

PEAK Awards

Meadowlark receives Mentor Home Award at PEAK Conference



Meadowlark team members accepted the PEAK 2.0 Mentor Home award during the 2022 PEAK 2.0 Conference on Monday, Oct. 25, at the K-State Union Ballroom. PEAK, which stands for Promoting Excellent Alternatives in Kansas, started in 2002 as a recognition and education program to encourage providers in Kansas to adopt culture change. Meadowlark was one of 22 adult care homes in Kansas recognized for their achievements in providing and sustaining person-centered care for residents.

Mentor Home, or Level 5, is the highest achievable level within the program. We are proud of the work our team is doing to create and maintain home and person-directed care at Meadowlark. Meadowlark first received Mentor Home status in 2013. There are currently 318 nursing facilities in Kansas, and 134 are enrolled in the PEAK Program.

KDADS (Kansas Department for Aging and Disability Services) continues its contract with K-State's Center on Aging to develop training materials and to help nursing home providers transition to person-centered care. To learn more about the PEAK Program, visit <https://www.hhs.k-state.edu/aging/research/peak20/>.

Advent Book Study

Advent is a season of the liturgical year observed in most Christian denominations as a time of expectant waiting and preparation for both the celebration of the Nativity of Christ at Christmas and the return of Christ at the Second Coming. In Western Christianity, Advent occurs at the beginning of the liturgical year and is part of the wider Christmas and holiday season.

Bring this year's Advent Season alive by joining Rev. Melanie Nord for a five-week group study. Together, we will travel from Nazareth to Bethlehem in a fascinating look at the birth of Jesus Christ. Using historical information, archaeological data, and a personal look at some of the stories surrounding the birth, the most amazing moment in history will become more real and heart-felt as we imagine what that journey would have felt like. This study will use the book, *The Journey: Walking the Road to Bethlehem*, by United Methodist Pastor Adam Hamilton. The first class will meet at 10 a.m. Tuesday, Nov. 22, in either the Flint Hills Room or the Bison Room. Room location is dependent on the number of people attending. Please sign up in the Blue Book to participate. A copy of the book is not required to participate.

EVENTS & OPPORTUNITIES

Campus Maintenance updates

Work on the retaining wall north of Lyle House began Monday, Nov. 7. The sidewalk north of the Lyle House entrance and one side of the driveway will be blocked during the project. Because the road will be narrow, several parking spots also will not be accessible.

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 two more weeks, weather-dependent.

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

Honor Flight Network applications

The Honor Flight Network is a national network of independent hubs working together to honor our nation's veterans with an all-expenses paid trip to view the memorials in Washington D.C., a trip many of our veterans may not otherwise be able to take. The organization is currently serving veterans who served from World War II to the Korean War and through to Vietnam.

The closest Honor Flight Hub for Manhattan residents is Wamego High School. If you are a veteran who has not participated in an Honor Flight experience and would like to, please contact Leo Lake for an application. Leo can be contacted at (785) 479-1805.

The Generals' Wives

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

You're invited to attend "The Generals' Wives" 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 general's wife affected how each served as first lady.

Celebration of Life: Ellie Morton

Saturday, Nov. 12, at 10 a.m.

You're invited to attend the Celebration of Life service for Ellie Morton at 10 a.m. Saturday, Nov. 12, in the Community Room.

Birthday Celebration for Margaret

Sunday, Nov. 13, at 2 p.m.

All are invited to attend a birthday celebration for Margaret Carlson from 2 to 4 p.m. Sunday, Nov. 13, in the Community Room. Refreshments will be provided. Cards welcome; no gifts please.

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.

Hable Español Conversation

Monday, Nov. 14, at 4 p.m.

Hable Espanol will meet at 4 p.m. Monday, Nov. 14, in the Flint Hills Room. Please come prepared to introduce yourself in Spanish. Written instructions have been shared. We look forward to seeing you.

