy a cell phone so she could talk to her sister.

This is just one of many difficult Medicaid application cases that she has navigated through recently. Rita is a great advocate for our residents and for our company."

Meadowlark is delighted to have her as part of the team!

Thank you, Rita!



## Carousel Reminder

Christmas Carousel is this Friday, Dec. 10. As a precaution to the upcoming holidays, we are requiring all attending to be vaccinated. Sign up is required for those participating in the carousel portion of the night. All who have signed up will have received a reminder card or call earlier in the week.

All vaccinated Passport members and residents are welcome to attend the live band and food starting at 7 p.m. in the Prairie Star Event Center. This is a free event to attend, though alcoholic drinks are available for purchase at the Prairie Star Pub.

To prepare for the Carousel, Prairie Star Restaurant will be closed for lunch and dinner on Dec. 10, and Verna Belle's Café will be closing at 1 p.m. that day as well.

## Restaurant Menu Meeting Review

*By Jayme Minton, Support Services Director*

Thank you once again to the residents who attended the Prairie Star Menu Suggestions meeting on Dec. 3. The discussion primarily revolved around adding traditional comfort food items to the main restaurant menu and the group encouraged the specials to be the opportunity to offer a broader range and be more experimental with food. Suggested menu items included a grilled chicken breast entrée, spaghetti and meat sauce, hot open-faced sandwich, Salisbury steak, chicken-fried steak, salmon patty, and trout almondine.

While the Prairie Star team works through a plan for adding these to the main menu, they are incorporating these items into specials in the coming weeks. A grilled chicken breast special will be available upon request, though not officially stated on the menu. Starting Dec. 12, Prairie Star will begin a one-week trial of whole wheat noodles being used for the Lemon Linguine. Residents are encouraged to try this dish and bring feedback to the next meeting. Onion rings were requested to be put back on the menu, but because of pricing and availability, they will remain only as occasional specials. Slight service issues were expressed, and residents asked the servers to focus on clearing dishes and bringing the check quicker.

The next Prairie Star Menu Suggestions meeting is Dec. 17 at 9 a.m. in the Prairie Star Event Center or Bison Room. Lonnie Baker and Brook Marcotte will host the meeting.

## 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.

## On Mingling

*By Helen Roser*

*Mingle:* To join or take part with others. (Webster)

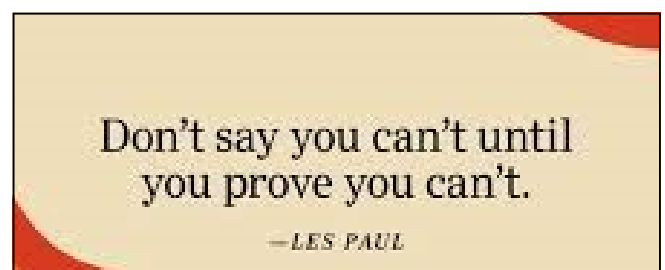
My favorite line from a movie was uttered by the gorgeous pile of curves, Jean Harlow. Her character's curves were crammed into the skin-tight dress. She was with "high-tone" folks, on their way into an elaborate dinner.

She decided it was time to mingle and said: "I was reading a book the other day. It was all about civilization or something!"

I nearly die laughing every time I replay that memory. After all, how can you better impress high-tone folks than talk about civilization or something?

Jean Harlow was from Kansas City. Her mother was with her in Hollywood. Jean died when only 26 because her mother's religious convictions refused "scientific medicine."

What a gift for a comedic delivery, beautiful Jean had!



# Christmas Menu

SATURDAY, DEC. 25

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



## THANKS, from page 1

granted out to local assisted living facilities, such as Ascension Living Via Christi Village, Meadowlark, and Stoneybrook Assisted Living to an estimated 540 employees,” Henricks said.

“The funds will then be used to purchase items in support of the well-being of all senior-care workers. These items may include food, snacks, gifts cards, etc., to show each of these employees just how much their continued work means to us.”

The idea for the fund came from a five-member group of local Manhattan business women and men, two of which previously worked at Meadowlark. Ashley Urban, who previously was one of Meadowlark’s Household Coordinators, contacted Annie Peace, Health Services Director, asking her what tokens of appreciation would be meaningful to skilled-care employees.

Urban, a co-founder, principal, and independent agent with The Alms Group Insurance, said there has been much discussion about and praise for the work of doctors, nurses, and teachers during the pandemic, but she believes the compassionate efforts of persons providing skilled nursing care have been largely overlooked.

