



MEADOWLARK

Messenger

Nov. 17, 2022

Manhattan, Kansas

Messenger Editor: Sarah Duggan

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



Christmas Under the Big Top

The holiday season is here, and with it, comes the most-anticipated party of the year—Christmas Carousel! *Christmas Under the Big Top* begins at 5 p.m. Friday, Dec. 9, in the Community Center at Meadowlark. After hearing a bedtime story from Mrs. Claus about the circus, the elves' interest has been piqued. Will Christmas be ruined when they join the show under the big top?

Enjoy food, drinks, and entertainment in the spirit of the holidays. All carousel rooms will begin promptly

at 5 p.m. and each group will rotate to a new room approximately every 30 minutes. Each room will feature food, beverages (alcoholic and non-alcoholic), and circus-style entertainment by the Meadowlark team.

Registration is required to participate. Please sign up at the Hospitality Desk or call (785) 323-3847.

This free event is open to independent living residents and Meadowlark Passport members.

Pearl Harbor Docuseries

"... December 7, 1941—a date which will live in infamy—the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan." - President Franklin Roosevelt

This year, Netflix released a limited docuseries titled *Attack on Pearl Harbor: Minute by Minute*. This three-episode series uses archival footage and interviews with survivors to chronicle the attack that changed the course of World War II.



Over the next three weeks, Grosh Cinema will offer showings for each episode. Episode one, *Countdown to War*, will play at 1, 4, and 7 p.m. Tuesday, Nov. 22. Japanese forces plan an attack against a US naval base in Hawaii. One of the last living Japanese survivors speaks in an interview for the first time.

The second and third episodes will play in Grosh Cinema Tuesday, Nov. 29, and Tuesday, Dec. 6.



THE TRUST COMPANY

Please join us for the

Meadowlark Hills
HOLIDAY CLASSIC

Friday, December 2nd at 3pm

Meadowlark Hills-
Prairie Star Event Center

rsup

785-323-3820 or Prairie Star Host Stand
Refreshments & Holiday Entertainment
Reservations Required!

EVENTS & OPPORTUNITIES

Thanksgiving week schedule changes

Thanksgiving is next week! Please see the list below (and pages 6 through 9) for schedule-change reminders.

- ~ Next week's edition of the Meadowlark Messenger will be distributed Wednesday, Nov. 23. The Messenger team will meet at 9 a.m. to prepare the Messenger.
- ~ All in-person exercise classes are canceled for Thursday, Nov. 24. Exercise classes can be viewed on Channel 1960. See page 9 for the full listing.
- ~ Parkinson's Voice Class will not meet Monday, Nov. 21.
- ~ Prairie Star Restaurant will be closed for dinner on Thursday, Nov. 24. Boxed dinners will be available. Please sign up in the Blue Book at the Hospitality Desk to reserve a boxed dinner.
- ~ Verna Belle's Café will be closed Thursday, Nov. 24. The Café will be open from 7 to 11 a.m. Friday, Nov. 25.
- ~ Diabetic Wellness Group meeting has been rescheduled for Wednesday, Nov. 30.

Thank You

submitted by Margaret Carlson

Friends and relatives helped me celebrate my birthday Sunday. Thank you for coming to make the day fun and enjoyable!

Andy Bell & Sons Entertainment

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. Please sign up in the Blue Book to participate in these opportunities.

KSU Game Day Watch Party

Saturday, Nov. 19, at 1 p.m.

All are invited to watch the K-State Wildcats take on the West Virginia Mountaineers at 1 p.m. Saturday, Nov. 19, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be provided.

Advent Book Study

Tuesday, Nov. 22, at 10 a.m.

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.

Peg Boten Ziser: Birthday Celebration

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

Peg Boten 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, at 7 p.m.

All are invited to watch the K-State Wildcats in the Sunflower Showdown as they take on the

EVENTS & OPPORTUNITIES

University of Kansas Jayhawks at 7 p.m. 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.

Rosine Voice Studio Christmas Recital

Monday, Nov. 28, at 6 p.m.

Meadowlark welcomes the Rosine Voice Studio at 6 p.m. Monday, Nov. 28, in the Community Room as they present a Christmas Recital. All are invited to attend.

