

Dec. 23, 2021 Manhattan, Kansas Messenger Editor: Kesiah Winter

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

Messenger supporting people in



### By Becky Fitzgerald

As late September's Crafts & Creations Night proved, there isn't a shortage of artistic talent at Meadowlark.

Fiber art, painting, and woodworking captured the judges' attention during that inaugural event, and the holidays have prompted at least two of the night's winners and other residents to deck not only their halls, but also share their décor items with others.

For example, Steve Hall, winner in the



Wood, Metal & Pottery category, put his skill with a scroll saw to use, creating wooden snowman figures that he gifted to his Meadowlark Valley neighbors.

Each frosty fellow is holding a snow ball

inscribed with a clever phrase, such as

""Up to Snow Good" or "Mr. Snow It All." He recently donated one of the snowmen as well as two styles of nativity scenes to be used as prizes during a Monday-night bingo session. (See photo, page 4)

Hall has been fashioning items from wood for 50-plus years — from doll furniture and child-size table and chair sets when his daughters were small, to the name puzzles he and his wife, Linda, sold at regional craft shows, to the intricate figures and plaques he now offers at the local Farmer's Market and annual Pumpkin Patch craft fair. This past year, Hall generously donated proceeds from the

See HOMEMADE, Page 5





[Photos clockwise from top]

1, Reindeer Fred occupies the center position in a lineup of wooden holiday figures created by resident Steve Hall.
2, Hosea Harkness proudly decorated his Christmas tree with porcelain ornaments painted by his late wife, Lily.
3, Nyle and Norma Larson have used

- 3, Nyle and Norma Larson have used their woodworking and sewing skills to create several ornaments.
- 4, A quilted wall hanging by Martha Bloom has a stained glass design.

### EVENTS & OPPORTUNITIES

### Tom's Gab & Games

Tom's Gab & Games will be cancelled on Dec. 24 and 31 because of the holidays. Check the Weekly Opportunities Calendar on page 10 for schedules.

### **Prairie Star Christmas Hours**

Prairie Star restaurant will close at 7 p.m. on Friday, Christmas Eve, Dec. 24. It will be open on Christmas Day, Saturday, Dec. 25. Reservations need to be made at the host stand or by calling (785) 323-3820.

### Verna Belle's Café Christmas Hours

Verna Belle's Cafe will be open 7 a.m. to 1 p.m. on Christmas Eve, Friday, Dec. 24. It will not be open on Christmas Day, Saturday, Dec 25.

### **Group Exercise Schedule Changes**

There will be no group exercise classes or Rock Steady Boxing on Dec. 24 or Dec. 31. Check the Weekly Opportunities Calendar on page 10 for schedules.

### God Talk and Sing-A-Long Changes

Contemporary God Talk will be changed to "God Talk", and will not meet again until Monday, Jan. 3, 2022. Sing-A-Long also will not meet until that same week on Wednesday, Jan. 5, 2022. Check the Weekly Opportunities Calendar on page 10 for schedules.

### Meadowlark Singers Practice Changes

Meadowlark Singers will not practice again until Tuesday, Jan. 11, 2022. Check the Weekly Opportunities Calendar on page 10 for schedules.

# 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."

### **Kansas State Football Watch Party**

Tuesday, Jan. 4, at 7:30 p.m.

Join us in the Event Center, Game Room, and Bar area as we start the new year cheering on the Wildcats! Kansas State will face off against LSU in the TaxAct Texas Bowl.

The Texas Bowl starts at 8 p.m. on Tuesday, Jan. 4, 2022, with refreshments being served at 7:30 p.m. The game will be televised nationally on ESPN with your Kansas State Wildcats representing the Big 12 Conference, while LSU will represent the SEC. The two programs have met just once before, when LSU earned a 21-0 victory over Kansas State on Sept. 13, 1980.

The 2021 TaxAct Texas Bowl will mark Kansas State's third appearance — and first since 2016, when the Wildcats earned a 33-28 win over Texas A&M. LSU will make its second appearance in the TaxAct Texas Bowl — first since 2015, when the Tigers beat Texas Tech, 56-27. All are welcome.

