



# EVENTS & OPPORTUNITIES

## Holiday Schedule Changes

Please see below for schedule changes because of the New Year's holiday.

- ~ The Hospitality Desk will be closed Sunday, Jan. 1.
- ~ Transportation to FUMC Church Service on Sunday, Jan. 1, will depart from the Village Entrance at 10 a.m.
- ~ Trash will be picked up by Howie's Trash Service on Tuesday, Jan. 3. Monday trash service will resume Monday, Jan. 9.
- ~ God Talk with Jim Reed is on a break for the holidays. The group will resume at 1:30 p.m. Monday, Jan. 9.

## 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 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.

## 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.

## Prairie Star Writers

**Tuesday, Jan. 3, 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, Jan. 3, in the Patriot Room.

The Jan. 3 session is titled, "If I could relive one moment, it would be ..." If you had the chance to travel back in time to redo one moment, one day, one blissful memory, what would that time be? What happened? Where were you and with whom?

Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

## Meadowlark Men's Social Supper

**Wednesday, Jan. 4, at 5:30 p.m.**

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m.

Wednesday, Jan. 4, 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.

## Pd Education Group

**Thursday, Jan. 5, at 2 p.m.**

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Jan. 5, in the Community Room.

This month's program is titled, "Visual Disturbances in Parkinson's Disease," presented by Thomas Whittaker, MD, Ophthalmology and Neurology professor at the University of Kansas School of Medicine. No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

## Dinner with the League

**Thursday, Jan. 5, at 6 p.m.**

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Jan. 5, in Prairie Star Restaurant's Event Center. The guest speaker will be Janet Waugh, Kansas State School Board Vice Chair. She will speak about the "mascot issue," its evolution, and what led the State School Board to make its recommendation

## EVENTS & OPPORTUNITIES

to Kansas School Districts to phase out the use of Native American mascots.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include creamy gnocchi topped with chicken and served with garlic bread, zucchini, and a beverage. 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, Jan. 2, to attend dinner.

### Prairie Star Menu Suggestion Meetings

*Friday, Jan. 6, 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. Friday, Jan. 6, in the Bison Room.

### Gospel Bluegrass Music Group

*Friday, Jan. 6, at 7 p.m.*

Meadowlark welcomes back the Gospel Bluegrass Music Group at 7 p.m. Friday, Jan. 6, in the Event Center! If you enjoy a good mix of gospel and bluegrass, then this is the group for you! Performing some original and not-so-original songs, either way, you will be entertained. All are welcome!

### Ladies Luncheon

*Thursday, Jan. 12, at 11:30 a.m.*

*submitted by Beth Pannbacker*

All Meadowlark ladies, including Passport members, are invited to the January Ladies Luncheon at 11:30 a.m. Thursday, Jan. 12, in the Bison Room at Meadowlark. Beth Pannbacker is this month's hostess.

Kansas State University First Lady Sally Linton will be the guest speaker. Mrs. Linton is a certified wine judge, so the group will have wine with lunch.

The group will be served three different wines during the meal. Mrs. Linton will teach us about each wine as it is served, and we will learn how to evaluate it. The menu will include butternut squash soup served with white wine; seared salmon over mixed greens with artichoke hearts, goat cheese, and cabernet vinaigrette served with red wine; and dark chocolate cheesecake served with a sweet

dessert wine.

The cost to attend is \$10 per person. Sign up in the Blue Book at the Hospitality Desk if you plan to attend.

It is an honor to have Mrs. Linton as our speaker and former resident Olivia Collins was instrumental in scheduling her. It is with much sadness we note that Olivia passed away before the event occurred.