Dinner with the League

Thursday, Dec. 1, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Dec. 1, in Prairie Star Restaurant's Event Center. The guest speaker will be Emily Wagner, executive director of the Manhattan Emergency Shelter. She will speak about post-COVID sheltering needs in our community.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include meatloaf, mashed potatoes, and green beans. 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. 28, to attend dinner at 6 p.m.

Meadowlark Singers Concert

Friday, Dec. 2, at 7 p.m.

submitted by Sue Hunt

Surprise! It's almost Christmas. To help you get in the holiday spirit, the Meadowlark Singers are presenting a program of beautiful and fun carols, with a community sing-a-long to finish. All are invited to enjoy the concert at 7 p.m. Friday, Dec. 2, in the Community Room. The singers are led by Bethany Bassler.

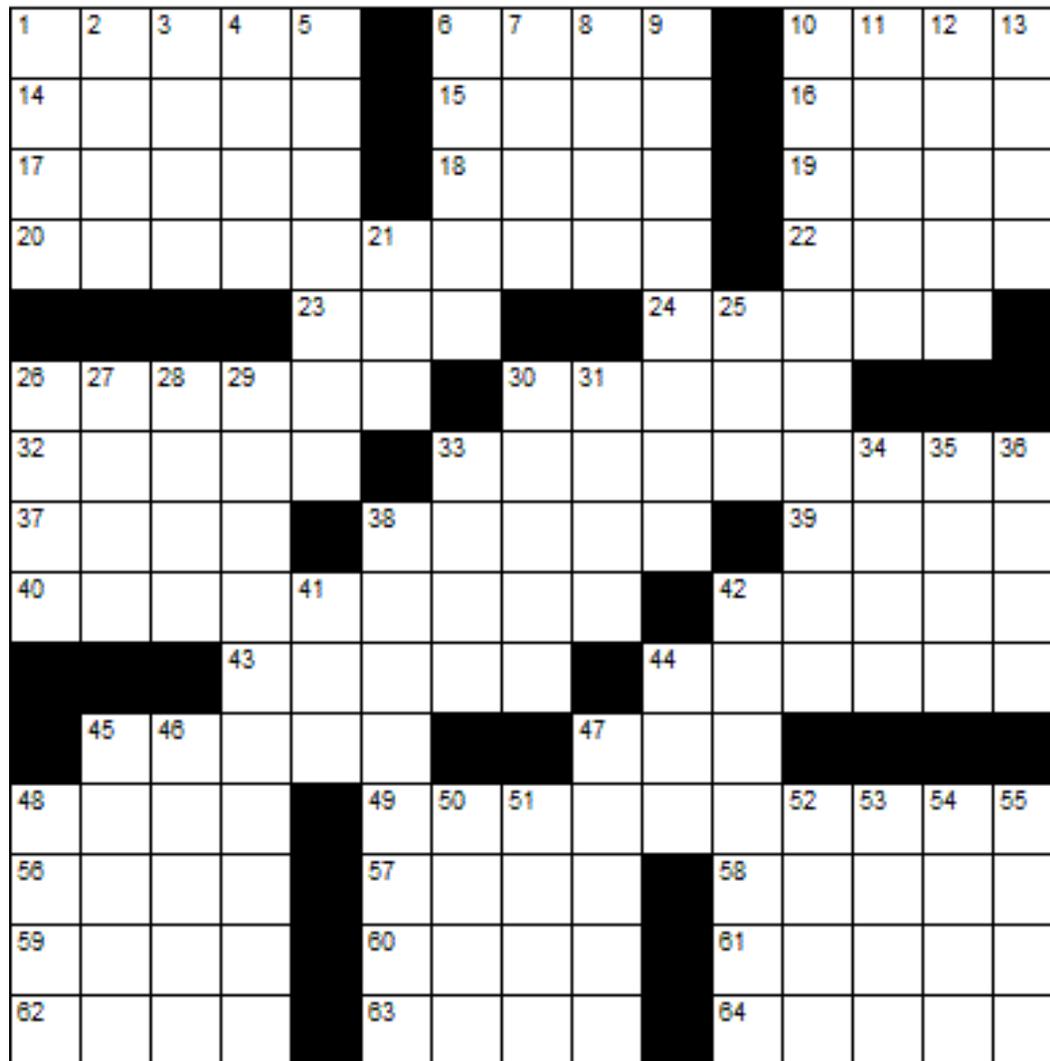


Thankful Thursday

Today's Thankful Thursday comes from Jayme Minton, Support Services Director!

