

HOG-size Prize

Early ticket buyer wins big with annual Cash & More Raffle

by **Becky Fitzgerald,**
Development Director

The call Carol Shanklin received last Friday afternoon was a first for her. A ticket with Shanklin's name on it was the first one drawn in this year's Cash & More Raffle, meaning she won a squeal-worthy \$2000! Posing a few hours later with a big check and Happy, our pink HOGtoberfest mascot, Carol was all smiles and said "I have never won any sort of drawing before!"

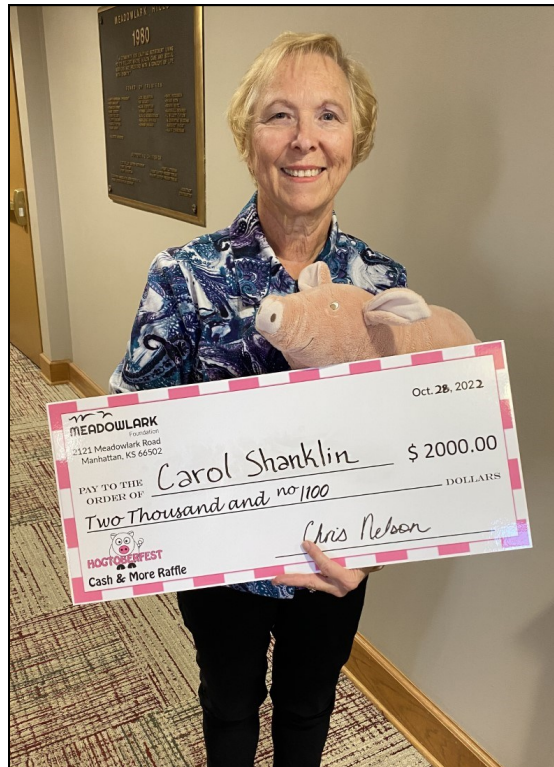
The Cash & More Raffle was a component of the 9th annual HOGtoberfest, which benefits the Good Samaritan Fund. Shanklin was one of the first to purchase tickets, buying them at the September Meadowlark Market after completing her volunteer shift. In fact, Shanklin ticks several Meadowlark boxes, as she and her husband, Larry, are Passport members, she is a former Board of Trustees member, and she is a frequent, enthusiastic volunteer at Meadowlark events. Shanklin has opted to donate half of her prize to the Good Samaritan Fund, noting the worthiness of the fund's purpose.

Congratulations to Shanklin, and these three additional winners:

~**2nd Prize, \$500 Meadowlark Market Shopping Spree:** Richard Soash of Manhattan, a Meadowlark Parkinson's Program participant

~ **3rd Prize, \$300 in Blueville Nursery gifts cards:** Thatcher Damman, a nurse at Honstead House

~ **4th Prize, \$50 gift cards for Kite's Aggieville**



\$2000 winner Carol Shanklin poses with event mascot Happy HOG.

Draft House, Mr. K's, and Rockin K's: Candace Pannbacker, Meadowlark resident

More than 1300 tickets were sold at \$5 each. This revenue, as well as event sponsor fees, donations, and 10% of the day's sales at Kite's Aggieville Draft House will combine to support the Good Samaritan Fund. Not all of the numbers are known, but with nearly all of the expenses recorded, the celebration is on track to boost the Fund by more than \$10,000.

Resident Karen Matthews, a board member and Meadowlark Ambassador, earned a \$100 gift card to the store of her choice by selling the most raffle tickets – nearly 300! – and resident Jo Lyle, also a board member and Ambassador, won a \$100 prize

because she sold Shanklin her winning ticket.

Pulled pork is the traditional star of this FOOD, FRIENDS, and FUNdraising event, and diners throughout Meadowlark and at Draft House enjoyed tender, juicy bites of "the other white meat" at lunch and/or dinner. The centerpiece of the evening buffet was a whole hog that had been slow-roasted for hours, and several attendees heaped compliments on the cookin' Cox brothers, Bud and Bobby.

