



Fiddler's Dream added to the lively atmosphere on Oct. 27.

10



HOGTOBERFEST

TEN YEARS & STILL COOKIN'

Event boosts Good Samaritan Fund

By Becky Fitzgerald, Development Director

A 10-day celebration at Prairie Star Restaurant and Event Venue to mark the 10th anniversary of HOGTOBERFEST brought squeal-worthy attention to Meadowlark Foundation's Good Samaritan Fund. Not only did this annual event encourage giving in variety of ways — food and beverage purchases, raffle tickets, theme T-shirts, donations, and sponsorships — but it also prompted discussions about the Fund's mission: to assist Meadowlark residents who live in a healthcare household and who also have exhausted their financial resources.

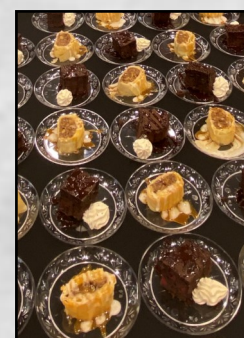
See HOGTOBERFEST, page 8



Resident Pam Hunt adds Sauerbraten to her dinner buffet plate.



Employee Tracey Seales grabs money and coupons at lunchtime from Central National Bank's Cash Cube.



ABOVE: Apple Strudel and Black Forest Cake were the event's signature desserts.

EVENTS & OPPORTUNITIES

Boiler Installation

Installation of a new boiler in the West Tower mechanical room began this week. Later this week or early next week, there will be a company on site to core drill for the new flue, which will cause some noise. The core drilling will be completed in the Courtyard. Thank you for your understanding.

Youth Piano Passion Group Recital

Saturday, Nov. 4, at 7 p.m.

Ethan Xin is excited to bring to Meadowlark the third annual recital with the Youth Piano Passion Group. This group is composed of performers ranging from ages as young as four to 14. Their mission is to serve and spread the love of music throughout the community. All are welcome to be a part of this wonderful youth movement at 7 p.m. Saturday, Nov. 4, in the Community Room.

Worship Service

Sunday, Nov. 5, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Nov. 5, in the Community Room/Chapel. The November worship series is titled "How to Live a Life of Blessing." The sermons will provide a practical guide to walking in the blessings of God. We'll use the Book of Romans to examine how we can be a blessing to others. This week's sermon is titled, "Speaking Curses & Blessings." All are welcome to attend.

Pd Care Partner Training Series

Monday, Nov. 3, at 2 p.m.

The seven-week, 10-session, free PD Care Partner training program offered by the Davis Phinney Foundation continues Friday, Nov. 3, and Friday, Nov. 10. Registration is not required to attend.

Session Nine meets from 2 to 4 p.m. Friday, Nov. 3, in the KSU Classroom, and will cover uncertainty, anticipatory grief, and ambiguous loss.

The final session meets from 2 to 4 p.m. Friday, Nov. 10, in the KSU Classroom and is titled, "Self-Efficacy, Resilience, and Q&A."

Tandem Moons

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

Meadowlark is excited to welcome back Tandem Moons at 7 p.m. Friday Nov. 3, in the Event Center!

The smooth sounds of Samantha Williams and Colton Jones are delightful as they present a jazz, folk, and blues sounds that won't disappoint.

KSU Football Watch Party

Saturday, Nov. 4, 11 a.m.

You're invited to cheer on the Wildcats during the away game vs. the Texas Longhorns on Saturday, Nov. 4. Kick-off is set for 11 a.m. Watch Party festivities will occur in the Game Room, Bison Room, Grosh Cinema, and Verna Belle's Lounge. The game will be broadcast on FOX.

Pest Control

Monday, Nov. 6

On Monday, Nov. 6, Meadowlark's maintenance team members will escort pest control workers to the cottages and the Monarch apartments. If you do not want pest control to enter your residence, please contact Mike Davis at (785) 323-3851. These areas are sprayed every other month.

Town Meeting

Monday, Nov. 6, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Nov. 6, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and news for our campus. If you are unable to attend Town Meeting, printed agendas will be available at the Hospitality Desk after the meeting concludes.