“People haven’t understood what the staff has gone through during this last year,” Urban said, referring to long hours spent in personal protective equipment and maintaining residents’ physical and mental health, despite the stress and isolation of virus protocols. “Their work is hard on an easy day. Our hope is that the community will recognize their work and support this project.”

Meadowlark plans to use this gift to provide weekly “thank you” snack baskets to our teams and to award morale-boosting monthly prizes that are given randomly to employees in good standing. In addition to contributions from several Manhattan community members and a local business, gifts also were received from a few Meadowlark residents.

Again, we offer heartfelt thank you’s.

# Work That Brain!

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

## Disney Characters

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

NEMO  
 GOOFY  
 CHIP  
 DAISY DUCK  
 BOLT  
 MICKEY MOUSE  
 PLUTO  
 BALOO  
 THUMPER  
 DONALD DUCK  
 MINNIE MOUSE  
 CHESHIRE CAT  
 SCROOGE MCDUCK  
 WALL-E  
 WOODY  
 DALE  
 DUMBO  
 BAMBI  
 MOWGLI  
 ARIEL  
 GENIE  
 ABU

# Art Engagement *from the* Beach Museum of Art

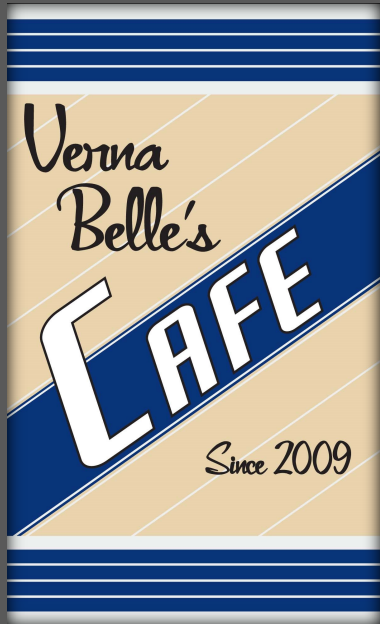
**Emphasis with Color ...** Emphasis is a principle of design that a visual artist can use to highlight a person or an object in an artwork. When using color to create emphasis, the artist may choose to guide the viewer's eye to the object by shifting from soft colors in the image to an intense color on the object. Perhaps the artist uses a dark color to give an object visual weight, resulting in high contrast. Sometimes the choice of an unexpected color for the object can create emphasis. For example, painting a tree purple.

As you look at this painting what do you see as the object of emphasis? How did the artist use color to achieve that effect?



Thomas Paquette (United States, born 1958), *Illinois Barn*, 1987, Oil on paper, KSU, Marianna Kistler Beach Museum of Art, Friends of Art, 1988.2





## Breakfast & Lunch Specials

Mon. to Thur., 7 a.m. to 2 p.m. / **Fri., 7 a.m. to 1 p.m.** /  
Sat. & Sun., 7 to 11 a.m.

**Monday, Dec. 13**

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

**Lunch: Goulash**, \$4.50 / \$6.50 *ground beef and macaroni in a tomato stew, served with your choice of side*

**Tuesday, Dec. 14**

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

**Lunch: Patty Melt**, \$4.50 / \$6.50 *grilled hamburger patty, sauteed onions, Swiss cheese & Thousand Island dressing on buttered toasted rye bread, served with your choice of side*

**Wednesday, Dec. 15**

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

**Lunch: Chili Hot Dogs**, \$6.50 *grilled hot dog topped with chili & shredded cheddar cheese, served with your choice of side*