"We are so thankful every day for all of our employees, but especially during the holiday season. From our newest employee to the 40+ year employees, we appreciate everything big and little thing you do. Your work means the world to the residents, families, and your co-workers."

Work That Brain!



ACROSS

1. Smell
6. Monarch of Iran
10. Mid-month days
14. Not inner
15. Easter flower
16. Overhaul
17. Highly emotional episode
18. Ancient
19. Any thing
20. Completely
22. Greek district
23. East northeast
24. Drama set to classical music
26. Tatters
30. Pens
32. Weighty
33. Pressing needs
37. Diva's solo
38. Primp
39. Poi source
40. Verandahs
42. Contemptuous look
43. Inuit boat
44. Someone genetically altered
45. Impostor
47. Driveway surface
48. Social group
49. In peril
56. Fifty-three in Roman numerals
57. Enemies
58. Wear away
59. As well as
60. Applications
61. Chain of hills
62. Secluded valley
63. Stringed instrument
64. Affirmatives

DOWN

- | | | |
|-----------------------------|---------------------------|-----------------------------------|
| 1. Fizzy drink | 21. N N N | 42. A medical procedure |
| 2. Ringle | 25. Writing implement | 44. Male adult |
| 3. French for "State" | 26. Carpet type | 45. Ruffle |
| 4. Captain of the Nautilus | 27. Wife of Zeus | 46. Lift |
| 5. Misfortune | 28. Train track | 47. Thigh armor |
| 6. A type of writing tablet | 29. Rating | 48. National symbol |
| 7. Not low | 30. Stream | 49. In peril |
| 8. Away from the wind | 31. Anagram of "Sage" | 56. Fifty-three in Roman numerals |
| 9. Simplest element | 33. Murre | 57. Enemies |
| 10. Lustrous | 34. Notion | 58. Wear away |
| 11. Discourage | 35. Biblical garden | 59. As well as |
| 12. Swelling | 36. Classify | 60. Applications |
| 13. Several | 38. Haughty | 61. Chain of hills |
| | 41. Large flightless bird | 62. Secluded valley |
| | | 63. Stringed instrument |
| | | 64. Affirmatives |

Art Engagement *from the Beach Museum of Art*

Illusion ... The artist that created this print is Victor Vasarely. He was one of the leading individuals in the Optical Art (OpArt) movement. His experimentation with geometric shapes and colors on a two-dimensional surface led to optical illusions like the surface tension seen in this artwork. His use of color variation and his manipulation of shapes could create spherical distortion. As you look at this image, what shapes do you notice and how do they change throughout the print? Where do you notice Vasarely's color fluctuating to further the illusion?



Victor Vasarely (France, born Hungary, 1908 - 1977)
Dombakta, 1978, Vi-Va series
Color screenprint on paper
KSU, Marianna Kistler Beach Museum of Art, bequest of John H. Kohn, 1984.39

RESTAURANT **SPECIALS**

<p>Sunday, Nov. 20</p>	<p>\$14 Lunch Beef Tips Mashed Potatoes & Gravy Broccoli</p>	<p>\$11 Dinner Turkey Reuben Sweet Potato Fries</p>
<p>Monday, Nov. 21</p>	<p>\$10 Lunch Ham & Scalloped Potato Quiche Garden Side Salad</p>	<p>\$16 Dinner Coconut Shrimp Coconut Rice Grilled Pineapple</p>
<p>Tuesday, Nov. 22</p>	<p>\$10 Lunch Pimento Cheese Grilled Cheese Green Bean Fries</p>	<p>\$14 Dinner Pecan-Crusted Chicken Red Potatoes Pear & Feta Side Salad</p>
<p>Wednesday, Nov. 23</p>	<p>\$9 Lunch BLT Sandwich Baked Sweet Potatoes</p>	<p>\$13 Dinner Fish & Chips Coleslaw</p>
<p>Thursday, Nov. 24</p>	<p>\$21 Thanksgiving Lunch <i>Registration required. See page 11 for menu and registration details.</i></p>	<p>Prairie Star Restaurant closed. <i>Boxed dinners available for \$10 each. Sign-up required.</i></p>
<p>Friday, Nov. 25</p>	<p>\$10 Lunch Taco Bar</p>	<p>\$14 Dinner Braised Chicken Thigh Red Beans & Rice Cornbread</p>
<p>Saturday, Nov. 26</p>	<p>\$9 Lunch Zuppa Toscana Breadstick</p>	<p>\$11 Dinner Beef & Noodles Mashed Potatoes Green Beans</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

Verna Belle's Café closed for Thanksgiving.

