

# Hallowed History



**by Sarah Duggan, Community Relations Director**

In the early 2000s, Meadowlark was in phase two of a three-phase growth and evolution as a community. As a part of this expansion, Meadowlark added its first duplexes on Meadowlark Circle. However, there was a hurdle: a small family cemetery dating from the mid-1800s to 1900. The original cemetery had at least four formal headstones, all of which had been removed by early in the twentieth century. Thus, by the early twenty-first century, almost nothing was known about this cemetery other than its location.

In preparation for construction, and with exhumation authority

from Riley County District Court, the original cemetery was excavated in the summer of 2004 by professional archeologists under the direction of Dr. Donna C. Roper of Manhattan.

The cemetery lies near the northwest corner of a parcel of land patented to Dr. William Henry Stillman in 1860. Born in Rhode Island, he first came to the Manhattan area in 1855 and took up land in Blue Township in western Pottawatomie County. He soon returned to Rhode Island, but then returned to Manhattan a few years later, only to find someone else had taken over his Blue Township land. At this time, he obtained the land in eastern Riley County that he held until his death.

He lived in a house, since demolished, on a small terrace low on the bluff slope, about 120 yards southeast of the original cemetery, which is where Meadowlark Circle duplexes now sit.

Stillman was a farmer and physician. During the 40 years he lived here, he provided indigent care and, in the period from at least 1800 to 1893, ran an unofficial poor farm. The possibility that he also operated an unofficial orphanage has not been confirmed. Stillman actively sold or leased portions of his property throughout his life, but he retained this portion of the property until his death in 1900.

Meadowlark hosted a Dedication and Re-Internment Ceremony for

**See STILLMAN, page 6**

# Cybersecurity & the Holidays

*by Tim Sobering*

Around the end of September, I had to go shopping. It's true! I couldn't get everything I wanted online, and I actually ventured out into public. But it's OK ... Kristine was there to supervise me. What shocked me was a large display of Christmas decorations that were already on sale. It's crazy. I can't find New York Bakery Texas Toast Salt and Pepper Croutons at the grocery store, but I can buy an 8-foot inflatable Star Wars AT-AT with a red Rudolph nose and reindeer antlers. I'll never understand the modern supply chain.

Anyway... since it's me, you know I'm going to start nagging you about being (cyber) safe over the holidays, because nagging is what I do best! And since the stores are trying to get you to part with your Social Security checks, you know that the Bad Guys™ can't be far behind. Merry Christmas!

Fortunately you already have some tools to deal with these scammers. After all, you ravenously read all of my other columns and couldn't wait for the next installment. Right? Maybe? Anyway... remember what we've learned. **THINK and be SKEPTICAL!** The scammers will try to trick you and, more importantly, they will try to **scare** you into taking action **quickly**. They don't want you to have the time to think. If you feel pressured, that's a sign. They are trying to stop you from going with that queasy feeling in your gut that's saying something doesn't feel right. Hang up the phone, take a deep breath, and let your friends on Facebook decide if you really need an electronic yodeling pickle. (No lie ... it's a real thing. Get it for \$13.99 online with free shipping!)

I shouldn't joke so much. The scammers are really good at triggering the fight, flight, or freeze reaction that is innate in all of us. It's how they get you to make a mistake. So try your best to stay calm and be **vigilant**. And remember that it is very easy to fake the Caller ID displayed on your phone. So think about how you normally do business with your bank or your insurance company. You already have their (real) phone number. So politely get off the phone and call the bank back at the number you would normally use. **Take control** of the call, and you will know you are actually talking to your banker.

Other companies or government agencies simply will not call you. Microsoft and Apple won't call consumers to tell them there is a problem with their PC. The IRS won't call you. Ever. If you don't believe me, try calling them. I don't think they know what a phone is— I've been trying to get them on the phone since Mom passed away.

