

Let's Hit the Road!



by Becky Fitzgerald, Development Director

Celebrate the Christmas season with Meadowlark Travelers! A six-day getaway is planned for Monday, Dec. 4, through Saturday, Dec. 9; Meadowlark residents, Passport members, and friends or family members are invited. Several adventure-loving residents have already registered -- your support of this opportunity is appreciated!

Our deluxe motorcoach will roll east into Missouri and then continue into Illinois, Indiana, Ohio, and Kentucky, stopping at a variety of attractions, most with Christmas-themed events or displays that we're sure to enjoy. Meadowlark Travelers trips are designed to accommodate retirees of various ages and physical abilities. We strive for a leisurely pace, but opportunities can be found for those who are more

physically active. Assistive devices are welcome.

Fees include: transportation by Arrow Stage Lines, five nights lodging, luggage service, five breakfasts, three dinners, two lunches, two Happy Hours with food and beverages, and eight attractions. The current rate for double occupancy is \$1885.00 per person; a single traveler pays \$2410.00. Rates for triple and quad occupancy also are available. These published rates apply with a minimum of 25 paying travelers; rates will decrease if more than 25 paying travelers participate. A deposit of \$150 is due with your registration form, which is available at the Hospitality Desk or by contacting Monte Spiller. The deadline to register is Oct. 3.

Questions? Call Monte at (785) 323-3801, or Becky Fitzgerald at (785) 323-3843.

EVENTS & OPPORTUNITIES

Employee Gift Committee

submitted by Leo Lake, Gift Fund Committee Chair

Meadowlark employees make our lives better. Since tipping is not an accepted practice at Meadowlark, we have the opportunity to thank them by giving to the Employee Gift Fund.

What is the value of the help received? This is a determination each of us must make.

By joining together to build a monetary fund for the employees to receive a gift, we have a method of saying thank you from the all the residents and friends of Meadowlark.

Gifts may be left at the Hospitality desk or mailed to the Employee Gift Fund, 2121 Meadowlark Road, Manhattan, Kan., 66502.

The Employee Gift Committee wants to recognize the loss of the late Carolyn Pulford, who was co-chair of this committee for the past two years. As Carolyn would be the first to point out, there are many wonderful things about Meadowlark. Carolyn never missed the opportunity to remind us of the positive part of life. Carolyn had that wonderful gift of helping us see the beauty in life. She was special to our committee and to all who knew her.

Restaurant Menu Update

Prairie Star Restaurant will release a menu refresh today, Sept. 21, for the always available options.

Voting in Riley County

Are you ready to vote? The City/School Election is on Nov. 7, 2023. Remember, if you have moved to Meadowlark or moved within Meadowlark since the last election you **must** update your voter registration.

The deadline to update your voter registration is Tuesday, Oct. 17, 2023. Forms are available at the Hospitality Desk or by calling (785) 770-5054 (leave a message if no answer). You also can register online by going to www.rileycountyks.gov and click on *Services*, then *Voting & Election Information*, then *Register to Vote*. In-person registration is available by visiting the Clerk's office at 110 Courthouse Plaza.

If you have questions when filling out the form, feel free to call (785) 537-6300 or (785) 770-5054.

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Cats' Cupboard

submitted by Joan Jones

Cats' Cupboard opened Sept. 25, 2017, to provide non-perishable food and hygiene items to all K-State students. The need was evidenced with the National College Health Assessment conducted in Spring 2022 indicating that 39.9% of K-State students participating in the survey reported food insecurity. Until now the Cupboard was located in 700-square feet of space in Fairchild Hall.

On Aug. 21, 2023 Cats' Cupboard moved to the new 7,000-square feet building at 1021 Denison Ave. With the new location, the Cupboard has space for docking for deliveries, more shelf space to include refrigerators and freezers, and increased repacking and office space. Members of Kansas State University and the Manhattan communities are invited to tour the new facility between 3 and 5 p.m. Friday, Sept. 22.

More information can be found at k-state.edu/cats-cupboard/.

