

Oct. 20, 2022 Manhattan, Kansas Messenger Editor: Sarah Duggan

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

A HOG of a Good Time

by Becky Fitzgerald, Development Director Remember 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 Kite's Aggieville Draft House that day. Free transportation will be provided for residents for lunch

and dinner Please meet your

driver at 11:15 a.m. of 5:15 p.m. Sign up in the Blue Book at the Hospitality Desk. Meadowlark residents also may

order food for delivery for either lunch or dinner. An order form for Meadowlark residents is included in this edition of the Meadowlark Messenger. Order forms are also available at the Hospitality Desk.

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

into the

get

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; 3rd prize: gift cards from Blueville Nursery with a total value of \$300; and 4th prize: \$50 gift cards for Kite's Aggieville Draft House, Mr. K's, nd Rockin K's.

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.

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.

EVENTS & OPPORTUNITIES

Restaurant closed for dinner, Oct. 27

Prairie Star Restaurant will be closed for dinner Thursday, Oct. 27. For those individuals not attending the Murder Mystery Dinner Theater, you are encouraged to visit or order from Kite's Aggieville Draft House to support Meadowlarks Foundation's annual HOGtoberfest event.

Additionally, Verna Belle's Café will remain open until 6:30 p.m. Thursday, Oct. 27, featuring feature an all-day Chili and Cinnamon Roll special.

Bingo canceled, Oct. 31

BINGO has been canceled for Monday, Oct. 31. Bingo will resume Monday, Nov. 7.

Hable Español Conversation submitted by Enell Foerster

At the organizational meeting, the Hable Español Conversation group decided to meet twice a month. The group will meet in the Flint Hills Room at 4 p.m. on the second and fourth Mondays of the month.

We hope you will sign up and join the fun! No matter your skill level in Spanish, come try us out.

Election Information

submitted by Kay Shanks

Voting for the fall election began Wednesday, Oct. 19, both in-person at the Courthouse and mail-in ballots. Sample ballots are available at the Hospitality Desk or online at

www.rileycountyks.gov/134/Review-Your-Voter-Information.

Remember, you must have your ID to vote in person. This applies to early voting and Election Day voting. The final day for advanced in-person voting is Monday, Nov. 8.

If you have questions, contact Kay Shanks at (785) 770-5054 or call the Riley County Clerk's office at (785) 537-6300.

Campus Maintenance

A company will be at Meadowlark from Oct. 31 through Nov. 4 to clean drying ducts. They are planning to complete first, second, and third floor of the east tower on Monday, Oct. 31, and Tuesday, Nov. 1. Next, duplexes 2010 through 2152 and Meadowlark Circle will be completed Wednesday, Nov. 2, and Thursday, Nov. 3. On Friday, Nov. 4, we plan to complete duplexes 2231 through 2263. We will need to enter apartments to complete this work. If you aren't home and don't want the team to enter, then please contact Mike Davis, Environmental Services Leader, at (785) 323-3851.

Soffit replacement on the East tower began Thursday, Oct. 6. This project will take approximately three to four weeks to complete, weather-dependent. Workers will be on lifts outside of residents' 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

The Employee Gift Fund drive is winding down. We hope that if you have not sent your donation, you will send it soon. We send our grateful thanks if you have already contributed. If not, don't delay further. Keep in mind that Meadowlark is a largescale facility with a staff of nearly 450. We would like to match—no, better yet—exceed last year's gifts. Don't wait! Help show our appreciation—set a new record for giving!

A special message from the Employee Gift Committee will air on Channel 1960 several times next week. See page 11 for air dates and times.

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.

Around the World in 1800: UFM Class Thursday, Oct. 20, at 6:30 p.m.

In 1800, the world had become more closely interconnected and was experiencing significant and noteworthy change. UFM Lifetime Learning and Meadowlark present *Around the World in 1800*. The second session will meet today, Oct. 20,

EVENTS & OPPORTUNITIES

from 6:30 to 8 p.m. in the Community Room. The third session is Thursday, Oct. 27.

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.

Classy Cats

Friday, Oct. 21, at 7 p.m.

Meadowlark is to welcome K-State's Classy Cats to the Event Center at 7 p.m. Friday, Oct. 21. In April 2022, the ladies won the Division 1A National Championship at the College Classic National Invitational in Orlando, Fla. The Classy Cats took first place in the D1A Pom Division and fourth place in D1A Jazz Division. They are part of the K-State Marching Band and serve as ambassadors for K-State, in addition to promoting spirit at athletic events.

KSU Game Day Watch Party

Saturday, Oct. 22, at 7 p.m.

All are invited to watch the K-State Wildcats take on the TCU Horned Frogs at 7 p.m. Saturday, Oct. 22, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided.