UFM Lifetime Learning: Lunch & Learn

Tuesday, Nov. 15, at 11:30 a.m.

The next UFM Lunch and Learn, set for 11:30 a.m. Tuesday, Nov. 15, in the Prairie Star Event Center, is titled "History of Murals in Kansas, Part Two." This presentation is a continuation from Hilary Whalen's summer class. Part two will begin with Dave. H. Overmyer, who created the murals in the Great Room in the historic Farrell Library, now part of Hale Library, at Kansas State University.

Whalen will explain how the mural movement that began during the Civil Rights era in urban areas directly influenced and inspired small farming communities in Kansas to "paint the town" to revitalize rural communities. She will conclude the lunch and learn with the end of state-sponsored funding for Kansas Arts Commission in 2011 to the current Governor's plans for revitalizing small communities across Kansas with murals once again.

For all Lunch and Learn classes, please bring your own lunch, or arrive early and purchase from the menu at Meadowlark's Prairie Star restaurant.

Classes are now open for enrollment. For learning opportunities at Meadowlark, call UFM at (785) 539-8763 and request to register.

EVENTS & OPPORTUNITIES

Meadowlark residents may attend all Meadowlark-sponsored UFM courses at no cost. Passport members may attend at a 20% discount.

Prairie Star Writers Group

Tuesday, Nov. 15, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 2 p.m. Tuesday, Nov. 15, in the Patriot Room.

The Nov. 15 session is titled, "... even if your voice shakes," and will focus on memories of speaking up and standing tall. Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

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.

Jazz History—Revisiting the Big Bands: UFM Class

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

FUMC Communion

Wednesday, Nov. 16, at 9:30 a.m.

Join Pastor Melanie Nord and Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, Nov. 16, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

Food & Fund Drive

Wednesday, Nov. 16, at 10 a.m.

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!

Visit Wabaunsee County Museum

Wednesday, Nov. 16, at 10:45 a.m.

Join us for a visit to the Wabaunsee County Museum and lunch in Alma at El Corral Mexican Restaurant on Wednesday, Nov. 16. The Wabaunsee County Historical Museum in Alma,

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Kan., is a local historical museum. It showcases many of the same exhibits seen at historical museums across Kansas: a blacksmith shop, schoolroom, and farm implements. Some of the most interesting features are the old vehicles and wagons, including a 1928 REO fire truck. There is a sign-up sheet in the Blue Book at the Hospitality Desk for those who want to attend. The group will depart from the Village Entrance at 10:45 a.m. The cost for transportation is \$4 per person and lunch will be the responsibility of each individual.

Artist Discussion with the Beach

Wednesday, Nov. 16, at 4 p.m.

Join Kim Richards from the Beach Museum of Art for “Stan Herd: Crop Artist” at 4 p.m. Wednesday, Nov. 16, in the Bison Room. Herd grew up on a farm in Protection, Kan. His special love for the land has provided him a large canvas for creative expression. The group will view several images of his “earthworks.”

Technology Help Drop In

Thursday, Nov. 17, at 9 a.m.

Are you new to technology or need help with existing computer questions? Wandeen Rivers from the Manhattan Public Library will offer one-on-one help with tablets, laptops, and phones every third Thursday from 9 to 11 a.m. in the Flint Hills Room. Registration is not required to attend.

Card Making with Michelle Lehmer

Thursday, Nov. 17, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Nov. 17, at 2:30 p.m. in the Flint Hills Room.

Live music series begins

Friday, Nov. 18, at 7 p.m.

Meadowlark welcomes back Andy Bell & Sons at 7 p.m. Friday, Nov. 18, in Prairie Star’s Event Center. Andy is an accomplished Jazz musician with more than 30 years of experience. He recently started a Jazz trio with his twin boys, Alan and Andrew. At age 14, Alan started playing drums, and Andrew began playing the guitar. The two started a band at the age of 17 and have toured the US and Canada.