Fri. Night Program: Musical Performance Friday, Sept. 22, at 7 p.m.

Meadowlark is pleased to welcome the vocal stylings of Samantha "Sam" Jones at 7 p.m. Friday, Sept. 22, in the Community Room! She will be joined by Michael T. Brown on Base, Wayne Goins on Guitar, and Andy Bell on Saxophone. You are sure to enjoy her rendition of some of your favorite songs. All are welcome, so bring your friends for an enjoyable evening of music.

KSU Football Watch Party

Saturday, Sept. 23, at 7 p.m.

You're invited to cheer on the Wildcats during a home game vs. UCF Knights Saturday, Sept. 23. Light refreshments will be served at 6:30 p.m., and the game begins at 7 p.m. Watch Party festivities will occur in the Game Room, Bison Room, Grosh Cinema, and Verna Belle's Lounge. All are invited, and go 'Cats! The game will be broadcast on Fox Sports 1.

Worship Service

Sunday, Sept. 24, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Sept. 24, in the Community Room/Chapel. This Sunday, she will continue the sermon

EVENTS & OPPORTUNITIES

series called *Back to the Basics*. This week's sermon is titled, "Joseph's Dreamcoat." All are welcome to attend.

ARTFul Memories

Tuesday, Sept. 26, at 10 a.m.

Meadowlark Memory Program invites you to ARTFul Memories at 10 a.m. Tuesday, Sept. 26, in the KSU Classroom. This program is a collaboration with the Marianna Kistler Beach Museum of Art using Visual Thinking Strategies (VTS). An Education Assistant will conduct a facilitated discussion of three different art images with joint participation by memory care receivers and caregivers.

Visit to Discovery Center

Tuesday, Sept. 26, at 10 a.m.

You're invited to visit the Flint Hills Discovery Center Tuesday, Sept. 26. Participants may view permanent exhibits, as well as a new temporary exhibit: "Great Plains—America's Linger Wild."

The cost for admission is \$8 per person and transportation will be provided at no charge. The bus will depart from the Village Entrance at 10 a.m. Please sign up in the Blue Book if you plan to attend. Contact resident Warren Prawl at (785) 539-9536 with questions.

Diabetic Wellness Group

Wednesday, Sept. 27, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Sept. 27, in the Flint Hills Room. All who are interested are invited to attend.

ARTFul Making

Wednesday, Sept. 27, at 2:30 p.m.

You're invited to ARTFul Making at 2:30 p.m. Wednesday, Sept. 27, in the KSU Classroom. The leaves are just starting to turn. Let's explore textured leaf printing! Come create your own collection of fall leaves with Kim Richards from the Beach Museum.

Thundering Cats

Thursday, Sept. 28, at 7 p.m.

Meadowlark Hills welcomes back the Thundering Cats at 7 p.m. Thursday, Sept. 28, in the Event Center! The concert will feature theme songs of

various big bands; including everything from Tommy Dorsey's "I'm Getting Sentimental over You" to Duke Ellington's "Take the A Train." All are welcome to attend!

Friday Night Program: Katelyn Andrist

Friday, Sept. 29, at 7 p.m.

Meadowlark welcomes Katelyn Andrist at 7 p.m. Friday, Sept. 29, in the Event Center. Katelyn is a Kansas State University senior studying Human Development and Family Sciences. She is the newly crowned *Miss Southern Kansas*, which will get her to the Miss Kansas stage in June! She also is a published author of her children's book called *Becoming Confident!*

Katelyn addresses schools and other organizations, talking about the importance of confidence and how to step into your power at any age! Katelyn is passionate about raising awareness of body positivity, mental health, confidence, the importance of community, mentorship, the struggles we all go through, and so much more. She has traveled more than 13,000 miles, and put her book in 94 public libraries, 102 schools, and eight bookstores! Katelyn is one determined young woman to change the world. All are welcome to come hear her story and meet this remarkable young lady.

