

Dec. 16, 2021 Manhattan, Kansas Messenger Editor: Kesiah Winter

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

Betting on Fun!

Hundreds enjoy Las Vegas-themed Christmas Carousel

By Becky Fitzgerald

Event planners for Meadowlark's annual Christmas Carousel rolled the proverbial dice on a Las Vegasthemed holiday party, and if a thank you message from two residents is any indication, all attendees were winners! Skip and Joan Jones sent these words of gratitude, calling the event "out of this world."

"Thank you to the staff for all your work above and beyond your usual work day: your planning, preparation, decorating, costuming. And thank you to the staff who usually work in the healthcare houses for taking your time to entertain independent living residents. Now we know what special care our other residents receive! To the bartenders, servers, guides, entertainers, decorators, cooks, supporters, spouses, and childcare-givers who stayed at home to allow others to be with us ...THANK YOU!"

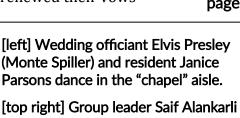
Last Friday's event was attended by about 205 guests, including residents, Passport members, and others, who were treated to five Vegas-like experiences. Santa and Mrs. Claus, portrayed by

in the Community Room. Jana Armfield, Jessica Mies, and Brittany Hernandez performed as Siegfried & Roy and their Siberian tiger, Foxy, in the Flint Hills Room. Attendees were treated to the Banks & King Magic Comedy Show at Grosh Cinema, with Robyn Banks (Sara Hillard) and Joe King (Jeff Heidbreder) providing the laughs and slight-of-hand tricks. Wayne Newton (Doug Fiser) crooned to audiences at Verna Belle's Café; he was joined by show girls Chelsea Heidrick, Kristen Martin, Taylor Wheelock, and Kashaya Zukowske, whose costumes included beaded and feathered headdresses.

A Carousel first was the men and women separating to attend a Bachelor Party in the Patriot Room or a

Bachelorette Party in the KSU Classroom. Lonnie Baker. Nick Haverkamp,

See BETTING, page 4



(center) poses with entertainers Jana Armfield (left), Jessica Mies (right), and Brittany Hernandez, wearing a tiger

[bottom right] Independent Living residents Orlan Buller. Karen Matthews. Sue Bayer, and Max Bayer await slices of wedding cake after watching Santa and Mrs. Claus renew their vows.





EVENTS & OPPORTUNITIES

Group Exercise Schedule Changes

There will be no group exercise classes or Rock Steady Boxing on Dec. 24 or 31. Check the Weekly Opportunities Calendar on page 8 for schedules.

God Talk and Sing-A-Long Changes

A few updates for Contemporary God Talk and Sing-A-Long activities: Contemporary God Talk will be changed to "God Talk", and will not meet again until Monday, Jan. 3, 2022. Sing-A-Long will also not meet until that same week on Wednesday, Jan. 5, 2022. Check the Weekly Opportunities Calendar on page 8 for schedules.

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.

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 Page 2 conducting friendly games of Yahtzee from 2 to 3 p.m. on Fridays in the Flint Hills Room.

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.

ARTFul Making: Tuneful Abstractions Wednesday, Dec. 22, at 2:30 p.m.

Have you ever wondered what a piece of music would look like if you replaced the notes with color? We will turn some favorite holiday songs into colorful abstract inspirations! All materials will be supplied. Join Kim Richards from the Beach Museum of Art for some melodious fun!

The Church Ladies: Rockin' New Year's Eve *Friday, Dec. 31, at 7 p.m.*

Meadowlark is excited for the return of 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 for more information.

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. The call for Art Committee members has received a nice response, and there's room for a few more interested attendees. Residents and Passport members are welcome to join by registering in the Blue Book.

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

What is a Christmas tree's favorite candy?

Orna-mints!