There's another scam that is only a few years old that is really kind of dirty. The scammer calls you and says "Can you hear me?" It's playing dirty because this happens to me a lot with my wife. For some reason she can hear me and I can't hear her (Isn't that always the case, ladies?) "Can you hear me?" is a very natural question. However, what the scammer wants is to get you to say "Yes." They record your answer and use it as a "voice signature" and try to claim that you authorized certain charges. It makes me want to pull my hair out. What do you do? My best advice is to hang up on them. I guess you could say "Who is this?" but generally if you respond that will just leads to more

calls because now they know you are a real person. That's why you don't "press 1" to get a live operator or to get removed from their calling list. It doesn't work. It just tells them to keep calling.

You really do have the **knowledge** to figure these things out. Deep down you know that no one outside the loony bin will write you a check for \$100 if you will just return \$50 of it to them. Yeah, it would be nice to have the money, especially when Red Peppers are selling for \$2 EACH, but it's a scam. You have to be on guard ... vigilant ... think, and be skeptical. But that is hard! We can't always bring our A-game every time the phone rings. We're busy, tired, distracted, and so mistakes are made. So probably the most important thing is if someone or something has you worried, put aside your embarrassment and talk to your family, your friends, your banker. Talk to someone you trust. They will help, and a lot of these things can be fixed if you act promptly.

So what else is new in scammer-land? Well, there is a lot of "stuff" going on in the world, and it's coming up on the time of year where people start feeling more charitable. Then tax season starts and that feeling goes away. But between Halloween and Christmas, you'll probably get a lot of calls, texts, and emails wanting funds to help those less fortunate. And that's a wonderful thing for you to do. We have families affected by Hurricane Ian, a terrible situation in the Ukraine, a homeless crisis in most US cities, migrants on our southern border who often don't have any resources. I could go on and on. There are so many things that need our attention, and yes, money is the easiest and usually most effective gift.

But not all of the calls you receive will be for legitimate charities. Scammers read the newspaper, too, and they know how scary Putin is and they are counting on you wanting to help. So I'm going to have to pick on my mom again. It's OK. I don't think she'll be mad, and if she decides to come back and haunt me, I hope she brings Fred with her. They were a great pair and Fred would make a scary ghost. They were also very giving. This time of year Mom would make a lot of donations, and sometimes I would worry about where the money was going.

Maybe you feel the need to contribute, also. I know you didn't ask but here's my advice. You realize that Soberings never lack for an opinion,

right? First, consider starting out local. There are lots of local charities and church organizations that need support. Some of them have local impact and some are regional (i.e. the Flint Hills Breadbasket). Others work both locally and internationally; many churches have worldwide reach, but also work to help the community. There's always Good Shepherd Homecare and Hospice, which really needs our help (Mom was the founding Director!) and even closer to home, you can always talk to Becky as Meadowlark Foundation promotes several programs and funds. The best part of giving locally is that you can talk to a real person, not a phone scammer, and find out how your dollars will be used. The adage is that charity begins at home and I feel we owe it to our community to help. The need is and always will be there.

But maybe you have a special project (Veterans, Cancer, animals) or want to help the people in Florida or the Ukraine. You have to do some homework, but there's a way to make sure you pick a good organization. When we were clearing out mom's stuff, Kristine found an organization up in Lincoln, the Orphan Grain Train, that would accept consumable and durable medical equipment. Since UNL doesn't have much of a football team anymore I figured it was safe to drive up and tour the OGT facility. We saw how they get various supplies sorted, inventoried, and shipped worldwide. Their logistics were very impressive, but I still did my due diligence. There is a website I use called Charity Navigator at [www.charitynavigator.org](http://www.charitynavigator.org), where you can learn about the various organizations and how well they manage YOUR money. Unfortunately, not every charity is listed on Charity Navigator, but they're other similar sites you can find. So, I checked out the Orphan Grain Train, and I was shocked to learn that 98.2% of the money they collect goes to their mission and 1.8% for overhead. That's better than the American Red Cross, a good organization, which comes in at 90.2%. My threshold is about 85%. Anything less makes me wonder if the director isn't driving a new car. Pick your charity and check them out!