In addition, Andy’s daughter, Natalie, will perform as a vocalist. The Bells’ concert is part of a new music series funded by the Alan and Karen Bell Family Foundation. Refreshments will be provided.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Nov. 19, at 10:30 a.m.

The next scheduled trip is Saturday, Nov. 19, with transportation going to Hobby Lobby and Dollar Tree East. 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 Target and Dollar Tree West on Saturday, Dec. 17. Please sign up in the Blue Book to participate in these opportunities.



LEADER OF THE PACK

Meadowlark’s Leader of the Pack for November is Katelin Parker, a CNA in Sloan House! Katelin is a rock-star employee. She is driven, kind, and funny. The residents love having her around, and staff greatly appreciate her! Katelin goes above and beyond to do whatever she can to help residents and is a team player who helps to make sure that the highest quality of care is being provided. She is dependable and hardworking and picks up extra shifts when she can. Even when things are not going as planned, she keeps a positive attitude and is able to make people smile and laugh. Katelin is a great person to have working in Sloan House, and we are thankful to have her as part of the Meadowlark Team! Congrats, Katelin!

KSU Game Day Watch Party

Saturday, Nov. 19, TBD

All are invited to watch the K-State Wildcats take on the West Virginia Mountaineers Saturday, Nov. 19, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided. Game time to be determined.

Peg Broten Ziser: Birthday Celebration

Friday, Nov. 25, at 2 p.m.

Peg Broten Ziser is turning 80! Join us as we celebrate Peg from 2 to 4 p.m. Friday, Nov. 25, in Prairie Star's Event Center. Refreshments will be served. Cards welcome; no gifts please.

KSU Game Day Watch Party

Saturday, Nov. 26, TBD

All are invited to watch the K-State Wildcats in the Sunflower Showdown as they take on the University of Kansas Jayhawks Saturday, Nov. 26, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided. Game time to be determined.

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. 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.



Thankful Thursday

Today's Thankful Thursday comes from the Meadowlark Ambassadors!

During the season of giving thanks, here is our special message to ALL employees! T is for the Tireless service you provide; H is for your Happy faces; A is for your Attitudes of positivity; N is for your Nice demeanor; K is for your Kindness; F is for your Fun & Friendly spirit; U is for YOU, to which we are thankful; and L is for the Love and care you provide that knows no bounds.

We appreciate you! Thank you for all you do!

October Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, and the Paving the Way campaign were received by Meadowlark Foundation during the month of October.