In addition to Kite's Aggieville Draft House, Meadowlark Foundation also appreciates these sponsors: Central National Bank, McCullough Development, BHS Construction, Burnett Automotive,

See HOGtoberfest, page 7

EVENTS & OPPORTUNITIES

Campus Maintenance updates

Work on the retaining wall north of Lyle House will begin Monday, Nov. 7. The sidewalk north of Lyle Entrance and one side of the driveway will be blocked during the project. Because the road will be narrow, several parking spots also will be blocked.

The crew is still working on the soffitts on the East tower. They will have a large lift coming later this week to work on the really high areas as well as the northern part. The workers will be on balconies on the third floor as they get to them. Work on this project is expected to continue at least three more weeks, weather dependent.

If you have questions about the ongoing maintenance projects, please contact Mike Davis at (785) 323-3851.

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.

KSU Game Day Watch Party

Saturday, Nov. 5, at 6 p.m.

All are invited to watch the K-State Wildcats take on the Texas Longhorns at 6 p.m. Saturday, Nov. 5, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided.

Thundering Cats Big Band Concert

Sunday, Nov. 6, at 2:30 p.m.

You're invited to attend the Thundering Cats Big Band Wesley Benefit Concert at 3 p.m. Sunday, Nov. 6, at College Avenue United Methodist Church. The band will play several big band hits such as Benny Goodman's "Flyin' Home" and Stan

Kenton's "Collaboration" with Paul Hunt on trombone. Concert-goers will also hear Emily Theisen sing "Where or When" and "September Song."

There is no admission charge to attend the concert; however, a free-will offering will be accepted. Transportation will be available from Meadowlark. The bus will leave from the Village Entrance at 2:30 p.m. Please sign up in the Blue Book at the Hospitality Desk if you plan to utilize the transportation opportunity.

Town Meeting

Monday, Nov. 7, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Nov. 7, in the Event Center. Hear updates from Lonnie Baker, CEO, and other Meadowlark leaders about the upcoming events and news for our campus. If you are unable to attend, printed agendas will be available for pick up at the Hospitality Desk after the meeting concludes.

Jazz History—Revisiting the Big Bands: UFM Class

Tuesday, Nov. 8, at 6:30 p.m.

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 second session is Tuesday, Nov. 8, from 6:30 to 8 p.m. in the Community Room. The final class will meet Tuesday, Nov. 15.

Ladies Luncheon—November

Thursday, Nov. 10, at 11:30 a.m.

Hostesses Kathy Towse and Sandy Bussing invite all Meadowlark and Passport ladies to attend the November Ladies Luncheon at 11:30 a.m. Thursday, Nov. 10.

The theme will be "Get to Know Your Neighbor." Our scrumptious lunch will be a sandwich, soup, and apple pie. The cost is \$10. Please sign up in the Blue Book to make your reservation.

The Generals' Wives

Friday, Nov. 11, at 7 p.m.

You're invited to attend "The Generals' Wives"

EVENTS & OPPORTUNITIES

presented by author Diana Carlin at 7 p.m. Friday, Nov. 11, in the Event Center. Diana will explore biographies of Martha Washington, Julia Grant, and Mamie Eisenhower and how being a generals' wife affected how they served as first lady.

KSU Game Day Watch Party

Saturday, Nov. 12, at 6 p.m.

All are invited to watch the K-State Wildcats take on the Baylor Bears at 6 p.m. Saturday, Nov. 12, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided.

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 would like to attend.

Food & Fund Drive

Wednesday, Nov. 16

Last year, residents and staff donated 252 pounds of food to the Flint Hills Breadbasket, and made a \$200 monetary donation. We are hoping to exceed those amounts this year and invite you to help us reach our goal!

You can help the Breadbasket carry out their mission by donating food or giving a monetary donation on Nov. 16! The Ambassadors will be available to collect donations from 10 a.m. to 1 p.m. Wednesday, Nov. 16, in the Game Room.