So there you go. You have some more tools in your toolbox that you can use to stay safe online, beat back the scammers, and help out your community and people of the world. Stay safe, have fun, and enjoy the holidays.

## EVENTS & OPPORTUNITIES

### 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.

### 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*

The next meeting for the Hable Espanol Conversation group is at 4 p.m. Monday, Oct. 31, in the Flint Hills Room.

Moving forward, 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 with mail-in ballots. Sample ballots are available at the Hospitality Desk or online at [www.rileycountyks.gov/134/Review-Your-Voter-Information](http://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.

### Employee Gift Fund

*submitted by Resident Employee Gift Committee*

Your gifts to show appreciation for staff must be received by Monday, Oct. 31. Finding good employees is difficult in our society today. More important is keeping good employees, including those now employed at Meadowlark. Send your check now to help keep dedicated employees. Deliver to the lock box at the Hospitality Desk. Write your checks to the Employee Gift Fund. Thank you for your support.

### Around the World in 1800: UFM Class

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

### KSU Game Day Watch Party

*Saturday, Oct. 29, at 2:30 p.m.*

All are invited to watch the K-State Wildcats take on the Oklahoma State Cowboys at 2:30 p.m. Saturday, Oct. 29, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided.

### 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

## EVENTS & OPPORTUNITIES

p.m. Monday, Oct. 31. Trick-or-treating families are asked to park in the CenterPointe Physician parking lot off of Tuttle Creek Blvd. or the Employee/Visitor parking lot on Meadowlark's campus.

The trick-or-treat path will run in a loop from Meadowlark Valley, south on Meadowlark Road, and down Donner's Way Trail. If you have questions, contact Jana Armfield at (785) 323-3890.

### **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.

### **Meadowlark Men's Social Supper**

*Tuesday, Nov. 2, at 5:30 p.m.*

Prairie Star Restaurant invites the Meadowlark Men to attend a Social Supper at 5:30 p.m. Wednesday, Nov. 2, in the Manhattan Room. Dinner can be purchased from the Prairie Star menu or enjoy the daily special. Registration is not required, but please check in at the host stand

when arriving. This is a casual dining opportunity, and it will not feature a program.

### **Pd Education Group**

*Thursday, Nov. 3, at 2 p.m.*

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Nov. 3, in the Community Room.

Last month, the group began a series of education topics focusing on symptoms that people may not know can accompany Parkinson's disease. No registration required to attend.

### **Dinner with the League**

*Thursday, Nov. 3, at 6 p.m.*

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Nov. 3, in Prairie Star Restaurant's Event Center. The guest speaker will be Colene Lind, founding member of Plains Modern. She will speak about Docking State Office Building and the value of historic preservation.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include a chicken pesto melt served with potato soup. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, Nov. 3, to attend dinner at 6 p.m.

### **Prairie Star Menu Suggestion Meetings**

*Friday, Nov. 4, 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, Nov. 4, in the Bison Room. This meeting occurs every first Friday.

### **Youth Passion Piano Recital**

*Friday, Nov. 4, at 7 p.m.*

You're invited to a fall piano recital performed by Youth Passion Piano with Ethan Xin. The recital will begin at 7 p.m. Friday, Nov. 4, in the Community Room. Delicious refreshments will be provided.

See EVENTS, page 6

### STILLMAN, from page 1

the Stillman Cemetery on Friday, Sept. 14, 2007, complete with period dress and a horse-drawn merchant wagon procession. Seventeen graves were re-interred. The video of the ceremony will be shown once a day starting Monday, Oct. 31, through Friday, Nov. 4, in Grosh Cinema. The showing each day will be at 10 a.m.

To visit the cemetery in its current location, enter the Stillman Trail on the south side of Meadowlark Road at the northeast corner of campus, near the Tuttle Creek Entrance.

