

## Relaxing Restrictions



*by Sarah Duggan,  
Community Rel. Dir.*  
Many of the current COVID-19 precautions will be allowed to expire tomorrow, Feb. 11. Masks will still be required for all staff, residents, and visitors, when they are not actively

eating or drinking. Beginning Saturday, Feb. 12, visitors will be allowed back into common spaces, including Prairie Star Restaurant and Verna Belle's Café, and to attend events. The delivery fee for Prairie Star Restaurant will be re-instated.

Although restrictions are being relaxed, all staff, residents, and visitors should remain vigilant in staying healthy. Regular handwashing and use of hand sanitizer should continue. If you are feeling ill, please remain home. Meadowlark continues to keep infection control as a top priority, including usage of PPE when appropriate and sanitizing surfaces frequently.

In January 2021, the Synexis Biodefense System was installed in common areas throughout our campus. The system features Dry Hydrogen Peroxide (DHP) technology, which has been proven to safely and effectively mitigate viruses, bacteria, mold, and insects, both in the air and on surfaces. Meadowlark is fortunate to have such a system in place as another tool for infection control.

Since our initial vaccine clinics in early 2021, leadership at Meadowlark has continued to encourage and educate on the importance of receiving a vaccine as staff members are able. Booster shot administration began last October, and many doses have been offered in between to unvaccinated staff members. Last month, the vaccine mandate for healthcare entities was upheld and our teams mobilized to attain the required 100-percent compliance. The mandate includes staff, vendors, and volunteers, and currently 97 percent of staff are in compliance.

If you have questions about the current precautions, please contact Jayme Minton at (785) 313-0454.

## On Mr. Wonderful

*by Helen Roser*

He was a year ahead of me in high school. He was a senior and was Mr. Football Hero. He was pursued by the girls who gave fancy parties. (To which I was never invited.) He was sought after as the trophy boyfriend.

I was a junior, and busy. I worked Saturdays at the dime store. Paid for from 9 to 9 but had to be there from 7 a.m. to 11 p.m. Every night, except Saturday at the dime store, I worked from 6 p.m. to midnight at the ice cream parlor. Then walked a mile home. The walk from the dime store was two miles.

So I was pretty busy and didn't mind that the Football Hero and I didn't say hi to each other when we passed.

I was very surprised when he called me a Sunday afternoon and said he would like to come visit me the next Sunday afternoon. I was floored. Apparently he knew my schedule and knew Sunday afternoon was my rare free time. And now he wanted to come visit me. Why?

How could I entertain him? What could we talk about? I dived into the pile of old newspapers and dug out all the Sports pages. I put them in a pile by my bed. When I got home at 1 a.m. from my walk from the ice cream parlor, I would use one hour to read Sports pages and try to memorize team names and stats before I went to sleep.

The next Sunday afternoon came and so did my visitor. Having no idea why he wanted to visit me, but wanting to make him feel welcomed, I began rattling sports names and stats. He sat quietly looking at me, listening.

Finally, after a dish of ice cream and a coke, our visit was over. He held my hand and smiled when he thanked me for letting him come. He looked closer to happy than he did when he arrived.

After that, we smiled and nodded when we

**See WONDERFUL, page 9**

## EVENTS & OPPORTUNITIES

### **NEW! Online Ordering for Prairie Star**

Prairie Star Restaurant is excited to introduce online ordering to all employees and residents through the Full Count Portal! **To receive the link to access this feature, please contact Jayme Minton at (785) 313-0454.**

You will utilize a username and password to log in and order from Prairie Star Restaurant. Usernames are set up as **FirstNameLastName**, for example: **JohnDoe**. Passwords are all currently set to **password1**. Please change your password once you access the portal. If you have any difficulties accessing the portal or with your username/password, please contact Jayme Minton at (785) 313-0454.

Online ordering is available between 11 a.m. and 7 p.m. daily. All online orders are processed through your resident account and will apply to your meal plan balance if a balance is remaining. Receipts will not be printed for online orders. Delivery/take out times are approximations and may vary slightly. Please check the Meadowlark Messenger for daily specials.

Prairie Star still accepts restaurant orders in person and over the phone by calling (785) 323-3820, though we encourage the use of the new online portal. Please keep in mind, Prairie Star's phone systems utilize a queue system, meaning the calls are placed on a musical hold in the order they are received. During busier times, the caller may wait on the line for several minutes as other orders are taken.

