

# Extra, Extra—Read All About It

## Upcoming events and opportunities

### Thanksgiving week schedule changes

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

~ **Sing-a-Long is canceled for today, Nov. 23.**

~ 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.

~ Prairie Star Restaurant will be closed for dinner on Thursday, Nov. 24. Boxed dinners will be available for \$10 each. 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.

### Advent Book Study

**Tuesday, Nov. 29, 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 next class will meet at 10 a.m. Tuesday, Nov. 29, 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

See **EVENTS**, page 2



## (early) Thankful Thursday

Today's Thankful Thursday comes from Annie Peace, Health Services Director!

*"I appreciate the opportunity to share my thanks and love for the employees at Meadowlark. I am grateful to work alongside such caring, creative, and loving caregivers every day. I appreciate all of their hard work, their willingness to share their skills, and their love."*

## **EVENTS, from page 1**

Sunflower Showdown as they take on the 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.

### **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.

### **Hable Español Conversation**

**Monday, Nov. 28, at 4 p.m.**

Hable Espanol will meet at 4 p.m. Monday, Nov. 28, in the Flint Hills Room. We look forward to seeing you.

### **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.

### **Pearl Harbor Docuseries**

**Tuesday, Nov. 29, at 1, 4, & 7 p.m.**

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.

Episode one, *Countdown to War*, will play at 1, 4, and 7 p.m. Tuesday, Nov. 29, in Grosh Cinema.

Heroes like Doris Miller go beyond the call of duty. A mistake by the leader of the Japanese air attack nearly derails the mission.

The final episode will play in Grosh Cinema Tuesday, Dec. 6.

### **Diabetic Wellness Group**

**Wednesday, Nov. 30, at 1:30 p.m.**

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

### **ARTful Making: Holiday Printmaking**

**Wednesday, Nov. 30, at 2:30 p.m.**

This time of year, we often think of sending greetings to friends and family. You're invited to join Kim Richards from the Beach Museum of Art at 2:30 p.m. Wednesday, Nov. 30, in the KSU Classroom to learn the process of printmaking and create your own holiday card. We will cut our own blocks and print our cards. All supplies will be provided.

### **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.

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

**Friday, Dec. 2, 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, Dec. 2, in the Bison Room.

### **Meadowlark Singers Concert**

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

*submitted by Sue Hunt*

Let's honor beautiful snowy December with songs of fun and joy by the Meadowlark Singers and you! Join us for a concert at 7 p.m. Friday, Dec. 2, in the Community Room.

### **Christmas Carousel**

*Friday, Dec. 9, at 5 p.m.*

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.

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

**Teamwork ...** As you look at this image, notice how everyone has a part in preparing the meal? As you think back to the many Thanksgiving days you have experienced, how did you contribute? Did your role change through the years? What was your favorite way to help? Happy Thanksgiving!



Doris Lee (American 1905-1983), *Thanksgiving*, c. 1935, Oil on canvas  
Art Institute Chicago, Mr. and Mrs. Frank G. Logan Purchase Prize Fund, 1935.313

# RESTAURANT **SPECIALS**

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<p><b>Sunday, Nov. 27</b></p>	<p><b>\$14</b> Lunch Fried Chicken Mashed Potatoes &amp; Gravy Fresh Green Beans</p>	<p><b>\$14</b> Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli</p>
<p><b>Monday, Nov. 28</b></p>	<p><b>\$11</b> Lunch Honey-Dijon Chicken Sandwich <i>on a Pretzel Bun</i> Broccoli Salad</p>	<p><b>\$13</b> Dinner Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots</p>
<p><b>Tuesday, Nov. 29</b></p>	<p><b>\$11</b> Lunch Meatloaf Sandwich Pub Chips</p>	<p><b>\$13</b> Dinner Beef &amp; Italian Sausage Lasagna Garlic Toast Asparagus</p>
<p><b>Wednesday, Nov. 30</b></p>	<p><b>\$10</b> Lunch Smoked Sausage Cuts Baked Sweet Potato Tangy Coleslaw</p>	<p><b>\$13</b> Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p><b>Thursday, Dec. 1</b></p>	<p><b>\$8</b> Lunch Hot Ham &amp; Cheese Sandwich Tomato Soup</p>	<p><b>\$14</b> Dinner Pork Loin Mac &amp; Cheese Baked Cinnamon Apples</p>
<p><b>Friday, Dec. 2</b></p>	<p><b>\$10</b> Lunch Baked Potato Bar</p>	<p><b>\$10</b> Dinner Boneless Wings French Fries</p>
<p><b>Saturday, Dec. 3</b></p>	<p><b>\$11</b> Lunch Pulled Pork Sandwich Pickle Spear Coleslaw</p>	<p><b>\$16</b> Dinner Braised Short Ribs Loaded Mashed Potatoes Fresh 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**