Walk to End Alzheimer's

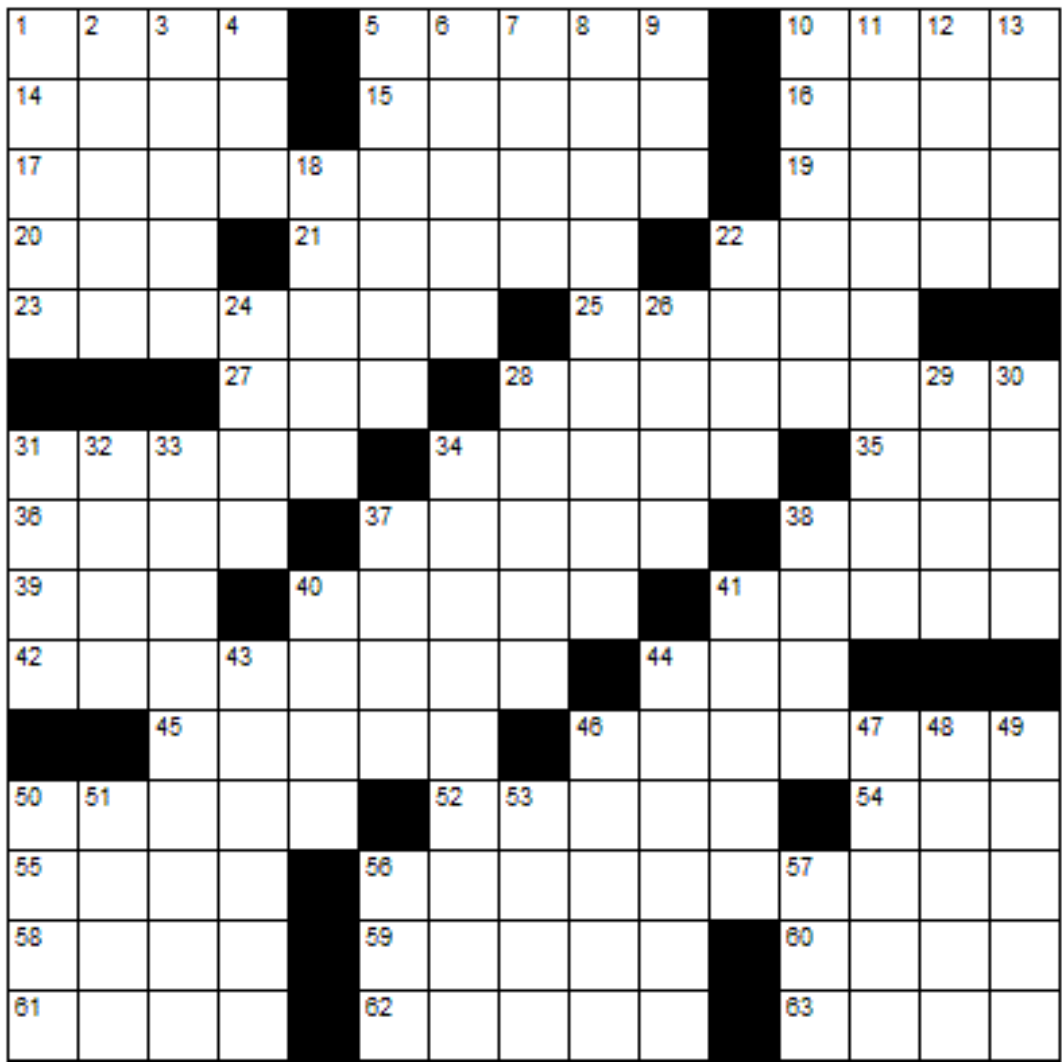
Saturday, Sept. 30, at 9 a.m.

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Sept. 30.

To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Sept. 30, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 9 a.m. The Opening and Promise Garden Ceremony will start at 10 a.m. and the Walk will begin around 10:15 a.m. The Walk route is one mile long.

Work That Brain!