We anticipate having a few unexpected issues during the roll-out the new system. Please be patient and understanding during this process.

### **Beware of Scams**

There has been a report of a scam call to residents where a company is about having the resident's roof inspected. Do not engage—this is a scam. Meadowlark handles roof inspections for residents.

### **The Power of Song**

Come fill our empty seats with the Meadowlark Singers. We are learning a new bunch of light harmony songs that are easy to sing and make you feel good. The singers meet at 4 p.m. on Tuesdays in the Community Room. All are welcome.

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### **Volunteers Needed: Research Study**

A K-State Master of Public Health student is looking for volunteers to pilot-test a new survey instrument for her thesis research study. In order to be eligible, participants must be aged 65 or older, community-dwelling (meaning they must live independently and not within 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! The survey is online, but assistance can be provided in person, if needed.

Please contact Anna Biggins at [abiggins15@ksu.edu](mailto:abiggins15@ksu.edu) for more information.

### **Candy Gifts for Valentine's Day**

Festive Valentine-themed candy bags are for sale! These tasty treat bags are filled with conversation hearts and are available for purchase at Verna Belle's Cafe or at the Hospitality Desk. The last day to place an order will be at noon on Monday, Feb. 14.

All orders will be delivered to residents and staff on the Meadowlark campus. Proceeds will go toward employee appreciation. To place an order, simply visit either location or call the Hospitality Desk at (785) 323-3847. The cost of a Valentine Treat Bag is \$2 each.

### **NEW! Social Dining Hour**

**Tuesdays at 5:30 p.m.**

Every Tuesday at 5:30p.m. the Manhattan Room in Prairie Star Restaurant will be reserved for those who wish to dine with others! While social dining is encouraged every day, this is a scheduled opportunity to dine with old and new friends. We do ask that every person check in with the host to be seated. As with all other dining situations, diners are expected to cover the cost of their own meals.

### **NEW! Fast Friends**

**Friday, Feb. 11, at 3 p.m.**

Did you know that Friday, Feb. 11, is National Make a Friend Day? In honor of this special day, Meadowlark will be hosting an event called *Fast Friends*. The concept? Kind of like speed dating, but for friendships!

You're invited to the Event Center from 3 to 4:30 p.m. Friday, Feb. 11 to participate in an opportunity for staff and residents to meet or get

## EVENTS & OPPORTUNITIES

to know one another better through interesting and fun table topics/questions.

Although registrations aren't required, they are encouraged by signing up in the Blue Book. If you have questions, contact Jana at (785) 323-3890.

### Friday Night Piano Music

*Friday, Feb. 11, at 7 p.m.*

All are welcome to attend and watch Meadowlark residents and staff as they perform beautiful piano music in the Event Center at 7 p.m. Friday, Feb. 11. If you would like to share your musical abilities, contact Brook Marcotte at (785) 323-3821 to be added to the program.

### Weekend Sports

*Saturday, Feb. 12, at 3 p.m.*

Come play sports games on the big screen with the Wii, a home video game console. The games will begin at 3 p.m. Saturday, Feb. 12, in the Bison Room. No registration required. This will be a weekly event and staff members will be present to assist participants.

### Monday Morning Quarterback

*Monday, Feb. 14, at 11 a.m.*

Join Chris "The Kid" Nelson and Monte "Thriller" Spiller as they discuss the 2022 NFL Playoffs! Monday Morning Quarterback takes a closer look at the playoff picture and offers residents the opportunity to ask and answer questions about

match-ups, while getting expert advice from Thriller and The Kid. All are invited to attend this weekly football discussion Mondays at 11 a.m. in the Event Center.

### NEW! Smoothies with Sydney

*Monday, Feb. 14, at 10 a.m.*

On Monday, Feb. 14, join Verna Belle's Cafe team member Sydney LaFerve in the cafe to sample her smoothie creations! Drop by the café between 10 and 11 a.m. to enjoy some smoothie treats. No registration required.

### Valentine's Day Bingo

*Monday, Feb. 14, at 7 p.m.*

This month's theme BINGO falls on Feb. 14, so we will be celebrating by having a special Valentine BINGO! Player buy-in will be \$1 for the use of two playing cards. BINGO occurs for an hour each Monday starting at 7 p.m. in the Community Room, and theme BINGO nights occur on the second Monday of the month. No registration required.