Memory of

Martin Braaten
Ed Call
Beverly Fink

H. Wayne Fink
Frances Holcombe
Fred Lips

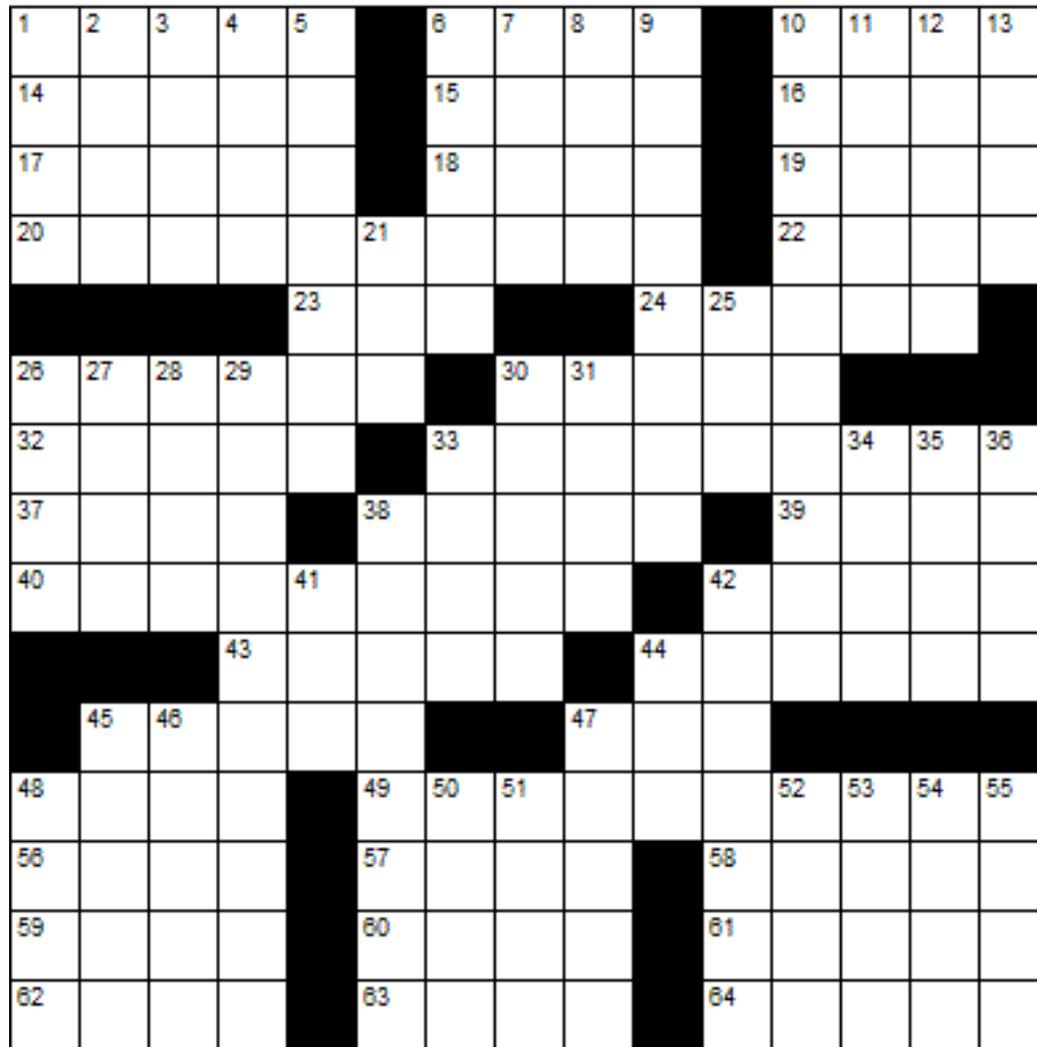
Verlyn Richards

Honor of

Jo Call

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.

Work That Brain!



ACROSS

1. Subject
6. Cease
10. Celestial bear
14. Manila hemp
15. Protagonist
16. Half-moon tide
17. Intestine
18. Genuine
19. Expunge
20. Pleasurably
22. Nights before
23. Large cup for hot liquids
24. Impales
26. Strong desire
30. Forests
32. Not together
33. Brief sketches
37. Fat cut of tuna (Japanese)
38. Distributes
39. Rear end
40. Stamina
42. Licoricelike flavor
43. The one after eighth
44. Rocky perches
45. Marsh plant
47. Mister
48. Gush forth
49. Disagreeable
56. Pertaining to flight
57. Mouselike animal
58. Above a baritone
59. Den
60. Type of sword
61. Wear away
62. Journey
63. Harvest
64. Feeling

DOWN

- | | | |
|-----------------------------------|-----------------------|----------------------|
| 1. Chits | 21. Not your | 41. 18-wheeler |
| 2. Double-reed woodwind | 25. Flowery verse | 42. Oxygenates |
| 3. Stooge | 26. Despise | 44. Falsehood |
| 4. Frosts, as a cake | 27. On top of | 45. Primitive weapon |
| 5. Ceremonial peace pipe | 28. Aromatic ointment | 46. Spooky |
| 6. Express indifference | 29. Basis | 47. Slumber |
| 7. T T T | 30. Sorceress | 48. Sodium chloride |
| 8. By mouth | 31. Curved molding | 50. No |
| 9. Multi-sided shapes | 33. Opening | 51. Request |
| 10. Comprehend | 34. A math subject | 52. Arid |
| 11. Female ruff | 35. Being | 53. Any minute |
| 12. The business of selling goods | 36. Notices | 54. Silent assents |
| 13. Gorillas | 38. Tactic | 55. Tall woody plant |