### EVENTS, from page 5

#### KSU Game Day Watch Party

*Saturday, Nov. 5, TBD*

All are invited to watch the K-State Wildcats take on the Texas Longhorns on Saturday, Nov. 5, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided. Game time is to be determined.

#### Crafts & Conversation

*Tuesday, Nov. 15, at 3 p.m.*

Join the young women of Alpha Chi Omega sorority for Crafts and Conversation from 3 to 4 p.m. Tuesday, Nov. 15, in the KSU Classroom. Interested residents will learn how to make a decorative Fall pumpkin out of simple supplies such as toilet paper, festive napkins, and cinnamon sticks!

Yummy fall treats, such as apple cider and cookies will be available, so please sign up in the Blue Book by Friday, Nov. 11, if you are interested in attending.



## November Birthdays



#### Skilled Nursing

11/15 David Butler  
11/17 Dixie Tessman

#### Assisted Living & Riley House

11/17 Donna Vaughan  
11/21 Bernice Brighton  
11/22 Barbara Withee  
11/22 Donna Noble  
11/27 Mary Lou Basham

#### Independent Living

11/2 Terri Ritter  
11/6 Sharon Spencer  
11/7 Duane Miksch  
11/7 Linda Weis  
11/7 Scott Merritt  
11/9 Eleanor Deibler  
11/11 Phyllis Erickson  
11/12 Lila Snell  
11/13 Margaret Carlson  
11/13 Agnes Morton

11/19 Jo Lyle  
11/20 Chuck Thompson  
**11/24 Peg Ziser**  
11/26 Bill Jorns  
**11/28 Al St. Cyr**  
11/30 Jerry Connery

#### Employees

11/1 Ace Descuatan  
11/1 Emma Wahlmeier  
11/2 Chris Madsen  
11/2 Jerrie Rieck  
11/4 Halle Hurst  
11/4 Doreen Nyakabau  
11/5 Emersyn Hall  
11/7 Cassandra Koch  
11/8 AB Banks  
11/11 Chelsea Manwarren  
11/11 Benjamin Smith  
11/11 Skye Smith  
11/12 Emma Jackson  
11/13 John Gasser  
11/14 Katie Free

11/14 Brandy Graham  
11/15 Alex Borjas  
11/16 Tyler Hogenkamp  
11/16 Yai Santana  
11/19 Chase Fox  
11/20 Vanessa Davis  
11/20 Becky Fitzgerald  
11/20 Brennan Williams  
11/20 Lindsey Wilson  
11/21 Meaghan Clarey  
11/21 Brianna Hickman  
11/21 Xavier Magallanes-Rivas  
11/22 Tamara Stephenson  
11/23 Christina Davin  
11/23 Rosa Dominguez  
11/26 Rachel Edie  
11/27 Sarah Cox  
11/27 Alaina Ray  
11/27 Bill Stenfors  
11/28 Kaitlyn Harms  
11/28 Raegan McMillen  
11/28 Elizabeth Thomas  
11/30 Anastasia Kalvig  
11/30 Brian Neuman  
11/30 Tracey Seales

**Italic denotes milestone birthdays of 70, 80, 90, or 100+ !**

## Donations Help Create Special Moments

*by Jana Armfield, Engagement Specialist*

Last Tuesday, the Ambassadors received a record number of donations during their annual Clothing Drive. Donations exceeded expectations. Because of the generosity of so many, donations were able to go to not one, but three beneficiaries. These stores included The Encore Shop, The Budget Shop, and Goodwill, all local thrift shops in Manhattan.