Karla Hagemester, Executive Director of the Breadbasket, said the level of need in our community is high. "We are attempting to serve as many people as we can and want to provide as gracious and dignified a process as we can to help support families during the holidays. Any donations are appreciated," Karla said.

According to their website, more than 13,665 individuals were served in 2021 through their

organization. The Breadbasket has been collecting and distributing food since 1983 to ensure no one in the community goes hungry. The organization receives no federal, state, county or city funding.

Karla said rice, beans, lentils, canned tomatoes, flour and sugar, as well as peanut butter, ramen, instant mashed potatoes, and ready-to-eat soups are needed the most. Also welcome are "fun" or "extra" items, such as cake/brownie mix, crackers, and pudding or Jell-O. Opened or expired items will not be accepted. Monetary donations such as cash or checks made payable to Flint Hills Breadbasket, can be dropped off in the collection jar, at the event, or can be made online at www.flinthillsbreadbasket.org.

Please help us make the holidays brighter for families in need and consider a dropping off a donation in the Game Room on Nov. 16!

Winter Birdwatching: UFM Class

Monday, Nov. 28, at 10 a.m.

UFM Lifetime Learning and Meadowlark present *Winter Birdwatching*. This three-session course will begin Monday, Nov. 28, from 10 a.m. to noon in the Community Room. The second and third sessions will meet Tuesday, Nov. 29, and Wednesday, Nov. 30.

Led by Tim Cable, Winter Birdwatching participants will be introduced to birds that spend their winters in the Manhattan area. Winter birds include many types of waterfowl, raptors, finches, and sparrows. This course will include both classroom sessions and field trips to observe birds at local birding locations. Bird walks will be leisurely with frequent stopping to look or listen to the birds. Bringing binoculars to class is highly recommended, but not necessary for participation.

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.

Back to the Beginning



Meadowlark, a place people have called home since 1980, has a rich history. Margaret Wheat, a registered nurse, joined the Meadowlark board in 1976 and was an integral part of Meadowlark Hills for nearly half her life. In fact, it was Margaret who dreamed up what would become the official name of the community, following a multitude of suggestions that included Kanza Heights, Prairie View, and Hilltop House. Nothing quite fit ... until inspiration struck her “like a beam of light” when she remembered the board’s first visit to the property.

“To look back at our starting point, when all the meadowlarks flew up out of the grasses—I could never have dreamed how it would all work out,” she said. “The community deserves appreciation and gratitude for the support and development of this organization.”

Margaret served a second board term from 1998 to 2005 and became a Meadowlark Hills resident herself in 2000, first moving with her husband, John, into a new cottage, and later into an apartment after his passing.

In 2012, Margaret was honored with the Legacy Award for her contributions to Meadowlark. In 2015, Meadowlark Foundation established the Margaret Wheat Spirit of Meadowlark Hills Award, which honors a resident who embodies the spirit

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and person-centered culture of Meadowlark Hills. Margaret passed away in October 2019.

In 2014, Margaret reflected on Meadowlark’s first 30 years. What follows is an excerpt from her essay titled, “Meadowlarks at Home on the Hills.” Please contact Sarah Duggan at (785) 323-3878 for access to the full copy of her writing.

The old adage, “Necessity is the mother of invention,” can be interpreted as a recognized need can become the motivation to fulfill the need.

In Manhattan in the 1960s and 70s, its maturing population recognized the need to create a retirement community in which the older citizens could live, where problems of aging could be addressed and assistance given by geriatric and health professionals.

Downsizing could be accomplished, while a home could be established among friends, and dignified living could be achieved at a slower pace, with activities that filled the social needs of the later years of life. Several unsuccessful attempts had been made to achieve this goal.

