

Community Collection



by Jana Armfield, Engagement Coordinator

Another collection effort was a great success! Over 20 boxes full of kitchenware items, such as cutting boards, coffee mugs, pots, and pans were donated Jan. 17, during a Household Goods Drive hosted by the Meadowlark Ambassadors to benefit Kitchen Restore. These much-needed items will be used to create household kits for local families and individuals in need.

Following last year's benefit

drive, resident Vera Williams set a goal to knit 100 washcloths to donate throughout the next year. She is photographed delivering her last set to Carol Shanklin, a volunteer for both Kitchen Restore and Meadowlark.

"The volunteers and coordinators of Kitchen Restore value our partnership with the Meadowlark Ambassadors," Shanklin said. "We sincerely appreciate the Ambassadors hosting a collection. The items

See **COLLECTION**, page 8



[top] Meadowlark Ambassadors display collected household items to benefit Kitchen Restore. **[right, left to right]** Carol Shanklin and Vera Williams with Vera's final delivery of washcloths to Kitchen Restore.

EVENTS & OPPORTUNITIES

Jazz Duo

Friday, Jan. 27, at 7 p.m.

Meadowlark residents, Passport members, and guests are invited to enjoy music by Robert Rodriguez and David Matsune, a local jazz duo! The duo will play at 7 p.m. Friday, Jan. 27, in the Event Center. All are welcome to attend!

Sermon Series continues

Sunday, Jan. 29, 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. 29, in the Community Room/Chapel. During this week's sermon, Melanie will guide worship attendees through a close look at Jesus' message on gender.

KC Chiefs Game Watch Party

Sunday, Jan. 29, at 5:30 p.m.

Celebrate Kansas Day and join us to watch the Kansas City Chiefs face off with the Cincinnati Bengals in the AFC Championship game at 5:30 p.m. Sunday, Jan. 29, in the Game Room and Pub. Light refreshments will be served.

Meadowlark Men's Social Supper

Wednesday, Feb. 1, at 5:30 p.m.

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m. Wednesday, Feb. 1, 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, Feb. 2, at 2 p.m.

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

This month's program is titled, "Got Resources?" The group will discuss the various resources available to those affected by Parkinson's disease. No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Dinner with the League

Thursday, Feb. 2, at 6 p.m.

You're invited to join Dinner with the League of

Women Voters at 6 p.m. Thursday, Feb. 2, in Prairie Star Restaurant's Event Center. The guest speaker will be Lt. Mark French with Riley County Police Department. He will speak about changing crime statistics in the community.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include fried catfish, corn pudding, coleslaw, 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. 30, to attend dinner.

An Evening with Gary LaGrange

Friday, Feb. 3, at 7 p.m.

Meadowlark will host Gary LaGrange as he speaks on a variety of topics at 7 p.m. Friday, Feb. 3, in the Event Center. Gary is a retired U.S. Army Colonel who served three tours of duty in combat in Vietnam. A former garrison commander at Fort Riley, he retired just after the first war in Iraq. Gary's local endeavors include Golden Prairie Honey Farms and the SAVE Farm.

The concept for the SAVE Farm began nearly a decade ago, when Gary and his daughter saw results from training beekeeping and providing therapy to soldiers at nearby Ft. Riley. A non-profit was formed by a diverse group of veterans, farm and ranch experts, and educators.

With the help of organizations like The Nature Conservancy, and the Conservation Fund, SAVE is now a reality. It provides therapy as needed and hands-on teaching to veterans and transitioning servicemembers through learning how to successfully and sustainably manage cropland, livestock animals, orchards, horticulture, and beekeeping.

Celebration of Life: Carolyn Pulford

Saturday, Feb. 4, at 2 p.m.

Carolyn Pulford passed away Thursday, Jan. 19, 2023. Services will be at 1 p.m. Saturday, Feb. 4, at First Presbyterian Church in Manhattan, Kan. There will be a reception following the service to honor and celebrate her. All are invited to attend the reception at 2 p.m. Saturday, Feb. 4, in the Event Center.

EVENTS & OPPORTUNITIES

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 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!

Ladies Luncheon

Thursday, Feb. 9, at 11:30 a.m.

Harriette Janke, Janice Goudy, and Barbara Rees invite all Meadowlark and Passport ladies to

attend the February Ladies Luncheon at 11:30 a.m. Thursday, Feb. 9, in the Event Center.

