

This IS Our Circus!



Meadowlark team members got into character and performed at the annual Christmas Carousel party for independent living residents and Passport members on Friday, Dec. 9. This year's theme was Christmas Under the Big Top. After hearing a compelling story from Mrs. Claus about the wonders of the circus, eight mischievous elves embarked on a journey to learn some of the most intriguing circus acts.

After trying their little hands and feet in talents such as knife throwing, strong woman, fortune telling, baton twirling, and balloon-animal making, the elves decided to stick to toy making and bring the circus performers to the North Pole to entertain everyone!

Christmas Carousel is a fantastic Meadowlark tradition that starts with an idea and blossoms into a production with costumes, props, characters, and, of course, food! Merry Christmas!

(See page 8 for more photos.)

EVENTS & OPPORTUNITIES

Ladies Lunch Winner

submitted by Polly Ferrell

Many of you reported reading the Ladies Lunch Letter — delivered to your door or picked up at the front desk — and were entered in the drawing for a prize. The winning name that bubbled to the top is Betty Holder.

Congratulations Betty! Please pick up your prize at the Hospitality Desk.

Starting in 2023, we will not have a general coordinator for Ladies Lunch. All MLH women — residents, passport members — and their guests are welcome to attend.

Simply read the Messenger for announcements by the monthly hostesses. Sign up in the Blue Book to attend the Ladies Lunch. If you and a friend would also like to hostess a lunch, there is a registration sheet for that in the Blue Book, too.

See you at 11:30 a.m. on the second Thursday each month in the Event Center.

Holiday Schedule Changes

Please see below for schedule changes because of the Christmas holiday.

~ The Hospitality Desk will close at 2:30 p.m. Saturday, Dec. 24. The desk will remain closed through Sunday, Dec. 25, and will open at 8 a.m. Monday, Dec. 26.

~ Prairie Star Restaurant will close at 2 p.m. Saturday, Dec. 24. The restaurant will offer a mid-day meal between 11 a.m. and 2 p.m. Sunday, Dec. 25. Reservations are required.

~ Prairie Star Restaurant will offer a boxed meal option for dinner on Christmas Day. The meal will include a ham and cheese sandwich, chips, fruit, and a cookie for \$10 each. Please sign up in the Blue Book at the Hospitality Desk. Meals will be delivered at no additional charge between 2 and 3 p.m. Sunday, Dec. 25.

~ Verna Belle's Café will be closed Saturday, Dec. 24; Sunday, Dec. 25; and Monday, Dec. 26. The café will open at 7 a.m. Tuesday, Dec. 27.

~ *How the Grinch Stole Christmas* will play in Grosh Cinema at 12 p.m. and 3 p.m. Saturday, Dec. 24. *A Charlie Brown Christmas* will play in Grosh Cinema at 2 p.m. and 3 p.m. Sunday, Dec. 25. Regular movie showing times will resume

Monday, Dec. 26.

~ Transportation to FUMC Church Service on Sunday, Dec. 25, will depart from the Village Entrance at 10 a.m.

~ Trash pick-up will be on Tuesday the next two weeks. Trash will be picked up by Howie's Trash Service on Tuesday, Dec. 27, and Tuesday, Jan. 3. Monday trash service will resume Monday, Jan. 9.

~ Chair Yoga and Mat Yoga classes are canceled for Tuesday, Dec. 27, and Thursday, Dec. 29.

~ Seated Strength, Weights 101, Sit & Be Fit, and Pd Exercise are canceled for Monday, Dec. 26. Please see page 9 for the listing of televised exercise classes, which can be found on channel 1960.

~ Sing-A-Long group with Jim Reed is on a break through the holidays. The group will resume at 3 p.m. Wednesday, Jan. 4.

~ God Talk with Jim Reed is on a break for the holidays. The group will resume at 1:30 p.m. Monday, Jan. 9.

ARTful Making, canceled

ARTful Making with Kim Richards from the Beach Museum of Art will not meet in December. Please join Kim again for an art-making session on Wednesday, Jan. 25, 2023.

Books for Sale

The Meadowlark Swag Shop located in Verna Belle's Café features two titles by author Nathan Bolls, a current Meadowlark resident. Both books are priced at \$8.

Outdoor Encounters features a series of essays which reflect the beauty of the Kansas Flint Hills region. Many of these essays have been featured over the years in the Meadowlark Messenger.