Prairie Star Writers Group

Tuesday, Nov. 7, 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, Nov. 7, in the Patriot Room.

The Nov. 7 session is titled "I Feel Pretty! Oh So Pretty: My Best Outfit Ever." Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

UFM Class: Leonardo & Michelangelo

Wednesday, Nov. 8, at 6:30 p.m.

UFM Lifetime Learning presents *Leonardo and Michelangelo* taught by Douglas N. Dow, professor at K-State. This three-session course will continue Wednesday, Nov. 8, from 6:30 to 7:30 p.m. in the Community Room. The final session will meet

EVENTS & OPPORTUNITIES

Wednesday, Nov. 15.

Leonardo da Vinci and Michelangelo Buonarroti are synonymous with the Italian Renaissance. Celebrated for their achievements in art, architecture, and engineering, the two have been credited with ushering in a new era through a careful study of nature and ancient culture. This course explores their life histories and examines several of their most famous works of art.

Douglas N. Dow is an expert on the art and architecture of the Italian Renaissance. A professor at Kansas State University since 2007, Dow's teaching has been recognized with several awards, including the Commerce Bank and W. T. Kemper Foundation Outstanding Undergraduate Teaching Award. Professor Dow also has published several articles and two books on sixteenth-century Italian art.

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, Nov. 9, at 11:30 a.m.

Calling all ladies living on the Meadowlark campus and Passport members! The monthly Ladies Luncheon is at 11:30 a.m. Thursday, Nov. 9, in the Event Center. Come enjoy a good meal, and conversation with old and new friends. We will have a special program by Manhattan's own Larry Wiegel. Larry will entertain us with music, stories, and jokes.

The meal will feature bacon and spinach quiche, fruit salad, and rainbow sherbert for \$13. Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

Knit and Crochet Gathering

Thursday, Nov. 9, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room (southwest corner of the Prairie Star Event Center) for a fun, social, creative opportunity at 2:30 p.m. Thursday, Nov. 9. All skill levels are welcome!

Music with Michael Eichten

Friday, Nov. 10, at 7 p.m.

Meadowlark welcomes back Michael Eichten at 7 p.m. Friday, Nov. 10, in the Event Center. As a self-admitted history buff and master storyteller, Mike will play a few of his favorite Johnny Cash, John Prine, and Don Williams

tunes, then mix in a few well*-told stories that shed new insights into classics such as "Sunday Morning Coming Down." All are welcome!

KSU Football Watch Party

Saturday, Nov. 11, TBD

You're invited to cheer on the Wildcats during the home game vs. the Baylor Bears on Saturday, Nov. 11. Kick-off time has not been determined yet. Watch Party festivities will occur in the Game Room, Bison Room, Grosh Cinema, and Verna Belle's Lounge.

Thanksgiving Dinner

Thursday, November 23

Reserve your spot at
Prairie Star Restaurant!
Seatings available between
11 a.m. & 1:30 p.m.
\$22/per person

Choice of Starter

BUTTERNUT SQUASH SOUP
GREEN SALAD
WITH CRANBERRY VINAIGRETTE
AMBROSIA SALAD

Entree

ROAST TURKEY
BAKED HAM
SAUSAGE SAGE DRESSING
CRANBERRY RELISH
MASHED POTATOES
GIBLET GRAVY
GREEN BEAN CASSEROLE
WHITE ROLLS WITH BUTTER

Choice of Dessert

PUMPKIN PIE
PECAN PIE

Caregiver Stress & Transition

by Katie Sigman, Special Programs Coordinator

As human beings, caring for one another is an innate part of who we are. As former First Lady Rosalynn Carter stated, caregiving will impact all of us, most likely in more ways than one. During National Caregivers Month, the Meadowlark Special Programs team is writing a series of articles to celebrate the caring that is happening in our community. Throughout the month of November, we will explore topics important to, and impacting, care partners and their loved ones. We will share resources and the wisdom of the caregivers in our midst. We hope that the information you find in these pages will support you as you care for those around you, whether they are family, friends, or neighbors.

