



### *Annual celebration benefits Good Samaritan Fund*

*by Becky Fitzgerald, Development Director*

Oink! Now that the calendar has flipped to October, temperatures are cooling, but activities to benefit Meadowlark Foundation are heating up. It's HOGTOBERFEST season, and here are a few squeal-worthy announcements!

No. 1 – The 10th annual HOGTOBERFEST, an awareness and fundraising event to benefit Meadowlark Foundation's Good Samaritan Fund, is scheduled for Friday, Oct. 27!

No. 2 – Meadowlark's Prairie Star Restaurant and Event Venue is this year's celebration location!

No. 3 – 10 days of food specials are planned to mark the event's 10-year anniversary!

No. 4 – Cash & More Raffle tickets now are on sale, with the number of HOG-tastic prizes growing from four to – you guessed it – 10!

No. 5 – Event T-shirts return this year and will be available for purchase in a few weeks!

In years past, HOGTOBERFEST has been a one-day event at a local restaurant, offering pulled pork sandwiches at lunchtime and a whole roast hog buffet in the evening. Cox Bros. BBQ (seven years) and then Kite's Aggieville Draft House (two years) generously donated 10 percent of the day's proceeds to the Good Samaritan Fund.

For 2023, event planners opted for a HOG-size celebration at Prairie Star, featuring 10 days of food and beer specials as well as a day-long party on the 10<sup>th</sup> day. All are welcome to enjoy this FOOD, FRIENDS, and FUNdraising event. A special HOGTOBERFEST menu, featuring pork as well as German-inspired fare, is available beginning Wednesday, Oct. 18. The Prairie Star team will tempt us with schnitzel and gravy, bratwurst and sauerkraut, or a sausage trio platter, for example. A Bavarian-style pretzel with a German beer cheese dip will be added to the appetizer list, and for dessert, select apple strudel or Black Forest cake.

On Friday, Oct. 27, stop by Prairie Star between the hours of 11 a.m. to 8 p.m. for lunch, dinner, or both. In addition to the special HOGTOBERFEST menu, a buffet is planned for both lunch and dinner. See a future Messenger for the buffet menus. Prairie Star has pledged 10 percent of the proceeds generated from the 10-day HOGTOBERFEST menu as well as the buffets on the 27<sup>th</sup> to the Good Samaritan Fund. On the 27<sup>th</sup>, an expanded HOGTOBERFEST menu will be offered in addition to the buffets, with 10% of the proceeds from all food purchased going toward the Fund. The regular Prairie Star menu will not be available that day.

**See HOGTOBERFEST, page 6**

## EVENTS & OPPORTUNITIES

### Salon updates

We would like to wish Shannon Creagh Anderson, Pizzaz Salon stylist, well wishes and good luck as she sets out on her next adventure! After nearly eight years at Meadowlark, Shannon will be moving to the Kansas City area and offering her talents to John Knox Village, where she will manage their many campus salons. Please stop by Pizzaz Salon on Friday, Oct. 13, to grab a sweet treat and send Shannon with good wishes.

Meadowlark is currently pursuing options to continue to meet hair and nail-care needs, and residents should expect there could be a gap before Pizzaz is back to full capacity. Kristi will continue with her current salon schedule. Limited appointments may be available by calling the salon at (785) 537-6189.

### Employee Gift Committee

*submitted by Leo Lake, Gift Fund Committee Chair*

Since Meadowlark has a no-tipping policy, we encourage you to give to the Employee Gift Fund to recognize our dedicated employees. Any amount of money may be given in appreciation and gratitude of our employees' hard work THROUGHOUT THE YEAR. Please place your gift in the box at the Hospitality Desk, or mail your gift to the Employee Gift Fund, 2121 Meadowlark Road, Manhattan, KS 66502. No one at Meadowlark will know the amount of individual donations. Please make this a priority.

### 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](http://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.

### Pd Care Partner Training Series

*Friday, Oct. 6, at 10 a.m.*

The Pd CP Trainings are a seven-week, 10-session, free program offered by the Davis Phinney Foundation. Each session will cover a range of topics related to Parkinson's disease, and the trainings are specifically for care partners. We will be hosting viewings of the sessions as they happen so people can watch together. Registration is not required to attend.