River Spirits: A Boy, His River, and Time is a collection of essays where we join Nathan in pondering the discoveries of 90 years as he observes the interactions of humans and creatures sharing this planet. He reminds us that Mother Nature demands our attention.

Nathan J. Bolls, Ph.D., Professor Emeritus of Biology at Wittenberg University, Springfield, Ohio, grew up exploring the streams around his

EVENTS & OPPORTUNITIES

small rural hometown of Onaga in the northeastern corner of neighboring Pottawatomie County, Kan. But he has pretty much kept his feet dry since moving to Meadowlark with his late wife, Imogene, in May 2010.

Holiday Music

Friday, Dec. 23, at 5:30 p.m.

Meadowlark residents and guests are invited to enjoy delightful holiday music during the evening meal at Prairie Star Restaurant beginning at 5:30 p.m. Friday, Dec. 23. The dining experience will be accompanied with live background music from the Crossbows.

Christmas Eve Worship Services

Saturday, Dec. 24, at 1 p.m. or 7 p.m.

Join us this Christmas Eve for a very special observance of the Birth of Christ. We'll gather together in the Community Room Saturday, Dec. 24, at 1 p.m. or 7 p.m. to sing beloved hymns, hear the Gospel message, and pray together. Communion will be served at the evening service for those who desire to partake; you do not have to receive.

Family and friends are welcome. Christmas Eve worship will be led by Rev. Melanie Nord from First United Methodist Church.

Christmas Eve Social & Snacks

Saturday, Dec. 24, at 5 p.m.

Residents are invited to attend a Christmas Eve Social and Snacks event at 5 p.m. Saturday, Dec. 24, in Prairie Star Restaurant's Event Center. Prairie Star Restaurant and Pub will close for full meal service at 2 p.m. on Christmas Eve. There is no cost to attend.

Diabetic Wellness Group

Wednesday, Dec. 28, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Dec. 28, in the Flint Hills Room. All who are interested are invited to attend.

Sugar Bowl Watch Party

Saturday, Dec. 31, at 11 a.m.

Your Big 12 Champions are Sugar Bowl bound! Cheer on the K-State Wildcats as they take on the Alabama Crimson Tide at 11 a.m. Saturday, Dec. 31, in the Game Room and Prairie Star Pub. Light refreshments will be served.