Christmas Menu

SATURDAY, DEC. 25

11 A.M.—2 P.M.

PRAIRIE STAR RESTAURANT

FONDUE SOUP WITH SLICED APPLES & CROUTONS

WINTER GREEN SALAD WITH GREEN GODDESS DRESSING

CRANBERRY PECAN CHICKEN WELLINGTON-\$17

ORANGE HONEY-GLAZED SALMON-\$19

PRIME RIB-\$21

Choice of Entree

SCALLOPED POTATOES
ONION BREAD PUDDING
LEMON ASPARAGUS

CRANBERRY CHEESECAKE
OOEY GOOEY CHOCOLATE CAKE WITH
PEPPERMINT STICK ICE CREAM

RESERVE YOUR SPOT AT THE PRAIRIE STAR HOST STAND



Thanks, Again! By Nathan Bolls

Someone once remarked that "we're all in this together." These words surely were first uttered—in the face of some crisis—to inject a bit of reality into the sluggishness motivation of a family member, friend, employee or campaign member—or a group of whomever.

Every Meadowlark Hills resident knew crisis very well long before the Covid pandemic, but Covid has affected us in more ways than we ever could have imagined 2-3 years ago. And surely our mental and emotional states would be far more out of phase but for the efforts of our dedicated administration and staff.

Well over a year ago in the Messenger, I expressed confidence that we residents would do our part to follow the rules set down by our administration. Rules that had been well-considered and set in motion to bring the highest level of safety from infection while maintaining the lowest possible level of general chaos. We residents have, in large part, held up our part of the bargain.

I also wrote that we residents were confident that our administration and staff would stay their wearisome course. That, they have done in an exemplary fashion—and continue to do so. Even with administrative and staff personnel sometimes filling their work days with activities far removed from their original job description. Even while, for a variety of reasons, staff size has been dozens-of-hands short of the normal-sized workforce. Even when Covid-stimulated disruptions in food supplies and distribution capabilities made menu-planning difficult.

I've heard enough comments to realize that the residents are aware, in a general sense, of the stiff challenges the staff and administration have faced—and handled. What a gift to see—in a crisis—one group of people rise to the level of meeting the expanded needs of another!

On behalf of the MLH residents, I offer yet another deeply felt thank you to our staff and administration for their planning and efforts to keep us safe—and for thinking ahead so that all of us are able to look forward with excitement to a variety of events in the Community Center. *Namaste.*

BETTING, from page 1

Chris Nelson, and Justin Williams played cards with the fellas, as the ladies donned sassy sashes and joined Becky Fitzgerald and Annie Peace for a drinking game they created for the event called "Take a Sip."

Restaurant staff worked throughout the week to plan for and prepare an appetizer or dessert and beverages for each room, as well as a Vegas-style buffet, which was set up in Prairie Star Restaurant and Event Center. Live music provided by Margo Martinez and Essence and tempting food stations enticed partygoers to Prairie Star for a Carousel post-party, where all participants could meet and greet one another. The food stations included breakfast items; cold snacks, such as fruits, veggies, cheese, and Jell-O salad; desserts; Italian dishes; Mama's Favorites, such as carved beef tenderloin; and seafood, featuring a large display of fresh shrimp.

According to Brook Marcotte, Dining Services Leader, about 250 labor hours were split between a 19-member team of managers, cooks, and servers. One such product of that creativity and labor was the wedding cake in the Community Room. It certainly looked and smelled edible, but Executive Chef Stacey Hayter cleverly disguised round pieces of Styrofoam with fondant, frosting flowers, and edible playing cards.

The Carousel team also included another nearly 30 employees who guided or entertained party-goers. Meadowlark appreciates our Carousel guests and staff members who continue to support this treasured holiday tradition!



Scrumptious desserts, including Sugar Cookie Christmas Fudge, mini cheesecakes with chocolatedipped cherries. **Eggnog Pana Cotta** with Spiked Cranberry Sauce. **Red Hot Candies** Apple Pie, and Pink Flamingo Cupcakes are attractively arranged at the buffet's dessert station.