Session Three meets from 10 to 11 a.m. Friday, Oct. 6, in the KSU Classroom and will cover Pd medications, complications, and advanced symptoms.

Session Four meets from 11 a.m. to 12 p.m. Tuesday, Oct. 10, in the KSU Classroom and will cover Parkinson's nutrition with registered dietitian Kristin Gustashaw.

Session Five meets from 2 to 4 p.m. Friday, Oct. 13, in the KSU Classroom and will cover the topics of depression, anxiety, apathy, loneliness, and isolation.

### Clothing Drive

*Friday, Oct. 6, at 10 a.m.*

An annual Clothing Drive is hosted by Meadowlark Ambassadors. Residents and employees are invited to donate clean clothing, and in either new or gently-used condition. Donations will be accepted from 10 a.m. to 12:30 p.m. Friday, Oct. 6, in the Flint Hills Room. If you have questions about the clothing drive, please call (785) 323-3890.

### Dr. Slawomir Dobrzański

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

The Bell Family Foundation Music Series presents Dr. Sławomir Dobrzański at 7 p.m. Friday, Oct. 6, in the Community Room! Praised by the Buenos Aires Herald as "one of the best Polish pianists," Dobrzański currently serves as Professor of Piano at the School of Music, Theatre, and Dance at Kansas State University.

Originally from Wrocław, Poland, he is a graduate of the Fryderyk Chopin University of Music in Warsaw, Poland, and the University of

## EVENTS & OPPORTUNITIES

Connecticut. Dobrzański released several world-premiere recordings of piano music, and he also is an author of the first biography of Maria Szymanowska in the English language.

As a soloist and chamber musician, Dobrzański performed in over 20 countries in Asia, Europe, and North and South America. Recently, the pianist was honored with the title of “Meritorious for National Culture” by the Government of the Republic of Poland.

### KSU Football Watch Party

**Friday, Oct. 6, at 6:30 p.m.**

You’re invited to cheer on the Wildcats during the away game vs. the OSU Cowboys Friday, Oct. 6. Light refreshments will be served at 6 p.m., and the game begins at 6:30 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.

### Art Beyond Sight Open House

**Saturday, Oct. 7, at 1 p.m.**

You’re invited to *Art Beyond Sight Open House: Please Touch Experience Beach Museum of Art* from 1 to 2:30 p.m. Saturday, Oct. 7, at Marianna Kistler Beach Museum of Art. This open house will feature the opportunity to enjoy the Beach Museum of Art Gift Print, “Mise-en Scene,” featured in the exhibition titled *wood+paper+box*, through seeing, touching, and interaction. Additional activities include visual descriptions of chosen artworks, additional touchables to bring art to life, and a chance to try a variety of artists’ media. October is Visual Impairment Awareness Month; the event is free and open to all!

### Worship Service

**Sunday, Oct. 8, at 10:30 a.m.**

Join Monte Spiller, Resident Services Leader, for worship at 10:30 a.m. Sunday, Oct. 8, in the Community Room/Chapel. This Sunday, he will continue the sermon series called *Being Mortal*. This week’s sermon is titled, “Wisdom of Aging.” All are welcome to attend.

### Hable Español

**Monday, Oct. 9, at 4 p.m.**

La clase de Hable Español se reunirá a las 4 p.m.

Lunes 9 de octubre, en el salón Flint Hills.

¡Prepárate para jugar un nuevo y divertido juego de cartas!

### UFM Class: Tao & Zen

**Tuesday, Oct. 10, at 1:30 p.m.**

UFM Lifetime Learning presents *Tao & Zen* taught by Michael Wesch, professor of anthropology at K-State. This three-session course will begin Tuesday, Oct. 10, from 1:30 to 2:30 p.m. in the Community Room. The second and third sessions will meet Tuesday, Oct. 17 and Oct. 24.

We will look at their historical origins, their philosophies, their practices, and how these ideas and practices have helped people find peace, enjoy life, and find success in a wide range of fields.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

### Ladies Luncheon

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

Meadowlark and Passport ladies are invited to attend the monthly Ladies Luncheon at 11:30 a.m. Thursday, Oct. 12, in the Event Center. October’s luncheon does not have a hostess, so you are invited to attend for casual fellowship and conversation. The meal cost will be \$11 per person. Sign up in the Blue Book at the Hospitality Desk if you plan to attend.

