



[above] *Image from The Way to Start a Day by Byrd Taylor.*

Outdoor Encounters

submitted by Nathan Bolls

The gift season is upon us. And what to do with it? I've heard counselors argue that we should exercise our hands and arms more and our checkbooks and credit cards less. Hugs and other expressions of love and affection are rather inexpensive and so meaningful if the recipient pauses to think about the event. But recipients can learn. And items handmade and useful never go out of style. Who doesn't like a something snuggly or a favorite homemade pastry?

But there is another idea whose time has come; an idea more pertinent now than ever before. In fact, **essentially essential!** We're all aware that educational gifts for children have been all the rage for years. The question is: **education for what!?** In this era of an onrushing ecological crisis, fueled mostly by climate change, a special type of education is needed: ecological sensitivity and ecological literacy. Such literacies **are** gifts that keep on giving. However, in a society attuned to human-centered, ease-seeking lifestyles, even small

attempts at teaching ecological literacy will be a tough sell. But we must persevere!

I'm not talking about drumming up biology majors. Rather, my concern is—our concern must be—the need for individuals who know how to live on the crust of our Earth in a way that is sustainable for both our Earth and for our species. For individuals who are willing to become stewards of our Earth instead of ones who take, take, take from Mother Earth and

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EVENTS & OPPORTUNITIES

Ladies Lunch — Looking Ahead

submitted by Polly Ferrell

The MLH holiday calendar is so full of fun and festivity that we are canceling our December Ladies Lunch. Perhaps that will give you time to share your November tea bag with a friend. Our next lunch will be Thursday, Jan. 12, hosted by Olivia Collins and Beth Pannbacker. You won't want to miss it.

Many MLH and Passport ladies are enjoying these monthly meals together. New friendships are happening. More than 60 ladies have attended at least one lunch. These gatherings, scheduled for 11:30 a.m. on the second Thursday of each month, include delicious food and interesting topics.

The lunches happen because of volunteer hostesses - a fun and rewarding responsibility. You and a friend organize one lunch. Plan a theme, plan a light menu, and sparkle the tables with a little decor. Choose an activity, table discussion, or short program to keep everyone involved. Whatever you think will be fun, inspirational, or educational.

You and a friend are encouraged to volunteer now to hostess a Ladies Luncheon in 2023. Only eight times are still available. The hostess sign-up page is in the Blue Book at the Hospitality Desk. Volunteering a few months ahead gives you and your friend time to dialog about possible themes and plans.

A letter with more details about Ladies Lunch has been sent to each lady who has attended one of the 2022 events. For those living in the apartment tower, look for your letter in your apartment door box. If you live in a cottage, please ask for your letter at the Hospitality Desk. If you have never attended, but would like to know more, please ask for a copy of the letter at the Hospitality Desk. See you 11:30 a.m. Thursday, Jan. 12, for the next Ladies Lunch.

WTC Fiber Installation

WTC returned to Meadowlark's campus yesterday, Nov. 30, to continue fiber installation in the independent living apartments. WTC anticipates being in each apartment approximately 15 minutes. Please contact Monte Spiller at (785) 323-3801 with questions.

Art Committee meeting, rescheduled

The Art Committee meeting has been rescheduled for 10 a.m. Friday, Dec. 16, in the Flint Hills Room.

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

Come join us for a Community Sing and Carols by the Meadowlark Singers at 7 p.m. Friday, Dec. 2, in the Community Room. Be there or be less joyful!

KSU Game Day Watch Party

Saturday, Dec. 3, at 11 a.m.

All are invited to watch your no. 12-ranked K-State Wildcats in the Big 12 Championship as they take on the no. 3-ranked TCU Horned Frogs at 11 a.m. Saturday, Dec. 3, at Prairie Star Pub, Event Center, and Game Room. The game also will play in Grosh Cinema. Complimentary snacks will be provided.

Plan to Plant in 2023!

Tuesday, Dec. 6, at 9:30 a.m.

