

High on the HOG!

October ushers in HOGtoberfest season

by Becky Fitzgerald, Development Director

Oink! Now that the calendar has turned to October, temperatures are cooling, but activities to benefit Meadowlark's Good Samaritan Fund are just heating up. It's HOGtoberfest season, and Meadowlark Foundation has four squeal-worthy announcements!

No. 1 – The 9th annual HOGtoberfest is scheduled for Thursday, Oct. 27!

No. 2 – Live music is returning to the event!

No. 3 – Central National Bank has joined the event as a Prime sponsor!

No. 4 – Cash & More Raffle tickets now are on sale!

Last year, Bud and Bobby Cox, sons of IL resident Ellie Cox, partnered with restaurant owner Scott Sieben to open Kite's Aggieville Draft House at the corner of 12th Street and Moro. Mark your calendars to join us between the hours of 11 a.m. to 10 p.m. Thursday, Oct. 27. Ten percent of the day's proceeds will be donated to the Good Samaritan Fund, so plan now to enjoy lunch or dinner at Draft House that day. Meadowlark residents also may order food for delivery for either lunch or dinner. An order form will



be included in the Oct. 20 Messenger.

If dining at Draft House, a popular pulled pork and chicken slider buffet is available from 11 a.m. to 1 p.m. From 5 to 8 p.m., enjoy the whole hog roast buffet – What's HOGtoberfest without a hog roast? – complete with sides (baked beans, creamy coleslaw, and redskin potato salad) and apple

cobbler for dessert. In addition, the Kite's Bar & Grill menu will be available throughout the day. The Bar & Grill offers burgers, dawgs, and wraps, as well as soups, salads, and specialties, such as chicken fried steak, and spicy shrimp.

To add to the festive atmosphere at Draft House, Central National Bank will operate its Cash Cube from 11 a.m. to 2 p.m., and Tallgrass Tunesmiths will entertain from 6 to 8 p.m. At lunchtime, event-goers will be able to reach into the Cash Cube to grab blowing cash and prize coupons. Those who attend in the evening will hear an energetic group of four Kansans who play accordion, bass, guitar, clarinet, mandolin, and melodica. The band promises to keep the atmosphere lively with polkas, folk music, oldies, and other music fitting a fall Oktoberfest-style party.

As referenced above, there's a way to get into the HOGtoberfest spirit prior to the big day: purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes:

1st prize: \$2000 cash

2nd prize: \$500 shopping spree at Meadowlark Market

See HOGTOBERFEST, page 6

EVENTS & OPPORTUNITIES

Campus Maintenance

A team will be working on the West parking lot Saturday, Oct. 8, and Sunday, Oct. 9. All vehicles must be removed no later than 8 p.m. Friday, Oct. 7. They will be laying a top coating to the asphalt, and no one should walk on it until completed.

This work crew also will be filling in the pothole at the East entrance, which will restrict traffic while work is being completed. The entrance work will occur Thursday, Oct. 6, and Friday, Oct. 7.

Additionally, soffits on the East tower will be replaced starting today, Oct. 6. This project will take approximately three to four weeks to complete, weather dependent. Workers will be on lifts outside of resident windows.

Soon, the retaining wall outside of Lyle House will be replaced. The sidewalk and parking lot will be closed when the work is being completed. There is no start date scheduled yet—more information to come.

Employee Gift Fund

submitted by Resident Employee Gift Committee

Since Meadowlark has a no-tipping policy, we encourage you to give to the Employee Gift Fund to recognize our dedicated employees. Any amount of money may be given in appreciation and gratitude of our employees hard work THROUGHOUT THE YEAR. We encourage everyone to contribute until it feels good. Please place your give in a lockbox at the Hospitality Desk, or gifts also may be mailed to the Employee Gift Fund at 2121 Meadowlark Road, Manhattan, KS, 66502. No one will know the amount of individual donations. Please make this a priority.

Spanish Sessions

If you speak Spanish, know Spanish, or would like to learn a little Spanish, this may be the group for you! Independent living resident Enell Foerster is looking for others to start a conversational Spanish session group. The group would meet once a month. If this is something you may interested in, please sign up in the Blue Book at the Hospitality Desk. More information to come.