### Medicare Presentation

**Thursday, Oct. 12, at 2 p.m.**

A representative from the Area Agency on Aging will provide a presentation on open enrollment for Medicare at 2 p.m. Thursday, Oct. 12, in the Event Center. There will be time for a question-and-answer session following the presentation.

### Restaurant closed

**Friday, Oct. 13**

Prairie Star Restaurant will be closed on Friday, Oct. 13, for our annual deep cleaning, maintenance, and reorganizing event.

Coffee and donuts will be offered at Verna

See EVENTS, page 4

## **EVENTS, from page 3**

Belle's Lounge from 7 to 10 a.m. The new vending machine in the Lounge offers hot breakfast options that can be heated in the microwave.

Food trucks will be on campus for lunch. Please note, the details are still in development and more information will be available in the next Messenger. Anticipate that these options will be cash or credit card purchases only and will not be able to be applied to resident/employee meal plans or accounts.

Prairie Star Event Center will reopen for the Friday Night Program, "History of Electric Lights in Manhattan" and will serve \$2 pizza by the slice. Pizza, water, tea, and soda will be available starting at 6 p.m.

### **History of Electric Lights in Manhattan**

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

Melanie Highsmith with the Riley County Historical Museum will present the "History of Electric Lights in Manhattan: A City in a New Light!" at 7 p.m. Friday, Oct. 13, in the Event Center.

As industrialization increased throughout the nineteenth century, the ability to light homes, businesses, and streets was imperative to progress. In Manhattan, public interest brought about technological changes, and lamps gave way to incandescent electric lights. Historic photographs and newspaper articles demonstrate how the town modernized from the 1850s to 1950s.

### **KSU Football Watch Party**

**Saturday, Oct. 14, at 6 p.m.**

You're invited to cheer on the Wildcats during the away game vs. the Texas Tech Red Raiders Saturday, Oct. 14. Light refreshments will be served at 5:30 p.m., and the game begins at 6 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.

### **Visit to the Beach Museum of Art**

**Tuesday, Oct. 17, at 10:15 a.m.**

You're invited to enjoy a private guided tour at the Marianna Kistler Beach Museum of Art on Tuesday, Oct. 17. This tour will focus on the current exhibit titled "To the Stars Through Art: A

History of Art Collecting in Kansas Public Schools, 1900-1950."

In 1911, the school superintendent in McPherson, Kan., organized an exhibition to acquire artwork for a new high school. Before the mid-century, schools in dozens of Kansas communities, including boarding schools for Indigenous students and segregated schools, joined McPherson in acquiring original art. To the Stars Through Art will feature 70 paintings and prints from more than a dozen schools and history museums across the state.

The bus will depart from the Village Entrance at 10:15 a.m. and the cost of transportation is \$3. Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

There will not be an Artist Discussion with the Beach Museum session for the month of October. Please plan to attend the tour to get your monthly art fix!

### **UFM Class: Finding Comfort in the Wake of War**

**Wednesday, Oct. 25, at 6:30 p.m.**

UFM Lifetime Learning presents *Finding Comfort in the Wake of War* taught by Katharine Hensler, Director of the Riley County Historical Museum. This presentation will be offered at 6:30 p.m. Wednesday, Oct. 25, in the Community Room.

Hensler will discuss the research process historians, researchers, and genealogists face concerning errors made during the chaos of wartime, and how, as classified information is being made available to the public after its established retention schedule expires, is opening up worlds of new information toward the discovery of the truth. She will share the story of a local WWI soldier who was KIA near the Commune of Ploisy (Aisne), France along the road to Soissons in July 1918 and the researchers in Riley County and across the United States working to tell his story.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

**See EVENTS, page 6**





by Nathan Bolls

*Our palette of fall!  
Gently falling, fading—gone,  
Save in grateful eyes.  
N.J.B.*

We again are losing our summer umbrella of living shingles: the marvelous evolutionary development we call the green plant leaf. In addition to the leaf's essential process of photosynthesis, they offer shade to soils and organisms in thousands of different ways.