# Prairie Star Menu Suggestion Meetings *Friday, Jan 7, 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, Jan. 7. This reoccurring meeting will be held on the first and third Friday of every month.



### **Spreading Christmas Cheer!**

By Jana Armfield, Engagement Specialist

Each December, Meadowlark employees take part in the local Junior League's *Adopt-A-Family* program. The program provides Christmas gifts to children and families in need in the Manhattan/Ogden school district through generous donors in the community.

This year, Meadowlark was matched with one family, which included three children and two adults. Staff are notified of the family's wish list, along with family details, such as the ages of the children, clothing sizes, etc., so gifts can be purchased. This year, Meadowlark staff donated a total of \$409.23 to go toward buying gifts for our sponsored family. Items that were bought with the monetary donations included two youth bicycles, three youth helmets, coats, youth and adult clothing, family board games, and much more! There also were many generous donations of new items for the family as well from employees, such as a young girl's bicycle, shoes for the children, and bedding/sheets.

A few of Santa's helpers from the Meadowlark Ambassadors group met a few weeks ago to wrap the presents in a festive fashion. (pictured below) And the Meadowlark transportation team helped play a role by delivering all of the gifts!

Thank you to all who played a part in spreading Christmas cheer this season for our special sponsored family!



Ambassadors from left: Janice Parsons, Vicky Auman, Pat Dunaway, Betty Grubb, Jan Anders, Jo Fey, and Pat Vogt.

# Prairie Star Menu Forum Review By Brook Marcotte, Event Services Leader

Thank you to the residents who attended the Prairie Star Menu Suggestions Meeting on Dec. 17. The discussion primarily revolved around healthy food options and the best way to incorporate them into the Prairie Star menu.

Suggested menu items included raw vegetables, a grilled chicken sandwich, different meat on the club sandwich, and larger vegetable portions with the special. Substituting grilled chicken for a fried chicken breast on the chicken sandwich will be available upon request, though not officially stated on the menu yet. Starting Dec. 23, Prairie Star will begin a one-week trial of a new club sandwich. The new sandwich will have turkey, ham, and bacon, making fewer processed meats for a healthier option. Residents are encouraged to try this dish and bring feedback to the next meeting. The Prairie Star team is working to bring a crudité cup to the menu that will have an assortment of fresh vegetables and your choice of a few different dipping sauce options. We hope to have this new item on the menu starting in the new year.

Having other non-alcoholic drink options was also discussed. Our bartending staff is working hard to create some non-alcoholic drink options and will have tasting on Jan. 7 to pick the favorites to be added to the Signature Sling menu. More information on the drink tasting will in the next edition of the messenger.

The next Prairie Star Menu Suggestions meeting is Jan. 7 at 9 a.m. in the Bison Room.

# 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

Choice of Sta

CRANBERRY PECAN CHICKEN WELLINGTON-\$17
ORANGE HONEY-GLAZED SALMON-\$19
PRIME RIB-\$21

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



### Season's greetings to all at MLH:

I miss you and am sending this Irish greeting: May the Good Lord bless your heart And come to dwell there Christmas night.

Love, Esther Headrick, former resident

### On Mingle Memory

By Helen Roser

To my mother, 'to mingle' meant saying a few words about something nice to visitors.

A big event was going on in the park. Ladies were excitedly putting their cakes and pies on the long table. Ladies didn't mingle with me except to say I had beautiful big sisters. Men smiled at me and said I had pretty blue eyes and dimples. They liked me.

Mama had told me to mingle at the event. So, when everyone was around the long table of goodies, I thought that was a good time to mingle.

So I stood by the table and mingled loudly: "My favorite food is pork and beans! They come in a can! All you have to do is open the can up, and there they are: pork and beans!"

The ladies looked at each other, silent. The men smiled at me. They probably liked pork and beans, too.

Back home, I said to Mama: "I mingled, like you said!" She looked tired when she said quietly: "Yes, I know."

That was the last time Mama told me to mingle.



Steve Hall holds a jolly snowman and a miniature nativity scene he cut from wood. He recently donated both items to be used as bingo prizes.