**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.

# RESTAURANT **SPECIALS**

<p><b>Sunday, Jan. 1</b></p>	<p>Lunch \$9 Ham &amp; Beans Black-Eyed Peas Cornbread</p>	<p>Dinner \$14 Beef Tips Mashed Potatoes &amp; Gravy Broccoli</p>
<p><b>Monday, Jan. 2</b></p>	<p>\$10 Lunch Ham &amp; Scalloped Potato Quiche Garden Side Salad</p>	<p>\$16 Dinner Coconut Shrimp Coconut Rice Grilled Pineapple</p>
<p><b>Tuesday, Jan. 3</b></p>	<p>\$10 Lunch Chicken &amp; Waffle Sandwich Winter Fruit Salad</p>	<p>\$14 Dinner Pecan-Crusted Chicken Red Roasted Potatoes Pear &amp; Feta Side Salad</p>
<p><b>Wednesday, Jan. 4</b></p>	<p>\$9 Lunch Salmon Wrap Baked Sweet Potato</p>	<p>\$13 Dinner Fish &amp; Chips Coleslaw</p>
<p><b>Thursday, Jan. 5</b></p>	<p>\$10 Lunch Italian Beef Sandwich Pasta Salad</p>	<p>\$13 Dinner Creamy Chicken Gnocchi Garlic Bread Zucchini</p>
<p><b>Friday, Jan. 6</b></p>	<p>\$10 Lunch Taco Bar</p>	<p>\$14 Lunch Braised Chicken Thigh Red Beans &amp; Rice Cornbread</p>
<p><b>Saturday, Jan. 7</b></p>	<p>\$9 Lunch Zuppa Toscana Breadstick</p>	<p>\$11 Dinner Beef &amp; 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**

**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 *Jan. 1 to Jan. 7*

## Sunday • Jan. 1

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

## Monday • Jan. 2 *Put your trash at the curb!*

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

## Tuesday • Jan. 3 *Trash & recycling 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

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Kimball Luncheon, BR

12:05 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. ~ Ambassadors Meeting, BR

4:00 p.m. ~ Meadowlark Singers, CR

## Wednesday • Jan. 4

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

3:00 p.m. ~ Sing-A-Long, CR

5:30 p.m. ~ Meadowlark Men's Social Supper, MR

WORD, from page 1

**#4, Review & Refine.** Review your list above and narrow it down to your three favorites. Circle or highlight those three words.

Chances are you'll see a theme going on between the words you wrote down. Do any of the words jump out at you? Make you feel excited, nervous, scared or uncomfortable? Trust your gut and let the word pick you.

**#5, Ask the Question.** Are you committed to the word you chose, or are you merely interested?

Once you've chosen the word you want to commit to for 2023, jot it down where you will see it regularly. If you'd like to share your Word of the Year, send an e-mail to Sarah Duggan at [sguge@meadowlark.org](mailto:sguge@meadowlark.org).

Page 6

## Thursday • Jan. 5

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

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

2:00 p.m. ~ Parkinson's Education Group, CR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

6:00 p.m. ~ Dinner with the League, EC

## Friday • Jan. 6

9:00 a.m. ~ Prairie Star Menu Suggestion, BR

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

3:00 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Gospel Bluegrass Music Group, EC

### Room Abbreviations

BF, Body First

BR, Bison Room

CR, Community Room

CY, Courtyard

EC, Event Center

FHR, Flint Hills Room

GC, Grosh Cinema

GR, Game Room

KSU CL, KSU Classroom

MR, Manhattan Room

PR, Patriot Room

PS, Prairie Star Restaurant

VBC, Verna Belle's Cafe

VE, Village Entrance

### Solution from 12/22.

B	U	L	G	E		A	R	T	S		C	A	B	S	
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# CHANNEL 1960 Entertainment Guide

## Monday, Jan. 2

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, Jan. 3

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

## Wednesday, Jan. 4

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, Jan. 5

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

## Friday, Jan. 6

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, Jan. 7

9:30 a.m.	Band Bust Exercise Class
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## January Birthdays



### Skilled Nursing

- 1/2 David Mitchell
- 1/3 Jo Call
- 1/4 Joe Ann Moore
- 1/5 James Eickman
- 1/6 Edith Chaput
- 1/8 Katherine Cook
- 1/9 Lois Jensen
- 1/14 Thomas Skinner**
- 1/14 Penny Coyle
- 1/20 Linda Warner
- 1/22 Don Rathbone
- 1/23 David Deppe
- 1/25 Lea Orsborn

### Assisted Living & Riley House

- 1/2 Les Harms
- 1/10 Lorene Stuteville
- 1/12 Lilly Wyatt
- 1/13 Rae Stamey

### Independent Living

- 1/1 Norma Larson
- 1/12 Charlotte Girard
- 1/13 Anna Walsh
- 1/14 Robert Reeves
- 1/19 Joan Lloyd
- 1/20 Pat Niernberger
- 1/21 Ed Skidmore**
- 1/29 John Schlender
- 1/30 Velma Osborn