**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. 27 to Dec. 3

## Sunday • Nov. 27 *Put your trash at the curb!*

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

## Monday • Nov. 28 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Winter Birdwatching UFM Class, EC  
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 Class, FHR  
6:00 p.m. ~ Rosine Voice Studio Christmas Recital, CR  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Nov. 29

7:00 a.m. ~ Rock Steady Boxing, BF  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:00 a.m. ~ Winter Birdwatching UFM Class, EC  
10:00 a.m. ~ Advent Book Study, 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  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ 3rd Floor Supper, BR

## Wednesday • Nov. 30

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Winter Birdwatching UFM Class, EC  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Care Partner Group, FHR  
10:00 a.m. ~ Memory Café, KSU CL  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
1:30 p.m. ~ Diabetic Wellness Group, FHR  
2:30 p.m. ~ ARTful Making, KSU CL  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ 1st Floor Supper, MR

## Thursday • Dec. 1

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR

## Thursday • Dec. 1

12:05 p.m. ~ Mat Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
6:00 p.m. ~ Dinner with the League, EC/BR

## Friday • Dec. 2

9:00 a.m. ~ Prairie Star Menu Suggestion, BR  
9:30 a.m. ~ Seated Strength, CR  
10 a.m. to 3 p.m. ~ ML Market, 120 N. Scenic Dr.  
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  
3:00 p.m. ~ Trust Company Holiday Classic, EC  
7:00 p.m. ~ Meadowlark Singers Concert, CR

## Saturday • Dec. 3

10 a.m. to 3 p.m. ~ ML Market, 120 N. Scenic Dr.

### 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 11/17.

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# CHANNEL 1960 Entertainment Guide

## Monday, Nov. 28

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. 29

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

## Wednesday, Nov. 30

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, Dec. 1

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

## Friday, Dec. 2

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, Dec. 3

9:30 a.m.	Band Bust Exercise Class
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### Skilled Nursing

- 12/8 Mary O'Laughlin
- 12/9 Barbara Hall
- 12/11 Mary Smith
- 12/15 Mary Johannes
- 12/16 Marjorie Schlegel
- 12/16 Glennis Couchman
- 12/18 John Hanson
- 12/18 Linda Hume
- 12/19 Betty Banks
- 12/21 Verna Turnquist
- 12/21 James Tate
- 12/22 Claudene Emrich
- 12/25 Marsha Priller
- 12/27 Virginia Lampe
- 12/28 Bob Robinson
- 12/30 John Silva

### Assisted Living & Riley House

- 12/31 Don Emley

### Independent Living

- 12/1 Dixie Roberts
- 12/1 Donna Alexander
- 12/1 Bob Cranmer
- 12/2 Bill Anders
- 12/2 Betty Holder
- 12/4 Arnold Spencer

## December Birthdays



- 12/4 Steve Hall
- 12/9 Michael Roberts
- 12/12 Thomas Holder
- 12/12 Bob Pulford
- 12/13 Karen Halderson
- 12/14 Sue Hunt
- 12/17 Joan Jones
- 12/21 Ella Umphrey
- 12/26 Janice Parsons
- 12/28 Orlan Buller
- 12/29 Angie Fryer
- 12/29 Noel Stanton
- 12/29 Dick Rees
- 12/30 Dorothea Boutz