Art Engagement *from the Beach Museum of Art*

Since its adoption in 1919, Veteran's Day has had its name changed from Armistice Day to Veteran's Day. It was also moved from November 11 to a Monday for many years. However, in 1975 it was returned to November 11 to once again reflect the date of the cease fire that ended World War I. The sentiment has never changed; it is to honor veterans, lost and living from all wars. This black and white print of a war memorial has little tonal variation. How has the artist emphasized the memorial? Consider line, texture, regular/irregular shapes, areas of light and subject location.



Charles Leroy Marshall Sr. (United States, 1905 - 1992), *War Memorial, Kansas City 1936*, Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Charles L. Marshall, Jr., 2003.156

RESTAURANT **SPECIALS**

| | | |
|--------------------------------------|---|---|
| <p>Sunday, Nov. 13</p> | <p>\$15 Lunch Corned Beef Cabbage Boiled Potatoes</p> | <p>\$13 Dinner Manicotti Roasted Brussel Sprouts Garlic Breadstick</p> |
| <p>Monday, Nov. 14</p> | <p>\$9 Lunch Tamale Pie Chips & Salsa</p> | <p>\$14 Dinner Apple-Stuffed Pork Tenderloin Scalloped Potatoes Apple Slaw Salad</p> |
| <p>Tuesday, Nov. 15</p> | <p>\$11 Lunch Grilled Shrimp Salad <i>Mixed greens, feta, red onions, candied pumpkin seeds, tomatoes, bacon, & balsamic vinaigrette</i></p> | <p>\$12 Dinner Beef Tacos (3) Mexican Rice Refried Beans Margarita Drink Special ~ \$3</p> |
| <p>Wednesday, Nov. 16</p> | <p>\$5 Lunch Corndog French Fries</p> | <p>\$14 Dinner Creamy-Garlic Herb Chicken Cheese Ravioli Caesar Side Salad</p> |
| <p>Thursday, Nov. 17</p> | <p>\$10 Lunch Southwest Chicken Wrap Fruit Salad</p> | <p>\$13 Dinner Salisbury Steak Mashed Potatoes Green Beans</p> |
| <p>Friday, Nov. 18</p> | <p>\$10 Lunch Pasta Bar</p> | <p>\$13 Dinner Orange Chicken White Rice Snow Peas</p> |
| <p>Saturday, Nov. 19</p> | <p>\$9 Lunch Polish Hot Dog Calico Beans</p> | <p>\$9 Dinner Ham & Beans Cornbread</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. 13 to Nov. 19

Sunday • Nov. 13 *Put your trash at the curb!*

10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 2:00 p.m. ~ Margaret Carlson Birthday Party, CR

Monday • Nov. 14 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR
 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 Class, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 15

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
 11:30 a.m. ~ UFM Lunch & Learn, 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. ~ Crafts & Conversations with Alpha Chi Omega, KSU CL
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 2nd Floor Supper, CR
 6:30 p.m. ~ UFM Class: Jazz & Big Bands, CR

Wednesday • Nov. 16

9:30 a.m. ~ FUMC Communion, BR/CY
 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
 10:45 a.m. ~ Depart for Wabaunsee County Museum, VE
 11:30 a.m. ~ Sit & Be Fit, CR
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursday • Nov. 17

9:00 a.m. ~ Messenger Team, KSU CL
 9:00 a.m. ~ Technology Help Drop-In, FHR
 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
 2:30 p.m. ~ Card Making with Michelle Lehmer, FHR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Nov. 18