Work That Brain!

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DOWN

- 1. Hindu Mr.
- 2. Biblical garden
- 3. Hairless
- 4. Leer at
- 5. Noblewoman
- 6. Criminal
- 7. 64 in Roman numerals
- 8. Overhang
- 9. Green gems
- 10. Secondary
- 11. Thermionic tube
- 12. Go in
- 13. Appear

- 21. C
- 25. 56 in Roman numerals
- 26. Huh?
- 27. Anger
- 28. Astringent
- 29. New wife of your
- father
- 30. Nymph
- 31. Askew
- 33. Lion sound
- 34. Anagram of "Sire"
- 35. Epic
- 36. Unwanted email
- 38. Presents for acceptance

- 41. Buffoon
- 42. A hired car with
- driver
- 44. Wager
- 45. A river through Paris
- 46. Hindu social division
- 47. Rabbits
- 48. Exchange
- 50. Dogfish
- 51. Pesky insects
- 52. Unwakable state
- 53. Chilled
- 54. A short musical
- composition
- 55. Spouse

ACROSS

- 1. Jazz style
- 6. Run away
- 10. Midmonth date
- 14. Saying
- 15. Test
- 16. 1 less than 10
- 17. Young woman
- 18. Not pre-recorded
- 19. Pigeon's home
- 20. Clandestine
- 22. As just mentioned
- 23. Poetic dusk
- 24. Birch relative
- 26. Hogfish
- 30. Bisect
- 32. Stops
- 33. Raucousness
- 37. Chills and fever
- 38. Decants
- 39. Snare
- 40. Not permanent
- 42. Subarctic coniferous forests
- 43. New Zealand native
- 44. Type of ointment
- 45. Speak derisively
- 47. Spell
- 48. Chair
- 49. Zealotry
- 56. Desire
- 57. Arab chieftain
- 58. Hot chocolate
- 59. Kitty (poker)
- 60. Liturgy
- 61. Catkin
- 62. Equal
- 63. Back talk
- 64. Symbol of authority

Art Engagement from the Beach Museum of Art

Compare and Contrast... Below are two artworks created by Kansas artists. One, Sue Jean Covacevich, was the student of the other, Birger Sandzen, and we have work from both artists in the Beach Museum permanent collection. Spend some time looking and comparing the two compositions. What do you notice is the same or different? Consider things like balance, repetition, movement, proportion, line, shape, texture, and space. Advanced challenge – do you observe any style similarities from teacher to student?

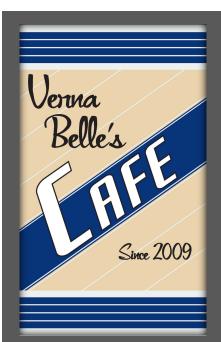


Sue Jean Covacevich, *Christmas Cactus*, ca., 1975, Linoleum cut on paper, KSU, Marianna, Kistler Beach Museum of Art, gift of Teresa Covacevich Grana, 2015.79



Birger Sandzen, *Untitled* (*Poinsettias*), 1918, Oil on canvas, Private Collection

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Breakfast & Lunch Specials

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

Monday, Dec. 20

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

Lunch: Jambalaya, \$4.50 / \$6.50 sausage, red bean, rice, peppers, & onions in a Cajun seasoned stew, served with a corn bread muffin

Tuesday, Dec. 21

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

Lunch: Beef & Bean Burrito, \$4.50 /\$6.50 seasoned ground beef, black beans, & shredded cheese wrapped in a flour tortilla, served with Spanish rice

Wednesday, Dec. 22

Breakjast: Breakjast Burritos with Fruit, \$4.50 / \$6.50

Lunch: Creamy Cheese Tortellini, \$4.50 / \$6.50 cheese tortellini in a creamy sauce with mushrooms, onions, tomatoes, & spinach, served with your choice of side