### Employees

- 12/1 Doug Fiser
- 12/2 Marisa Baker
- 12/2 Judy French
- 12/2 Dorian Robertson
- 12/4 Hailey Havenstein
- 12/4 James Moore
- 12/4 Mira Smith
- 12/5 Niamh Coughlin
- 12/5 Terri Parr
- 12/5 Kayla Webb
- 12/7 Justin Latimer
- 12/9 Elizabeth Cook
- 12/9 Lee Flanary

- 12/9 Ed Payne
- 12/9 Taylor Wheelock
- 12/9 Chelsea Wineland
- 12/11 Madi Timken
- 12/12 Abby Cavender
- 12/12 Talia Johnson
- 12/12 Ava Savage
- 12/14 Tatum Meyer
- 12/14 Tiffany Miller
- 12/14 Solana Rios
- 12/15 Allie Cloyd
- 12/15 Denise Torres
- 12/17 Michael Brady
- 12/18 Sumaya Nabakooza
- 12/19 Tressa Wehrman
- 12/20 Cindy Elsasser
- 12/21 Latoria Hobbie
- 12/21 Bailey McCollum
- 12/22 Christina Wong
- 12/23 Christine Borggreen
- 12/23 Alexis Luna
- 12/24 Majken Mandery
- 12/27 Brooklyn Rice
- 12/28 Morgan Smith
- 12/28 Ryan Ward
- 12/28 Sydney Yost
- 12/29 Dreyton Pendell
- 12/30 Maddie Baucom
- 12/31 Skylar Medrano



## 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. 27

***GOING TO THE MAT*** (2004) TV-G, 1 hr. 32 min. *Sports, Coming of Age*

Cast: Andrew Lawrence, Khleo Thomas, & Alessandra Toreson

Despite being blind, Jace Newfield never lets anything stand in his way. When his family moves from New York to the Midwest, he must find a way to fit in at his new school. Soon, he takes up wrestling and—with the help of his teachers—strives to master his skills and guide his team to the championships.

### MUSICAL MONDAY: Nov. 28

***MEET ME IN ST. LOUIS*** (1944) NR, 1 hr. 53 min. *Musical, Classic, Romance*

Cast: Judy Garland, Margaret O'Brien, & Mary Astor

Young love and childish fears highlight a year in the life of a turn-of-the-century family.

### TRUE TUESDAY: Nov. 29

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

Cast: Russell Boulter

Episode 2: In episode two, heroes like Doris Miller go beyond the call of duty. A mistake by the leader of the Japanese air attack nearly derails the mission. Using archival footage and interviews with survivors, this docuseries chronicles the attack that changed the course of World War II.

### WESTERN WEDNESDAY: Nov. 30

RESIDENT REQUEST

***THE VANISHING PRAIRIE*** (1954) G, 1 hr. 11 min. *Documentary, Family, Animals & Nature*

Cast: Winston Hibler

Disney photographers use ingenious and innovative techniques to capture the magic of nature, still persevering on the American prairie.

### TINSEL THURSDAY: Dec. 1

***NOELLE*** (2019) G, 1 hr. 46 min. *Family, Comedy, Fantasy*

Cast: Anna Kendrick, Bill Hader, & Kingsley Ben-Adir

Kris Kringle's daughter is full of Christmas spirit but wishes she could do something important like her brother Nick, who will take over for their father this Christmas. When Nick is about to crumble from all the pressure, Noelle suggests he take a break and get away ... but when he doesn't return, Noelle must find her brother and bring him back in time to save Christmas.

### FUNNY FRIDAY: Dec. 2

***MR. MAGOO*** (1997) PG, 1 hr. 28 min. *Comedy, Crime, Action-Adventure*

Cast: Leslie Nielsen, Kelly Lynch, & Ernie Hudson

Nonstop comic chaos ensues after Mr. Magoo becomes the target of a notorious and ruthless band of international jewel thieves. When a precious gem is stolen, the clueless Magoo sets out to get it back.

### SWEET SATURDAY: Dec. 3

***HOLIDATE*** (2020) TV-MA, 1 hr. 44 min. *Feel-Good, Romantic, Comedy*

Cast: Emma Roberts, Luke Bracey, & Kristin Chenoweth

Fed up with being single on holidays, two strangers agree to be each other's platonic plus-ones all year long, only to catch real feelings along the way.