All interested residents are invited to attend a meeting about the Meadowlark Community Garden at 9:30 a.m. Tuesday, Dec. 6, in the Event Center. Soon after Meadowlark opened in 1980, the community garden was established. It quickly became one of Meadowlark's key resources, offering horticultural therapy, greenspace, veggies, and flowers for all to enjoy. The start of Monarch construction forced the garden to be downsized and relocated to its new site at the bottom of Meadowlark Valley. Construction of the new garden is nearly finished, and after a soft opening late in the spring of 2022, it will be open for everyone to enjoy in 2023. The purpose of the meeting on Dec. 6 will be for interested residents to meet one another, share information and ideas, and plan to plant in 2023. Contact Forrest Chumley for more information.

EVENTS & OPPORTUNITIES

Advent Book Study

Tuesday, Dec. 6, 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, Dec. 6, 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.

Pearl Harbor Docuseries

Tuesday, Dec. 6, 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 three, *Declaration of War*, will play at 1, 4, and 7 p.m. Tuesday, Dec. 6, in Grosh Cinema. A few US pilots get airborne ahead of the second wave of attacks. In the aftermath, the US enters the war—and the day leaves a devastating legacy.

Prairie Star Writers

Tuesday, Dec. 6, 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, Dec. 6, in the Patriot Room.

The Dec. 6 session is titled, "Don't Ever Let a Boy Put His Hand on Your Knee," and other parental advice. What sayings resonated with you? Who said them? And to make the story richer ... did you follow that advice? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Carols & Cocoa

Wednesday, Dec. 7, at 3 p.m.

Back by popular demand, the Meadowlark Ambassadors will be joining efforts with music aficionados, Jim Reed and Vera Williams, to host a holiday event called Carols & Cocoa. This come-and-go event will be during the regular Sing-A-Long social time, from 3 to 4 p.m. Wednesday, Dec. 7, in Prairie Star's Event Center. Jim, Vera, and the Ambassadors are looking forward to singing Christmas carols with you and serving you delicious hot chocolate and cookies! All are welcome to attend.

Meadowlark Men's Social Supper

Wednesday, Dec. 7, at 5:30 p.m.

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m. Wednesday, Dec. 7, in the Manhattan Room. Dinner can be purchased from the Prairie Star menu or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

What Sweeter Music

Thursday, Dec. 8, at 6 p.m.

Enjoy a performance from the Adult Choir from College Avenue United Methodist Church at 6 p.m. Thursday, Dec. 8, in the Community Room. The choir will perform selections from *What Sweeter Music*, a Christmas cantata by Kansas City composer John Leavitt. They are directed by Dr. Amy Rosine and accompanied by Dawn Anderson.

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

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Work That Brain!

Skill Level: Easy

9						2	1	
	1	5						8
	3	4		5				9
					6			
6	9		5		2			
				1		4		
			9		4			2
	2			6	3		8	
			2				3	

Skill Level: Medium

		4	2			5	1	
9		5			7	3		
1	2			3	9	8		
								2
						4	8	
	1			4	2	9		
2	5						9	3
	4				8	7		5

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never give anything back.

That's where we family elders come in; who better than we--with the broad store of both knowledge and process we possess--to ruffle the waters and kick off a much-needed tsunami wave to upset the habitual habits of human gift-giving. To begin, rethink both the basic essentials of the life you want for your grand-children and great-grandchildren and the nature of the gifts you have given in the past. Does some disconnect exist between the nature of gifts given and what will be needed for these children to prepare for and to survive their changing futures?

Instead of material gifts, how about gifts that promote gestures of love—for both girls and boys! How about gifts of exposure to objects, concepts, or places that stimulate an awareness of and sensitivity toward some part of the natural world, toward the ecological realm in which we live and upon which we depend. How about gifting a child with a guided tour of a wildlife preserve or a wildlife rehabilitation center? Some of the rehab sagas the guide likely will share will be fascinating. How about taking your child to a truly wild natural

area and just letting she or he roam—with them, of course, always in your field of view. If more to your liking, how about having a leisurely and observant hike along some MLH trails as one lesson? Take him or her fishing but talk also about the majesty of the creatures with which you interact.

Has the child shown an interest in butterflies, birds, or wildflowers, any sort of organism—or rocks and minerals? An age-appropriate field guide likely exists that would increase understanding. Check into Amazon or mega-bookstores.

Even the very young can find a place in this gift plan. I'm thinking of such as the Caldecott Honor Books *The Way to Start a Day*, *The Desert is Theirs*, and *Hawk, I'm Your Brother*, by Byrd Taylor, and lavishly illustrated by Peter Parnall.