### HOMEMADE, from page 1

sales of these items to Meadowlark Market as well as adding unsold merchandise to the Market's inventory.

He called his longtime woodworking hobby "therapy," especially during his career in various roles at Kansas State's College of Veterinary Medicine. The too-cute figures also seem to have a therapeutic effect once they are assembled, painted, and on display. Linda Hall especially is fond of a pink-nosed reindeer, which stands on the floor in front of their fireplace.

"Every time we sit down in the living room, Fred's silly grin makes us smile," she said.

Smiles are contagious this time of year, and nowhere is that more evident than at Hosea (pronounced HO-zee) Harkness' apartment in Miller Place. He has proudly decorated his home with a variety of his late wife's painted porcelain items, and he warmly welcomes those who are interested to see her work.

Finely detailed painted plates add color to his apartment walls year-round, but the coming of Christmas prompted Harkness to put up a 3-foot tree and hang a variety of painted bells and other ornaments signed by Lily Harkness.

Hosea noted that several of the bells were painted to reflect a noteworthy event of that year, such as the approach of Halley's Comet and the beginning of a new millennium. Others ornament shapes are painted with traditional holiday motifs, such has holly, angels, stars, and snowflakes.

"Christmas, especially, was always a time of excitement for her as she painted ornaments for the family and to sell," Harkness wrote about his wife in November of 2020. Her first lessons in porcelain painting were in 1968 in Memphis, and after college art courses and yearly seminars taught by accomplished guest artists, she became a sought-after master teacher of porcelain painting.

The couple moved in 2002 to Fountain Hills, Ariz., where her painted items were displayed at various businesses. In the last years of her life, Lily suffered with dementia, but she continued to find happiness in her porcelain projects, many of which hung in the apartment she and Hosea shared prior to her death in late 2020.

Harkness moved to Meadowlark earlier this year to be closer to family, and it's obvious when

visiting his home that surrounding himself with Lily's art brings him much comfort and joy.

Another Crafts & Creations Night category winner, Norma Larson, has made the season bright for many in recent years by giving gifts of stitched ornaments or fabric coaster sets. The snowflake- and tree-shaped ornaments appear as if they were tatted, but actually she makes them on her sewing machine with a special attachment. A few of these ornaments now hang in the Larsons' second-floor apartment on a small tree alongside wooden top-shaped ornaments that her husband, Nyle, created as a member of the Flint Hills Woodturners. (See photo 3 on page 1.)

Martha Bloom pursued several creative hobbies after retiring in the late 1980s from teaching school; she listed quilting, crocheting, crossstitching, and tole painting as favorite pastimes.

"The kids were gone, and sometime when you retire, you wonder what you are going to do," Bloom said. "I just have to have something to do. I'm one of those people."

She has given away many of her quilts and crocheted blankets, but she did bring a holiday wall hanging with her when she moved to Meadowlark in 2014. This machine-pieced and hand-quilted fabric art, featuring a bright poinsettia, recently could be seen decking the third floor hall. Bloom saw an empty hook on the door of a vacant apartment, so hung the stained glass design there where her neighbors could enjoy it.

Bloom echoed Steve Hall when she called her creative outlets "good therapy." For those who are blessed to view and/or receive their handiwork, these artistic efforts are "good" indeed.



Porcelain ornaments, painted by the late Lily Harkness. The lower left bell from 1985 marks the appearance of Halley's Comet.

### 'Tis The Season To Be Jolly!

### By Jana Armfield, Engagement Specialist

Last week residents enjoyed a hot chocolate bar and cookies, while singing classic Christmas carols during the Carols & Cocoa event, hosted by the Meadowlark Ambassadors. A great big "thank you" goes out to Jim Reed and Vera Williams for sharing their musical talents with those in attendance, creating sweet harmony on the guitar and piano.

The weather tried to put a damper on the event, but nothing could stop our Christmas cheer! Seeking safety in the first-floor hallway, the singing soon continued, with songs being sung, such as "Jingle Bells" and "Frosty the Snowman," to pass the time. Staff and residents alike were singing in unison, making the best of the situation and creating cheer for all to hear!