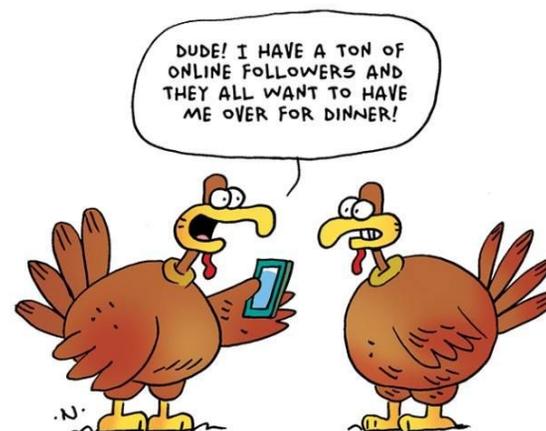
9:30 a.m. ~ Seated Strength, CR
 10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic Drive
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Andy Bell Trio, EC

Saturday • Nov. 19

10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic Drive
 10:30 a.m. ~ Saturday Shopping Trip, VE
 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 |





CHANNEL 1960

Entertainment Guide

Monday, Nov. 14

| | |
|------------|-----------------------------|
| 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. 15

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

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| 11:30 a.m. | Sit & Be Fit Exercise Class |
| 1:00 p.m. | Parkinson's Exercise Class |

Saturday, Nov. 19

| | |
|-----------|--------------------------|
| 9:30 a.m. | Band Bust Exercise Class |
|-----------|--------------------------|

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. 13

ONE FINE DAY (1996) PG, 1 hr. 48 min. *Feel-Good, Romantic, Comedy*

Cast: Michelle Pfeiffer, George Clooney, & Mae Whitman

When Maggie and Sammy miss their school field trip, Maggie's divorced dad and Sammy's divorced mom are forced to work together in this charming romantic comedy. At first, the grown-ups are at odds, but they warm to each other as the day progresses.

MUSICAL MONDAY: Nov. 14

RESPECT (2021) PG-13, 2 hr. 25 min. *Musical, Emotional, Inspiring*

Cast: Jennifer Hudson, Forest Whitaker, & Marlon Wayans

Follow Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of the journey to find her voice and become the Queen of Soul.

TRUE TUESDAY: Nov. 15

WE FEED PEOPLE (2022) TV-14, 1 hr. 30 min. *Documentary*

Cast: Jose Andres, Nate Mook, & Sam Bloch

We Feed People spotlights chef Jose Andres and his nonprofit World Central Kitchen's incredible mission and evolution over a 12-year period. This non-profit is becoming one of the most highly-regarded humanitarian aid organizations in the disaster relief sector.

WESTERN WEDNESDAY: Nov. 16

SECRETARIAT (2010) PG, 2 hr. 5 min. *Sports, Drama, Historical*

Cast: Diane Lane, John Malkovich, & Dylan Walsh

Witness the spectacular journey of an incredible horse named Secretariat and the moving story of his unlikely owner, a housewife who risked everything to make him a champion.

RESIDENT REQUEST

THEATER THURSDAY: Nov. 17

SEVEN POUNDS (2008) PG-13, 2 hr. 3 min. *Drama, Tearjerker, Inspiring*

Cast: Will Smith, Rosario Dawson, & Woody Harrelson

Weighed down by a dark secret, IRS agent Ben Thomas tries to improve the lives of seven strangers in need of a second chance.

FUNNY FRIDAY: Nov. 18

LIFE AS WE KNOW IT (2010) PG-13, 1 hr. 54 min. *Comedy, Charming, Heartfelt*

Cast: Katherine Heigl, Josh Duhamel, & Josh Lucas

Holly and Eric discover reciprocal hatred during their first date, but must put their feelings aside after becoming guardians of their friend's baby.

SWEET SATURDAY: Nov. 19

THE ART OF RACING IN THE RAIN (2019) PG, 1 hr. 50 min. *Drama, Family*

Cast: Milo Ventimiglia, Amanda Seyfried, & Kathy Baker

A dog named Enzo recalls the life lessons he has learned from his race car driving owner, Denny.