In the United States, 66% of long-term care is provided solely by family caregivers. While caregiving is a common experience, each individual has a unique journey and the transition to caring for a loved one can be an incredibly stressful period in life. Family caregivers spend an average of 24.4 hours providing care each week, with one in four caregivers providing care for more than 40 hours a week. The transition to providing more care for a loved one can strain even the most resilient people, often without one even noticing. With the focus on a loved one and his or her health, it can be difficult to recognize how caregiving is impacting one's own health. It is important to be aware of the signs of caregiver stress.

Be sure to check in with yourself and recognize that stress is a normal part of caregiving. If the strain becomes overwhelming and begins to affect daily functioning, health, or well-being, please seek

help.

Watch for signs of stress in a partner as well. Loved ones are also facing a challenging transition, as they may be dealing with a new diagnosis or experiencing decreased independence. Just as complex feelings accompany the transition to caregiver, the person with the diagnosis is also processing this major life transition, and mental health changes are often a part of this.

Resilience is a skill we can all learn and foster. Mental health professionals can help build on the individual strengths you possess as you and your loved one navigate this life change. Seeking help is the best thing you can do to reduce the strain of caregiving and enhance the rewards of this journey.

There are also numerous private therapists practicing individually in the area. *Psychology Today* is an excellent online resource that provides access to the largest network of mental health professionals. You can filter by numerous criteria, including geographic area, area of expertise, and insurance accepted, to help you find the best fit.

If your first meeting doesn't feel like the right match, try again. Your partner in your mental health journey should be

the best fit possible for you, so don't be afraid to try several options. Many therapists now provide telehealth options, giving us access to more providers than ever before.

As you build your team to support your well-being, reach out to other caregivers. Caregivers are often each other's best resource. Support groups can provide a safe space to connect. Meadowlark Special Programs offer a Memory Care Partner Support Group every Wednesday at 10 a.m. and a

According to the Mayo Clinic, signs of caregiver stress include:

- ◇ Feeling burdened or worrying all the time
- ◇ Feeling tired often
- ◇ Sleeping too much or not enough
- ◇ Gaining or losing weight
- ◇ Becoming easily annoyed or angry
- ◇ Losing interest in activities you used to enjoy
- ◇ Feeling sad
- ◇ Having frequent headaches or other pains or health problems
- ◇ Misusing alcohol or drugs, including prescription medicines
- ◇ Missing your own medical appointments

Parkinson Care Partner Support Group on the second and fourth Thursday at 1 p.m. If you are unable to attend in person, a virtual option is available. These groups provide a safe, supportive, and positive place to share your challenges and joys and learn from one another. One member described the group as a place where she feels “safe, trusted, and respected”. It can often be difficult to fully explain the caregiving situation to family and friends who have not had similar experiences. Members expressed that they can discuss issues at group meetings that no one else understands. If you do not have a local support group, there are many available online. Find one that fits. Just like a therapist or counselor, each support group is different, and it needs to be the right fit for you.

In a recent care partner training, Dr. Jori Fleisher, renowned movement disorder neurologist, stated, “the people who do this [caregiving] best, don’t do it alone”. Know that you are not alone in your care journey. Future articles in this series will dig deeper into the details of specific ways to ask for, and accept, help, best practices for communication, and specific supports to ease the strain and enhance the reward of caregiving. Give yourself grace as you navigate one of life’s hardest transitions. You are doing the best you can, with the information you currently have. You will make mistakes; we all do. Which is why, as another care partner stated, it is important to find joy, fulfillment, and peace where you can.

Local Mental Health Resources

Pawnee Mental Health
(785) 587-4344

Andrews & Associates
(785) 539-5455

Cornerstone Family
Counseling
(785) 776-4105

Katie’s Way
(785) 320-7331

Kansas State Family Center
(785) 532-6984

Ascension Via Christi
Behavioral Health Clinic
(785) 565-2960

Heritage Senior Behavioral
Health in Wamego
(785) 456-2295



There are only four kinds of people
in the world - those who have been
caregivers, those who are caregivers,
those who will be caregivers and
those who will need caregivers.