### For the Love of Books: Book Club

*Tuesday, Feb. 15, at 9:30 a.m.*

Starting Tuesday, Feb. 15 at 9:30 am, we will meet in the Flint Hills Rooms to have our first *For the Love of Books Book Club* meeting. We will be discussing the first three chapters of the book, *My Football Life*.

We will meet every other Tuesday at 9:30 a.m. in the Flint Hills Room. Those who ordered books should have your book by now and we look forward to discussing it with the group. If you have questions contact Monte at (785) 323-3801.

### High on the Hog

*Wednesday, Feb. 16, at 2 p.m.*

Join us in the Event Center as we watch the next episode of the four-part docuseries on Netflix, *High on the Hog*, which explores and celebrates Black contributions to global food and culture. Each week we will watch a different episode followed by an opportunity to sample one of that week's featured foods.

The series talks about how African-



**Wine AND Dine**  
**FRIDAY, FEBRUARY 25TH**  
**AT 5:30 P.M.**  
**FEATURING:**  
**CRISTINA MILOSTAN, SOMMELIER**  
**STACEY HAYTER &**  
**JOHN GASSER, EXECUTIVE CHEFS**  
**SIGN-UP AT THE PRAIRIE STAR HOST STAND**

EVENTS & OPPS continued on page 4

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## EVENTS & OPPS, from page 3

American Cuisine transformed America, with food writer Stephen Satterfield as the host. All are welcome to attend and no registration required.

### **Ep. 3: "Our Founding Chefs" ~ Feb. 16 at 2 p.m.**

Our Founding Chefs- From macaroni and cheese to Virginia ham, Thomas Jefferson and George Washington's renowned enslaved chefs James Hemings and Hercules leave the nation hungry for more.

## **NEW! Sing-A-Long, Drink-A-Long**

**Wednesday, Feb. 16, at 3 p.m.**

Let's celebrate the week of Valentine's with an exciting addition to the Sing-A-Long Social on Wednesday, Feb. 16! A special repertoire of Valentine's Day songs will be included, along with the special stylings of Jim Reed on the guitar and Vera Williams on the piano.

For those who are thirsty, there will be festive drinks prepared, both alcoholic and non-alcoholic, and will cost \$1 each.

A selection of tables will be reserved for those who would like to remain masked during the event, while a few other tables will be designated for those who would rather drink and/or sing unmasked. Meadowlark Ambassadors will be on hand to help out as special bartenders, so you do not want to miss out! This event will take place during the regular Sing-A-Long time frame between 3 and 4 p.m. in the Event Center. All are welcome to attend.

## **Artist Discussion with the Beach**

**Wednesday, Feb. 16, at 4 p.m.**

Join Kim Richards from Beach Museum of Art for "Aaron Douglas: Harlem Renaissance Artist" at 4 p.m. Wednesday, Feb. 16, in the Bison Room. Douglas was born in Topeka, Kan. and moved to New York in the mid 1920s. He began to intersect multiple art styles to develop an aesthetic that would become identifiable with the Harlem Renaissance. Join Kim Richards from the Beach Museum of Art to view some of Douglas's art.

## **NEW! Monarch Lunch and Learn**

**Thursday, Feb. 17, at 12 p.m.**

Come learn about Meadowlark's upcoming Independent Living construction at noon Thursday, Feb. 17, in the Event Center. Attendees will get an inside look at the building, floor plans and pricing. Feel free to order lunch from Prairie Star Restaurant to enjoy during the presentation.

## **Moves & Grooves Dance Class**

**Thursday, Feb. 17, at 3:30 p.m.**

**Moves and Grooves has been canceled for Thursday, Feb. 10.** This dance class will meet again at 3:30 p.m. Thursday, Feb. 17, in Community Room. For an hour, residents will learn line dance routines to songs that make



**Super Bowl Menu**

**\$10 Each**

**Boneless Wings**  
With your choice of Buffalo, BBQ or Garlic Parmesan Sauce.  
Served with Fries

**Hamburger Sliders**  
Two angus beef chuck patties topped cheddar cheese, lettuce, tomato, pickle, and onion.  
Served with Fries

**Pulled Pork Nachos**  
Corn tortilla chips loaded with beer cheese, shredded pork, pico de gallo, street corn, and guacamole

**Available all day Sunday, Feb. 13.**

you want to get up and groove, such as “Jailhouse Rock” by Elvis, and “Rockin’ Robin” by Bobby Day. During each class, residents will review what they learned the previous week, and learn an additional new dance as time allows. Participants are welcome to start at any time during the month. Residents are encouraged to sign up in the Blue Book if they are interested in attending; however, sign-ups are not required.