**Thursday, Dec. 16**

**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 of side*

**Friday, Dec. 17**

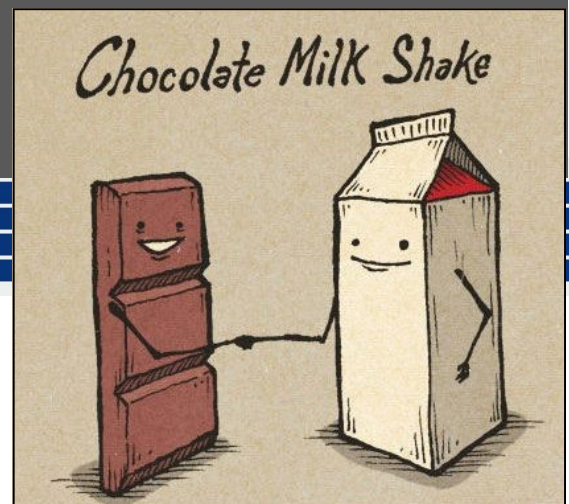
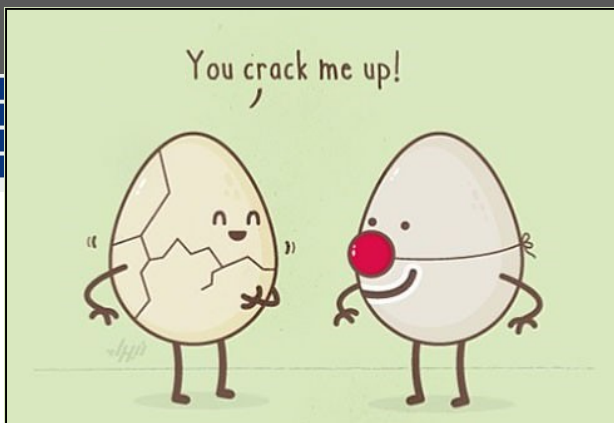
**Breakfast: Apple Pie-Stuffed French Toast Casserole with Fruit**, \$4.50 / \$6.50

**Lunch: BBQ Pork Sandwiches**, \$6.50 *shredded pork and BBQ sauce on a buttered, toasted bun, served with your choice of side.*

**Saturday, Dec. 18, and Sunday, Dec. 19**

**Breakfast: Ala Carte Menu Options**

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



# Weekly Opportunities Calendar Dec. 12 to Dec. 18

## Sunday • Dec. 12

10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE  
 2:00 p.m. ~ Holiday Book Party, EC  
 3:00 p.m. ~ Little Apple Barbershop Chorus, KSU  
 Student Union's Forum Hall

## Monday • Dec. 13

9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 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  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 7:00 p.m. ~ Bingo Night, CR

## Tuesday • Dec. 14 *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. ~ 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 • Dec. 15

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  
 1:00 p.m. ~ Family Caregiver Alliance Webinar, PR  
 3:00 p.m. ~ Carols & Cocoa, EC  
 3:00 p.m. ~ Sing-A-Long, EC  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 4:00 p.m. ~ Artist Discussion, BR

## Thursday • Dec. 16

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  
 3:00 p.m. ~ Baking with Stacey, Verna Belle's Café

## Thursday • Dec. 16

5:30 p.m. ~ Hooray Thursday, PS  
 5:30 p.m. ~ Circle Dinner, BR

## Friday • Dec. 17

9:00 a.m. ~ Prairie Star Menu Forum, PS  
 9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:00 p.m. ~ Rock Steady Boxing, BF  
 2:00 p.m. ~ Tom's Gab & Games, FHR  
 7:00 p.m. ~ Meadowlark Hills Singers, CR

## Saturday • Dec. 18

10:30 a.m. ~ Target & Dollar Tree West Shopping  
 Trip, VE

### 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. 13 to Dec. 16

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

### Monday, Dec. 13

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

### Tuesday, Dec. 14

2 p.m.	Memory Activities Class
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### Wednesday, Dec. 15

10 a.m.	Memory Care Partner Support Group
1 p.m.	Memory Cafe

### Thursday, Dec. 16

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

## Sunday, Dec. 12

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.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

## Monday, Dec. 13

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 12/2.

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

## Tuesday, Dec. 14

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. 15

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, Dec. 16

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

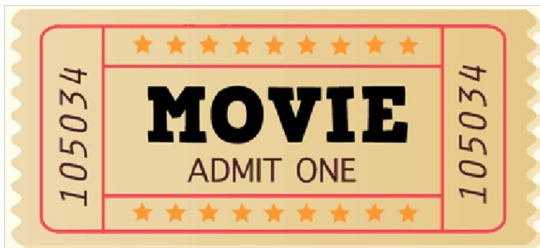
## Friday, Dec. 17

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. 18

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. 12

*THE CHRISTMAS CHRONICLES* (2018) TV-PG, 1 hr. 45 min. *Heartfelt, Feel-Good, Exciting*

Cast: Kurt Russell, Darby Camp, & Judah Lewis

After accidentally crashing Santa's sleigh, a brother and sister pull an all-nighter to save Christmas with a savvy, straight-talking St. Nick.

### MUSICAL MONDAY: Dec. 13

*HOW THE GRINCH STOLE CHRISTMAS* (1966) NR, 26 min. *Children & Family*

Cast: Boris Karloff, Thurl Ravenscroft, & June Foray

Embittered, green-haired hermit the Grinch lives in the mountains above the village of Whoville. The Whos love Christmas, and the Grinch hates the Whos, so he conspires to keep Christmas from coming.