These leaves, though essential to animal life as we know it, are extremely ephemeral. We know that the beautiful leaf colors of fall are related to leaf death and drop, but our sense of loss of this greatest natural form of Earth cover (and perhaps also our dread of the oncoming winter) is dampened by the anticipation of a beautiful leaf show.

Several factors influence fall leaf colors: increasing night length, decreasing air temperatures, distribution of pigment-making ability in leaves; and, of course, plant genetics. Genetics determines why leaves or fruits of certain species turn certain colors. But the astronomically-based trend of steadily longer nights as fall progresses (until 22 December) is the unvarying factor in the equation. Color intensity is enhanced by ample rainfall and by **steadily** falling air temperatures, but is impeded by suddenly freezing temperatures.

The green pigment, chlorophyll, during the growing season, is constantly produced and broken down within leaves, but chlorophyll production slows down and eventually stops as nights lengthen, temperatures drop, and other existing pigments are unmasked.

These unmasked pigments--carotenoid pigments--present along with chlorophyll during the growing season, are the yellow, gold, orange, and brown pigments we see in leaves and in such as corn,

buttercups, carrots, daffodils, rutabagas and bananas.

And the anthocyanin pigments, most produced in plants as days shorten and nights lengthen, give their colors to some leaves, and to fruits such as cranberries, red apples, plums, blueberries, grapes, cherries and strawberries. Genetics plays the big role in determining the combination of carotenoid and anthocyanin pigments present in ripe fruits and nuts and in the changing colors of leaves.

Many marvelous processes serve to prepare plants and animals for the cold, and there are many stories to be told about these marvelous processes. But those are tales for another time. The most obvious and beautiful process is that by which trees and shrubs shed their leaves—their most vulnerable parts.

We tend to have tunnel vision when it comes to fall leaf color displays. New England becomes crowded with anticipation, but I've seen beautiful displays by maples and other trees in Ohio and Indiana. I recall the beautiful red maples of fall in my Ohio neighbor's yard. Those maples, however, could not compete with the intensely red, star-shaped fall leaves of the two sweetgum trees in that same yard. I recall two to three boyhood falls in northeast Pottawatomie County that were mildly spectacular. Beauty often is in the eye of the beholder.

Retiring to the mountains of northern New Mexico meant that my late wife, Imogene, and I would forfeit most of the fall reds of Middle America and the East. But we thrilled in fall to mountainsides sheathed with huge groves of golden aspen. And also to Fremont's cottonwood, a tree of the SW whose leaves turn a deep golden color. What a treat to stand on a high mountain ridge and see a thick golden strand bending with the Rio Grande for many miles both upstream and down. Reminds me of the old Texas adage: "You dance with who you brung."

**HOGTOBERFEST, from page 1**

Even though the event has moved away from Aggieville this year, Scott Sieben, owner of Kite’s Bar & Grill, Mr. K’s, and Rockin K’s, happily pledged his support by sharing proceeds from food sales and providing a raffle prize. Enjoy breakfast or lunch from Mr. K’s Mobile Kitchen from 9 a.m. to 2 p.m. on Oct. 20 at Meadowlark Market, 120 N. Scenic Dr. In keeping with traditional HOG Heaven foods, hungry customers will see ingredients such as sausage, bacon, and pulled pork among the selections. Mr. K’s is joining Prairie Star in donating 10 percent of the mobile kitchen’s sales to the Good Samaritan Fund.

To add to the festive atmosphere at Prairie Star on Oct. 27, prime sponsor Central National Bank will operate its Cash Cube from 11 a.m. to 1 p.m., and Fiddler’s Dream will entertain from 6 to 8 p.m. At lunchtime, event-goers will be able to reach into the Cash Cube to grab blowing cash and prize coupons. Those who attend in the evening will hear an energetic group of five Manhattan-area musicians who play fiddles, banjo, guitar, and bass. One fiddler sometimes plays mandolin. The band promises to keep the atmosphere lively with toe-tapping tunes, including polkas, which are fitting for a fall Oktoberfest-style party.