Diabetic Wellness Group

Wednesday, Oct. 26, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Oct. 26, in the Flint Hills Room. All who are interested are invited to attend.

ARTFul Making: Spooky Watercolor Wednesday, Oct. 26, at 2:30 p.m.

It's time create ghosts, goblins and eerie things using watercolor and other techniques. You're invited to ARTFul Making at 2:30 p.m. Wednesday, Oct. 26, in the KSU Classroom. Inspiration images and all materials will be provided. Join Kim Richards from the Beach Museum of Art for creepy creation.

Murder Mystery Dinner Theater Thursday, Oct. 27, at 5 p.m.

You're invited to a Murder Mystery Dinner Theater event in Prairie Star's Event Center during the evening hours of Thursday, Oct. 27. The program features Levity Players Group, an interactive and family-friendly murder mystery dinner theater group that performs in Kansas and Missouri.

Attend the event to enjoy a comedic and satirical, but not gory, story about a doctor who has made a fortune treating those afflicted with Zombieitis. He speaks to enlighten people regarding his unusual treatment methods. Then, someone goes to that great doctor's waiting room in the sky, and a psychiatrist-police detective is called to make sense of the situation.

Seating will open at 5 p.m., and the meal begins at 6 p.m. Reservations are required and the cost is \$60 per person. To reserve your seat, please call (785) 323-3821.

The menu will feature an amuse bouche of Boursin cheese topped with caramelized onions and bacon served with herbed flatbread, followed by a mixed greens salad with crispy prosciutto and candied nuts served with apple-cider vinaigrette. The entrée is a chicken pot pie with roasted chicken, vegetables, and a flaky pastry crust served in an individual-size acorn squash with fresh green beans tied together with leeks. Pumpkin cheesecake with homemade caramel sauce will follow for dessert.

If you have questions regarding this spooky event, contact Dining Services at (785) 323-3821.

Celebration of Life for Jeanette Gibson *Saturday*, Oct. 29, at 11:30 a.m.

Please save the date and make plans for a weekend of friends and family celebrating the beautiful life of Jeannette Gibson. The celebration will be at 11:30 a.m. at Lake Wabaunsee Golf Course Club House at 417 W. Flint Hills Drive, Alma, Kan., a place she dearly loved.

Per her request—please bring your favorite memories, stories, and pictures to share. We will provide appetizers and drinks to share around Papaw's firepit.

Please RSVP to *megandubo@gmail.com*. We look forward to sharing warmth and laughter with those who loved her dearly.

KSU Game Day Watch Party Saturday, Oct. 29, TBD All are invited to watch the K-State Wildcats take

See EVENTS, page 9

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Work That Brain!

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31. Ponder

33. Crease

34. Street

36. Pixels

38. Berating

35. Celtic language

50. Notion

51. Ribald

53. Midday

disapproval

55. Lack of difficulty

54. Sounds of

52. Balm ingredient

Winter accessory _oot Actors An abnormal wth Mother Winglike Gentry Gulf port Anger Poulticing Bottom Explosive Employ again Reprimands **Besmirch** Sensational Strolled Long, long time Perception Anagram of "Root" Dehydrate (var. sp.) Seashore Fragrance Legions Kind of nut Hurry on foot Hubs Amateurish Cultural doings Mid-month days Shad Unable to hear 60. Colorful salamander 61. Chefs 62. Countercurrent 63. Wanders restlessly 64. On edge

8. Ends a prayer

10. Air-intake device

11. Assumed name

13. Tall woody plant

12. Mud volcano

9. Necrosis

Art Engagement from the Beach Museum of Art

Fall color... Art is not the only place pigments are present, they are in leaves too. Carotenoids (yellow, orange, brown) and chlorophyll (basic green) occur in the leaf cells during the growing season. Anthocyanin (blue, red, purple) is produced in the fall. As the nights grow longer, chlorophyll production decreases and the other colors within the cells begin to appear. The weather conditions affect the intensity of the color. As you enjoy this watercolor, what do you notice about the artist's use of color to express the changing season? What hues are used? Are they complementary or analogous? How does the artist use value to create contrast?



