

# Ready, Set, Stroll!

*Latest trail enhancement project nearly complete*



[above left] Future Monarch resident Kay Schwartzkopf (center), her son, and his wife walk a portion of the loop trail on Tuesday prior to lunch at Prairie Star.

**by Becky Fitzgerald, Development Director**

If these warmer days in January have enticed residents or visitors to stretch their legs on Meadowlark's campus, they may have been pleasantly surprised to find another smooth, hard, even surface on which to tread. A successful Paving the Way campaign, launched about this time last year to provide funds to enhance a portion of Meadowlark's loop trail, has allowed for 6-foot wide ribbons of concrete in more areas than originally planned. Go on ... walk on the wild side!

Shane Theel, a BHS Construction project manager, reports that concrete was poured last month on the last trail section planned to be paved with 2022 campaign funds – from Stillman Cemetery south to the bridge near the CenterPointe Physicians building. The finishing tasks of backfilling along the pathway edges and seeding the new soil with grass will take place “in the near future,” Theel said.

Future Monarch resident Kay Schwartzkopf, her son, Grant Shellenberger, and daughter-in-law, Jennifer, on Tuesday enjoyed the 53-degree temperature as they walked a portion of the loop trail prior to lunch at Prairie Star. Grant joked that they tackled the “expert” section – the up and down, unpaved path through the woods along Kimball Avenue known as Donner's Way – before taking the winding climb to the cemetery on the new pavement.

Along the way, they spotted new paved walkways separating the Community Garden plots, a few concrete rectangles adjacent to the garden and the trail, where tribute benches may be placed, as well as a paved walkway linking a Meadowlark neighborhood to the new trail. This walkway was poured between the cottages at 1120 and 1200 Meadowlark Circle.

Paving the Way was announced last January when

See TRAILS, page 4

## EVENTS & OPPORTUNITIES

### **Recycling Flower Vases & Pots**

*submitted by Kay Shanks*

Recycling is an ongoing Meadowlark project. If you have one or many vases, straw baskets, or ceramic planter pots that you'd like to stop storing, please call the Hospitality Desk at (785) 323-3847 or call (785) 770-5054, and someone will pick them up at your apartment or cottage.

This offer includes healthcare and assisted living households, also.

A select variety of vases are stored in the cabinet over the sink in the Community Room and in the cupboard above the cubbies nearest to the Courtyard entrance in the Game Room. Please feel free to use them whenever you need a vase.

Recycling is one way we can help.

### **Meadowlark Singers rehearsal**

Meadowlark Singers will resume rehearsals at 4 p.m. Tuesday, Jan. 24. The singers meet in the Community Room.

### **Dementia Friendly Manhattan meeting**

*Friday, Jan. 13, at 9 a.m.*

There will be a Dementia Friendly Manhattan meeting at 9 a.m. Friday, Jan. 13, in the KSU Classroom. Anyone interested in learning more about Dementia Friendly Manhattan is invited to attend.

### **Music by Dave Zervas**

*Friday, Jan. 13, at 7 p.m.*

Meadowlark is happy to welcome back Dave Zervas! Hear this former Meadowlark employee at 7 p.m. Friday, Jan. 13, in the Event Center. Dave never disappoints with his rock ballads, acoustic songs, and country music. Don't miss this fun entertainment!

### **Sermon Series continues**

*Sunday, Jan. 15, at 10:30 a.m.*

Join Rev. Melanie Nord as she continues a special sermon series titled, "Who is This Man?" at 10:30 a.m. Sunday, Jan. 15, in the Community Room/Chapel. In observance of Martin Luther King Jr. Day, Sunday Worship will be focused on race to coincide with our series about the teachings of Jesus and their ripple effect into 2023.

### **Kitchen Restore Drive, Jan. 17**

*Tuesday, Jan. 17, at 10 a.m.*

Kitchen Restore, a local outreach program, that provides starter household kits containing gently used or new household kitchen tools and equipment to families and individuals in need. Meadowlark Ambassadors will be hosting a household needs drive to support this program.

Donate between 10 a.m. and 1 p.m. Tuesday, Jan. 17, in the Flint Hills Room. Please consider donating your gently used or new kitchen items to this community donation initiative! Items as measuring spoons, cups, mixing bowls, baking dishes, cookie sheets, plates, utensils, glasses, and mugs, are all items that will be accepted.

Please contact the Hospitality Desk in advance at (785) 323-3847 to sign up for donation pick-up. If you can drop off donations yourself, please do! For a complete list of accepted items, please contact Jana at (785) 323-3890, or by email at [jarmfield@meadowlark.org](mailto:jarmfield@meadowlark.org).