Harriette Janke will demonstrate tips and techniques she has used in her many years of quilt-making. Harriette is a well-known quilter. She has judged quilts at county fairs, shown her quilts at many different quilt guilds, and attended workshops with presentations by nationally known quilters. She will show old-time quilts and modern ones, and will demonstrate that quilts can be used for more than the traditional bedspread.

The luncheon will feature a chicken and mushroom crepe, fruit salad, and ice cream. Cost is \$10 per person.

Please sign up in the Blue Book at the Hospitality Desk, if you plan to attend, by Monday, Feb. 6.



February Birthdays



Skilled Nursing

2/7 Leona Mutschler
2/7 Glenda Schweitzer
2/9 Bob Hammaker
2/12 Colleen Robinson
2/12 Marvel Boston
2/16 Joann Williams
2/18 Loretta Burry

Assisted Living & Riley House

2/16 Carroll Hackbart
2/17 Derril Gwinner

Independent Living

2/1 **Glenna Fogo**
2/2 Linda Graham
2/4 Marilyn Ray
2/9 Marilyn Martin
2/10 John Young
2/11 Lois Deyoe
2/11 **Carol Dodderidge**
2/12 Faralane Chase

2/12 Pearl Wilson
2/16 Bob Crawford
2/18 Daye Johnston
2/15 Wanda Fateley
2/19 Russell Moors
2/24 Roger Brannan
2/25 Betty Grubb
2/27 Harriette Janke

Employees

2/2 Alex Bauer
2/2 Kailey Hibbs
2/2 Alicia Taylor
2/3 Danelle Cowing
2/3 Allie Perry
2/4 Amon Maxwell
2/4 Susan Meeker
2/6 Justin Williams
2/8 Brayah Bryant
2/8 Michael Crisp
2/8 Erin Steele
2/8 Harper Williams
2/9 Maeve Tanona

2/10* Jenn Edlund
2/10 BrieAnna Grimmett
2/12 Charlotte Hays
2/13 Anna Giersch
2/14 Valerie Glotzbach
2/14 Sheyenne Stewart
2/16 Michaela Hummel
2/16 Monica White
2/17 Sydney Chyba
2/17 Elizabeth Kirby
2/17 Darin Pelfrey
2/18 Payton Keiss
2/20 Jillian Harris
2/20 Jessica Stratton
2/20 William Tompkins
2/20 Dustin Wedekind
2/21 Owen Campbell
2/22 Macy Hendricks
2/23 Carissa Staley
2/26 Josie McFall
2/26 Michael McGuigan
2/27 Jana Armfield
2/27 Michelle Lancaster
2/28 Jody Kalarikkal

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

Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
23			24					25	26					
			27				28						29	30
31	32	33				34						35		
36					37						38			
39				40							41			
42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55						56					57			
58						59					60			
61						62					63			

ACROSS

1. "Wise birds"
5. Plenty
10. Identical
14. You (archaic)
15. A type of renewable energy
16. Mimicked
17. Hyperthermia
19. Hefty volume
20. Be mistaken
21. Give a speech
22. Malicious burning
23. Reclamation
25. Brisling
27. Essential
28. Hair cleansers
31. Hemorrhage
34. Tale
35. 56 in Roman numerals
36. Broadcasts
37. About one liter
38. Multicolored
39. Falsehood
40. Bend in the road
41. Ill-gotten gains
42. Candy flavor
44. Hearing organ
45. Veracity
46. Expel from the body
50. Threesome
52. Without delay
54. Public transit vehicle
55. Long, long time
56. Supplies
58. Twinge
59. Wading bird
60. Run for it
61. Otherwise
62. On edge
63. Back talk

DOWN

- | | | |
|------------------------------|-----------------------------------|----------------------|
| 1. Different | 18. Scattered | 40. Gunk |
| 2. At which location? | 22. Military | 41. Shoestrings |
| 3. Gain knowledge | 24. Anagram of "Seek" | 43. Citrus |
| 4. Band performance | 26. Role | 44. Arouse |
| 5. Off course | 28. Barrel part | 46. Roof overhangs |
| 6. Honorable | 29. Completed | 47. Deadly virus |
| 7. Scheme | 30. Adjacent | 48. Melodies |
| 8. Lakeside | 31. Formal dance | 49. S S S |
| 9. Before, in poetry | 32. Fifty-three in Roman numerals | 50. Adhesive strip |
| 10. Ancient Persian governor | 33. Constructions | 51. Genuine |
| 11. Papal | 34. An additional charge | 53. Erotica |
| 12. Office message | 37. Resign | 56. Animal companion |
| 13. Biblical garden | 38. Contented cat sound | 57. Possibilities |