As referenced above, there’s a way to get into the HOGTOBERFEST spirit prior to the big day: purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the

following prizes:

- 1<sup>st</sup> prize: \$2000 cash
- 2<sup>nd</sup> prize: \$500 shopping spree at Meadowlark Market
- 3<sup>rd</sup> prize: Igloo Party Bar Cooler filled with beer and other select beverages provided by local distributor Flint Hills Beverage.
- 4<sup>th</sup> prize: \$50 gift cards for Kite’s Bar & Grill, Mr. K’s, and Rockin K’s
- 5<sup>th</sup> - 10<sup>th</sup> prizes: K-State-related items, Prairie Star gift card, jewelry, and more!

Purchase a winning ticket TODAY at the Hospitality Desk, online at meadowlark.org beginning this week, or by contacting a Meadowlark board member. Help us reach our goal of selling 1400 tickets!

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources. The Fund bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement. In addition to Prairie Star, Central National Bank, and Mr. K’s, Meadowlark Foundation appreciates the generous support of McCullough Development, Bell Family Foundation, BHS Construction, Burnett Automotive, Steel & Pipe Supply, Flint Hills Beverage, GoPowercat.com, and N Zone.

Please watch future Messengers for more details. Questions? Contact Becky Fitzgerald at (785) 323-3843.

**Gifts to Meadowlark Foundation**

*Gifts benefiting Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, and Meadowlark Parkinson’s Program were received by Meadowlark Foundation during the month of September.*

**Memory of**

Isaac “Bill” Anders	Rodney Franz
William “Bill” Auman	Steve Fryer
Imogene Bolls	Ed Lindly
Dorothy Buller	Helen Roser

*Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.*

**EVENTS, from page 4**

**Halloween Trick-or-Treat**

**Tuesday, Oct. 31, at 5:30 p.m.**

Manhattan community members, employee and resident families are invited to trick-or-treat at Meadowlark from 5:30 to 7:30 p.m. Tuesday, Oct. 31. Trick-or-treating families are asked to park in the CenterPointe Physicians’ parking lot off of Tuttle Creek Boulevard or in the west employee/visitor parking lot on Meadowlark’s campus.

The trick-or-treat path will run in a loop: west on Meadowlark Valley Road, south on Meadowlark Road, and down Donner’s Way Trail. If you have questions or would like to volunteer to help with the event, please contact Jana Armfield at (785) 323-3890.



# Art Engagement *from the* Beach Museum of Art

What is going on?

Take a long moment to look closely at this image.

Ask yourself, what is gong on in this picture?

Any thoughts you have about this image are worth mentioning.

What do you see that gives you these ideas?

*See page 9 for artist information.*



Notes

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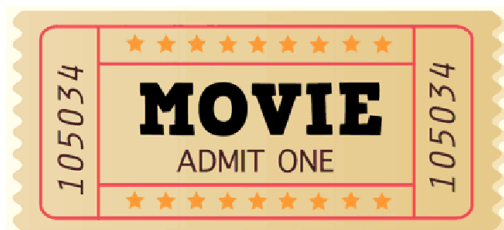
# RESTAURANT **SPECIALS**

<b>Sunday, Oct. 8</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>Dinner</b> <b>\$14</b> Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots
<b>Monday, Oct. 9</b>	<b>\$11</b> <b>Lunch</b> Roasted Pork Sandwich Sweet Potato Fries	<b>\$13</b> <b>Dinner</b> Carnitas Pork Tacos Cilantro Lime Rice Black Beans
<b>Tuesday, Oct. 10</b>	<b>\$12</b> <b>Lunch</b> BBQ Meatballs Cheesy Potatoes Cucumber Salad	<b>\$15</b> <b>Dinner</b> Beef & Noodles <i>served over Mashed Potatoes</i> Caesar Side Salad
<b>Wednesday, Oct. 11</b>	<b>\$11</b> <b>Lunch</b> Chicken Pot Pie Zucchini Fries	<b>\$16</b> <b>Dinner</b> Steak Fajitas Mexican Corn Salad
<b>Thursday, Oct. 12</b>	<b>\$11</b> <b>Lunch</b> Fried Chicken Sandwich French Fries	<b>\$16</b> <b>Dinner</b> Fried Catfish Cornbread Pudding Coleslaw
<b>Friday, Oct. 13</b>	<b>Lunch</b> Food Trucks <i>(Cash &amp; Credit only)</i>	<b>\$2</b> <b>Dinner</b> Pizza by the Slice <i>Restaurant opens at 6 p.m.</i>
<b>Saturday, Oct. 14</b>	<b>\$11</b> <b>Lunch</b> Clam Chowder Bread Bowl Strawberry Feta Side Salad	<b>\$15</b> <b>Dinner</b> Chicken Fried Steak Mashed Potatoes & Gravy Corn