Undetermined, Title unknown, 1929, Watercolor on paper, KSU, Marianna Kistler Beach Museum of Art, gift of C.E. Denman, 2008.506

RESTAURANT SPECIALS

Sunday, Oct. 23	\$14 Lunch Pot Roast Red Potatoes Carrots, Celery, & Onions	\$14 Dinner Swedish Meatballs Egg Noodles Lingonberry Sauce				
Monday, Oct. 24	\$9 Lunch Turkey Cranberry Croissant Green Bean Casserole	\$12 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas				
Tuesday, Oct. 25	\$11 Lunch Shrimp Po' Boy French Fries	\$14 Dinner Chicken Fettucine Alfredo Garden Side Salad Garlic Bread				
Wednesday, Oct. 26	\$9 Lunch Everything Bagel Sandwich <i>with ham, turkey, & Swiss cheese</i> Potato Salad	\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans				
Thursday, Oct. 27	\$11 Lunch Beer-Cheese Burger <i>with fried onions</i> French Fries	Prairie Star Restaurant closed for Murder Mystery Dinner Theater.				
Friday, Oct. 28	\$10 Lunch Egg Salad Croissant Fruit Salad	\$14 Dinner Swiss Steak Mashed Potatoes Carrots				
Saturday, Oct. 29	\$10 Lunch Italian Sandwich Pasta Salad	\$12 Dinner White Cornbread Chili Cornbread				

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Jema Belles Jaje

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.

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Weekly Opportunities Calendar Oct. 23 to Oct. 29

Thursday • Oct. 27 Sunday • Oct. 23 Put your trash at the curb! 10:30 a.m. ~ Worship Service, CR 12:00 p.m. ~ Caring Conversations for People 10:30 a.m. ~ Transportation to FUMC, VE with Pd, FHR 12:05 p.m. ~ Mat Yoga, CR Monday • Oct. 24 Trash & recycling pick-up 1:00 p.m. ~ Parkinson's Caregiver Support 9:30 a.m. ~ Seated Strength, CR Group, FHR 10:30 a.m. ~ Weights 101, CR 1:00 p.m. ~ Parkinson's Exercise Class, CR 11:30 a.m. ~ Sit & Be Fit, CR 2:00 p.m. ~ Fiber Arts Club, BR 1:00 p.m. ~ Parkinson's Exercise Class, CR 5:00 p.m. ~ Murder Mystery Dinner Theater, EC 1:30 p.m. ~ God Talk, KSU CL 5:15 p.m. ~ Transportation to Kite's Aggieville 1:45 p.m. ~ Parkinson's Voice Class, CR Draft House for HOGtoberfest, VE 2:00 p.m. ~ Change & Loss Support Group, FHR 6:30 p.m. ~ UFM Class: Around the World in 7:00 p.m. ~ Community Bingo, CR 1800, CR Friday • Oct. 28 Tuesday • Oct. 25

7:00 a.m. ~ Rock Steady Boxing, BF 10:00 a.m. ~ Memory Activities Class, KSU CL 10:30 a.m. ~ Steady Yourself, CR 11:15 a.m. ~ Chair Yoga, CR 12:15 p.m. ~ Mat Yoga, CR 2:00 p.m. ~ 10-Point Pitch, GR 3:00 p.m. ~ Coffee Corner, EC 4:00 p.m. ~ Meadowlark Singers Practice, CR 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Oct. 26

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
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:30 p.m. ~ Diabetic Wellness Group, FHR
2:30 p.m. ~ ARTFul Making, KSU CL
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Ist Floor Supper, MR

Thursday • Oct. 27

9:00 a.m. ~ Messenger Team, KSU CL 10:30 a.m. ~ Steady Yourself, CR 11 a.m. to 10 p.m. ~ HOGtoberfest, Kite's Aggieville Draft House 11:15 a.m. ~ Chair Yoga, CR 11:15 a.m. ~ Transportation to Kite's Aggieville Draft House for HOGtoberfest, VE 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

Saturday • Oct. 29

TBD ~ KSU Football Watch Party, PS Pub/EC, & GR

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 KSU CL, KSU Classroom MR, Manhattan Room PR, Patriot Room PS, Prairie Star Restaurant VBC, Verna Belle's Cafe VE, Village Entrance

Recycling Flower Vases & Pots

submitted by Kay Shanks

Recycling is an ongoing Meadowlark project. If you have one or many vases, straw baskets, or ceramic planter pots that you'd like to stop storing, please call the Hospitality Desk at (785) 323-3847 or call (785) 770-5054 and someone will pick them up at your apartment or cottage.

This offer includes healthcare and assisted living households, also.

A select variety of vases are stored in the cabinet over the sink in the Community Room and in the cupboard above the cubbies nearest to the Courtyard entrance in the Game Room. Please feel free to use them whenever you need a vase.