Gabrielle Thompson and Coralie Boatman, Encore Shop volunteers, were very thankful for our donations. Coralie has been volunteering at the Shop since she retired as the Human Resource Director at K-State more than 10 years ago. Gabrielle Thompson got her start at the Shop in a similar way, once she retired from her profession as an attorney who specialized in Elder Law. She has volunteered at the Shop for about a year and a half, and during that time, has been a part of many special moments. Gabrielle said, "The Encore Shop

is a place where individuals who might not be able to afford a new outfit can come to get three Ann Taylor or Talbot blouses for a job interview, or for their new position, and leave feeling confident." She said they often help individuals who are trying to start anew, who are staying at the Crisis Center or Emergency Shelter. Individuals receive clothing vouchers that they can use at The Encore Shop or Budget Shop to receive free clothing. Gabrielle very much appreciates the clothing donations from Meadowlark, because they know they are quality pieces in good condition.

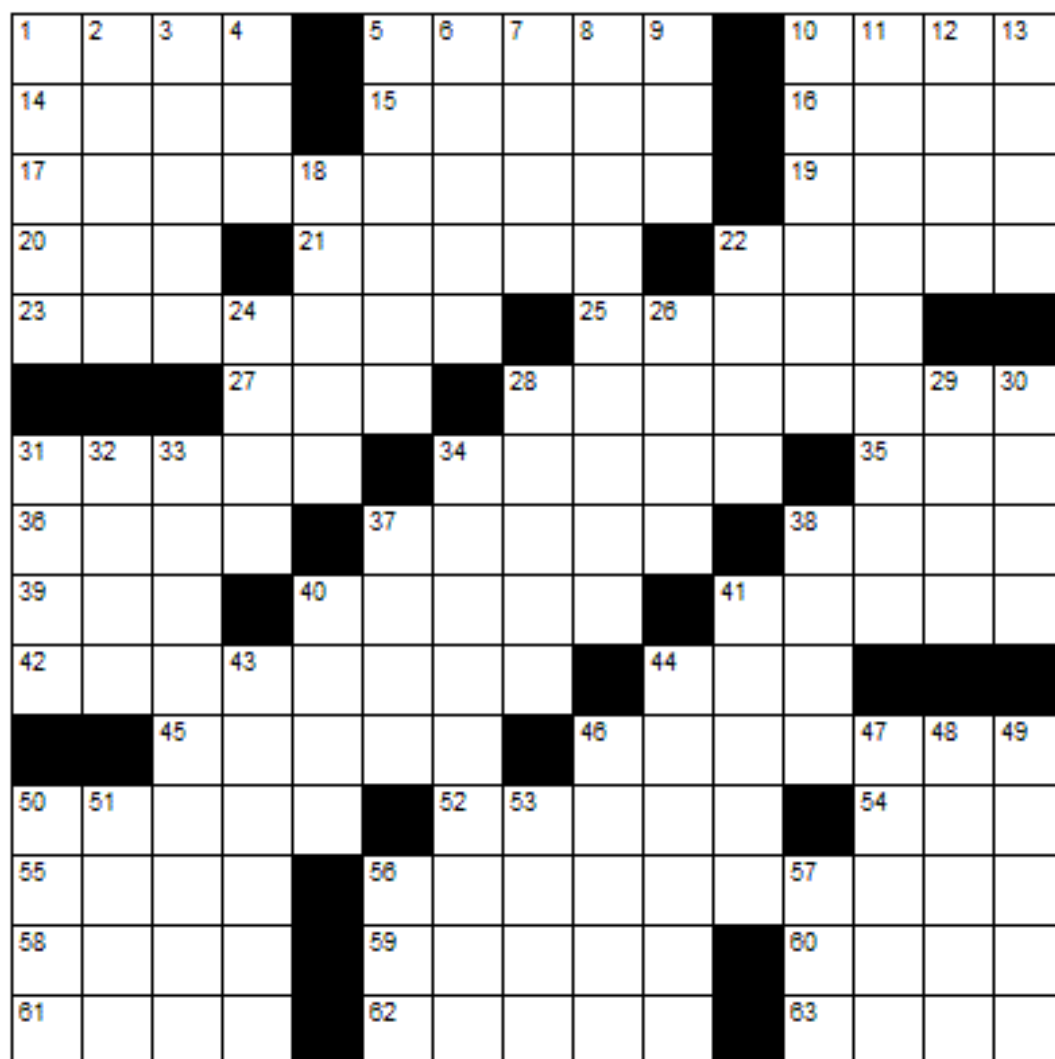
You never know how your donations might positively impact someone, and Gabrielle did a great job creating a vision for what that could look like!