— Rosalynn Carter —

AZ QUOTES



Outdoor Encounters

by Nathan Bolls

The bald eagle soars high on long, broad wings, eyes scanning the land far below. This scheme works because of extraordinary eyesight. Most are looking for a fish just under the surface of some river or lake. This eagle also will take rabbits, prairie dogs, snakes, waterfowl, turtles, grouse, other small animals, and sometimes, carrion, e.g., road kills.

Upon sighting a prey animal, this hunter can literally drop out of the sky, come up behind the fish, talons down and ready to grab, then make deep wing flaps to keep itself and fish clear of the water as it flies off to some limb for a meal—or back to the nest to deliver food to either the eaglets or his mate busy incubating eggs. The female usually lays two to three eggs, only partially

incubating the first laid in a seeming effort to have the chicks hatch at about the same. If one egg hatches too many days before the others, the older chick may exhibit sibling rivalry and crowd out or starve the other eaglets. This happens on a regular basis in the nests of certain other bird species.

We have been, and continue somewhat to be, hard on the bald eagle. In 1970, the number of eagles in the lower 48 was about 700, where they once were numerous. The main threats that put eagles on the endangered list back then were DDT, hunting, habitat loss, physiological effects from lead shot, and general disturbance by humans. DDT was banned in 1972, but some hunting continues still. Power lines, wind turbines and habitat loss are continuing problems. But a 2020 U.S. Fish and Wildlife Service report listed 310,700 eagles in the

lower 48, with some 71,400 nesting pairs—a major conservation success story. They are most numerous in Alaska.

The bald eagle tends to mate for life and to select a nest location high up in a big tree or cliff somewhat isolated from human activity. They usually use the same nest year after year. And the annual repairing and padding of that nest with limbs, sticks, and soft grasses results over time in a nest weighing many hundreds of pounds; one such nest weighed a ton!

Thus, the national bird; but Baldy is not the lone eagle. There are 68 species of eagles in the world, using the basic measures of what makes an eagle: not only a bird deemed large enough and strong enough to take living prey 20 or more inches in length but also with a body too heavy and bulky to catch flying prey. Eagle is a collective term; the group is not, taxonomically, closely related. All have a large, sharp, hooked beak and strong talons. Some have a brow crest, some have legs completely covered with feathers, etc.

Most eagles occur in Africa and Eurasia. Outside this area, just 14 species occur; two in North America, nine in Central and South America, and three in Australia. The golden eagle of our American West is one of the most widespread of eagles, occurring throughout North America south into the Mexican Chihuahuan Desert, throughout Europe, North Africa, and Asia. This eagle can drop very fast from on high, reaching speeds of up to 200 MPH.

Our bald eagle is an American bird, found throughout the lower 48 and across southern Canada and Alaska. The Continental Congress, in 1782, adopted the bald eagle as the national symbol. Legend, but not much fact, has it that Benjamin Franklin lobbied for the wild turkey, but the bald eagle was chosen because many legislators saw in this bird the fierce beauty and powerful independence they thought would well symbolize the new republic. Besides, we now know that the wild turkey has polygamous tendencies. As a nation, we officially frown on these sorts of behaviors, but as individuals, not so much.

The USA was not the first to choose the eagle. People have long related to the strength, independence and majesty of the eagle form of bird. The golden eagle is the national bird for seven countries, the African fish eagle for three, the harpy eagle for Panama, the Javan hawk eagle for Indonesia, the Philippine eagle for the Philippine Islands, and the white-tailed eagle for Poland. And at least 24 countries have an eagle (either one- or two-headed) on their state emblems. One or another of the eagles has been held sacred by many ancient (and more modern) religions (e.g., our Old Testament)—and cultures, most notable Rome.

Our bald eagle ranges from 34-43 inches in length, and the female, larger than the male, weighs 10-14 pounds; the male comes in at 8-10 pounds. Their wingspans are in the range of 6-7.5 feet, and they will fully develop the distinctive white head and tail by 4-5 years of age. Both members of the pair begin, in late fall, to repair and line the nest, finding time along the way to engage in their mating flight and to mate.