### **Prairie Star Writers Group**

*Tuesday, Jan. 17, 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. 17, in the Patriot Room.

The Jan. 17 session is titled, "Best Laid Plans," and will focus on memories of a time or times in your life that your plans decide to go in their very own direction. Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

### **FUMC Communion**

*Wednesday, Jan. 18, at 9:30 a.m.*

Join Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, Jan. 18, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Artist Discussion with the Beach**

*Wednesday, Jan. 18, at 4 p.m.*

Join Kim Richards from Beach Museum of Art for Herschel Logan: "The Prairie Woodcutter" at 4 p.m. Wednesday, Jan. 18, in the Bison Room. A selection of woodcut prints, from this Kansas

## EVENTS & OPPORTUNITIES

artist, will be shared along with views of his commercial work and personal collections.

### **Technology Help Drop In**

*Thursday, Jan. 19, at 9 a.m.*

Are you new to technology or need answers to existing computer questions? Wandeen Rivers from the Manhattan Public Library will offer one-on-one help with tablets, laptops, and mobile phones every third Thursday from 9 to 11 a.m. in the Flint Hills Room. Registration is not required to attend.

### **Card Making with Michelle Lehmer**

*Thursday, Jan. 19, at 2:30 p.m.*

The next Card Making with Michelle Lehmer class will occur on Thursday, Jan. 19, at 2:30 p.m. in the Flint Hills Room.

### **Magician Jack Reid**

*Friday, Jan. 20, at 7 p.m.*

Meadowlark is excited to host the Manhattan Magician, Jack Reid! From mind reading and crafty card tricks to friendly pickpocketing, this is a fun experience you won't want to miss.

The 25-year-old local began doing magic professionally about six years ago, deciding to pursue his passion for magic rather than take a college route. You are in for a treat, so come to the show at 7 p.m. Friday, Jan. 20, in the Event Center.

### **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, Jan. 21, at 10:30 a.m.*

The next scheduled trip is Saturday, Jan. 21, 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.

Next month's trip will travel to Target and Dollar Tree West on Saturday, Feb. 18. Please sign up in the Blue Book to participate in these opportunities.

### **Ed Skidmore 90th Birthday Party**

*Saturday, Jan. 21, at 2 p.m.*

You're invited to Ed Skidmore's 90th birthday celebration! Join the Skidmore family between 2 and 4 p.m. Saturday, Jan. 21, in the Community Room. To RSVP, please e-mail [alanskidmore247@gmail.com](mailto:alanskidmore247@gmail.com).

### **Sing-A-Long, Drink-A-Long**

*Wednesday, Feb. 8, at 3 p.m.*

Let's celebrate Valentine's Day with an exciting edition of the weekly Sing-A-long Social from 3 to 4 p.m. Wednesday, Feb. 8, in the Event Center! A special repertoire of Valentine's songs will be included, along with the talented stylings of Jim Reed on the guitar and Vera Williams on the piano. There will be a festive mocktail and cocktail available, for \$2 and \$3 each. Meadowlark Ambassadors will be available as special bartenders and servers. Cookies will be provided, as well. All are welcome to attend!



## LEADER OF THE PACK

Meadowlark's Leader of the Pack for January is Hannah Jones, an RN in Honstead House! Hannah goes above and beyond to help every resident in Honstead House. The residents have amazing things to say about her, especially when they just need a listening ear. Hannah bends over backwards to help cover shifts in the house and changed her schedule temporarily to help cover more shifts. She makes sure team members know she is available to help, if needed, during each shift. We are so happy to have Hannah on our team, and we have enjoyed watching her grow here at Meadowlark Hills! Congrats, Hannah!

**TRAILS, from page 1**

Jan Fink Call and Jeff Call of Huntingdon Valley, Pa., and Dan Fink of Highlands Ranch, Colo., pledged to match, dollar for dollar, up to \$40,000 in memory of the late Rev. H. Wayne Fink, to pave a portion of the loop trail which circles Meadowlark's campus.

"Our dad loved to be outside; he appreciated nature and the value of fresh air," Jan Fink Call said at the time. "This project appealed to my brother and me because the trail is used by many now, and improving it will provide even greater access to the outdoors for current residents and guests as well as those in the future."

Persons who previously walked from the cemetery to Meadowlark Valley road encountered a variety of surfaces: mowed grass, mulch, and soggy, uneven soil after rain or snows.

A successful "Paving the Way" campaign, \$80,000, would provide 1,550 feet of concrete. An additional \$12,000 would cover improvements made in the fall of 2021: a wooden bridge spanning a rock-lined drainage ditch created to control water flow northeast of the physicians' office and dirt work and a rock base just west of that bridge.