Thank you to all who donated or volunteered their time during the Drive! Your generosity knows no bounds!

**Below: Meadowlark Ambassadors collecting clothing donations in the Flint Hills Room on Tuesday, Oct. 18.**



# Work That Brain!



## ACROSS

1. Mild expletive
5. Protective covering from sunlight
10. Cards with one symbol
14. Assistant
15. Female demon
16. Rattling breath
17. Jungle trees
19. Formerly (archaic)
20. North northeast
21. Occurrence
22. Funnel shapes
23. Schoolwork
25. Deadly virus
27. Hotel
28. Copycat
31. Ready for anything
34. Genus of goats
35. 3 in Roman numerals
36. Mud
37. One more than six
38. Fee
39. Additionally
40. Hermit
41. On edge
42. Barn attics
44. By way of
45. Red Sea peninsula
46. Negligence
50. Bell sound
52. Laying down
54. "Eureka!"
55. Harvest
56. Restates
58. Rear end
59. Love intensely
60. Annoyance
61. Unit of power
62. Metric unit of length
63. Celtic language

## DOWN

- |                          |                        |                         |
|--------------------------|------------------------|-------------------------|
| 1. Deservedly receives   | 18. False move         | 40. Individual          |
| 2. Colossal              | 22. Soft drink         | 41. Striped wild cat    |
| 3. Farewell              | 24. Highlands dagger   | 43. Clinging mollusk    |
| 4. Lair                  | 26. Scorch             | 44. Superficiality      |
| 5. Being untidy          | 28. Roof overhangs     | 46. French for "Our"    |
| 6. Rabbits               | 29. Lubricates         | 47. Consumer of food    |
| 7. Ends a prayer         | 30. Anger              | 48. Board game          |
| 8. Viral animal disease  | 31. Asian nurse        | 49. Flavor              |
| 9. Consume food          | 32. Moon goddess       | 50. Sticking point      |
| 10. Area around a nipple | 33. Stripper           | 51. Wife of Zeus        |
| 11. Gillyflower          | 34. Many-legged insect | 53. Violent disturbance |
| 12. Apart from this      | 37. Couch              | 56. Butt                |
| 13. Adjusts              | 38. Blue-green         | 57. Type of primate     |



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

**Haunted or not?** The title of this print is *Haunted House*. As you spend some time looking at this scene do you agree that the building looks haunted? If yes, what do you see that makes you think that? Are there specific details that point to a haunting? As you look, consider the artist's use of perspective. Did the printmaker utilize sharp contrast or shading in areas? How is the house itself emphasized as the focal point? Do you want to spend time in this tableau? If you do not think this scene is very spooky, how would you change it? Happy haunting!



Lloyd Chester Foltz (United States, 1897 - 1990)