The female lays her eggs in the spring, chicks hatch about 35 days later, and will take their first flights 72-75 days after hatching. During weeks eight to ten, the eagles become quite interested in flight. At 10 weeks or so, eaglets begin “flying in place” in and above the nest. By week 11, eaglets are ready for first flights away from the nest. The family will stay together for some two months longer, while the young continue learning how to fly and to do the things necessary for survival. By mid-summer the nest is empty; the young are spending their nights high in big trees away from the nest.

One day, the female rises into the air. The male soon follows. Now that the young are grown and living away from the nest, these parents can relax and play. I wonder if they have any thought of the work ahead of them next year; data suggest that they may live 20-30 years in the wild. They soar high above the clouds, adding their fierce beauty and independence to the marvelous, mysterious and unrehearsed choreography of the natural world.

HOGTOBERFEST, from page 1

To these ends, this FOOD, FRIENDS and FUNdraising event, Oct. 18 through Oct. 27, was a HOG-tastic success. The revenue total is about \$12,000 and counting; the donations of 10% of food and beverage purchases from Prairie Star and Mr. K’s Mobile Kitchen are still to be finalized.

Terry and Tara Cupps, who say they are grateful to now live in a Monarch apartment, enthusiastically spent time in HOG Heaven. They selected entrees from the special HOGTOBERFEST menu, and at the day-long party on Oct. 27, sampled several German food items from the lunch buffet. They bought raffle tickets too! (Sorry! Wishing you better luck next year.)

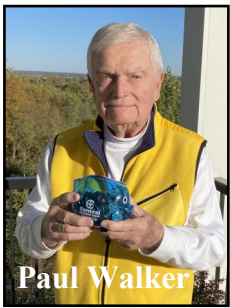
“The food was yummy, and the 10 days of hard work was so important,” Tara said. “The (Good Samaritan Fund) is the most incredibly important fund for everyone who lives at Meadowlark.”

Central National Bank added to the fun by bringing a piggy bank filled with coins, inviting party-goers to guess the amount of money in the bank. The 75 estimates ranged from \$5.45 to \$2000, with resident Paul Walker’s tally of \$29.95 just 66 cents away from the \$29.29 inside the bank. Congratulations! His close guess won him the bank and its contents.

In honor of 10 Years & Still Cookin’, the number of Cash & More Raffle prizes was expanded from four to 10. See below for a list of prizes and winners. More than 1300 tickets were sold at \$5 each. Four board members asked that their tickets benefit Meadowlark or a Meadowlark employee should one of them be drawn from the tumbler. That was the case with the first and fourth prizes. Tickets were taken from the tumbler until an employee’s ticket was in hand. Katie Sigman, who assists with Meadowlark’s Parkinson’s and Memory programs, is the \$2000 winner!

“My husband tells me I’m lucky at drawings,” Sigman said. “I haven’t won anything for a while, so maybe I was saving all of my luck for this!”

Meadowlark Foundation is grateful to the many who contributed to the success of HOGTOBERFEST!



Prizes and winners are ...

- 2nd prize:** \$500 Meadowlark Market shopping spree, **Arlo Biere**, Passport member
- 3rd prize:** Igloo Party Bar Cooler & Beverages, **Aleta Esslinger**, Meadowlark employee
- 4th prize:** \$50 gift cards for Mr. K’s, Rockin K’s, and Kite’s Bar & Grill, **Kristen Martin**, Meadowlark employee
- 5th prize:** Autographed photo of KSU basketball coach Jerome Tang and leather Powercat bracelet, **Pat Vogt**, Meadowlark resident
- 6th prize:** Wabash Reserve whiskey signed by KSU football coach Chris Klieman and two whiskey glasses, **David Nelson**, Board of Trustees member
- 7th prize:** Silver Kansas City Chiefs necklace, **Jayme Minton**, Meadowlark employee
- 8th prize:** Wine Basket, **Lyn Maurer**, visiting family member
- 9th prize:** Igloo soft-sided cooler and \$50 HyVee card, **Alex Horak**, Meadowlark employee
- 10th prize:** \$50 Prairie Star card and Wildcat bottle opener, **Kay Robinson**, Market shopper