### TRUE TUESDAY: Dec. 14

*CHRISTMAS UNWRAPPED: THE HISTORY OF CHRISTMAS* (2005) NR, 1 hr. *Sentimental*

This enlightening program looks at the origins of the Western world's most popular Christmas traditions — from the significance of December 25th and its relationship to winter solstice to the enchanting legend of Santa Claus and Prince Albert's 1841 unveiling of the Christmas tree.

### WINTER WEDNESDAY: Dec. 15

*THE LION, THE WITCH, AND THE WARDROBE* (2005) PG, 2 hr. 27 min. *Fantasy, Adventure*

Cast: Georgie Henley, Skandar Keynes, & William Moseley

Four siblings enter a magical wardrobe only to discover the world of Narnia on the other side. There, the children discover a charming, once peaceful land that has been turned into a world of eternal winter by the evil White Witch. Aided by the wise Aslan, the children lead Narnia into a climactic battle to rid the land of the Witch's glacial powers forever.

### TINSEL THURSDAY: Dec. 16

*MIRACLE ON 34TH STREET* (1947) NR, 1 hr. 36 min. *Feel-Good, Emotional*

Cast: Maureen O'Hara, Natalie Wood, & Gene Lockhart

When Santa falls down drunk in the Thanksgiving Day Parade, reluctant Macy's supervisor Doris Walker offers the job to a bearded Kris Kringle purporting to be the real Santa! During the Christmas season, he shares a flat with Doris's neighbor, who has eyes for Doris. Kris hopes to unite the two while winning over Doris's skeptical 6-year-old daughter.

### FEATURE FRIDAY: Dec. 17

*A BOY CALLED CHRISTMAS* (2021) PG, 1 hr. 46 min. *Heartfelt, Exciting*

Cast: Henry Lawfull, Toby Jones, & Sally Hawkins

Determined young Nikolas meets his destiny in a magical land inhabited by elves on a quest to find his father — and bring home the gift of hope.

### SWEET SATURDAY: Dec. 18

*JINGLE JANGLE* (2020) PG, 1 hr. 59 min. *Heartfelt, Feel-Good*

Cast: Forest Whitaker, Keegan-Michael Key, & Hugh Bonneville

Decades after his trusted apprentice betrayed him, a once-joyful toymaker finds new hope when his kind and curious granddaughter comes into his life.

# RESTAURANT **SPECIALS**

<p><b>Sunday,</b> <b>December 12th</b></p>	<p><b>\$14</b> Baked Ham with Cherry Balsamic Sauce Au Gratin Potatoes Green Beans</p>	<p><b>\$14</b> Baked Ham with Cherry Balsamic Sauce Au Gratin Potatoes Green Beans</p>
<p><b>Monday,</b> <b>December 13th</b></p>	<p><b>\$11</b> Cowboy Burger (Bacon, Cheddar, Onion Ring, BBQ Sauce) French Fries</p>	<p><b>\$11</b> Spaghetti and Meat Sauce Garlic Knots Broccoli</p>
<p><b>Tuesday,</b> <b>December 14th</b></p>	<p><b>\$9</b> Chicken Bacon Ranch Salad (cherry tomatoes, crispy onions, cheddar cheese, eggs, red onion &amp; mixed greens)</p>	<p><b>\$12</b> Roasted Rosemary Lemon Chicken Thighs Roasted Red Potatoes Carrots</p>
<p><b>Wednesday,</b> <b>December 15th</b></p>	<p><b>\$10</b> Roast Beef &amp; Cheddar Panini with Caramelized Onions Pub Chips</p>	<p><b>\$12</b> Gumbo with Chicken, Shrimp &amp; Andouille Sausage Cornbread Muffin with honey butter</p>
<p><b>Thursday,</b> <b>December 16th</b></p>	<p><b>\$9</b> Soft Tacos Mexican Rice Beans</p>	<p><b>\$14</b> Pecan Crusted Trout Rice Pilaf Honey glazed Carrots</p>
<p><b>Friday,</b> <b>December 17th</b></p>	<p><b>\$9</b> Breakfast Bar</p>	<p><b>\$13</b> Smothered Pork Chop Mashed Potatoes &amp; Gravy Brussel Sprouts</p>
<p><b>Saturday,</b> <b>December 18th</b></p>	<p><b>\$10</b> Chili Dog Onion Rings Coleslaw</p>	<p><b>\$11</b> White Lasagna Garlic Bread Green Beans</p>



**PRAIRIESTAR**  
Dine • Drink • Gather