Thursday, Dec. 23

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

Lunch: Chicken Teriyaki Rice Bowl, \$6.50 shredded chicken, stir-fry vegetables, & teriyaki sauce on a bed on wild rice, served with your choice of side

Friday, Dec. 24

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

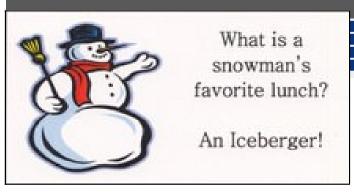
Lunch: Fried Bologna Sliders, \$4.50 / 6.50 bologna, provolone cheese, pickles, & a roasted garlic aioli on a slider bun, served with your choice of side.

Saturday, Dec. 25—CLOSED, Merry Christmas!

Sunday, Dec. 26

Breakfast: Ala Carte Menu Options

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





What did the Gingerbread Man put on his bed?

A cookie sheet!

Weekly Opportunities Calendar Dec. 19 to Dec. 25

Sunday • Dec. 19

10:30 a.m. ~ Worship Service, CR

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

Monday • Dec. 20

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. ~ Parkinson's Exercise Class, CR

2:00 p.m. ~ Change & Loss Support Group, FHR

5:30 p.m. ~ 5th Floor Supper, BR

7:00 p.m. ~ Bingo Night, CR

Tuesday • Dec. 21

Trash & recycling pick-

7400 a.m. ~ Rock Steady Boxing, BF

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m.~ Chair Yoga, CR

2:00 p.m. ~ Memory Activities Class, KSU CL

2:00 p.m. ~ 10-Point Pitch, GR

2:00 p.m. ~ Prairie Star Writers Group, PR

4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Dec. 22

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Memory Care Partner Group, FHR

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit, CR

1:00 p.m. ~ ARTFul Memories, KSU CL

1:30 p.m. ~ Diabetic Support Group, FHR

2:30 p.m. ~ ARTFul Making, KSU CL

3:00 p.m. ~ Rock Steady Boxing, CR

4:00 p.m. ~ Artist Discussion, BR

Thursday • Dec. 23

9:00 a.m. ~ Messenger Team, KSU CL

10:30 a.m. ~ Steady Yourself, CR

11:30 a.m. ~ Chair Yoga, CR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ PD Care Partner Support Grp, FHR

Friday • Dec. 24 — Christmas Eve

Saturday • Dec. 25 — Merry Christmas!

Room Abbreviations

BF, Body First

BR, Bison Room

CR, Community Room

CY, Courtyard

EC, Event Center

FHR, Flint Hills Room

GC, Grosh Cinema

GR, Game Room HD, Hospitality Desk KSU CL, KSU Classroom MR, Manhattan Room

PR, Patriot Room

PS, Prairie Star Restaurant

VE, Village Entrance

Zoom Opportunities Calendar Dec. 20 to Dec. 23

E-mail Michelle at

michelle.haub@meadowlark.org for log-in infor-

Monday, Dec. 20

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

Tuesday, Dec. 21

2 p.m. Memory Activities Class

Wednesday, Dec. 22

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

Thursday, Dec. 23

1 p.m. Parkinson's Exercise Class

Solution from 12/9.





CHANNEL Entertainment Guide

Sunday, Dec. 19

·,, - · · · ·	- /
9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW! Worship Service <i>with Chaplain Patty Brown-Barnett</i>
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. 20

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Tuesday, Dec. 21

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

Solutions from 12/9.

	9:30 a.m. Band Bust Exercise Class								
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Tuesday, Dec. 21

1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, Dec. 22

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	<i>(Re-run)</i> Worship Service <i>with Chaplain Patty Brown-Barnett</i>
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, Dec. 23

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Friday, Dec. 24

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. 25

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. 19

IT'S A WONDERFUL LIFE (1946) NR, 2 hr. 12 min. Emotional, Heartfelt, Sentimental

Cast: James Stewart, Donna Reed, & Lionel Barrymore

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been life if he had never existed.