FRIDAY

Verna Belle's Café will be open from 7 to 11 a.m. Friday, Nov. 25.

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

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. 20 to Nov. 26

Sunday • Nov. 20 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Nov. 21 *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
 2:00 p.m. ~ Change & Loss Support Group, FHR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 22
 7:00 a.m. ~ Rock Steady Boxing, BF
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Advent Study: The Journey, FHR
 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. 23
 9:00 a.m. ~ Messenger Team, KSU CL
 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. ~ Rock Steady Boxing, CR

Thursday • Nov. 24



Friday • Nov. 25
 2:00 p.m. ~ Peg Ziser's Birthday Celebration, EC

Saturday • Nov. 26
 7:00 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 11/10.

T	O	P	I	C		S	T	O	P		U	R	S	A			
A	B	A	C	A		H	E	R	O		N	E	A	P			
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CHANNEL 1960

Entertainment Guide

Monday, Nov. 21

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. 22

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

Wednesday, Nov. 23

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. 24

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

Friday, Nov. 25

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. 26

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. 20

RESIDENT REQUEST

SCENT OF A WOMAN (1992) R for language, 2 hr. 37 min. *Drama, Emotional, Inspiring*

Cast: Al Pacino, Chris O'Donnell, & James Rebhorn

Hoping to earn some extra cash during the Thanksgiving holiday, a poor prep-school student agrees to look after a blind and cantankerous retired colonel. Though the two are mismatched, their relationship grows during a string of wild escapades.

MUSICAL MONDAY: Nov. 21

RESIDENT REQUEST

THE SOUND OF MUSIC (1965) G, 2 hr. 55 min. *Musical, Family, Historical*

Cast: Julie Andrews, Christopher Plummer, & Richard Haydn

A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer.

TRUE TUESDAY: Nov. 22

ATTACK ON PEARL HARBOR: MINUTE BY MINUTE (2022) TV-14, 43 min. *Documentary*

Cast: Russell Boulter

Episode 1: Using archival footage and interviews with survivors, this docuseries chronicles the attack that changed the course of World War II. In episode one, Japanese forces plan an attack against a US naval base in Hawaii. One of the last living Japanese survivors speaks in an interview for the first time.

WESTERN WEDNESDAY: Nov. 23

CITY SLICKERS (1991) PG-13, 1 hr. 53 min. *Heartfelt, Feel-Good, Western*

Cast: Billy Crystal, Daniel Stern, & Bruno Kirby

Three buddies facing midlife crisis sign up for a Colorado cattle drive, where a skeptical trail boss aims to turn them into cowboys.

THEATER THURSDAY: Nov. 24

MIRACLE ON 34TH STREET (1947) NR, 1 hr. 36 min. *Classic, Drama, Tearjerker*

Cast: Maureen O'Hara, Natalie Wood, & Gene Lockhart

After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.

FUNNY FRIDAY: Nov. 25

YOURS, MINE & OURS (2005) PG, 1 hr. 28 min. *Comedy, Heartfelt, Feel-Good*

Cast: Dennis Quaid, Rene Russo, & Sean Faris

When a father of eight and a mother of 10 prepare to wed, the couple's children attempt to sabotage the union in this remake of the 1968 comedy.

SWEET SATURDAY: Nov. 26

THE NIGHTMARE BEFORE CHRISTMAS (1993) PG, 1 hr. 19 min. *Family, Fantasy, Musical*

Cast: Danny Elfman, Chris Sarandon, & Catherine O'Hara

Bored with the same old scare-and-scream routine, Pumpkin Jack Skellington longs to spread the joy of Christmas. But his merry mission puts Santa in jeopardy and creates a nightmare for children everywhere.