Sugar Bowl Menu

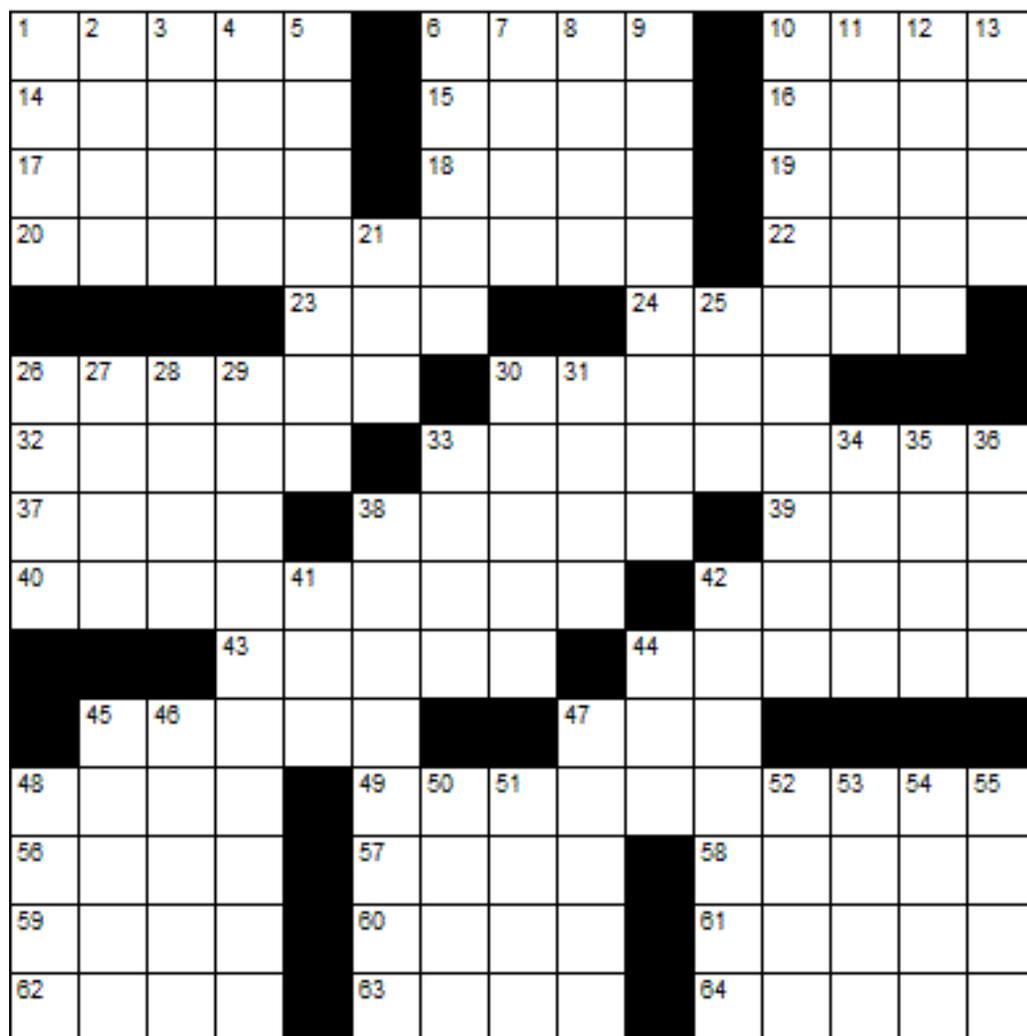
\$10 Each

Boneless Wings
With your choice of Buffalo, BBQ, or Garlic Parmesan Sauce.
Served with Fries

Hamburger Sliders
Two Angus beef chuck patties topped cheddar cheese, lettuce, tomato, pickle, and onion.
Served with Fries

Pulled Pork Nachos
Corn tortilla chips loaded with beer cheese, shredded pork, pico de gallo, street corn, and guacamole.

Work That Brain!



ACROSS

1. Protrusion
6. Cultural doings
10. Taxis
14. An aromatic flavorful vegetable
15. Thai currency
16. Margarine
17. Horse
18. Dwarf buffalo
19. Grinder
20. Syndicate
22. Wan
23. Regret
24. Stage
26. A behavioral syndrome
30. Absolute
32. Pilotless plane
33. Square dance
37. Anagram of "Sage"
38. Thrust
39. Earth
40. Holds back
42. Funnel shapes
43. Posh
44. Language
45. Blow up
47. Letter after sigma
48. Slight
49. Not yet finished
56. Puncture
57. Seals a champagne bottle
58. Kind of beam
59. Not closed
60. Type of sword
61. S S S
62. Exam
63. Stitched
64. Motif