ACROSS

- 1. Cultural doings
- 5. Hillside
- 10. Lowlife
- 14. Snakes
- 15. Fool
- 16. Tube
- 17. Teetotallers
- 19. Regrets
- 20. Camp bed
- 21. Highly favored
- 22. Ties together
- 23. Painter's studio
- 25. Gullible people
- 27. Commercials
- 28. Total
- 31. Wear away
- 34. The business of selling goods
- 35. Women's ____
- 36. Guns an engine
- 37. Rose dye
- 38. Uterus
- 39. Flowery verse
- 40. Formerly it was a planet
- 41. Impales
- 42. Anagram of "Storable"
- 44. Needlefish
- 45. Crook
- 46. Weather conditions
- 50. Reject
- 52. Illuminated from below
- 54. Car nut
- 55. Entice
- 56. Heliotrope
- 58. Component used as fertilizer
- 59. Companionless
- 60. Applications
- 61. Formerly (archaic)
- 62. Funeral piles
- 63. Strong fiber

DOWN

- 1. Manila hemp
- 2. Android
- 3. Flavor
- 4. Supersonic transport
- 5. Grins
- 6. Hermit
- 7. Minerals
- 8. Large, flat, thin case
- 9. N N N
- 10. Piercing in tone
- 11. Advisor
- 12. Brought into play
- 13. Clutter
- 18. Put up with
- 22. Hits
- 24. Boys
- 26. Portent
- 28. Hindu social division
- 29. Fourth dimension
- 30. Declines
- 31. Anagram of "Rose"
- 32. Overhaul
- 33. Preludes
- 34. In a soulful manner
- 37. River to the North Sea
- 38. Contemptible person
- 40. Hurt
- 41. Ways to walk
- 43. Impending danger
- 44. Moves effortlessly
- 46. Duplicate
- 47. Shad
- 48. Melodies
- 49. Cast out
- 50. Turn on a pivot
- 51. Contented cat sound
- 53. Impoverished
- 56. A roll of soft bread
- 57. Vat

Art Engagement *from the* Beach Museum of Art

An artist uses line to outline objects and convey multiple ideas. Horizontal lines can separate layers in a landscape, suggest expansiveness, and stability. Vertical lines communicate height and a sense of strength. Diagonal lines express movement and perspective. Curved lines give a sense of energy. The lines may be hard or soft, thick, or thin. As you view this composition, do you sense expansiveness, stability, strength, movement, energy, or something else? How does the artist's use of line influence your reaction to this print?



Clarence Holbrook Carter (United States, 1904 - 2000)

Publisher, Cleveland Print Makers (United States)

Olive Trees, Capri, 1932

Color aquatint on paper

KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2000.237

RESTAURANT **SPECIALS**

Sunday, Sept. 24	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	Dinner \$14 Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots
Monday, Sept. 25	\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Sept. 26	\$11 Lunch Shrimp Po' Boy Sandwich French Fries	\$13 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Green Beans
Wednesday, Sept. 27	\$10 Lunch Everything Bagel Sandwich <i>Ham, Turkey, & Swiss Cheese</i> Potato Salad	\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans
Thursday, Sept. 28	\$11 Lunch Chicken Pot Pie Zucchini Fries	\$16 Dinner Turkey Mashed Potatoes & Gravy Dressing Green Beans
Friday, Sept. 29	\$11 Lunch Mac & Cheese Bar	\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots
Saturday, Sept. 30	\$13 Lunch Fish & Chips Coleslaw	\$12 Dinner Beef Stew <i>served in a Bread Bowl</i> Side Garden Salad

Weekly Opportunities Calendar Sept. 24 to Sept. 30

Sunday • Sept. 24 *Put your trash at the curb!*

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

Monday • Sept. 25 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR *or 1960*
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*
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
4:00 p.m. ~ Hable Espanol, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 26

10:00 a.m. ~ ARTful Memories, KSU CL
10:30 a.m. ~ Steady Yourself, CR *or 1960*
11:15 a.m. ~ Chair Yoga, CR *or 1960*
12:05 p.m. ~ Mat Yoga, CR
1:00 p.m. ~ Fit 2 Fight Pd, *MSC*
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Coffee Corner, EC
5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday • Sept. 27