		Wednesday, Oct. 26					
	CHANNEL	9:15 a.m.	(Re-run) Message from Employ- ee Gift Committee				
	1960	9:30 a.m.	Seated Strength Exercise				
GUI		10:30 a.m.	Weights 101 Exercise Class				
	Entertainment Guide	11:30 p.m.	Sit & Be Fit Exercise Class				
		Thursday, Oct. 27					
Monday, Oc	+ 24	10:15 a.m.	(Re-run) Message from Employ- ee Gift Committee				
	Message from Employee Gift	10:30 a.m.	Steady Yourself Exercise Class				
9:15 a.m.	Committee	11:15 a.m.	Chair Yoga Exercise Class				
9:30 a.m.	Seated Strength Exercise	Friday, Oct. 28					
10:30 a.m.	Weights 101 Exercise Class		(Re-run) Message from Employ-				
11:30 a.m.	Sit & Be Fit Exercise Class	9:15 a.m.	ee Gift Committee				
1:00 p.m.	Parkinson's Exercise Class	9:30 a.m.	Seated Strength Exercise Class				
Tuesday, Oc	t. 25	10:30 a.m.	Weights 101 Exercise Class				
,,	(<i>Re-run</i>) Message from Employee	11:30 a.m.	Sit & Be Fit Exercise Class				
10:15 a.m.	Gift Committee	1:00 p.m.	Parkinson's Exercise Class				
10:30 a.m.	Steady Yourself Exercise Class	Saturday, Oct. 29					
11:15 a.m.	Chair Yoga Exercise Class	9:30 a.m.	Band Bust Exercise Class				

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on the Oklahoma State Cowboys Saturday, Oct. 29, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided. Game time is to be determined.

Halloween Trick or Treat

Monday, Oct. 31, at 5:30 p.m. Employee and resident families are invited to trick or treat at Meadowlark from 5:30 to 7:30 p.m. Monday, Oct. 31. If any resident would like to volunteer with this event, please contact Jana

Armfield at (785) 323-3890 or at *jarmfield@meadowlark.org.*

Jazz History—Revisiting the Big Bands: UFM Class

Tuesday, Nov. 1, at 6:30 p.m.

The Big Band Era of American music is most often remembered as "THE" pop music of the 1930s and 40s. Band leaders such as Bennie Goodman, Duke Ellington, Glenn Miller, and Tommy Dorsey were the pop music stars of the day. However, that era is linked to the history and development of jazz. This three-session class will examine the predecessors of the genre, present some of the highlighted ensembles, and explore what happened to the genre of big band music after the 1940s.

The course begins Tuesday, Nov. 1, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Tuesday, Nov. 8, and Tuesday, Nov. 15.

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.



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. 23

NIGHTBOOKS (2021) TV-PG, 1 hr. 43 min. *Suspenseful, Mystery, Family*

Cast: Winslow Fegley, Lidya Jewett, & Krysten Ritter

Scary story fan Alex must tell a spine-tingling tale every night—or stay trapped with his new friend in a wicked witch's magical apartment forever.

MUSICAL MONDAY: Oct. 24

INTO THE WOODS (2014) PG, 2 hr. 6 min. *Fantasy, Action-Adventure, Musical* Cast: Meryl Streep, Emily Blunt, & James Corden

A modern twist on the beloved fairy tales you thought you knew. A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.

TRUE TUESDAY: Oct. 25

RETURN TO SPACE (2022) TV-MA, 2 hr. 8 min. Inspiring, Documentary

Cast: Elon Musk

Elon Musk and SpaceX engineers embark on a historic mission to return NASA astronauts to the International Space Station and revolutionizes space travel.

WACKY WEDNESDAY: Oct. 26

GHOSTS OF BUXLEY HALL (1980) TV-PG, 1 hr. 32 min. Family, Comedy, Fantasy

Cast: Dick O'Neill, Victor French, & Louise Latham

When 100-year-old Buxley Hall academy finds itself in financial trouble, the friendly ghosts inhabiting it look to 13-year-old cadet Jeremy, heir to a large sum of money, to help reestablish the school ... and their home.

THEATER THURSDAY: Oct. 27

COLETTE (2018) R for some sexuality/nudity, 1 hr. 51 min. Drama, Biography, History

Cast: Keira Knightley, Dominic West, & Fiona Shaw

Transported to glittering Paris, a woman ghostwrites for her husband and, empowered by success, fights for her identity as a writer and freethinker.

FUNNY FRIDAY: Oct. 28

WHAT ABOUT BOB? (1991) PG, 1 hr. 39 min. Comedy, Blockbuster

Cast: Bill Murray, Richard Dreyfuss, & Julie Hagerty

Determined to receive treatment, Bob Wiley, a neurotic New Yorker with a host of phobias, follows his psychiatrist on vacation. His pompous shrink tries to get rid of the unwanted patient, but Bob ingratiates himself with the doctor's family.

SWEET SATURDAY: Oct. 29

THE HAUNTED MANSION (2003) PG, 1 hr. 29 min. Family, Thriller, Fantasy, Comedy

Cast: Eddie Murphy, Terence Stamp, & Nathaniel Parker

With the help of supernatural psychic Madame Leota, a real estate agent and his family must battle to break Gracey Manor of its age-old curse.