A motivator would be a primary requirement to succeed in attaining this goal, and such a person materialized this motivation is Marshall Schirer, the pastor of First Baptist Church in Manhattan. After only a few years in Manhattan, he saw several

couples who had been actively involved in the life of their church, and who, because of the lack of retirement facilities in Manhattan, had moved to such places as Kansas City and Wichita. By 1974, he had gone before the Ministerial Alliance of the city, and challenged them to work together in planning, supporting, and leading the city in a cooperative effort to raise funds to create a retirement community for its citizens.

Of course, a vision of such utter grandiose hope and desire was not for the faint-hearted. The evidence of numerous nursing homes and retirement centers across the nation which were in financial difficulties was discouraging, and the idea as a group activity was turned down by the Ministerial Alliance. Yet the need became rooted. To attempt to meet his need required the following: go on record as supporting the efforts of those seeking to provide retirement facilities; church membership roles will be made available and members can be approached to consider financial commitment; the church will appoint an official representative who is a member of the church.

The church passed this motion, and Vernon Larson and Evans Roth were elected by the church to its representatives on the Retirement Committee Board.

Similar actions were being taken at five other churches. The official Manhattan Retirement Foundation Board membership in 1975 was composed of representatives from Blue Valley Methodist, Dave Peterson (minister) and Kris Arheart; First Baptist, Marshall Schirer (minister), Vernon Larson, and Evans Roth; First Christian, Ben Duerfeldt (minister), and Howard and Geraldine McManus; First Lutheran, Milton Olson (minister), Lloyd Carlson, and Hal Deters; First Presbyterian, John Graham (minister), Jim Morrison, and J. Willett Taylor; Trinity Presbyterian, Alvin Zimmerman (minister) and John Buller.

At large members included Mary Border, Roger Reitz, Alvin Hostetler, Gene Ernst, Charles Bissey, Christine Wiggins, Betty Mader, and Howard McManis.

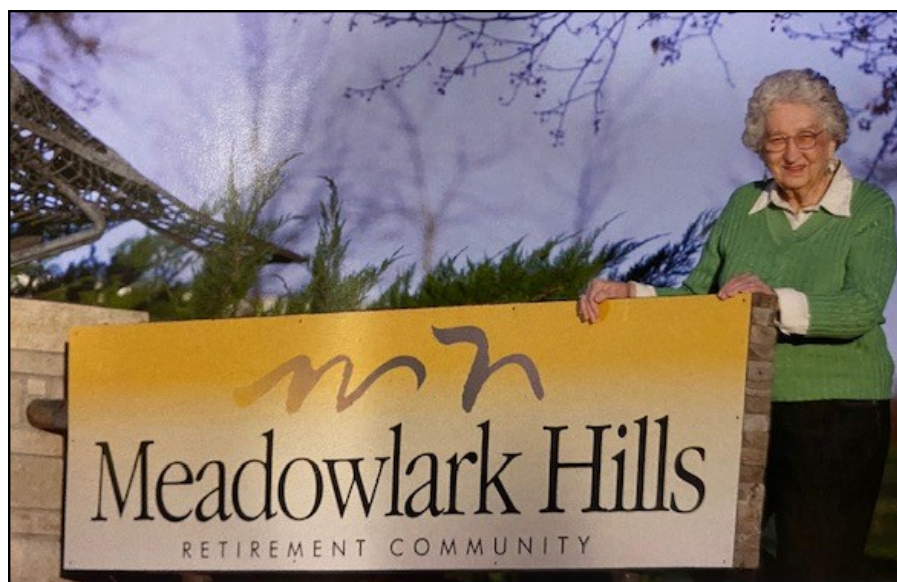
The Board, once organized, was faced with a daunting task—from

ground zero to find the funds and land on which to build a retirement community. Retired citizens were eager to see planning underway and were ready to commit funds toward reserving a place for themselves in the community to be built—it was an exhibition of faith and trust in a future hoped for, yet unseen. To begin the process, on March 3, 1975, The Articles of Incorporation of the Manhattan Retirement Foundation, Inc. were applied for and granted by the Secretary of State of Kansas.

...