Time for a Flu Shot!

The leaves are changing, the air is turning crisp, and the next stop is flu season, and even better, flu shots! If you are a current patient of CenterPointe Physicians at the Meadowlark Clinic, you're invited to call (785) 537-1900 and schedule a time to receive your flu shot.

If you aren't a CenterPointe patient, please contact your primary care doctor to schedule a flu shot. Immunizations also are available at many local pharmacies.

In addition to receiving your flu shot, it's important to remember what to look for and how to take extra care of ourselves to avoid getting sick.

The flu spreads from person to person, up to about six feet away. Many experts believe the flu is spread mainly by droplets made from people with the flu when they sneeze, cough or talk. To avoid this, stay home if you are sick and stay away from others who are ill. It is important to wash your hands often with soap and water and disinfect surfaces and objects that may be contaminated with germs such as the flu.

The flu often comes on suddenly, and people who have the flu experience all or some of the following symptoms: fever, or feeling feverish/chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; and/or fatigue.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except for medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. When sick, limit your contact with others as much as possible.

It is Election Time Again: Are You Ready?

submitted by Kay Shanks

The General Election will be held on Tuesday, Nov. 8, 2022. If you have moved to Meadowlark or to a new apartment or cottage on campus since the Primary Election in August 2022, you must re-register to vote by Tuesday, Oct. 18.

If you would like to vote by mail and have not yet filled out the form to do so, contact Meadowlark's Hospitality Desk for a form. IF you need to re-register, your mail-in ballot will automatically switch to your new address upon re-registering, so you don't need to complete an

EVENTS & OPPORTUNITIES

additional form.

If you received a mail-in ballot for the August 2022 Primary Election and you have not moved, you will receive one for the General Election.

Mail-in ballots will be mailed starting Oct. 19. The last day to request an advanced ballot is Tuesday, Nov. 1. Sample ballots will be available online approximately one week or 10 days before the election at the Hospitality Desk or at rileycountyks.gov/election.

If you are unsure of your status, please call the County Clerk's office at (785) 537-6300. For other questions about voting, call Kay Shanks at (785) 770-5054.

Prairie Star Menu Suggestion Meetings

Friday, Oct. 7, at 9 a.m.

Prairie Star Restaurant offers an open forum for residents to offer menu suggestions. The next meeting is scheduled for 9 a.m. on Friday, Oct. 7, in the Bison Room. This meeting occurs every first Friday of each month.

Sweet Sounds of Al

Friday, Oct. 7, at 7 p.m.

You're invited to enjoy the Sweet Sounds of Al at 7 p.m. Friday, Oct. 7, in the Courtyard. Gather around and listen to the sweet sounds of Al St. Cyr. He is a little bit country, some folk, but not rock and roll. Al has played music in several different venues and locations including a small Tempura in Tokyo, and the Opera House in Junction City. The event will be moved inside if weather does not cooperate.

KSU Game Day Watch Party

Saturday, Oct. 8, at 6:30 p.m.

Come watch the K-State Wildcats take on the Iowa State Cyclones at 6:30 p.m. Saturday, Oct. 8, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be available.

Eisenhower—Little Ike, Ike the Solider, Ike the President: UFM Class

Tuesday, Oct. 11, at 1:30 p.m.

The second session of this three-session class will meet at 1:30 p.m. Tuesday, Oct. 11, in the Community Room. This class will cover Eisenhower as a soldier, general, and Supreme Allied Commander. This class is offered through

UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount. Enrollment is now open and can be completed by calling (785) 539-8763.

The Wizard of Oz: UFM Class

Tuesday, Oct. 11, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *The Wizard of Oz*. The second session is from 6:30 to 8 p.m. Tuesday, Oct. 11, in the Community Room. The final session will meet Tuesday, Oct. 18. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

October Ladies Luncheon

Monday, Oct. 13, at 11:30 a.m.

All Meadowlark Ladies, Passport ladies, and guests are invited to attend Meadowlark Ladies Luncheon at 11:30 a.m. Oct. 13, in Prairie Star's Event Center. Hostesses are Karen Matthews, Carolyn Pulford, and Sue Bayer.