### **NEW! Let’s Get Crafty: Dipped Mugs**

**Friday, Feb. 18, at 2 p.m.**

Residents are invited to make dipped coffee mugs at 2 p.m. Friday, Feb. 18, in the Bison Room. A step-by-step demonstration will be given and supplies will be provided at no cost. Light refreshments will be served. If you plan to participate, please sign up in the Blue Book at the Hospitality Desk. Contact Brook at (785) 323-3821 for more information.

### **Shopping at Target & Dollar Tree**

**Saturday, Feb. 19, at 10:30 a.m.**

The next scheduled trip is Saturday, Feb. 19, 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. Please sign up in the Blue Book to attend.

### **NEW! Mocktail Tasting**

**Tuesday, Feb. 22, at 2:30 p.m.**

You’re invited to join the bartender team in Prairie Star Restaurant at 2:30 p.m. Tuesday, Feb. 22, as we sample five different non-alcoholic drinks. The three most popular drinks at this event will appear on our Signature Sling menu in the Pub! There is no cost to attend and no registration required.

### **Fiber Arts Club**

**Thursday, Feb. 24, at 2 p.m.**

The Fiber Arts Club is open to anyone who enjoys fiber arts and would like work on creative projects with like-minded residents, those who want to learn a new skill, or those who simply want to come and watch, and/or enjoy the company of others!

Fiber Art refers to fine art whose material consists of natural or synthetic fiber and other components, such as fabric or yarn. If you knit, sew, crochet, quilt, needle point, macrame, weave, or embroider, this club is for you!

A few materials will be provided for those who are interested in learning. The club will meet each month on the second and fourth Thursdays from 2 to 3 p.m. in the Bison Room.

## **A Letter to the Manhattan Community from USD 383**

The COVID-19 health pandemic has had a major impact on teaching and learning across our district. State and federal resources have been made available to school districts to support student academic learning recovery and maintain safe in-person instructional activities in all district locations. Manhattan-Ogden USD 383 will submit a budget plan for Elementary and Secondary School Relief Funds (ESSER III) authorized as a part of the American Rescue Plan (ARP) Act. These grant funds can only be utilized for identified allowable uses that fall under the broad categories of preventing, preparing for, and responding to the COVID-19 pandemic. Allowable uses of the ESSER III funding can be found online on the district website at [www.usd383.org](http://www.usd383.org) under *District* —> *ESSER III* —> *ESSER III Introductory Letter*.

Manhattan-Ogden USD 383 has established a District ESSER III Budget committee that is working to develop a plan to utilize the grant funds to support recovery and success for our students and staff. We are seeking your input to help establish priorities for the ESSER III Budget Plan. Your participation as a district stakeholder will help us determine how to utilize the resources available to us from the ESSER III grant over the next two academic years.

A survey will be available on the district website ([www.usd383.org/district/esser-iii-budget](http://www.usd383.org/district/esser-iii-budget)) for this meaningful input process on or before Feb. 1, 2022. We ask that you participate in the survey and submit your input by March 11, 2022. The ESSER III Budget Plan will be presented to the Manhattan-Ogden USD 383 Board of Education for review and approval prior to being submitted to the Kansas Department of Education in the spring of 2022.

Thank you for your time and support of our students and staff in USD 383.

- Lew Faust, Director of Business Services  
Chair—ESSER III Budget Committee

## Art Engagement *from the* Beach Museum of Art



**Contour Drawing ...** Elizabeth “Grandma” Layton created the pastel drawing shown here. A Wellsville, Kan. native, she began drawing when she was 68-years-old and took a drawing class at a local university. Her technique was blind contour line drawing. This is an exercise where the artist’s eyes focus on following the outline of an object while drawing the contour of the object using a continuous line on the paper, without looking at the paper or lifting the pencil. With Valentine’s Day coming up, perhaps you would like to try creating a valentine using blind contour drawing. You could find any picture of a heart or flowers as your object to focus on. Once you have finished your unique drawing, add some color, and give your valentine to someone dear.