But, family elders, patience is paramount, as is taking care to move at the child's pace of mental ponder. Such outings are not a one-shot deal and done. You may not know for years when, or if, some steel corner of your child's psyche bumped hard enough against some natural outcrop to cause a spark to flash—a spark that started a fire in the brain. I know; it happened to me, at age nine!

Art Engagement *from the Beach Museum of Art*

Line ... An artist uses line to convey multiple ideas. Horizontal lines can separate layers in a landscape and suggest expansiveness, while vertical layers communicate height. Diagonal lines express movement and perspective. Curved lines give a sense of energy. The lines may be thick or thin, and they may introduce texture. This artist has created an entire landscape with lines. As you look at this print, how do you observe the artist using line to create this panorama?



Leon Loughridge (United States, born 1952), Title unknown, 20th century, Reduction woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, 2008.6

RESTAURANT **SPECIALS**

<p>Sunday, Dec. 4</p>	<p>\$14 Lunch Pot Roast Red Potatoes Carrots, Celery, & Onions</p>	<p>\$14 Dinner Swedish Meatballs Egg Noodles Lingonberry Sauce</p>
<p>Monday, Dec. 5</p>	<p>\$10 Lunch Maple-Bacon Chicken Sandwich <i>on a Croissant</i> Winter Fruit Salad</p>	<p>\$12 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas</p>
<p>Tuesday, Dec. 6</p>	<p>\$11 Lunch Shrimp Po' Boy Sandwich French Fries</p>	<p>\$14 Dinner Chicken Fettucine Alfredo Garden Side Salad Garlic Bread</p>
<p>Wednesday, Dec. 7</p>	<p>\$9 Lunch Everything Bagel Sandwich <i>with Ham, Turkey, & Swiss Cheese</i> Potato Salad</p>	<p>\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans</p>
<p>Thursday, Dec. 8</p>	<p>\$11 Lunch Chicken Pot Pie Roasted Parmesan Zucchini</p>	<p>\$13 Dinner Kentucky Hot Brown Asparagus Medley</p>
<p>Friday, Dec. 9</p>	<p>Prairie Star Restaurant closed for Christmas Carousel.</p>	<p>Prairie Star Restaurant closed for Christmas Carousel.</p>
<p>Saturday, Dec. 10</p>	<p>\$10 Lunch Turkey Melt Pub Chips Coleslaw</p>	<p>\$10 Dinner White Chicken Chili 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 Dec. 4 to Dec. 9

Sunday • Dec. 4 *Put your trash at the curb!*

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

Monday • Dec. 5 *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 • Dec. 6

7:00 a.m. ~ Rock Steady Boxing, BF
9:30 a.m. ~ Garden Committee Meeting, EC
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. ~ Advent Book Study, FHR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Avenue, BR
12:15 p.m. ~ Mat Yoga, CR
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers, PR
3:00 p.m. ~ Ambassador's Meeting, BR
4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Dec. 7

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. ~ Cocoa & Carols, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Men's Social Dining, MR

Thursday • Dec. 8

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

Thursday • Dec. 8

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
1:00 p.m. ~ Parkinson's Care Partner Support Group, FHR
6:00 p.m. ~ College Avenue United Methodist Adult Choir, CR

Friday • Dec. 9

9:00 p.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
5:00 p.m. ~ Christmas Carousel

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

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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.

Little Apple Barbershop Chorus

Sunday, Dec. 11, at 3 p.m.

The Little Apple Barbershop Chorus will present *Back Home or the Holidays: Christmas Program* at 3 p.m. Sunday, Dec. 11, at Forum Hall in the KSU Student Union. Meadowlark has five complimentary tickets available for this concert. These tickets will be distributed on a first-come-first-served basis. Please visit the Hospitality Desk to claim.



CHANNEL 1960

Entertainment Guide

Monday, Dec. 5

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, Dec. 6

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

Wednesday, Dec. 7

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. 8

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

Friday, Dec. 9

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. 10

9:30 a.m.	Band Bust Exercise Class
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Christmas Dinner

Sunday, December 25

11 a.m. to 1:30 p.m.

Reserve your spot at Prairie Star Restaurant.