DOWN

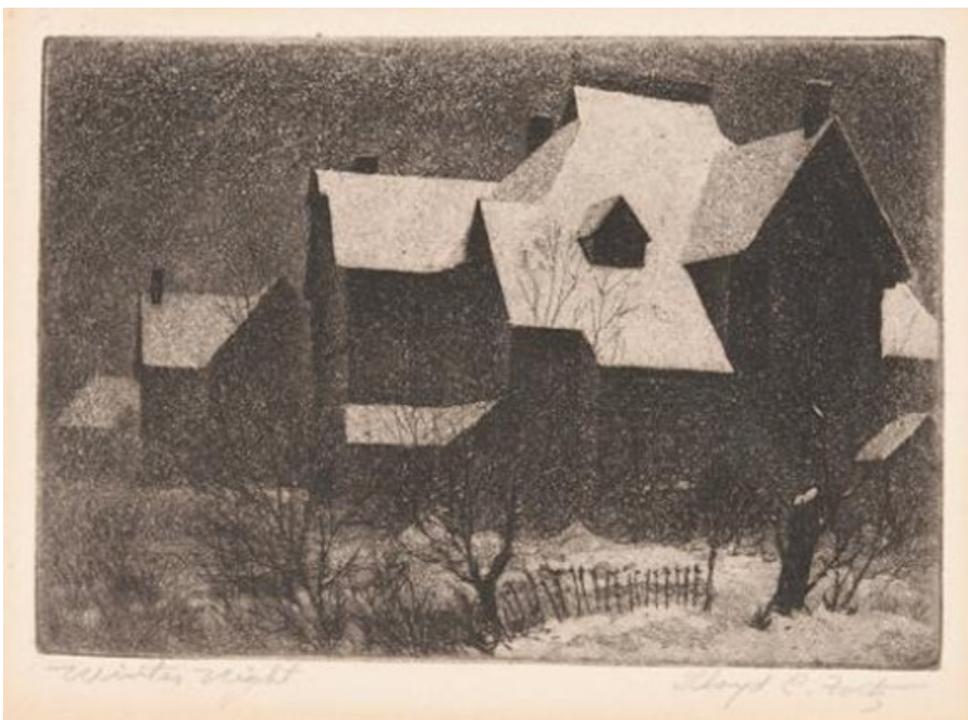
- | | | |
|---------------------------|----------------------|------------------------|
| 1. Pear type | 21. A strong drink | 41. Tear |
| 2. "Do ____ others" | 25. Not him | 42. Two lines of verse |
| 3. Legal claim | 26. Jewish month | 44. Flat hat |
| 4. Leaves | 27. Desire | 45. Run off to wed |
| 5. Give one's approval to | 28. Foot digits | 46. Angers |
| 6. Diminish | 29. Musical device | 47. Nominal |
| 7. Hindu princess | 30. Not cloudy | 48. Fired a projectile |
| 8. You (archaic) | 31. Crones | 50. No |
| 9. Run in panic | 33. Test | 51. Ship workers |
| 10. Likening | 34. Yearn | 52. Whip |
| 11. Assumed name | 35. In place of | 53. Being |
| 12. Young lady | 36. Apart from this | 54. Abound |
| 13. Only | 38. Trellis patterns | 55. Celtic language |

Art Engagement *from the* Beach Museum of Art

Contrast ... When an artist combines the opposites of an element to create an effect, she or she is using contrast. This principle of design may be applied by using large and small shapes, rough and smooth textures, complimentary colors, or light and dark tones. The two prints shown here are examples of contrast. Within each composition the artist has combined white and black. There might be another way the artists have interpreted contrast. One print is titled *Winter Day*. How has the artist used contrast to express day? The other print is titled *Winter Night*. How has the artist used contrast to express night? Do you find the two artists use of contrast the same or different?



Herschel C. Logan (United States, 1901 - 1987)
Winter Day, 1938
Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan U8.2018



Lloyd Chester Foltz (United States, 1897 - 1990)
Kansas State University Friends of Art
Winter Night, 1937
Aquatint on paper
KSU, Marianna Kistler Beach Museum of Art, bequest of John H. Kohn 1989.28

RESTAURANT **SPECIALS**

<p>Sunday, Dec. 25</p>	<p>Christmas Lunch <i>Reservations required. See page 9 for full menu.</i></p>	<p>Prairie Star Restaurant is closed for dinner. <i>Boxed dinners available for \$10 each with advance sign-up.</i></p>
<p>Monday, Dec. 26</p>	<p>\$10 Lunch Chicken & Gravy <i>served over Mashed Potatoes</i> Green Beans</p>	<p>\$14 Dinner Pork Tenderloin Scalloped Potatoes Apple Slaw Salad</p>
<p>Tuesday, Dec. 27</p>	<p>\$10 Lunch Battered Cod French Fries Coleslaw</p>	<p>\$12 Dinner Beef Taco Trio Mexican Rice Refried Beans Margarita Special (\$3)</p>
<p>Wednesday, Dec. 28</p>	<p>\$11 Lunch Monte Cristo Fried Potatoes & Onions</p>	<p>\$14 Dinner Creamy Garlic-Herb Chicken Cheese Ravioli Caesar Side Salad</p>
<p>Thursday, Dec. 29</p>	<p>\$11 Lunch Craisin Feta Salad <i>mixed greens, grilled chicken, apples, craisins, red onions, feta, & balsamic vinaigrette</i></p>	<p>\$13 Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p>Friday, Dec. 30</p>	<p>\$10 Lunch Pasta Bar</p>	<p>\$13 Lunch Orange Chicken White Rice Snow Peas</p>
<p>Saturday, Dec. 31</p>	<p>\$10 Lunch Sugar Bowl Menu <i>See page 3 for full menu.</i></p>	<p>\$23 Dinner 4 oz. Filet & Garlic Butter Shrimp Baked Potato Asparagus Layered Berry Napoleon</p>

Verna Belle's Cafe

MONDAY

Verna Belle's Café will be closed Monday, Dec. 26.