There will be a light lunch served for \$10. The program will be presented by Deb Klutz, who is the Founder and Director of the Homestead Ministry in Manhattan and Salina, Kan. This is a ministry for women that have been involved in the sex trafficking industry and have made a choice to change their lives.

Be sure to sign up in the Blue Book by Monday, Oct. 10.

Around the World in 1800: UFM Class

Thursday, Oct. 13, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *Around the World in 1800*. This three-session course will begin Thursday, Oct. 13, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Thursday, Oct. 20, and Thursday, Oct. 27.

In 1800, the world had become more closely interconnected and was experiencing significant and noteworthy change. The whirlwind tour begins with the first session and an examination of the United States. This new nation was just a mere 17-years-old and the first real democracy in the world. The U.S. had to prove to the monarchs of the world that it could adjust to an electorate of

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MURDER MYSTERY

Dinner Theater

Thursday, Oct. 27

Seating opens at 5 p.m. / Meal begins at 6 p.m.

Meadowlark Event Center / \$60 per ticket

For reservations, call (785) 323-3821.

Amuse Bouche

Boursin cheese topped with caramelized onions and bacon served with herbed flat bread

Salad

Mixed greens, crispy prosciutto, & candied nuts served with apple-cider vinaigrette

Entree

Chicken Pot Pie

Roasted chicken and vegetables with a flaky pastry crust served in an individually-sized acorn squash

Green Beans

Fresh green beans tied together with leeks

Dessert

Pumpkin cheesecake served with homemade caramel sauce

Program featuring Levity Players Group

The Story: **The Doctor has made a fortune treating those afflicted with Zombieitis. He is speaking to enlighten people regarding his unusual treatment methods. Someone goes to that great doctor's waiting room in the sky and a psychiatrist-police detective is called in to make sense of the situation.**

This show is comedic and satirical, but not gory.

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the people and the peaceful transition of power. This first session also will focus on seismic changes in Latin American from being a group of colonies to several independent states. The second class will look at the events in Europe, and the third session moves eastward to the once-mighty Ottoman Empire.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message, and a staff member will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount. Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available at a discount to Meadowlark affiliates.

Name That Tune

Friday, Oct. 14, at 7 p.m.

Who doesn't love a good game of *Name That Tune*? Back by popular demand, you're invited to play along with host Jayme Minton and independent living resident Barbara Rees at 7 p.m. Friday, Oct. 14, in the Community Room.. Barbara will play classic tunes on the piano while you try to correctly *Name That Tune*!

Walk to End Alzheimer's

Saturday, Oct. 15, at 9 a.m.

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., is set to be an outdoor, in-person event for 2022. The Walk will be at Manhattan City Park on Saturday, Oct. 15. The Opening and Promise Garden Ceremony will start at 9 a.m. and the Walk will

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Outdoor Opportunities

submitted by Nathan Bolls

Why would we have any interest in a chatty, scolding critter that digs up our tulip bulbs, chews on power line wires, sneaks into our attics, is a fierce and persistent birdfeeder bandit, and messes up our walkways with half-eaten mulberries and husks from acorns and black walnuts? Although the bane of the 40 percent of American households that maintain birdfeeders, I dare to offer a few comments in defense of our common fox squirrel.

This critter is a fine-tuned biological machine. The tail is a balancing aid, used to maintain equilibrium as they leap from branch to branch or run along overhead wires. It also is a heating and cooling mechanism; the complex circulatory system within the tail serves as a heat exchange mechanism to help keep the animal warm in winter and cool in summer. In extreme cold, the squirrel uses its tail as a blanket, in extreme heat as a parasol, and as an alarm mechanism in times of danger—often in unison with the familiar loud chattering barking sound. The fox squirrel's genus name, *Sciurus*, alludes to a critter that sits in the shade of its tail.

The anatomy of a squirrel allows them to rotate their back feet 180 degrees when they descend trees headfirst. This flexibility is a survival mechanism: it allows the animal to circle trees as they ascend **or** descend, giving them a 360-degree view of the world so they can watch for and evade predators. And they are powerfully built. How many animals can haul their body weight straight up the trunk of a tree, much less at the speeds accomplished by squirrels.