# Weekly Opportunities Calendar Oct. 8 to Oct. 14

<p><b>Sunday • Oct. 8</b> <i>Put your trash at the curb!</i> 10:30 a.m. ~ Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE</p> <hr/> <p><b>Monday • Oct. 9</b> <i>Trash pick-up</i> 9:30 a.m. ~ Seated Strength, CR <i>or 1960</i> 10:30 a.m. ~ Weights 101, CR <i>or 1960</i> 10:30 a.m. ~ Mindful Memories, <b>MSC</b> 11:30 a.m. ~ Sit &amp; Be Fit, CR <i>or 1960</i> 11:30 a.m. ~ Meadowlark Valley Luncheon, BR 1:00 p.m. ~ Parkinson's Exercise Class, CR <i>or 1960</i> 1:30 p.m. ~ God Talk, KSU CL 1:45 p.m. ~ Parkinson's Voice Class, CR 2:00 p.m. ~ Change &amp; Loss Support Group, FHR 4:00 p.m. ~ Hable Espanol, FHR 7:00 p.m. ~ Community Bingo, CR</p> <hr/> <p><b>Tuesday • Oct. 10</b> 10:00 a.m. ~ Memory Activity Class, EC 10:30 a.m. ~ Steady Yourself, CR <i>or 1960</i> 11:00 a.m. ~ Pd Care Partner Training, KSU CL 11:15 a.m. ~ Chair Yoga, CR <i>or 1960</i> 12:00 p.m. ~ 4th Floor Luncheon, MR 12:05 p.m. ~ Mat Yoga, CR 1:00 p.m. ~ Fit 2 Fight Pd, <b>MSC</b> 1:30 p.m. ~ UFM Class: Tao &amp; Zen, CR 2:00 p.m. ~ 10-Point Pitch, GR 3:00 p.m. ~ Coffee Corner, EC</p> <hr/> <p><b>Wednesday • Oct. 11</b> 9:30 a.m. ~ Seated Strength, CR <i>or 1960</i> 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 <i>or 1960</i> 11:30 a.m. ~ Sit &amp; Be Fit, CR <i>or 1960</i> 11:30 a.m. ~ Lutheran Luncheon, BR 12:00 p.m. ~ Rock Steady Boxing, <b>BF</b> 3:00 p.m. ~ Sing-a-Long, FHR 3:00 p.m. ~ Rock Steady Boxing, CR</p> <hr/> <p><b>Thursday • Oct. 12</b> 9:00 a.m. ~ Messenger Team, KSU CL 10:30 a.m. ~ Steady Yourself, CR <i>or 1960</i> 11:15 a.m. ~ Chair Yoga, CR <i>or 1960</i> 11:30 a.m. ~ Ladies Luncheon, EC 11:30 a.m. ~ Caring Conversations for People with Pd, FHR 12:05 p.m. ~ Mat Yoga, CR</p>	<p><b>Thursday • Oct. 12</b> 1:00 p.m. ~ Parkinson's Exercise Class, CR 1:00 p.m. ~ Pd Care Partner Support Group, FHR 2:00 p.m. ~ Medicare Enrollment Presentation, EC 4:00 p.m. ~ Meadowlark Singers Practice, CR 4:30 p.m. ~ Dementia Care Partner Support Group, Wamego United Methodist Church 5:30 p.m. ~ Eastside Supper, BR</p> <hr/> <p><b>Friday • Oct. 13</b> 7:00 a.m. ~ Rock Steady Boxing, <b>BF</b> 9:30 a.m. ~ Seated Strength, CR <i>or 1960</i> 9:30 a.m. ~ Outdoor Committee, FHR 10:30 a.m. ~ Weights 101, CR <i>or 1960</i> 11:30 a.m. ~ Sit &amp; Be Fit, CR <i>or 1960</i> 2:00 p.m. ~ Pd Care Partner Training, KSU CL 7:00 p.m. ~ History of Electric Lights in MHK, EC</p> <hr/> <p><b>Saturday • Oct. 14</b> 9:30 a.m. ~ Band Bust Exercise Class, <i>1960 only</i> 6:00 p.m. ~ KSU  Watch Party, GR, BR, GC, &amp; VBL</p> <hr/> <p><b>Room Abbreviations</b></p> <table><tr><td><b>1960</b>, TV Channel 1960</td><td>GR, Game Room</td></tr><tr><td><b>BF</b>, <b>Body First</b></td><td>KSU CL, KSU Classroom</td></tr><tr><td>BR, Bison Room</td><td>MR, Manhattan Room</td></tr><tr><td>CR, Community Room</td><td>PR, Patriot Room</td></tr><tr><td>CY, Courtyard</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>EC, Event Center</td><td><b>MSC</b>, <b>Manhattan Sr. Center</b></td></tr><tr><td>FHR, Flint Hills Room</td><td>VBL, Verna Belle's Lounge</td></tr><tr><td>GC, Grosh Cinema</td><td>VE, Village Entrance</td></tr></table> <hr/> <p><i>Artist information from page 7.</i> Paul Marcus (United States, born 1953) <i>The Auction</i>, 1987 Woodcut with watercolor (hand coloring) on paper KSU, Marianna Kistler Beach Museum of Art, acquisition made possible with funds provided by Don Lambert, 2000.37</p>	<b>1960</b> , TV Channel 1960	GR, Game Room	<b>BF</b> , <b>Body First</b>	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	<b>MSC</b> , <b>Manhattan Sr. Center</b>	FHR, Flint Hills Room	VBL, Verna Belle's Lounge	GC, Grosh Cinema	VE, Village Entrance
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## 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: Oct. 8