In November 1976, plans were laid for applying for zoning and annexation to the city, plans that would meet the newly revised zoning regulations. The treasurer reported \$12,526.72 on hand, money that had been given to the organization by churches and individuals. Tom Wentz was asked to begin negotiation for an employee who would serve as coordinator of the building activities and future sales of living units. The Service Committee gave a written report on their trips to other retirement and nursing communities, which included ideas on housekeeping, maintenance, laundry, healthcare services, food, apartment units, and recreational space.

The Service Committee also reported their discussion of a name for the future retirement community, and presented the name Meadowlark Hills as their suggestion. This met the approval of the entire Board, and thus the meadowlarks of the grasses would eventually be joined in song by Manhattan retirees.



File photo. The late Margaret Wheat pictured with a sign that was located at the Kimball Avenue entrance.

Outdoor Encounters

submitted by Nathan Bolls

*Our palette of fall!
Gently falling, fading—gone,
Save in grateful eyes.
N.J.B.*

We again are losing our summer umbrella of living shingles: the marvelous evolutionary development we call the green plant leaf. In addition to the leaf's essential process of photosynthesis, they offer shade to soils and organisms in thousands of different ways.

These leaves, though essential to animal life as we know it, are extremely ephemeral. We know that the beautiful leaf colors of fall are related to leaf death and drop, but our sense of loss of this greatest natural form of Earth cover (and perhaps also our dread of the oncoming winter) is dampened by the anticipation of a beautiful leaf show.

Several factors influence fall leaf colors: increasing night length, decreasing air temperatures, distribution of pigment-making ability in leaves; and, of course, plant genetics. Genetics determines why leaves or fruits of certain species turn certain colors. But the astronomically-based trend of steadily longer nights as fall progresses (until 22 December) is the unvarying factor in the equation. Color intensity is enhanced by ample rainfall and by **steadily** falling air temperatures, but is impeded by suddenly freezing temperatures.

The green pigment, chlorophyll, during the growing season, is constantly produced and broken down within leaves, but chlorophyll production slows down and eventually stops as nights lengthen and temperatures drop. And other existing pigments are unmasked.

These unmasked pigments--carotenoid pigments--present along with chlorophyll during the growing season, are the yellow, gold, orange, and brown pigments we see in leaves and in such as corn, buttercups, carrots, daffodils, rutabagas and bananas.

And the anthocyanin pigments, most produced in plants as days shorten and nights lengthen, give their colors to some leaves, and to fruits such as cranberries, red apples, plums, blueberries, grapes, cherries and

strawberries. Genetics plays the big role in determining the combination of carotenoid and anthocyanin pigments present in ripe fruits and nuts and in the changing colors of leaves.

Many marvelous processes serve to prepare plants and animals for the cold, and there are many stories to be told about these marvelous processes. But those are tales for another time. The most obvious and beautiful process is that by which trees and shrubs shed their leaves—their most vulnerable parts.

We tend to have tunnel vision when it comes to fall leaf color displays. New England becomes crowded with anticipation, but I've seen beautiful displays by maples and other trees in Ohio and Indiana. I recall the beautiful red maples of fall in my Ohio neighbor's yard. Those maples, however, could not compete with the intensely red, star-shaped fall leaves of the two sweetgum trees in that same yard. I recall two to three boyhood falls in northeast Pottawatomie County that were mildly spectacular. Beauty often is in the eye of the beholder.

Retiring to the mountains of northern New Mexico meant that my late wife, Imogene, and I would forfeit most of the fall reds of Middle America and the East. But we thrilled in fall to mountainsides sheathed with huge groves of golden aspen. And also to Fremont's cottonwood, a tree of the SW whose leaves turn a deep golden color. What a treat to stand on a high mountain ridge and see a thick golden strand bending with the Rio Grande for many miles both upstream and down. Reminds me of the old Texas adage: "You dance with who you brung."



Star-shaped leaves of a sweetgum tree in the fall.