Kay Schwarzkopf noted that a wide, hard-surface trail more easily accommodates persons walking together, or those using an assistive device, such as a walker, wheelchair, or mobility scooter. Indeed, she and her family walked hand-in-hand and side-by-side as they approached the bridge.

Meadowlark Foundation is pleased to announce that the announced campaign goal of \$92,000 was surpassed. A total of \$133,509 has been contributed, to date, by 55 individuals/couples, businesses, or charitable foundations, allowing the work to expand.

Additions to the project include a paved walkway from the east end of Donner's Way to Meadowlark Valley, and the previously described bench sites and the connection from Meadowlark Circle to the trail, as well as three tribute benches.

Meadowlark Foundation greatly appreciates this support and investment in our community.

An Offer You Can't Refuse!

# DINNER WITH THE MAFIA

A Saint Valentine's Day Murder Mystery  
Presented by Levity Players Group

Don Vincenzo Maranzano, an Italian-American "businessman", invites you to his engagement party. He is marrying Francesca DeLorossa, a lady Don who leads another family. This show prompts laughter you can't refuse.

February 16th at 6:00  
Prairie Star Event Center  
\$70 per Ticket

Amuse Bouche  
**Seared Scallop**  
with Capers and Herb Butter On Carrot Rissoto

Salad  
**Blood Orange Salad**  
Tossed Baby Greens with Gorgonzola, Toasted Pecans, and Blood Orange Vinaigrette

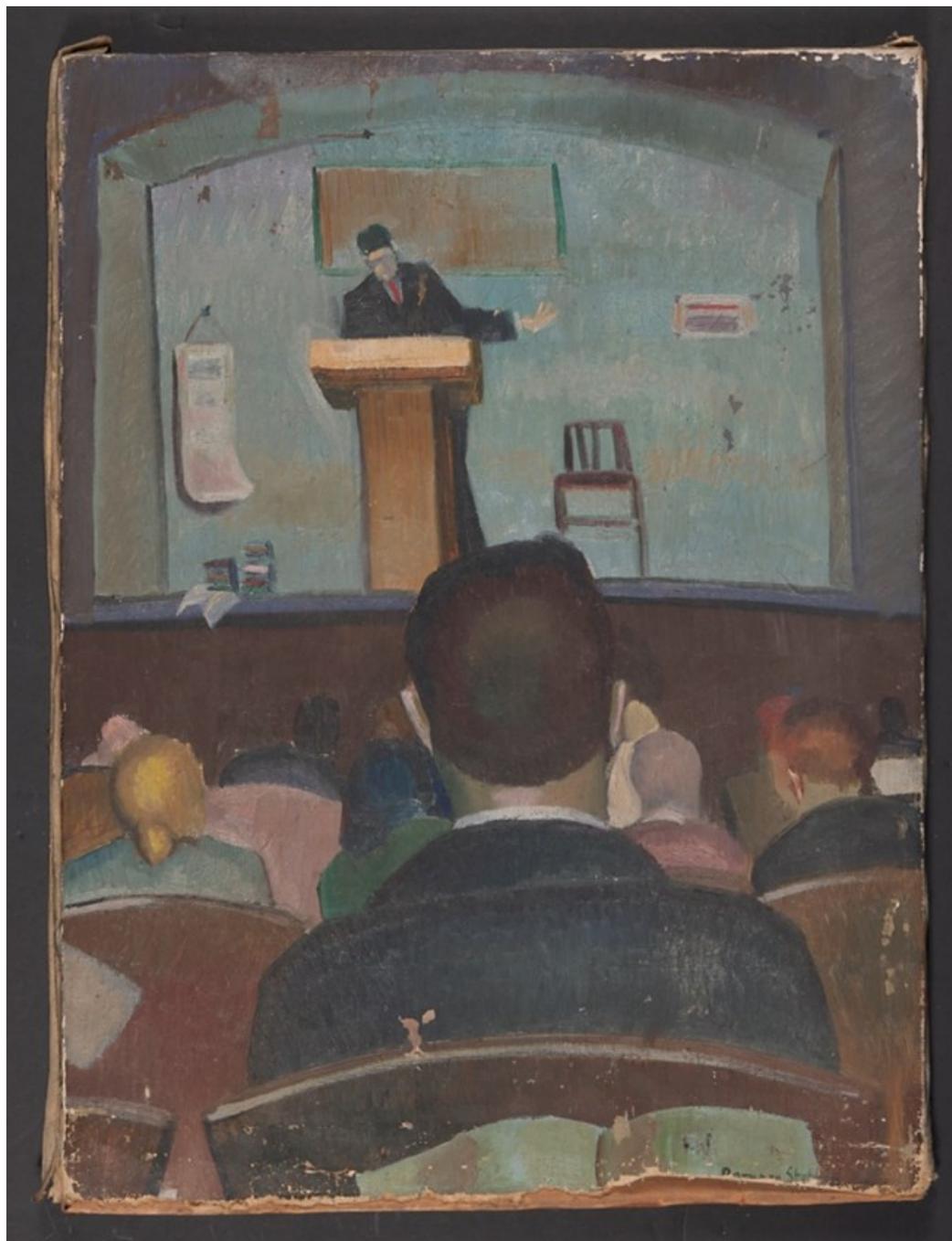
Entree  
**Stuffed Roast Tenderloin**  
Beef Tenderloin Stuffed with Shrimp and Crab with Bearnaise sauce  
**Parmesan Brussel Sprouts**