***JAWS*** (1975) PG, 2 hr. 4 min. *Scary, Suspenseful, Classic*

Cast: Roy Scheider, Robert Shaw, & Richard Dreyfuss

When an insatiable great white shark terrorizes Amity Island, a police chief, an oceanographer, and a grizzled shark hunter seek to destroy the beast.

### MONDAY: Oct. 9

***ENCHANTED*** (2007) PG, 1 hr. 51 min. *Romance, Family, Musical*

Cast: Amy Adams, Patrick Dempsey, & James Marsden

A Disney fairytale comes to life in modern-day Manhattan when an animated princess is sent into the live-action world by an evil queen. When she falls for a handsome lawyer, she'll find out if her storybook view of romance can survive the real world.

### TUESDAY: Oct. 10

***THE SAINT OF SECOND CHANCES*** (2023) TV-14, 1 hr. 34 min. *Documentary, Sentimental, Quirky*

A baseball dynasty built on fun—and a disco disaster that nearly undid it all. Explore the comeback of a lifetime in this documentary about Mike Veeck, the son of a legendary major league baseball owner.

### WEDNESDAY: Oct. 11

***THE EAGLE*** (2011) PG-13, 1 hr. 54 min. *Exciting, Action, Adventure*

Cast: Channing Tatum, Jamie Bell, & Donald Sutherland

With only one ally, an injured Roman warrior bent on restoring his family name sets off on a quest to find his missing father's legion and lost emblem.

### THURSDAY: Oct. 12

***ARRIVAL*** (2016) PG-13, 1 hr. 56 min. *Mind-Bending, Cerebral, Sci-Fi*

Cast: Amy Adams, Jeremy Renner, & Forest Whitaker

When alien ships land around the globe, a language expert tasked with deciphering their communications uncovers a life-altering message.

### FRIDAY: Oct. 13

***FREAKY FRIDAY*** (1977) G, 1 hr. 38 min. *Family, Comedy, Fantasy*

Cast: Barbara Harris, Jodie Foster, & John Astin

On Friday the 13th, a girl switched bodies with her straitlaced mother and finds herself responsible for running the entire household. In turn, Mom now faces the daunting challenges of school, typing tests, field hockey and much, much more!

### SATURDAY: Oct. 14

***ELEMENTAL*** (2023) PG-13, 1 hr. 46 min. *Romance, Comedy, Animation*

Cast: Leah Lewis, Mamoudou Athie, & Ronnie del Carmen

In a city where fire, water, land, and air residents live together, a fiery young woman and a go-with-the-flow guy are about to discover something elemental: How much they actually have in common.