*Haunted House*, 20th century

Color linocut on paper

KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2004.71

# RESTAURANT **SPECIALS**

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<p><b>Sunday, Oct. 30</b></p>	<p><b>\$14</b> Lunch Honey-Glazed Ham Au Gratin Potatoes Brussel Sprouts</p>	<p><b>\$11</b> Dinner Philly Cheesesteak French Fries</p>
<p><b>Monday, Oct. 31</b></p>	<p><b>\$10</b> Lunch Bacon, Spinach, &amp; Swiss Quiche Rice Pilaf Fresh Fall Fruit</p>	<p><b>\$13</b> Dinner Halloween Appetizer Buffet</p>
<p><b>Tuesday, Nov. 1</b></p>	<p><b>\$11</b> Lunch Open-Face Turkey Sandwich Green Beans Cranberry Sauce</p>	<p><b>\$13</b> Dinner Spaghetti &amp; Meatballs Garlic Toast Green Beans</p>
<p><b>Wednesday, Nov. 2</b></p>	<p><b>\$9</b> Lunch Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$13</b> Dinner Chicken Piccata Wild Rice Acorn Squash</p>
<p><b>Thursday, Nov. 3</b></p>	<p><b>\$10</b> Lunch Cowboy Burger Baked Beans</p>	<p><b>\$13</b> Dinner Chicken-Fried Steak Mashed Potatoes &amp; Gravy Corn</p>
<p><b>Friday, Nov. 4</b></p>	<p><b>\$10</b> Lunch Pizza Bar</p>	<p><b>\$13</b> Dinner Chicken Breast <i>stuffed with Bacon &amp; Cream Cheese</i> Potato Pancakes Honey Carrots</p>
<p><b>Saturday, Nov. 5</b></p>	<p><b>\$9</b> Lunch Fried Pork Cutlet Sandwich Roasted Red Potatoes</p>	<p><b>\$10</b> Dinner Beef Stew <i>served in a Bread Bowl</i></p>

# 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. 31 to Nov. 5

## Sunday • Oct. 30 *Put your trash at the curb!*

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

## Monday • Oct. 31 *Trash & recycling pick-up*

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  
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  
4:00 p.m. ~ Hable Espanol, FHR  
7:00 p.m. ~ Trick-or-Treat on the Trails

## Tuesday • Nov. 1

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  
2:00 p.m. ~ Prairie Star Writers Group, PR  
3:00 p.m. ~ Ambassadors' Meeting, BR  
4:00 p.m. ~ Meadowlark Singers Practice, CR

## Wednesday • Nov. 2

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  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ Men's Social Supper, MR

## Thursday • Nov. 3

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:05 p.m. ~ Mat Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:00 p.m. ~ Pd Education Group, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
6:00 p.m. ~ Dinner with the League, CR

## Friday • Nov. 4

9:00 a.m. ~ Prairie Star Menu Suggestion Mtg, 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  
3:00 p.m. ~ Catholic Mass, CR  
7:00 p.m. ~ Youth Piano Passion Group with Ethan Xin, CR

## Saturday • Nov. 5

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

### 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

### Solution from 10/20.

S	C	A	R	F		S	W	A	G		C	A	S	T	
T	U	M	O	R		M	A	M	A		A	L	A	R	
E	L	I	T	E		A	D	E	N		R	I	L	E	
P	L	A	S	T	E	R	I	N	G		B	A	S	E	
					T	N	T			R	E	U	S	E	
C	H	I	D	E	S		S	M	E	A	R				
L	U	R	I	D		S	A	U	N	T	E	R	E	D	
A	G	E	S		S	E	N	S	E		T	O	R	O	
D	E	S	S	I	C	A	T	E		C	O	A	S	T	
				A	R	O	M	A		H	O	R	D	E	S
	B	E	T	E	L			R	U	N					
L	O	C	I		D	I	L	E	T	T	A	N	T	E	
A	R	T	S		I	D	E	S		A	L	O	S	A	
D	E	A	F		N	E	W	T		C	O	O	K	S	
E	D	D	Y		G	A	D	S		T	E	N	S	E	



# CHANNEL 1960

Entertainment Guide

### Monday, Oct. 31

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, Nov. 1

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

### Wednesday, Nov. 2

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 p.m.	Sit & Be Fit Exercise Class

### Thursday, Nov. 3

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

### Friday, Nov. 4

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, Nov. 5

9:30 a.m.	Band Bust Exercise Class
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# Thanksgiving Dinner