Even the fox squirrel reproductive pattern is finely tuned. They have two breeding seasons: Jan-Feb, and May-June. Males may follow a receptive female for days before mating occurs. So, some chases we see through the trees may not be territorial disputes or just fun in the sun in the strict sense. Litter size is usually in the 2-4 range, and the female keeps her young in the tree den for some six weeks before letting them venture out onto a nearby limb. Females born from the second breeding season typically will not breed until the May-June mating season the following year. I've read that some older females, in some years, may

have two litters. The fox squirrel is quite vocal, but we do not hear most sounds. Whines and screams occur during courtship, and the mother squirrel emits various calls to her young.

Fox squirrels do not hibernate; but they may stay in the nest for several days during ice storms or blizzards, and they generally lead a mostly solitary life except during mating times. They prefer tree hollow dens for colder weather—with some den sharing. But they, in warmer weather, often build and use round leaf nests. These structures are larger than most bird nests, are loose-leafed, and rounded on top, in contrast to the flattop outline of a bird nest.

Fox squirrels, especially in fall, store nuts singly underground; they love to use my iris beds for this purpose. Some also cache large quantities of nuts in a tree hollow: a midden. This brings us to one of the squirrel's main biological claims-to-fame: they are generalists, omnivores, like humans. Fox squirrels utilize their version of a smorgasbord: a variety of some 30-plus different foods eaten as these foods become available throughout the year. Quite a menu: nuts, mushrooms, corn, cedar berries, bark of the Russian olive tree, wild gourd seeds, wasp galls on seeds of cottonwood and hackberry and Russian olive trees, acorns, pinecones, fungi, fruits, and seeds. In a pinch, they'll dine on hedge apples, honey locust pods, beetles or grubs in the lawn, or baby birds or eggs. In winter and spring, they can be seen out on the ends of tree branches dining on buds and flowers. And I've probably overlooked a couple of choice squirrel tidbits!

Being a dietary generalist is of great survival value. Other local and common critters enrolled in this meal plan include, at least, coyotes, raccoons, skunks, opossums, humans, crows, sparrows, and both domestic and wild pigs. The wild pig is expanding its range northward. It's now in southern Kansas, and is, unfortunately, probably headed our way! I was struck by one biologist's description of the opossum's diet: eats a wide variety of plant and animal foods, which includes carrion, human garbage, and almost anything

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Riding the Trails!



On, Saturday, Sept. 24, 10 Meadowlark residents enjoyed an early evening cart ride by touring the new pathways and then joining together to celebrate the beautiful autumn evening with conversation, wine, and cheese at the lower gazebo by Meadowlark’s Bayer Pond. The occasion was highlighted with fellowship and appreciation for the varied and natural outdoor gathering spaces offered to the Meadowlark Hills community.

~ submitted by independent living resident Jo Fey

Work That Brain!

Skill Level: Easy

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

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3rd prize: gift cards from Blueville Nursery with a total value of \$300

4th prize: \$50 gift cards for Kite’s Aggieville Draft House, Mr. K’s, and Rockin K’s. Total value is \$150.

Purchase a winning ticket TODAY at the Hospitality Desk, at Verna Belles’ Café, online at meadowlark.org by clicking the HOGtoberfest button, or by contacting a Meadowlark board member. Help us reach our goal of selling 1400 tickets!

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources. The Fund bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement. In addition to Kite’s Aggieville Draft House and Central National Bank, Meadowlark Foundation appreciates the continued generous support of McCullough Development, BHS Construction, Blueville Nursery, Burnett Automotive, and Flint Hills Beverage.

Please watch future Messengers for more details about this annual Food, Friends, and Fundraising event. Questions? Contact Becky Fitzgerald at (785) 323-3843.

Art Engagement *from the* Beach Museum of Art

Main Street ... Every town has a main street, one thoroughfare that is the hub of business and community activity. Some streets are actually named Main Street, while others are given names of historically prominent citizens, trees, states, numbers, etc. As you spend time looking at this print of a main street, think about what the main street of your childhood was like. Was it primarily lined with businesses, or were there residences along the street, too? Does it double as a state highway? Has its function changed over the years? Do you have a favorite memory that includes the main street in your hometown or current town?