Dessert  
**Chocolate-Covered Strawberry Cheesecake**

**Advance Reservations Required**  
Reserve your spot at the Host Stand  
or by calling (785) 323-3820

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

**Focal Point ...** The area of an artwork that attracts the viewer's attention first is the focal point. By creating a clear focal point, the artist can control how the composition is viewed. An artist might use contrast in color, value, texture, shape, or form to create a focus. He or she may create a point of convergence to direct the viewer to an object. The important item might be isolated within the composition or treated in a very unusual manner. Placement of the targeted object is a common technique. The artist may place something of importance in the bottom or top third of the piece, or just off center. As you look at this painting, do you observe a focal point? If yes, what did the artist do to draw your eye there first?



Bernard Joseph Steffen (United States, 1907 - 1980), Unknown, mid 20th century, Oil on canvas  
KSU, Marianna Kistler Beach Museum of Art, gift of E.A. and M.L. Stahl, 2007.94

# RESTAURANT **SPECIALS**

<p><b>Sunday, Jan. 15</b></p>	<p>Lunch \$14 Pot Roast Red Potatoes Carrots, Celery, &amp; Onions</p>	<p>Dinner \$14 Swedish Meatballs Egg Noodles Lingonberry Sauce</p>
<p><b>Monday, Jan. 16</b></p>	<p>\$10 Lunch Maple-Bacon Chicken Sandwich <i>served on a croissant</i> Winter Fruit Salad</p>	<p>\$12 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas</p>
<p><b>Tuesday, Jan. 17</b></p>	<p>\$11 Lunch Shrimp Po' Boy French Fries</p>	<p>\$14 Dinner Chicken Fettucine Alfredo Garden Side Salad Garlic Bread</p>
<p><b>Wednesday, Jan. 18</b></p>	<p>\$9 Lunch Everything Bagel Sandwich <i>with ham, turkey, &amp; Swiss cheese</i> Potato Salad</p>	<p>\$13 Dinner Smothered Beef &amp; Bean Burrito Mexican Rice Refried Beans</p>
<p><b>Thursday, Jan. 19</b></p>	<p>\$11 Lunch Chicken Pot Pie Roasted Parmesan Zucchini</p>	<p>\$14 Dinner Roast Turkey Mashed Potatoes &amp; Gravy Dressing Green Beans</p>
<p><b>Friday, Jan. 20</b></p>	<p>\$10 Lunch Mac &amp; Cheese Bar</p>	<p>\$13 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p><b>Saturday, Jan. 21</b></p>	<p>\$11 Lunch Fish &amp; 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 *Jan. 15 to Jan. 21*

**Sunday • Jan. 15** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • Jan. 16** *Trash & recycling pick-up*  
 9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Tuttle Creek Men's Group, MR  
 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, BR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • Jan. 17**  
 7:00 a.m. ~ Rock Steady Boxing, BF  
 10:00 a.m. ~ Memory Activities Class, KSU CL  
 10:00 a.m. ~ Kitchen Restore Drive, FHR  
 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. ~ Fit 2 Fight Pd, MSC  
 2:00 p.m. ~ 10-Point Pitch, GR  
 2:00 p.m. ~ Prairie Star Writers, PR

**Wednesday • Jan. 18**  
 9:30 a.m. ~ Courtyard Communion, BR  
 9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Memory Care Partners Support 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  
 4:00 p.m. ~ Artist Discussion with the Beach, BR

**Thursday • Jan. 19**  
 9:00 a.m. ~ Technology Help Drop In, FHR  
 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  
 2:30 p.m. ~ Card Making with Michelle Lehmer, FHR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

**Friday • Jan. 20**  
 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 Rosary, CR  
 7:00 p.m. ~ Magician Jack Reid, EC