#### [Photos clockwise from above]

- 1, Just some of the many residents in attendance singing lovely carols
- 2, The talented musicians, Jim Reed and Vera Williams
- 3, Skip Jones serving cocoa with a smile to staff members Jess Mies and Ashlea Reimer
- 4, Yummy cookies and cocoa at the refreshment table
- 5, Left to Right—Vera, Nancy, Dorothy, Marilyn, Karen, and Joposing in their festive wear at the party.





Page 6

# **Work That Brain!**

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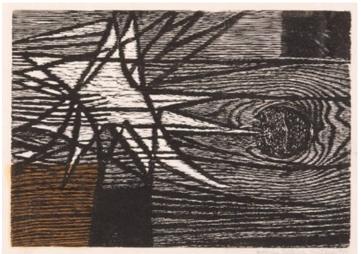
## Christmas Food

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STUFFING
FRUITCAKE
GOOSE
HAM
DUCK
EGGNOG
CANDY CANE
MINCE PIES
TURKEY
YULE LOG
PUDDING

# Art Engagement from the Beach Museum of Art

**Pick Three** ... Stars are used as symbols in many cultures around the globe. The artworks below are various interpretations of stars. If you were to choose three to display together which three, would you choose and why?







**[top left]** Mary Amelia Kretsinger, *Christmas*, 1974, Color woodcut on paper, CREDIT LINE KSU, Marianna Kistler Beach Museum of Art, gift of Pamela D. Kingsbury, Wichita, Kansas, 1999.104

**[top right]** Herschel C. Logan, *Three wise men (Christmas card)*, ca. 1930, Woodcut on tan paper, KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2019.14

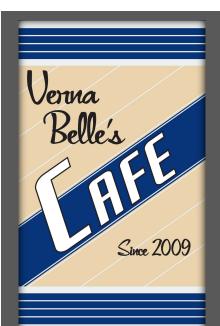
[middle left] Herschel C. Logan, *Small Houses and Star*, mid 20<sup>th</sup> century, Woodcut block, KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2018.212





[bottom left] Thomas D. Edwards, Tom Linda Vincent Merry Christmas and Happy New Year, ca.1995, Inkjet print on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Annette Edwards Huff CM295.2018

[bottom right] Elizabeth Layton, Christmas Eve, 1977, Colored pencil and graphite on paper, KSU, Marianna Kistler Beach Museum of Art, gift of the Lawrence Arts Center, 2014.448



# Breakfast & Lunch Specials

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

Monday, Dec. 27

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

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

Tuesday, Dec. 28

Breakfast: French Toast with 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, served with your choice of side

Wednesday, Dec. 29

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

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

Thursday, Dec. 30

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

Lunch: Chicken and Dumplings, \$6.50 chicken and dumplings in a creamy stew with onions, celery, and carrots, served with your choice of side

Friday, Dec. 31

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

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

### Saturday, Jan. 1—New Year's Day—CLOSED

Sunday, Jan. 2

Breakfast: Ala Carte Menu Options

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





# Weekly Opportunities Calendar Dec. 26 to Jan. 1

Sunday • Dec. 26

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

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

Monday ● Dec. 27

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

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

Tuesday • Dec. 28

Trash & recycling pick-up

7:00 a.m. ~ Rock Steady Boxing, BF

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

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

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

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

3:00 p.m. ~ Coffee Corner, EC

Wednesday ● Dec. 29

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. ~ Memory Cafe, KSU CL

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

Thursday • Dec. 30

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

Friday ● Dec. 31—New Year's Eve

9:00 a.m. ~ Prairie Star Menu Forum, BR

7:00 p.m. ~ Rockin' New Years Eve, CR

**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. 27 to Dec. 30

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

Monday, Dec. 27

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

Tuesday, Dec. 28

2 p.m. Memory Activities Class

Wednesday, Dec. 29

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

Thursday, Dec. 30

1 p.m. Parkinson's Exercise Class





# CHANNEL 1960 Entertainment Guide

### Sunday, Dec. 26

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. 27

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 12/16

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### Tuesday, Dec. 28

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. 29

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
I	,
1:00 p.m.	Sit & Be Fit Exercise Class

### Thursday, Dec. 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

### Friday, Dec. 31

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

### Saturday, Jan. 1

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. 26

HOME ALONE (1990) PG, 1 hr. 43 min. Family, Comedy

Cast: Macaulay Culkin, Joe Pesci, & Daniel Stem

When Kevin McCallister is left behind while his family dashes off on a Christmas trip, he is left to defend his family's home from two bumbling burglars until the relatives return.