Gordon Grant (United States, 1875 - 1962), Associated American Artists (United States, 1934 - 2000), *East Main Street*, published 1946
Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.144

Solutions from 9/29.

Skill Level: Easy

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

Skill Level: Medium

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

RESTAURANT **SPECIALS**

Sunday, Oct. 9	\$14 Lunch Beef Tips Mashed Potatoes & Gravy Broccoli	\$14 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, Oct. 10	\$10 Lunch Ham & Scalloped Potato Quiche Garden Side Salad	\$16 Dinner Coconut Shrimp Coconut Rice Roasted Brussel Sprouts
Tuesday, Oct. 11	\$10 Lunch Pimento Cheese Grilled Cheese Green Bean Fries	\$14 Dinner Turkey Tetrazzini Pear & Feta Side Salad
Wednesday, Oct. 12	\$11 Lunch Grilled Salmon Wrap Baked Sweet Potato	\$13 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Corn
Thursday, Oct. 13	\$9 Lunch BLT Sandwich Pub Chips	\$14 Dinner Creamy Chicken & Gnocchi Garden Side Salad
Friday, Oct. 14	\$10 Lunch Taco Bar	\$14 Dinner Brown Sugar Ham Mashed Sweet Potato Baked Apples
Saturday, Oct. 15	\$9 Lunch Zuppa Toscana Breadstick	\$11 Dinner Beef Stroganoff Egg Noodles Lingonberry Sauce

Verna Belle's Cafe

MONDAY

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

Lunch: Baked Potato or Sweet Potato, \$7

Your choice of potato topped with any items from the salad bar

TUESDAY

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

Lunch: Taco Tuesday, \$5 / \$7

Choose any of the salad bar items to top your ground beef tacos or create a taco salad)

WEDNESDAY

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

Lunch: Mac & Cheese, \$5 / \$7

Homemade mac & cheese custom-made with any items from the salad bar

THURSDAY

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

Lunch: Chili & Cinnamon Roll, \$5 / \$7

Traditional homemade chili served with a cinnamon roll

FRIDAY

Breakfast: Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

Lunch: Quesadilla, \$5 / \$7

Custom-made quesadillas with any items from the salad bar

SATURDAY

Breakfast: Ala Carte Menu Eggs, omelet, bacon, sausage, toast, & fruit

MON.-FRI., 7 AM. – 2 PM / SAT., 7 AM. – 11 AM.