**Saturday • Jan. 21**  
 10:30 a.m. ~ Saturday Shopping Trip, VE  
 2:00 p.m. ~ Ed Skidmore's Birthday Party, CR

## Room Abbreviations

BF, Body First	KSU CL, KSU Classroom
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	MSC, Manhattan Sr. Center
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

## Solution from 1/5.

S	T	U	D		S	T	O	O	L		B	A	L	L
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# CHANNEL 1960 Entertainment Guide

## Monday, Jan. 16

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. 17

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

## Wednesday, Jan. 18

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. 19

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

## Friday, Jan. 20

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. 21

9:30 a.m.	Band Bust Exercise Class
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### Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Lyle House, Meadowlark campus improvements, Meadowlark Clean Air, the Meadowlark library, Meadowlark Memory Program, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of December.

#### Memory of

Twila Bailie	William K. Miller, Jr.
Imogene Bolls*	Alice "Ellie" Morton*
Delores Case	Edna O'Connor
Allen Janke	Robert Robison
Skip Jones	John Schlup
Jane Kuhn*	Dora Smith
Rodney Smith	

#### Honor of

Sharon Adee*	Michelle Haub
Wayne Bailie	Jeff Heidbreder
Edith Chaput	Bridget Larkin

\*Remembered as a part of the annual Dollar-a-Day campaign. Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.

### Skill Level: Easy

		5				6	9	
8	7					1		5
			6			3		8
	1							
5	6		8			2		9
			5	9				
7	3		9			5		1
			7	6				3
	5		3	1			8	2

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.



## 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. 15

***GLORY ROAD*** (2006) PG, 1 hr. 59 min. *Sports, Family, Comedy*

Cast: Josh Lucas, Derek Luke, & Jon Voight

Inspired by a true story, future Hall of Fame basketball coach Don Haskins takes a job at a small Texas university and brings a simple philosophy to the team: start the best players you can. When that means forming history's first all African-American lineup, their unlikely success sends shock waves through the sport, paving the way for an epic showdown with #1-ranked Kentucky.

### MOB MONDAY: Jan. 16 @ 1 p.m. & 7 p.m.

RESIDENT REQUEST

***THE GODFATHER: PART II*** (1974) R for violence, language, & sexuality, 3 hr. 22 min. *Crime*

Cast: Al Pacino, Robert Duvall, & Diane Keaton

The Corleone family roots are explored, tracing Don Vito's journey from Sicily to a life of organized crime in New York. In a parallel story, his grown son Michael extends operations to Cuba, and contends with more betrayal and murder.

### TRUE TUESDAY: Jan. 17

***THE MIGHTY MACS*** (2009) G, 1 hr. 39 min. *Drama, Sports, Inspiring*

Cast: Carla Gugino, Marley Shelton, & Ellen Burstyn

Cathy Rush becomes the head women's basketball coach at Immaculata College in Pennsylvania and whips the team into shape to win the first women's basketball national championship. *Based on true events*

### WESTERN WEDNESDAY: Jan. 18

RESIDENT REQUEST

***THE GOOD, THE BAD, AND THE UGLY*** (1966) R for violence, 2 hr. 59 min. *Western, Classic*

Cast: Clint Eastwood, Lee Van Cleef, & Eli Wallach

While the Civil War rages between the Union and the Confederacy, a quiet loner, a ruthless hit man, and a Mexican bandit comb the American Southwest in search of a strongbox containing \$200,000 in stolen gold.

### THEATER THURSDAY: Jan. 19

RESIDENT REQUEST

***THE HUNT FOR RED OCTOBER*** (1990) PG, 2 hr. 15 min. *Suspenseful*

Cast: Sean Connery, Alec Baldwin, & Joss Ackland

When a Soviet nuclear sub headed toward American waters drops off U.S. scanners, the Yanks and CIA analyst Jack Ryan scramble to respond.

### FUNNY FRIDAY: Jan. 20

***NEW IN TOWN*** (2009) PG, 1 hr. 36 min. *Charming, Heartfelt, Feel-Good*

Cast: Renee Zellweger, Harry Connick Jr., J.K. Simmons

A high-paid consultant encounters major changes in her life when she's tasked with improving the productivity at a manufacturing plant.

### SWEET SATURDAY: Jan. 21

***THE BEST OF ME*** (2014) PG-13, 1 hr. 57 min. *Sentimental, Emotional, & Romantic*

Cast: Michelle Monaghan, James Marsden, & Luke Bracey

Sparks fly between former high school flames when they return home for a funeral, but painful memories may keep them from having a future together.