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. 25 to Dec. 31*

Sunday • Dec. 25

10:00 a.m. ~ Transportation to FUMC, VE

Monday • Dec. 26 *Put your trash at the curb!*

7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 27 *Trash pick-up*

7:00 a.m. ~ Rock Steady Boxing, **BF**

10:00 a.m. ~ Memory Activities Class, KSU CL

10:30 a.m. ~ Steady Yourself, CR

2:00 p.m. ~ 10-Point Pitch, GR

3:00 p.m. ~ Coffee Corner, EC

Wednesday • Dec. 28

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

1:30 p.m. ~ Diabetic Wellness Group, FHR

3:00 p.m. ~ Rock Steady Boxing, CR

5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Dec. 29

9:00 a.m. ~ Messenger Team, KSU CL

10:30 a.m. ~ Steady Yourself, CR

Friday • Dec. 30

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**

Saturday • Dec. 31

11:00 a.m. ~ Sugar Bowl Watch Party, GR & Pub

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



During the annual Christmas Carousel event, elves attempted to learn a variety of circus acts, including knife throwing (pictured above left) and baton twirling performing, including gymnastics (pictured above right).



CHANNEL 1960

Entertainment Guide

Monday, Dec. 26

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. 27

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

Wednesday, Dec. 28

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. 29

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

Friday, Dec. 30

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. 31

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. 25

SHOWTIMES @ 2 P.M. & 3 P.M.

CHARLIE BROWN CHRISTMAS (1965) NR, 25 min. *Family, Classic, Christmas*

Cast: Bill Melendez, Peter Robbins, & Christopher Shea

Charlie Brown directs a Christmas pageant, buys a stunted tree, and learns that the yuletide means more than just presents and tinsel.

MUSICAL MONDAY: Dec. 26

WHITE CHRISTMAS (1954) TV-G, 2 hr. *Musical, Charming, Romantic*

Cast: Bing Crosby, Danny Kaye, & Rosemary Clooney

Two war buddies fall for two sisters and follow the girls to a resort owned by their former commanding officer, who is in danger of losing the place.

TRUE TUESDAY: Dec. 27

MANDELA: LONG WALK TO FREEDOM (2013) PG-13, 2 hr. 21 min. *Inspiring, Emotional*

Cast: Idris Elba, Naomie Harris, & Tony Kgoroge

This biopic traces the life of South Africa's first Black president: his rural childhood, his long imprisonment, and his tireless fight for freedom.

WINTER WEDNESDAY: Dec. 28

IRON WILL (1994) PG, 1 hr. 49 min. *Sports, Family, Coming of Age*

Cast: Mackenzie Astin, Kevin Spacey, & David Ogden Stiers

Left with a financial crisis in the wake of his father's tragic death, Will's only hope to help his family is to enter a grueling sled dog race and win the \$10,000 prize. If he wants to save his family's farm, Will must muster the courage to complete the treacherous race.

THEATER THURSDAY: Dec. 29

DINER (1982) R *for language & sexuality*, 1 hr. 50 min. *Drama, Comedy*

Cast: Steve Guttenberg, Daniel Stern, & Mickey Rourke

In 1959 Baltimore, former school chums facing adulthood find solace at the local diner, where the banter between grooms-to-be Eddie, best man Billy, womanizer Boogie, married Shrevie, and quirky Modell ranges from girls to growing old.

FUNNY FRIDAY: Dec. 30

WHEN HARRY MET SALLY (1989) R *for sexuality & language*, 1 hr. 35 min. *Comedy, Romance*

Cast: Billy Crystal, Meg Ryan, & Carrie Fisher

Over the course of 12 years, Harry and Sally go from mutual dislike to unexpected friendship as they slowly realize they might be made for each other.

SWEET SATURDAY: Dec. 31

PHANTOM THREAD (2017) R *for language*, 2 hr. 10 min. *Cerebral, Understated, Romantic*

Cast: Daniel Day-Lewis, Vicky Krieps, & Lesley Manville

A fashion designer is drawn to a waitress, who becomes his model, muse, and lover. With time, their relationship grows in intensity—and strangeness.