Daily Specials

Weekly Opportunities Calendar Oct. 9 to Oct. 15

<p>Sunday • Oct. 9 <i>Put your trash at the curb!</i></p> <p>10:30 a.m. ~ Worship Service, CR</p> <p>10:30 a.m. ~ Transportation to FUMC, VE</p>	<p>Thursday • Oct. 13</p> <p>12:00 p.m. ~ Caring Conversations for People with Pd, FHR</p> <p>12:15 p.m. ~ Mat Yoga, CR</p> <p>1:00 p.m. ~ Parkinson’s Exercise Class, CR</p> <p>3:00 p.m. ~ Ice Cream Social, PS</p> <p>1:30 p.m. ~ UFM Class: Around the World in 1800, CR</p>														
<p>Monday • Oct. 10 <i>Trash & recycling pick-up</i></p> <p>9:30 a.m. ~ Seated Strength, CR</p> <p>10:30 a.m. ~ Weights 101, CR</p> <p>11:30 a.m. ~ Sit & Be Fit, CR</p> <p>11:30 a.m. ~ Meadowlark Valley Luncheon, BR</p> <p>1:00 p.m. ~ Parkinson’s Exercise Class, CR</p> <p>1:30 p.m. ~ God Talk, KSU CL</p> <p>1:45 p.m. ~ Parkinson’s Voice Class, CR</p> <p>2:00 p.m. ~ Change & Loss Support Group, FHR</p> <p>7:00 p.m. ~ Community Bingo, CR</p>	<p>Friday • Oct. 14</p> <p>9:30 p.m. ~ Outdoor Committee, FHR</p> <p>9:30 a.m. ~ Seated Strength, CR</p> <p>10:30 a.m. ~ Weights 101, CR</p> <p>11:30 a.m. ~ Sit & Be Fit, CR</p> <p>1:00 p.m. ~ Rock Steady Boxing, BF</p> <p>7:00 p.m. ~ Name That Tune, CR</p>														
<p>Tuesday • Oct. 11</p> <p>7:00 a.m. ~ Rock Steady Boxing, BF</p> <p>10:00 a.m. ~ Memory Activities Class, KSU CL</p> <p>10:30 a.m. ~ Steady Yourself, CR</p> <p>11:15 a.m. ~ Chair Yoga, CR</p> <p>12:00 p.m. ~ 4th Floor Luncheon, BR</p> <p>12:15 p.m. ~ Mat Yoga, CR</p> <p>1:30 p.m. ~ UFM Class: Eishenhower—Little Ike, Ike the Soldier, Ike the President, CR</p> <p>2:00 p.m. ~ 10-Point Pitch, GR</p> <p>3:00 p.m. ~ Coffee Corner, EC</p> <p>4:00 p.m. ~ Meadowlark Singers Practice, CR</p> <p>5:30 p.m. ~ Social Dining, MR</p> <p>6:30 p.m. ~ UFM Class: Wizard of Oz, CR</p>	<p>Saturday • Oct. 15</p> <p>10:30 a.m. ~ Saturday Shopping Trip, VE</p>														
<p>Wednesday • Oct. 12</p> <p>9:30 a.m. ~ Seated Strength, CR</p> <p>10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE</p> <p>10:00 a.m. ~ Memory Care Partner Group, FHR</p> <p>10:00 a.m. ~ Memory Café, KSU CL</p> <p>10:30 a.m. ~ Weights 101, CR</p> <p>11:30 a.m. ~ Sit & Be Fit, CR</p> <p>3:00 p.m. ~ Rock Steady Boxing, CR</p> <p>3:00 p.m. ~ Sing-A-Long, EC</p> <p>5:30 p.m. ~ Eastside Supper, BR</p>	<p>Room Abbreviations</p> <table><tr><td>BF, Body First</td><td>GR, Game Room</td></tr><tr><td>BR, Bison Room</td><td>KSU CL, KSU Classroom</td></tr><tr><td>CR, Community Room</td><td>MR, Manhattan Room</td></tr><tr><td>CY, Courtyard</td><td>PR, Patriot Room</td></tr><tr><td>EC, Event Center</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>FHR, Flint Hills Room</td><td>VBC, Verna Belle’s Cafe</td></tr><tr><td>GC, Grosh Cinema</td><td>VE, Village Entrance</td></tr></table>	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
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<p>Thursday • Oct. 13</p> <p>9:00 a.m. ~ Messenger Team, KSU CL</p> <p>10:30 a.m. ~ Steady Yourself, CR</p> <p>11:15 a.m. ~ Chair Yoga, CR</p> <p>11:30 a.m. ~ Meadowlark Ladies Luncheon, EC</p>	<p>OUTDOOR, from page 5</p> <p>remotely edible.</p> <p>The animals mentioned above are generally considered to be “survivors,” with their broad diets greatly enhancing their survival abilities. In contrast is the koala of Australia, the classic example of an animal with a restricted diet: leaves of the eucalyptus tree. Whatever else may challenge the koala, the survival of this animal is tied narrowly to the availability of eucalyptus trees--not a good arrangement for long-term species survival.</p> <p>So, let’s take our wins where we find them: the fox squirrel is a prime example of an energetic, colorful and successful statement of life; a survivor even amidst the congestions of human anthills; and a delightful part of what is out there when we look through the glass brightly.</p>														



CHANNEL 1960 Entertainment Guide

Monday, Oct. 10

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

Tuesday, Oct. 11

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

Wednesday, Oct. 12

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
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10:30 a.m.	Steady Yourself Exercise Class
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Friday, Oct. 14

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

Saturday, Oct. 15

9:30 a.m.	Band Bust Exercise Class
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begin around 9:15 a.m. The Walk route is one mile long.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research.

There is no fee to register for the Walk. To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. If you have questions about registering for the Walk, please contact Sarah Duggan at (785) 323-3878.

Shopping at Target & Dollar Tree

Saturday, Oct. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Oct. 15, 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, Nov. 19. Please sign up in the Blue Book to participate in these opportunities.