MUSICAL MONDAY: Dec. 27

HOLIDAY INN (1942) NR, 1 hr. 41 min. Romantic

Cast: Bing Crosby, Fred Astaire, & Marjorie Reynolds

Tired of the bright lights of showbiz, Jim Hardy retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on the holidays, then competes against his pal for a singer-dancer's affection.

TRUE TUESDAY: Dec. 28

THE LAST ICE (2020) TV-14, 1 hr. 21min. Documentary, Animals, Nature

As climate change rapidly melts Arctic sea ice between Canada and Greenland, the entire Inuit way of life is at stake.

WINTER WEDNESDAY: Dec. 29

SERENDIPITY (2001) PG-13, 1 hr. 30 min. Swoonworthy. Sentimental, Romantic

Cast: John Cusack, Kate Beckinsale, & Molly Shannon

Years after hitting it off during a chance encounter, two strangers experiencing cold feet in their current romances set out to find each other again.

THRILLER THURSDAY: Dec. 30

DIE HARD (1988) R for adult material, 2 hr. 12 min. Gritty, Exciting, & Suspenseful

Cast: Bruce Willis, Alan Rickman, & Bonnie Bedelia

A NYPD officer tries to save his wife and several others taken hostage by German terrorists during a Christmas party at the Nakatomi Plaza in Los Angeles.

FEATURE FRIDAY: Dec. 31

NEW YEAR'S EVE (2011) PG-13, 1 hr. 57 min. Feel-Good, Romantic

Cast: Halle Barry, Jessica Biel, & Jon Bon Jovi

The fates of a diverse group of New Yorkers are wound together on New Year's Eve — including one expectant couple hoping their baby will be the first to be born in the Big Apple after Midnight.

**SWEET SATURDAY:** Jan. 1

**RESIDENT REQUEST** 

THE RETURN OF THE PINK PANTHER (1975) G, 1 hr. 53 min. Goofy

Cast: Peter Sellers, Christopher Plummer, & Catherine Schell

Inspector Jacque Clouseau is put on the case when the Pink Panther diamond is stolen again, with the Phantom's trademark glove the only clue.

# RESTAURANT SPECIALS

Sunday, December 26th	\$14 Pot Roast Mashed Potatoes & Gravy Roasted Root Vegetables	\$14 Pot Roast Mashed Potatoes & Gravy Roasted Root Vegetables
Monday, December 27th	\$10 Turkey ala King Broccoli	\$11 Beef Tostada Cilantro Lime Rice Black Beans
Tuesday, December 28th	\$11 Smoked Salmon Salad (mixed greens, pickled beets, olive medley, blue cheese, candled walnuts, tomato, cucumber, eggs, red onion)	\$13 Pecan Crusted Chicken Smashed Red Potatoes Honey Glazed Carrots
Wednesday, December 29th	\$8 Hot Ham & Cheese Tomato Soup	\$12 Cabbage Rolls Carrots Cheddar Biscuit
Thursday, December 30th	\$11 Beef Stroganoff Egg Noodles Peas & Pearl Onions	\$15 Macadamia Crusted Halibut with Pineapple Burblanc Asparagus
Friday, December 31st	\$9 Taco Bar	New Years Eve Buffet Prairie Star Restaurant will close at 6:30 pm
Saturday, January 1st	\$10 BBQ Pulled Pork Black eyed Peas Coleslaw	\$11 Open face Roast Beef Mashed Potatoes & Gravy Broccoli, Cauliflower, Carrots