Elizabeth Layton  
*Untitled, 1991*  
 Pastel on paper  
 KSU, Marianna Kistler Beach Museum of Art, gift  
 of the artist and Don Lambert  
 1991.4

## Work That Brain!

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## Healthy for Life Program for Grandparents

*Learn skills such as preparing healthy and affordable meals that will help you have longer, stronger lives with your grandchildren.*



Four classes between  
Feb. 14 and Mar. 14, 2022



~75 min. at a convenient time



Building TBD  
Manhattan, Kansas

Gifts &  
Prizes!

Free For All  
Grandparents!




**KANSAS STATE**  
UNIVERSITY

College of Health and Human Sciences  
Center on Aging



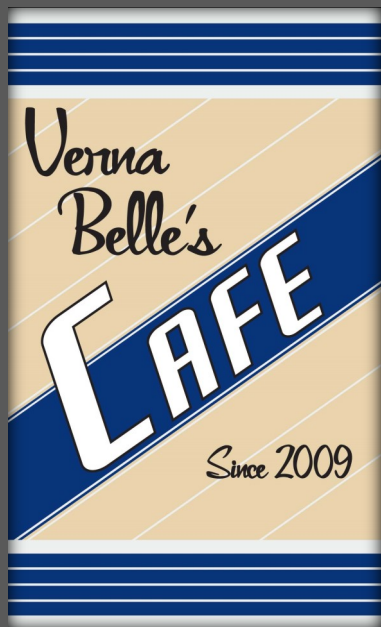
**Jessie Piper, Ph.D.**  
Assistant Professor  
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785.477.1834

 @kstateaging

# RESTAURANT **SPECIALS**

<p><b>Sunday, February 13</b></p>	<p><b>\$10</b>  <b>Super Bowl Specials</b>            Boneless Wings, Hamburger Sliders,            or Pulled Pork Nachos  <i>See page 4 for more details.</i></p>	<p><b>\$10</b>  <b>Super Bowl Specials</b>            Boneless Wings, Hamburger Sliders,            or Pulled Pork Nachos  <i>See page 4 for more details.</i></p>
<p><b>Monday, February 14</b></p>	<p><b>\$8</b>  <b>Lunch</b>            Apple Grilled Cheese            Butternut Squash Soup</p>	<p><b>\$22</b>  <b>Valentine's Day Dinner</b>            Mushroom-Stuffed Filet            Creamy Gouda Potatoes            Asparagus Bundles            Chocolate Cherry Cheesecake</p>
<p><b>Tuesday, February 15</b></p>	<p><b>\$9</b>  <b>Lunch</b>            Pizza Panini            Pasta Salad</p>	<p><b>\$11</b>  <b>Dinner</b>            Baked Chicken Tacos            Mexican Rice            Pinto Beans</p>
<p><b>Wednesday, February 16</b></p>	<p><b>\$9</b>  <b>Lunch</b>            Pork Lettuce Wrap            Hominy Soup</p>	<p><b>\$11</b>  <b>Dinner</b>            Apricot Chicken            Roasted Red Potatoes            Broccoli</p>
<p><b>Thursday, February 17</b></p>	<p><b>\$10</b>  <b>Lunch</b>            Grilled Shrimp Salad  <i>grilled shrimp over mixed greens, can-            died nuts, diced tomatoes, bacon, red            onion, blue cheese crumbles, &amp;            creamy balsamic</i></p>	<p><b>\$12</b>  <b>Dinner</b>            Chicken Buddha Bowl  <i>Grilled chicken served with kale, purple            cabbage, carrots, cilantro, peanuts,            and lime jasmine rice</i></p>
<p><b>Friday, February 18</b></p>	<p><b>\$9</b>  <b>Lunch</b>            Chicken Bacon Ranch Sandwich            Garlic Parmesan Fries</p>	<p><b>\$21</b>  <b>Dinner</b>            Baked Macadamia Nut Mahi-Mahi            Coconut Pineapple Rice            Asparagus</p>
<p><b>Saturday, February 19</b></p>	<p><b>\$9</b>  <b>Lunch</b>            Cowboy Chili            Cinnamon Roll</p>	<p><b>\$11</b>  <b>Dinner</b>            BBQ Brisket Sandwich            Sweet Potato Fries            Coleslaw</p>