Art Engagement *from the* Beach Museum of Art

Pick Three ... Kansas chose the native wildflower Sunflower (*Helianthus*) as its state symbol in 1903. In the early 1800s, traders and settlers would have seen the sunflower species captured in the photo shown here titled *Dancing in the Sun*. It still grows abundantly along the ditches and highways of Kansas. If you were an exhibition designer and needed to choose three artworks from the five shown here to display together, which three would you choose? What characteristics did you consider when making your choice: color, medium, composition, subject matter, or something else?



George M. Kren
Dancing in the Sun, 20th century
Chromogenic print
KSU, Marianna Kistler Beach
Museum of Art, 2001.36



E. Hubert Deines, *Flowers of Westport (Kansas City, MO)*, 1946
Wood engraving (endgrain American boxwood) on paper
KSU, Marianna Kistler Beach
Museum of Art, 1969.43



Sue Jean Covacevich
Sunflower III, May 1, 1982
Oil on canvas
KSU, Marianna Kistler Beach Mu-
seum of Art, 2018.248



Geraldine A. Garretson, *Kansas Katie*, 2000
Watercolor and ink on paper
KSU, Marianna Kistler Beach Museum of Art
2022.18



Margo Kren, *Sunflowers*, 1990
Charcoal and pastel on paper
KSU, Marianna Kistler Beach Museum of Art
2000.197

RESTAURANT **SPECIALS**

<p>Sunday, Jan. 29</p>	<p>Lunch \$14 Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>	<p>Dinner \$11 Sloppy Joe Tater Tots Coleslaw</p>
<p>Monday, Jan. 30</p>	<p>Lunch \$10 White Chicken Lasagna Soup Garlic Bread Green Bean Fries</p>	<p>Dinner \$13 Carnitas Tacos Cilantro Lime Rice Black Beans</p>
<p>Tuesday, Jan. 31</p>	<p>Lunch \$11 Ham Salad Croissant Cheesy Potatoes Fried Okra</p>	<p>Dinner \$15 Chicken Marsala Angel Hair Pasta Caesar Side Salad</p>
<p>Wednesday, Feb. 1</p>	<p>Lunch \$11 Supreme Stromboli Zucchini Fries</p>	<p>Dinner \$14 Grilled Pesto Shrimp Couscous Squash Medley</p>
<p>Thursday, Feb. 2</p>	<p>Lunch \$10 Chicken Parmesan Sandwich Roasted Broccoli</p>	<p>Dinner \$13 Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Friday, Feb. 3</p>	<p>Lunch \$10 Taco Bar</p>	<p>Dinner \$14 BBQ Brisket Twice-Baked Potato Corn</p>
<p>Saturday, Feb. 4</p>	<p>Lunch \$9 Bratwurst & Sauerkraut Tater Tots</p>	<p>Dinner \$10 Beef Stew in a Bread Bowl Asparagus Fries</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: Breakfast Pizza, \$3.50

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: French Toast, Bacon or Sausage, & 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: Breakfast Pizza, \$3.50

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. 29 to Feb. 4*

Sunday • Jan. 29 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 5:30 p.m. ~ KC Chiefs Game Watch Party, GR/PS

Monday • Jan. 30 *Trash pick-up*
 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
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 31
 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
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Fit 2 Fight Pd, **MSC**
 2:00 p.m. ~ 10-Point Pitch, GR
 4:00 p.m. ~ Meadowlark Singers, CR

Wednesday • Feb. 1
 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, EC
 5:30 p.m. ~ Men's Social Supper, MR

Thursday • Feb. 2
 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. ~ Pd Education Group, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:00 p.m. ~ Dinner with the League, EC

Friday • Feb. 3
 9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR

Friday • Feb. 3
 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. ~ An Evening with Gary LaGrange, EC

Saturday • Feb. 4
 2:00 p.m. ~ Celebration of Life Reception for Carolyn Pulford, EC

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	



[above, left to right] Carol Shanklin, Meadowlark and Kitchen Restore volunteer, with Meadowlark Ambassadors Linda Hall and Sharon Smith.