9:30 a.m. ~ Seated Strength, CR *or 1960*
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
12:00 p.m. ~ Rock Steady Boxing, *BF*
1:30 p.m. ~ Diabetic Wellness Group, FHR
2:30 p.m. ~ ARTful Making, KSU CL
3:00 p.m. ~ Sing-a-Long, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Sept. 28

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR *or 1960*
11:15 a.m. ~ Chair Yoga, CR *or 1960*
11:30 a.m. ~ Caring Conversations for People for Pd, FHR
12:05 p.m. ~ Mat Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Pd Care Partner Support Group, FHR

Thursday • Sept. 28

4:00 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Thundering Cats, EC

Friday • Sept. 29

7:00 a.m. ~ Rock Steady Boxing, *BF*
9:30 a.m. ~ Seated Strength, CR *or 1960*
10 a.m. to 3 p.m. ~ Meadowlark Market,
120 N. Scenic Drive
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
7:00 p.m. ~ Fri. Night Program: Katelyn Andrist, EC

Saturday • Sept. 30

9:30 a.m. ~ Band Bust Exercise Class, *1960 only*
10 a.m. to 3 p.m. ~ Meadowlark Market,
120 N. Scenic Drive

Room Abbreviations

1960, TV Channel 1960
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
MSC, Manhattan Sr. Center
VBL, Verna Belle's Lounge
VE, Village Entrance



Clothing Drive

October 6, 2023
10 a.m. to 12:30 p.m.

Donations will be accepted
in the
Flint Hills Room

Hosted by the Meadowlark Ambassadors

Clothing must be clean, and in either new or
gently used condition.

Questions?
Call (785) 323-3890



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.

SUNDAY: Sept. 24

RADIO (2003) PG, 1 hr. 49 min. *Drama, Sports, Tearjerker*

Cast: Cuba Gooding Jr., Ed Harris, & Alfre Woodard

When a high school football coach befriends a developmentally disabled man nicknamed "Radio," who's the target of teasing, their friendship raises eyebrows. But Radio's growth under the coach's guidance causes the townsfolk to think differently.

MONDAY: Sept. 25

THE GIVER (2014) PG-13, 1 hr. 37 min. *Sci-Fi, Drama, Suspenseful*

Cast: Brenton Thwaites, Jeff Bridges, & Meryl Streep

In a future society without hardship or free choice, young Jonas discovers a powerful truth and becomes determined to expose it.

TUESDAY: Sept. 26

9 TO 5: THE STORY OF A MOVEMENT (2021) TV-MA, 1 hr. 25 min. *Documentary, Provocative*

In this documentary, female office workers in '70s Boston inspire change with a call for better pay, more opportunities, and an end to sexual harassment.

WEDNESDAY: Sept. 27

CRY MACHO (2021) PG-13, 1 hr. 43 min. *Western, Drama*

Cast: Clint Eastwood, Dwight Yoakam, & Eduardo Minett

Washed up and without purpose, an old rodeo star agrees to retrieve his former boss's young son from Mexico, where the boy lives with his troubled mom.

THURSDAY: Sept. 28

VALKYRIE (2008) PG-13, 2 hr. 1 min. *Drama, History, Thriller*

Cast: Tom Cruise, Bill Nighy, & Carice van Houten

A dramatization of the July 20, 1944, assassination and political coup plot by desperate renegade German Army officers against Adolf Hitler during World War II.

RESIDENT REQUEST

FRIDAY: Sept. 29

DRAGNET (1987) PG-13, 1 hr. 45 min. *Deadpan, Quirky, Comedy*

Cast: Dan Aykroyd, Tom Hanks, & Dabney Coleman

A no-nonsense LAPD detective and his polar-opposite new partner investigate a strange series of thefts.

SATURDAY: Sept. 30

LOVE AGAIN (2023) PG-13, 1 hr. 44 min. *Emotional, Romantic, Drama*

Cast: Priyanka Chopra Jonas, Sam Heughan, & Celine Dion

Still grieving her fiancé's death, an artist texts her deepest thoughts to his phone and forms a bond with the man who receives them by chance.