Choice of Starter

Winter Green Salad with Apple Cider Vinaigrette
Seafood Bisque

Choice of Entree

Raspberry-Grilled Chicken ... **\$19**

Maple-Glazed Salmon ... **\$21**

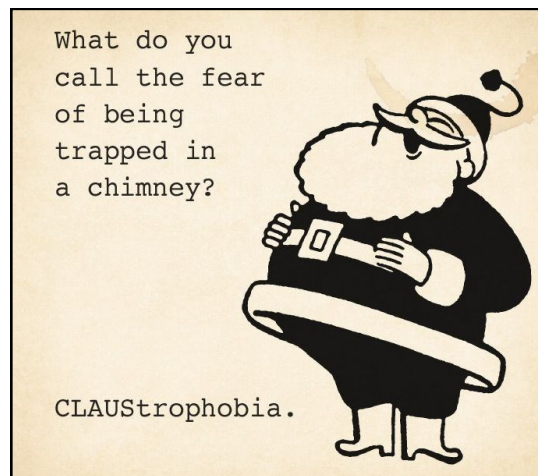
Prime Rib with Au Jus and Horseradish Sauce ... **\$23**

Sides

Roasted Garlic Red Skin Mashed Potatoes
Asparagus
Croissant with Butter

Choice of Dessert

Egg Nog Snickerdoodle Cheesecake
Peppermint Fudge Cake





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: Dec. 4

THE FAMILY STONE (2005) PG-13, 1 hr. 46 min. *Comedy, Romantic, Christmas*

Cast: Rachel McAdams, Dermot Mulroney, & Sarah Jessica Parker

Although their relationship works in the city, things begin to fall apart for buttoned-up Manhattanites Everett and Meredith when they visit the suburbs for the holidays to stay with Everett's family.

MUSICAL MONDAY: Dec. 5

SCROOGE (1970) G, 1 hr. 54 min. *Drama, Classic, Musical*

Cast: Albert Finney, Alec Guinness, & Edith Evans

In this Charles Dickens classic filled with pathos, hope, and redemption, a cold-hearted miser named Scrooge is forced by the ghosts of Christmases past, present, and future, to take a good, long look at his life.

TRUE TUESDAY: Dec. 6

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

Cast: Russell Boulter

Episode 3: A few US pilots get airborne ahead of the second wave of attacks. In the aftermath, the US enters the war—and the day leaves a devastating legacy. Using archival footage and interviews with survivors, this docuseries chronicles the attack that changed the course of World War II.

WINTER WEDNESDAY: Dec. 7

EIGHT BELOW (2006) PG, 2 hr. 1 min. *Action-Adventure, Drama, Family*

Cast: Paul Walker, Bruce Greenwood, & Moon Bloodgood

Stranded in Antarctica during the most unforgiving winter on the planet, Jerry's beloved sled dogs must learn to survive together until Jerry, who will stop at nothing, rescues them.

TINSEL THURSDAY: Dec. 8

ONE CHRISTMAS MAGIC (1985) G, 1 hr. 28 min. *Drama, Fantasy*

Cast: Mary Steenburgen, Gary Basaraba, & Elizabeth Harnois

A young mother rediscovers the joy and beauty of Christmas thanks to the unshakable faith of her 6-year-old daughter, Abbie, and Gideon, her very own guardian angel.

FUNNY FRIDAY: Dec. 9

HOLIDAY (1938) NR, 1 hr. 33 min. *Classic, Comedy, Romance*

Cast: Katharine Hepburn, Cary Grant, & Doris Nolan

Engaged to wealthy Julia Seton, freethinker Johnny Case discovers that her family wants to remake him into their idea of the perfect son-in-law, and he's beginning to consider compromising his values. As he gets to know Julia's headstrong sister, he realizes he has more in common with her.

SWEET SATURDAY: Dec. 10

ELVIS & ANNABELLE (2007) PG-13, 1 hr. 43 min. *Quirky, Romantic, Drama*

Cast: Max Minghella, Blake Lively, & Joe Mantegna

When leggy Texas beauty pageant contestant Anabelle dies on the catwalk, her lifeless body is rushed to a rural funeral home, where a single kiss from Elvis, an unlicensed undertaker resurrects her—and attracts a swarm of media attention.