### Employees

- 1/1 Brooke Dorenkamp
- 1/1 Matt Floersch
- 1/2 Carys Carver
- 1/2 Lane Henricks
- 1/2 Josie Larson
- 1/5 Lenita Glanzer
- 1/5 Nate Thomas
- 1/7 Lynn White
- 1/10 Ashlyn Spomer
- 1/11 Jane McKain
- 1/12 Alyssa Strahm
- 1/13 Bud Cox

- 1/13\* Amelia Dipietrantonio
- 1/13 Brittany Stevens
- 1/17 Andrew Argie
- 1/17 Emily Keeley
- 1/18 Emmary Catlin
- 1/19 Rebecca Campbell
- 1/19 Thatcher Damman
- 1/20 Carissa Brandt
- 1/20 Rachel LeRoy
- 1/23 Julia Booher
- 1/23 Jenna Deters
- 1/23 Kynlie Ibarra
- 1/23 Devin Norris
- 1/23 Rochelle Norris
- 1/24 Astrid Murphy
- 1/24 Gabrielle Saunders
- 1/25 Rain Barela
- 1/26 Karen Gomez
- 1/26 Bryn Willt
- 1/27 Chris Jensen
- 1/27 Julie Nederhoff
- 1/28 Kaylie Gardner
- 1/30 Megan Chase
- 1/30 Mary Hollingshead

**Bold denotes milestone birthdays of 70, 80, 90, or 100+ !**



## 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: Jan. 1

***THE HOLIDAY*** (2006) PG-13, 2 hr. 16 min. *Comedy, Romantic*

Cast: Cameron Diaz, Kate Winslet, & Jude Law

Stuck in a vicious cycle of dead-end relationships with two-timing men, Los Angeles resident Amanda and Londoner Iris decide to swap homes. In the process, their trade paves the way for romances they never imagined possible.

### MUSICAL MONDAY: Jan. 2

***FUNNY FACE*** (1957) NR, 1 hr. 43 min. *Musical, Classic, Romance*

Cast: Audrey Hepburn, Fred Astaire, & Kay Thompson

An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk.

### TRUE TUESDAY: Jan. 3

***A JAZZMAN'S BLUES*** (2022) R for drug use, violence, & language, 2 hr. 8 min. *Intimate, Emotional*

Cast: Joshua Boone, Amirah Vann, & Solea Pfeiffer

Tyler Perry's tale of forbidden love and family drama unravels 40 years of secrets and lies against a soundtrack of juke-joint blues in the Deep South.

### WESTERN WEDNESDAY: Jan. 4

***THE SIGN OF ZORRO*** (1958) G, 1 hr. 30 min. *Western, Drama, Action-Adventure*

Cast: Guy Williams, George J. Lewis, & Gene Sheldon

Don Diego returns from his schooling in Spain to challenge the brutal oppression of Monastario, commandante of the pueblo of Los Angeles. To fight the evil dictator's tyranny, Diego dons the mask of Zorro.

### THEATER THURSDAY: Jan. 5

***THE SCHOOL OF GOOD AND EVIL*** (2022) PG-13, 2 hr. 29 min. *Quirky, Exciting, Family*

Cast: Sophia Anne Caruso, Sofia Wylie, & Charlize Theron

An enchanted castle. A fairy-tale prince. A chance to change the world. It's everything Sophie every wanted—and it's all happening to her best friend.

### FUNNY FRIDAY: Jan. 6

RESIDENT REQUEST

***PRETTY WOMAN*** (1990) R for sexuality & language, 2 hr. *Comedy, Romance*

Cast: Richard Gere, Julia Roberts, & Ralph Bellamy

When millionaire wheeler-dealer Edward enters into a business contract with Hollywood hooker Vivian, he loses his heart in the bargain. Can the poor prostitute and the rich capitalist live happily ever after?

### SWEET SATURDAY: Jan. 7

***STILL ALICE*** (2014) PG-13, 1 hr. 41 min. *Inspiring, Intimate, Emotional*

Cast: Julianne Moore, Alec Baldwin, & Kristen Stewart

A professor with early-onset Alzheimer's disease faces the pain of losing her sense of self while trying to live and love her family in the moment.