COLLECTION, from page 1

collected will be sorted at our work day on Friday, and will be placed in kits that will be distributed upon request to the 14 agencies that identify residents in need of kitchen items."

Shanklin extended a special thank you to the Meadowlark Ambassadors who assisted with collecting and packing the donated kitchen items. "We look forward to continue to work collaboratively together to assist individuals in need in the Manhattan community," she said.

Thank you to all who donated!



CHANNEL 1960 Entertainment Guide

Monday, Jan. 30

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. 31

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

Wednesday, Feb. 1

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, Feb. 2

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

Friday, Feb. 3

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, Feb. 4

9:30 a.m.	Band Bust Exercise Class
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DINNER WITH THE MAFIA

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

February 16th at 6:00

Prairie Star Event Center

\$70 per Ticket

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.

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

Amuse Bouche

Seared Scallop
with Capers and Herb Butter On Carrot Rissoto

Salad

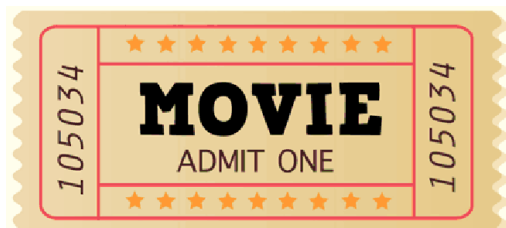
Blood Orange Salad
Tossed Baby Greens with Gorgonzola, Toasted Pecans, and Blood Orange Vinaigrette

Entree

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

Dessert

Chocolate-Covered Strawberry Cheesecake



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. 29

COACH CARTER (2005) PG-13, 2 hr. 16 min. *Inspiring, Heartfelt, Drama*

Cast: Samuel L. Jackson, Robert Richardson, & Rob Brown

When he takes over as Richmond High School's new basketball coach, Ken Carter demands that players show up academically as well as athletically.

MUSICAL MONDAY: Jan. 30

PETE'S DRAGON (1977) G, 2 hr. 8 min. *Family, Action-Adventure, Musical*

Cast: Helen Reddy, Jim Dale, & Mickey Rooney

This heartwarming musical adventure follows the friendship of a young orphan boy and his invisible pet dragon, who flee from his cruel guardians to a small fishing village in Maine.

TRUE TUESDAY: Jan. 31

MINIMALISTS: LESS IS NOW (2021) TV-14, 53 min. *Documentary, Inspiring*

They've built a movement out of minimalism. Longtime friends Joshua Fields Millburn and Ryan Nicodemus share how our lives can be better with less.

WESTERN WEDNESDAY: Feb. 1

RESIDENT REQUEST

UNFORGIVEN (1992) R *for language & violence*, 2 hr. 7 min. *Gritty, Violent, Dark*

Cast: Clint Eastwood, Gene Hackman, & Morgan Freeman

Retired gunslinger William Munny reluctantly takes one last job—and even more reluctantly accepts a boastful young man as a partner. Together, they learn how easily complicated truths are distorted into simplistic myths about the Old West.

THEATER THURSDAY: Feb. 2

UNCHARTED (2022) PG-13, 1 hr. 56 min. *Exciting, Action-Adventure*

Cast: Tom Holland, Mark Wahlberg, & Antonio Banderas

Street-smart treasure hunter Nathan Drake and his renegade mentor, Sully, set out on a dangerous adventure across the globe to find Magellan's lost gold.

FUNNY FRIDAY: Feb. 3

THE MAN FROM TORONTO (2022) PG-13, 1 hr. 52 min. *Comedy, Goofy, Exciting*

Cast: Kevin Hart, Woody Harrelson, & Kaley Cuoco

A case of mistaken identity forces a bumbling entrepreneur to team up with a notorious assassin known as a The Man from Toronto in hopes of staying alive.

SWEET SATURDAY: Feb. 4

PARENTHOOD (1989) PG-13, 2 hr. 3 min. *Sentimental, Heartfelt, Drama*

Cast: Steve Martin, Mary Steenburgen, & Dianne Wiest

Gil Buckman and his extended family navigate the highs and lows of raising kids—and realize they've also got some growing up to do along the way.