## Breakfast & Lunch Specials

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

### Monday, Feb. 14

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

**Lunch: Farmer's Market Penne, \$6.50** a variety of vegetables over a bed of creamy penne pasta served with French bread

### Tuesday, Feb. 15

**Breakfast: French Toast, Bacon or Sausage, & Fruit, \$4.50 / \$6.50**

**Lunch: Southwest Pork Flautas, \$4.50 / \$6.50** seasoned pork & onions rolled in lightly fried flour tortillas covered with zesty crema & pico de gallo and served with your choice of side

### Wednesday, Feb. 16

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

**Lunch: Smothered & Stuffed Meatloaf, \$6.50** mini meatloaves stuffed with shredded pepper jack cheese & covered with sautéed peppers & onions and served with potato wedges

### Thursday, Feb. 17

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

**Lunch: Italian Chicken, Sausage, & Orzo Soup, \$4.50 / \$6.50** chicken, sausage, vegetables, and orzo pasta in a tasty broth served with Ciabatta garlic toast

### Friday, Feb. 18

**Breakfast: Strawberry French Toast Casserole & Fruit, \$4.50 / \$6.50**

**Lunch: Fiesta Chicken Casserole, \$4.50 / 6.50** seasoned chicken, Rotel, vegetables, & rice covered with cheese baked into a casserole and served with tortilla chips

### Saturday, Feb. 19, & Sunday, Feb. 20

**Breakfast: Ala Carte Menu Options**

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

## WONDERFUL, from page 5

passed in the hall. Several times he waited in front of the dime store on Saturday nights, and walked home with me.

He never spoke of it, but I realized he didn't enjoy being the sought-after "trophy boyfriend."

WWII began. He was a gunner on a Navy plane that flew off a carrier at sea. He spent some terrible time in the air. When he had a convalescent leave,

he went to some trouble to look me up where I was working in Washington D.C.

My work had a high security clearance. I could not have a close personal association and, in any case, knew that I didn't have what he needed.

Still, years later, sometimes when I see a Sports page, the thought comes: "I will have to save that page to study for Tommy." An 82 year memory.

# Weekly Opportunities Calendar Feb. 13 to Feb. 19

## Sunday • Feb. 13

10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE  
 5:00 p.m. ~ Super Bowl LVI Watch Party, EC

## Monday • Feb. 14

9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Smoothies with Sydney, VBC  
 10:30 a.m. ~ Weights 101, CR  
 11:00 a.m. ~ Monday Morning Quarterback, EC  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:30 p.m. ~ God Talk, KSU CL  
 1:45 p.m. ~ Parkinson's Voice Class, CR  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 7:00 p.m. ~ Valentine's Bingo Night, CR

## Tuesday • Feb. 15

*Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, BF  
 9:30 a.m. ~ Book Club: My Football Life, FHR  
 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 Writing Group, PR  
 4:00 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ 2nd Floor Supper, BR  
 5:30 p.m. ~ Social Dining, MR

## Wednesday • Feb. 16

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  
 10:00 a.m. ~ Memory Café, KSU CL  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 2:00 p.m. ~ High on the Hog, 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 • Feb. 17

9:00 a.m. ~ Messenger Team, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Monarch Lunch & Learn, EC

## Thursday • Feb. 17

1:00 p.m. ~ Parkinson's Exercise Class, CR  
 3:30 p.m. ~ Moves & Grooves, CR  
 5:30 p.m. ~ Meadowlark Circle Supper, BR  
 7:00 p.m. ~ Sons of the American Revolution, PR

## Friday • Feb. 18

9:30 a.m. ~ Prairie Star Menu Suggestions, BR  
 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. ~ Let's Get Crafty: Dipped Mugs, EC  
 3:00 p.m. ~ Catholic Rosary, CR

## Saturday • Feb. 19

10:30 a.m. ~ Depart for Saturday Shopping, VE  
 3:00 p.m. ~ Weekend Games, BR

### Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	KSU CL, KSU Classroom
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PR, Patriot Room
EC, Event Center	PS, Prairie Star Restaurant
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance

## Zoom Opportunities

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

### Monday, Feb. 14

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

### Tuesday, Feb. 15

2 p.m.	Memory Activities Class
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### Wednesday, Feb. 16