MUSICAL MONDAY: Dec. 20

WHITE CHRISTMAS (1954) TV-G, 2 hr. Charming, Romantic

Cast: Bing Crosby, Danny Kaye, & Rosemary Clooney

Two war buddies fall for two sisters and follow the girls to a resort owned by their former commanding officer, who is in danger of losing the place.

TRUE TUESDAY: Dec. 21

NATURE: CHRISTMAS IN YELLOWSTONE (2006) NR, 52 min. Science, Nature

A documentary on the breathtaking look at wintertime deep in America's first national park. Photographer Tom Murphy captures the hush of the landscape and the efficient survival methods of the park's inhabitants. Linda Hunt narrates Murphy's 26-year quest to record the park's winter harmony.

WINTER WEDNESDAY: Dec. 22

ICE AGE (2002) PG, 1 hr. 21 min. Imaginative, Feel-good

Cast: Ray Romano, John Leguizamo, & Denis Leary

With the impending ice age almost upon them, a mismatched trio of prehistoric critters find an orphaned infant and decide to return it to its human parents. Along the way, the unlikely allies become friends. But when enemies attack, their quest takes on far nobler aims.

TINSEL THURSDAY: Dec. 23

THE SANTA CLAUSE (1994) PG, 1 hr. 37 min. Family, Comedy, Fantasy

Cast: Tim Allen, Judge Reinhold, & Wendy Crewson

On Christmas Eve, divorced dad Scott Calvin and his son discover Santa Claus has fallen off their roof. When Scott takes the reins of the magical sleigh, he finds he is now the new Santa, and must convince a world of disbelievers, including himself.

FEATURE FRIDAY: Dec. 24

ANGELA'S CHRISTMAS (2018) TV-Y, 30 min. Animation, Adventure, Family

Cast: Malachy McCourt, Ruth Negga, & Lucy O'Connell

A trip to church with her family on Christmas Eve gives young Angela an extraordinary idea. A heartwarming tale based on a story by Frank McCourt.

SWEET SATURDAY: Dec. 25

A CASTLE FOR CHRISTMAS (2021) TV-G, 1 hr. 39 min. Charming, Heartfelt

Cast: Brooke Shields, Cary Elwes, & Lee Ross

To escape a scandal, a bestselling author journeys to Scotland, where she falls in love with a castle — and faces off with the grumpy duke who owns it.

RESTAURANT SPECIALS

	\$14	\$14
Sunday, December 19th	Fried Chicken	Fried Chicken
	Mashed Potatoes & Gravy	Mashed Potatoes & Gravy
	Corn	Corn
	Biscuit	Biscuit
Monday, December 20th	\$11	\$12
	Ham Loaf	Chicken Fried Steak
	Roasted Red Potatoes	Mashed Potatoes & Gravy
	Creamed Peas	Corn
Tuesday, December 21st		\$14
	\$10	Coconut Shrimp with Pina
	Teriyaki Burger	Colada Dipping Sauce
	Green Bean Fries	Rice Pilaf
		Asparagus
Wednesday, December 22nd	\$9	\$12
	Chicken, Feta & Spinach Quiche	Citrus & Thyme Turkey
		Mashed Potatoes & Gravy
	Orange Dream Jello Salad	Brussel Sprouts
Thursday, December 23rd	\$11	\$14
		Chicken Roulade with
	Beef Fajita Quesadilla	sundried tomato, spinach and
	Cilantro Lime Rice	fresh mozzarella
	Black Beans	White Wine Cheese Ravioli
		Asparagus
F-1.1	Sec. 10	\$14
Friday,	\$9	Baked Cod with Lemon Butte
December 24th	Baked Potato Bar	Roasted Red Potatoes
		Carrots
Saturday, December 25th	Christmas	Postourent Class
	Luncheon	Restaurant Closed
	2023	Advanced sign-up required for box dinner
	Advance sign-up required	DOX GITTIET