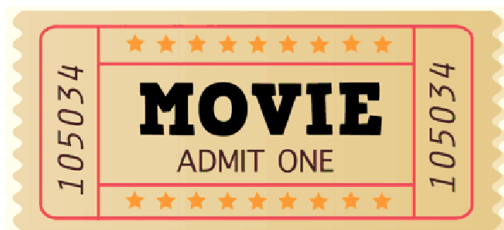
Annual Clothing Drive

Tuesday, Oct. 18, at 10 a.m.

It's time for the Ambassadors' Annual Clothing Drive! Meadowlark Ambassadors will be available to sort and package clothing and greet donors from 10 a.m. to 1 p.m. Tuesday, Oct. 18, in the Flint Hills Room. This year, donations will benefit The Budget Shop. This organization is one of four local community not-for-profit thrift stores that accepts vouchers given to clients by other social service agencies in town.

The Budget Shop disperses the funds that are generated from its sales to local community organizations such as the Flint Hills Community Clinic, Shepherd's Crossing, Manhattan Emergency Shelter, and The Crisis Center.

Residents who live in the apartment towers are encouraged to drop off clothing donations in the Flint Hills Room on the day of the event, as well as any interested Passport members and employees. Cottage/duplex residents may call the Hospitality Desk in advance to arrange a time to pick up their item(s) on the day of the event. Items must be clean and in either new or gently-used condition. Contact Jana, Engagement Specialist, for any questions at (785) 323-3890.



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: Oct. 9

DEATH BECOMES HER (1992) PG-13, 1 hr. 44 min. *Comedy, Fantasy, Horror*

Cast: Meryl Streep, Bruce Willis, & Goldie Hawn

When a fading actress learns of an immortality treatment, she sees it as a way to outdo her long-time rival.

MUSICAL MONDAY: Oct. 10

COCO (2017) PG, 1 hr. 44 min. *Family, Musical, Fantasy*

Cast: Anthony Gonzalez, Gael Garcia Bernal, & Benjamin Bratt

A boy dreams of becoming a great musician and embarks on a journey to uncover the mysteries behind his ancestors' stories and traditions.

TRUE TUESDAY: Oct. 11

THE STRAIGHT STORY (1999) G, 1 hr. 51 min. *Drama, Biographical*

Cast: Richard Farnsworth, Sissy Spacek, & Harry Dean Stanton

Story of a 73-year-old man who takes a six-week trip on his riding lawn mower to mend his relationship with his older brother, who is ill.

WACKY WEDNESDAY: Oct. 12

SO I MARRIED AN AXE MURDERER (1993) PG-13, 1 hr. 36 min. *Comedy, Quirky, Romantic*

Cast: Mike Myers, Nancy Travis, & Anthony LaPaglia

Charlie, a poet, proposes to a sweet-natured meat butcher named Harriet. But his best friend keeps pointing out the shocking similarities between the bride-to-be and an infamous murderer-at-large. What do you do when you suspect that the woman you plan to marry is a killer—and that you could be her next victim?

THEATER THURSDAY: Oct. 13

THE GRAY MAN (2022) PG-13, 2 hr. 9 min. *Action, Adventure*

Cast: Ryan Gosling, Chris Evans, & Ana de Armas

When a shadowy CIA agent uncovers damning agency secrets, he's hunted across the globe by a sociopathic rogue operative who's put a bounty on his head.

FUNNY FRIDAY: Oct. 14

A KNIGHT'S TALE (2001) PG-13, 2 hr. 12 min. *Charming, Witty, Exciting*

Cast: Heath Ledger, Rufus Sewell, & Shannyn Sossamon

After a young squire finds a way to pass himself off as a bona fide knight, he becomes a jousting champion while romancing an admiring princess.

SWEET SATURDAY: Oct. 15

PAN (2015) PG, 1 hr. 51 min. *Action, Adventure, Comedy*

Cast: Levi Miller, Hugh Jackman, & Garrett Hedlund

Twelve-year-old orphan Peter is spirited away to the magical world of Neverland, where he finds both fun and danger, and ultimately discovers his destiny: to become the hero who will be forever known as Peter Pan.