Art Engagement *from the* Beach Museum of Art

If an artist wants to highlight an object within an artwork, he or she might create that object in contrast to things around it. The difference might be created with size, texture, shape, color, or tone. The focal point might be the biggest or the smallest item. It might be the only item shown in a certain color or the darkest item surrounded by lighter items. Perhaps the difference is made with the use of a contrasting texture. As you spend time looking at this print, what do you think is the focal point? How did the artist create the emphasis for this item?



Coy Avon Seward (United States, 1884 - 1939), *Squirrel Nests*, 1930
Etching on paper, KSU, Marianna Kistler Beach Museum of Art, Kansas
Printmakers Fund, 2005.404

PLEASE JOIN US FOR THE

Meadowlark Holiday Classic

FRIDAY, DECEMBER 1
3:00 PM

MEADOWLARK HILLS
PRAIRIE STAR EVENT CENTER

HOSTED BY: **THE TRUST COMPANY**

RSVP TO
PRAIRIE STAR HOST STAND OR 785-323-3820

REFRESHMENTS & HOLIDAY ENTERTAINMENT
RESERVATIONS REQUIRED!

The Meadowlark Ambassadors'
FOOD & FUND DRIVE

to benefit the
Flint Hills Breadbasket

Please help us collect non-perishable foods for individuals & families in need, in the Manhattan community.

Please consider donating the following items:
Dry beans & rice, canned fruits & vegetables, hot cereal (oatmeal, grits, etc.), spaghetti sauce & dry pasta, toilet paper, body wash, dish soap & shopping bags

DONATIONS ACCEPTED:
Meadowlark Game Room
Wednesday, Nov. 15
10:00 a.m. to 12:30 p.m.

A collection jar will also be available for monetary donations.

LEARN MORE ABOUT FHBB:
FLINTHILLSBREADBASKET.ORG
FB.COM/FLINTHILLSBREADBASKET

RESTAURANT **SPECIALS**

Sunday, Nov. 5	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, Nov. 6	\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Nov. 7	\$11 Lunch Turkey-Cranberry Croissant Sandwich Green Bean Casserole	\$16 Dinner Chicken Alfredo Garlic Bread Caesar Side Salad
Wednesday, Nov. 8	\$11 Lunch Everything Bagel Sandwich <i>with Ham, Turkey, & Swiss</i> Potato Salad	\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans
Thursday, Nov. 9	\$11 Lunch Broccoli Cheddar Bread Bowl Caesar Side Salad	\$16 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Green Beans
Friday, Nov. 10	\$11 Lunch Mac & Cheese Bar	\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots
Saturday, Nov. 11	\$13 Lunch Fish & Chips Coleslaw	\$15 Dinner White Chicken Chili Cornbread House Side Salad

Weekly Opportunities Calendar Nov. 5 to Nov. 11

Sunday • Nov. 5 *Put your trash at the curb!*
10:30 a.m. ~ Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE

Monday • Nov. 6 *Trash & recycling pick-up*
8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
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
5:30 p.m. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ Community Bingo, CR


Tuesday • Nov. 7
10:00 a.m. ~ Memory Activity Class, EC
10:30 a.m. ~ Steady Yourself, CR *or 1960*
11:15 a.m. ~ Chair Yoga, CR *or 1960*
12:00 p.m. ~ Kimball Luncheon, BR
12:05 p.m. ~ Mat Yoga, CR
2:00 p.m. ~ Prairie Star Writers, PR
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Ambassador Meeting, BR

Wednesday • Nov. 8
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
3:00 p.m. ~ Sing-a-Long, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
6:30 p.m. ~ Leonardo & Michelangelo (UFM), CR