Art Engagement *from the Beach Museum of Art*

Compare and Contrast ... Let us take a moment to look slowly and carefully at the two artworks shown here. During your observation, consider the use of line, color, texture, space, and value to create the landscape. If you find these paintings more similar than different, challenge yourself to find the differences OR look for more similarities, if you find them different. You may want to compare how each artist arranged the subjects within the composition. Enjoy!



Robert Newton Sudlow (United States, born 1920) *Blackbirds*, 1960, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Dakin Cramer in memory of Nancylee Foster, 1996.87



Jim Hagan (United States, 1927 - 2008), *Hawk in Winter*, ca. 1975, Watercolor on paper, KSU, Marianna Kistler Beach Museum of Art, gift in memory of M.L. & Cathryn Finholt by the Jay & Kay Varner Family, 2021.51



Bud Cox (right) greets Max and Sue Bayer in the lunch buffet line.

HOGTOBERFEST, from page 1

Blueville Nursery, and Flint Hills Beverage.

Central National Bank, a new Prime sponsor, added to the FUN last Thursday at Draft House by setting up their inflatable Cash Cube. Event-goers were able to reach into the cube to grab as much blowing cash and coupons as they could in 20 seconds. Bank staff also brought a piggy bank filled with coins and a little cash, inviting diners to guess the money total inside the bank. The person with the closest guess and winner of the bank and its contents was former Meadowlark finance team member Chuck Henry,

who retired a few years ago.

Meadowlark Foundation appreciates the FRIENDS who contributed to event's success. If YOU purchased or served food, bought or sold raffle tickets, made a donation, and/or were one of 12 HOGtoberfest volunteers, thank you for supporting the Good Samaritan Fund! This fund assists residents in a Meadowlark healthcare household who have depleted their financial resources. About 52% of healthcare residents benefit from the fund, continuing to receive Meadowlark's high-quality care and service.

RESTAURANT **SPECIALS**

<p>Sunday, Nov. 6</p>	<p>\$14 Lunch Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>	<p>\$11 Dinner Sloppy Joe Tater Tots Coleslaw</p>
<p>Monday, Nov. 7</p>	<p>\$12 Lunch White Chicken Lasagna Garlic Bread Green Beans</p>	<p>\$13 Dinner Carnitas Tacos Cilantro Lime Rice Black Beans</p>
<p>Tuesday, Nov. 8</p>	<p>\$11 Lunch Ham Salad Croissant Cheesy Potatoes Fried Okra</p>	<p>\$15 Dinner Chicken Marsala Angel Hair Pasta Caesar Side Salad</p>
<p>Wednesday, Nov. 9</p>	<p>\$11 Lunch Supreme Stromboli Zucchini Fries</p>	<p>\$23 Dinner Honey-Bourbon 4 oz. Filet Garlic-Butter Shrimp Baked Potato</p>
<p>Thursday, Nov. 10</p>	<p>\$10 Lunch Chicken Parmesan Sandwich Roasted Broccoli</p>	<p>\$13 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Friday, Nov. 11</p>	<p>\$10 Lunch Taco Bar</p>	<p>\$14 Dinner BBQ Brisket Twice-Baked Potato Corn</p>
<p>Saturday, Nov. 12</p>	<p>\$9 Lunch Bierocks Warm Potato Salad</p>	<p>\$11 Dinner Chicken & Dumplings Asparagus Fries</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 Nov. 6 to Nov. 12

Sunday • Nov. 6 *Put your trash at the curb!*

10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 2:30 p.m. ~ Transportation to Band Concert, VE

Monday • Nov. 7 *Trash & recycling pick-up*

8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 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
 5:30 p.m. ~ Tuttle Creek Supper, BR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 8

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

Wednesday • Nov. 9

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. ~ Eastside Supper, BR

Thursday • Nov. 10

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 11:30 a.m. ~ Ladies Luncheon, EC
 12:00 p.m. ~ Caring Conversations for People with Pd, FHR
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR

Thursday • Nov. 10

1:00 p.m. ~ Parkinson's Care Partners Support Group, FHR
 2:00 p.m. ~ Fiber Arts Club, BR

Friday • Nov. 11

9:30 a.m. ~ Outdoor Committee, FHR
 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
 7:00 p.m. ~ The Generals' Wives, EC

Saturday • Nov. 12

6:00 p.m. ~ 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 10/27.