10 a.m.	Memory Care Partner Support Group
10 a.m.	Memory Café

### Thursday, Feb. 17

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

## Entertainment Guide

### Sunday, Feb. 13

9:00 a.m.	Sweat It Out Exercise Class
12:00 p.m.	<b>(Re-run)</b> Channel 1960 News
3:00 p.m.	Progressive Muscle Relaxation <i>with Bridget Larkin, LMSW</i>
3:30 p.m.	Chair Yoga

### Monday, Feb. 14

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, Feb. 15

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, Feb. 16

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

### Thursday, Feb. 17

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, Feb. 18

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

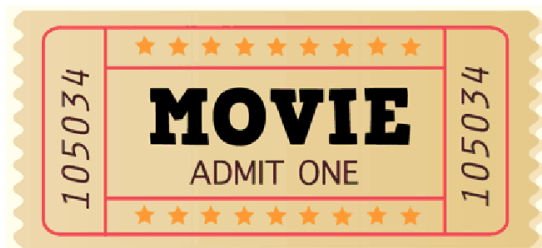
### Saturday, Feb. 19

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

## LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for February 2022: Dustin Price, Maintenance Team Member! Dustin is a true team player. With no hesitation, he assisted with recent fire watch duties, which took place during all hours of the day and night, and did so with no complaints. He is always eager to step in and solve issues, and does so with a friendly demeanor. He is a true asset to Meadowlark and the maintenance team! Congrats, Dustin!





## 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: Feb. 13

*VALENTINE'S DAY* (2010) PG-13, 2 hr. 5 min. *Comedy, Romantic*

Cast: Jessica Alba, Ashton Kutcher, & Julia Roberts

In this Los Angeles-set comedy, the tripwires of modern love are exposed in a carousel involving relationships and the single life on the most romantic day of the year: February 14.

### MUSICAL MONDAY: Feb. 14

*GIRL HAPPY* (1965) NR, 1 hr. 36 min. *Romantic, Classic, Musical*

Cast: Elvis Presley, Shelley Fabares, & Harold J. Stone

Rock group front man Rusty Wells and his band are charged with keeping an eye on Valerie, the daughter of a mob boss, over spring break. Although Valerie falls for Rusty, she drops him when she discovers he works for her dad. Her new beau, however, may threaten more than Rusty's love life.

RESIDENT REQUEST

### TRUE TUESDAY: Feb. 15

*UNITED* (2011) NR, 1 hr. 30 min. *Emotional, Heartfelt, Drama*

Cast: David Tennant, Jack O'Connell, & Sam Claflin

A devastating plane crash in 1958 left the Manchester United football squad with only four surviving team members still able to play, as recounted in this moving drama that finds the team and community struggling to recover from the tragedy.

RESIDENT REQUEST

### WESTERN WEDNESDAY: Feb. 16

*MONTFORD: A CHICKSAW RANCHER* (2021) TV-14, 1 hr. 36 min. *Western, Inspiring, Drama*

Cast: Martin Sensmeier, Dermot Mulroney, & Tommy Flanagan

A Chicksaw man survives great hardships and tragedy to establish a vast ranching empire along the famous cattle highway of the American West.

### THEATER THURSDAY: Feb. 17

*THE LOST DAUGHTER* (2021) R for language, sexual content, & nudity, 2 hr. 2 min. *Intimate*

Cast: Olivia Colman, Jessie Buckley, & Dakota Johnson

A woman's quiet seaside vacation takes an unsettling turn when her fixation on a young mother staying at a nearby villa awakens memories from her past.

RESIDENT REQUEST

### FUNNY FRIDAY: Feb. 18

*DENNIS THE MENACE* (1993) PG, 1 hr. 35 min. *Comedy, Feel-Good, Goofy*

Cast: Walter Matthau, Mason Gamble, & Joan Plowright

The bane of George's life is a little boy named Dennis. But when a cunning thief attempts to rob George, Dennis may be the only one who can stop him.

### SWEET SATURDAY: Feb. 19

*KODACHROME* (2018) TV-MA, 1 hr. 45 min. *Tearjerker, Comedy, Drama*

Cast: Ed Harris, Jason Sudeikis, & Elizabeth Olsen

A record company exec joins his estranged dad, a famous photographer who's dying, on a road trip to the last lab still developing Kodachrome film.