Thursday • Nov. 9
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 p.m. ~ Caring Conversations for People with Pd, FHR
11:30 a.m. ~ Ladies Luncheon, EC
12:05 p.m. ~ Mat Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR

Thursday • Nov. 9
1:00 p.m. ~ Pd Care Partner Support Group, FHR
2:30 p.m. ~ Knit & Crochet Group, BR
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

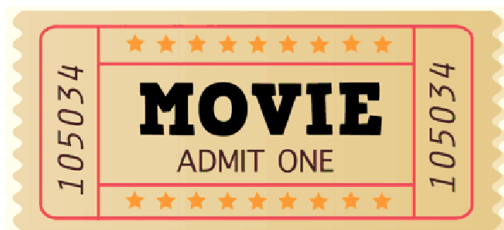
Friday • Nov. 10
7:00 a.m. ~ Rock Steady Boxing, BF
9:30 a.m. ~ Seated Strength, CR *or 1960*
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
2:00 p.m. ~ Pd Care Partner Training, KSU CL
7:00 p.m. ~ Music with Michael Eichten, EC

Saturday • Nov. 11
9:30 a.m. ~ Band Bust Exercise Class, *1960 only*
TBD ~ KSU  Watch Party, GR, BR, GC, & VBL

Room Abbreviations

<i>1960</i> , TV Channel 1960	KSU CL, KSU Classroom
BF, <i>Body First</i>	MM, <i>120 Scenic Drive</i>
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	MSC, <i>Manhattan Sr. Center</i>
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	





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: Nov. 5

PERSUASION (2022) PG, 1 hr. 49 min. *Swoonworthy, Witty, Romantic*

Cast: Dakota Johnson, Cosmo Jarvis, & Nikki Amuka-Bird

Eight years after Anne Elliot was persuaded not to marry a dashing man of humble origins, they meet again. Will she seize her second chance at true love?

MONDAY: Nov. 6

TURNER & HOOCH (1989) PG, 1 hr. 39 min. *Comedy, Drama, Crime*

Cast: Tom Hanks, Mare Winningham, & Reginald VelJohnson

Scott Turner, a compulsively neat detective, finds his tidy world goes to the dogs when he's forced to team up with a drooling slob of a junkyard dog named Hooch. Not exactly man's best friend, Hooch turns Scott's life upside down, wrecking his home, career and budding romance. It's a nonstop test of wills between this mismatched duo that will leave you laughing your tail off.

TUESDAY: Nov. 7

HIDDEN FIGURES (2016) PG, 2 hr. 9 min. *Drama, Biographical, Historical*

Cast: Taraji P. Henson, Octavia Spencer, & Janelle Monae

An incredible and inspiring untold true story about three women at NASA who were instrumental in one of history's greatest operations—the launch of astronaut John Glenn into orbit.

WEDNESDAY: Nov. 8

BACKDRAFT (1991) R *for language & sensuality*, 2 hr. 17 min. *Suspenseful, Drama, Action*

Cast: Kurt Russell, William Baldwin, & Robert De Niro

A veteran firefighter battles a string of deadly blazes while his younger brother helps an old-school arson investigator scrutinize the crimes.

THURSDAY: Nov. 9

GLASS ONION: A KNIVES OUT MYSTERY (2022) PG-13, 2 hr. 21 min. *Offbeat, Witty, Comedy*

Cast: Daniel Craig, Edward Norton, & Janelle Monae

World-famous detective Benoit Blanc heads to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends.

FRIDAY: Nov. 10

GUS (1976) G, 1 hr. 37 min. *Comedy, Sports, Family*

Cast: Edward Asner, Don Knotts, & Gary Grimes

The inept California Atoms, floundering in the cellar of the National Football League, welcome the team's newest member—a mule capable of placekicking a football 100 yards with deadly accuracy.

SATURDAY: Nov. 11

U-571 (2000) PG-13, 1 hr. 56 min. *Dark, Suspenseful, Military*

Cast: Matthew McConaughey, Bill Paxton, & Harvey Keitel

An American submarine crew conducts a treacherous mission to capture a top secret device that could change the course of World War II.