E	G	A	D		S	H	A	D	E		A	C	E	S	
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CHANNEL 1960

Entertainment Guide

Monday, Nov. 7

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. 8

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

Wednesday, Nov. 9

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. 10

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

Friday, Nov. 11

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. 12

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**

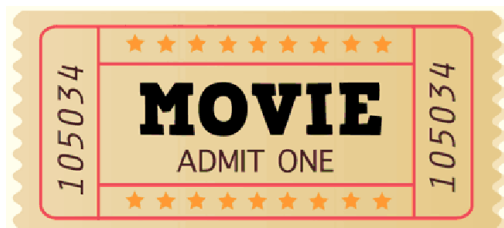
Entrée

**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: Nov. 6

THE KINDNESS OF STRANGERS (2019) TV-14, 1 hr. 54 min. *Sentimental, Heartfelt, Emotional*

Cast: Zoe Kazan, Andrea Riseborough, & Tahar Rahim

After fleeing an abusive husband, a mother and her sons find love, comfort, and kindness with a group of strangers struggling to survive in wintry NYC.

MUSICAL MONDAY: Nov. 7

HAMILTON (2020) PG-13, 2 hr. 40 min. *Musical, Biographical, Historical*

Cast: Daveed Diggs, Renee Elise Goldsberry, & Jonathan Groff

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway in an astounding blend of hip-hop, jazz, R&B, and Broadway.

TRUE TUESDAY: Nov. 8

AMERICA'S HEART & SOUL (2004) PG, 1 hr. 28 min. *Documentary, Family*

Cast: George Woodard, Charles Jimmie Sr., & The Vazquez Brothers

Filmmaker Louis Schwartzberg packed up his camera and hit the road with one goal: capture the unparalleled beauty of America and the incomparable spirit of its people. Experience this celebration of a nation told through the voices of those at its heart.

WESTERN WEDNESDAY: Nov. 9

MY DARLING CLEMENTINE (1946) NR, 1 hr. 37 min. *Western, Classic, Action*

Cast: Henry Fonda, Linda Darnell, & Victor Mature

As the enforcer of law in the town of Tombstone, Ariz., Wyatt Earp must balance keeping unruly criminals in line with tracking down and bringing to justice the men who killed his brothers, Morgan and Virgil. Earp's pursuit ultimately involved the history-making confrontation at the OK Corral.

THEATER THURSDAY: Nov. 10

HILLBILLY ELEGY (2020) R *for language, drugs, & violence*, 1 hr. 57 min. *Intimate, Emotional*

Cast: Amy Adams, Glenn Close, & Gabriel Basso

An urgent phone call pulls a Yale Law student back to his Ohio hometown, where he reflects on three generations of family history and his own future.

FUNNY FRIDAY: Nov. 11

ST. VINCENT (2014) PG-13, 1 hr. 42 min. *Comedy, Sentimental, Heartfelt*

Cast: Bill Murray, Melissa McCarthy, & Naomi Watts

With his parents preoccupied with their divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor Vincent.

SWEET SATURDAY: Nov. 12

BUFFALO DREAMS (2005) TV-G, 1 hr. 29 min. *Drama, Coming of Age*

Cast: Reiley McClendon, Simon R. Baker, & Graham Greene

Unhappy moving from the city to New Mexico, 14-year-old Josh reluctantly helps his Navajo friend, Thomas, with a buffalo herd. Thomas tries to explain the importance of the buffalo to Josh, but his lesson falls on deaf ears. To teach them a lesson, Thomas' grandfather sends the two boys on a vision quest.