**Thursday, November 24**

Reserve your spot at Prairie Star Restaurant \$21 per person

*Choice of Starter*

**BUTTERNUT SQUASH SOUP  
GREEN SALAD WITH CRANBERRY VINAIGRETTE  
AMBROSIA SALAD**

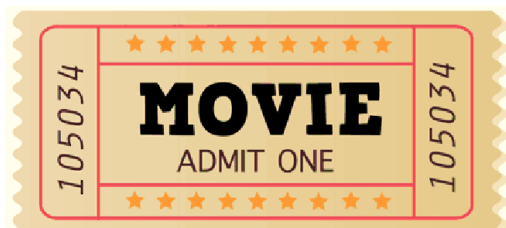
*Entrée*

**ROAST TURKEY  
BAKED HAM  
SAUSAGE SAGE DRESSING  
CRANBERRY RELISH  
MASHED POTATOES  
GIBLET GRAVY  
GREEN BEAN CASSEROLE  
WHITE ROLLS WITH BUTTER**

*Choice of Dessert*

**PUMPKIN PIE  
PECAN PIE**





## 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. 30

***TWITCHES*** (2005) TV-PG, 1 hr. 27 min. *Comedy, Fantasy*

Cast: Tia Mowry, Tamera Mowry, & Kristen Wilson

On their 21st birthday, reunited twins Alex and Camryn discover that their unusual powers double in strength when they work together.

### MUSICAL MONDAY: Oct. 31

***SWEENEY TODD*** (2007) R for graphic bloody violence, 1 hr. 56 min. *Musical, Horror, Drama*

Cast: Johnny Depp, Helena Bonham Carter, & Alan Rickman

In this adaptation of the hit Broadway musical, vengeful Sweeney Todd becomes a deranged murderer after being falsely imprisoned by a sinister judge. To cover his tracks, Todd enlists the help of a baker whose meat pies become the toast of London.

### TRUE TUESDAY: Nov. 1

***SQUANTO: A WARRIOR'S TALE*** (1994) PG, 1 hr. 41 min. *Drama, Biographical, Action-Adventure*

Cast: Adam Beach, Eric Schweig, & Michael Gambon

Squanto, a young warrior abducted from his homeland and enslaved, must battle impossible hazards on a desperate journey home. Driven by a passion to be free, he risks everything to escape his captors.

### WESTERN WEDNESDAY: Nov. 2

***TALL TALE: THE UNBELIEVABLE ADVENTURE*** (1995) PG, 1 hr. 37 min. *Western, Adventure*

Cast: Scott Glenn, Oliver Platt, & Nick Stahl

A young boy's imagination summons cowboy legend Pecos Bill, whose courage and frontier mentality saves the family farm from a greedy land-grabber. With the help of a lofty lumberjack and a hulking railroad worker, they all embark on an incredible journey where danger and surprises await at every turn.

### THEATER THURSDAY: Nov. 3

***REBECCA*** (2020) PG-13, 2 hr. 3 min. *Chilling, Suspenseful, Drama*

Cast: Lily James, Armie Hammer, & Kristin Scott Thomas

A young newlywed moves to her husband's imposing estate, where she must contend with his sinister housekeeper and the haunting shadow of his late wife.

### FUNNY FRIDAY: Nov. 4

***MR. MOM*** (1983) PG, 1 hr. 31 min. *Comedy, Spoof, Satire*

Cast: Michael Keaton, Teri Garr, & Fred Koehler

After Jack is informed that his job has been furloughed, his wife goes to work at an advertising agency. Their three young kids are left with Jack, who must get accustomed to vacuuming, soap operas, school drop-offs, grocery stores, and flirty moms.

### SWEET SATURDAY: Nov. 5

***ARTEMIS FOWL*** (2020) PG, 1 hr. 40 min. *Science Fiction, Crime, Action-Adventure*

Cast: Ferdia Shaw, Lara McDonnell, & Josh Gad

Twelve-year-old genius Artemis Fowl, a descendent of a long line of criminal masterminds, embarks on a spellbinding adventure as he seeks to find his father who has mysteriously disappeared. *Based on a book.*