



Meadowlark's Annual Christmas Carousel

by Sarah Duggan

In the heart of Meadowlark, a senior living community known for its warmth and camaraderie, preparations are underway for an enchanting night that promises to be the talk of the town. The Event Center is abuzz with setting the stage for Meadowlark's most-anticipated event of the year—the annual Christmas Carousel.

As the sun sets on Friday, Dec. 15, residents and Passport members will gather in the Event Center for *Christmas Carousel: Friday Night Live*, their excitement palpable as they anticipate an evening filled with holiday cheer, delectable treats, and comedic entertainment.

The anticipation begins at 5 p.m. when the doors open, welcoming guests to find their seats and settle in for an evening of festivities. At 5:30 p.m., the lights dim, signaling

the commencement of the night's entertainment. A crescendo of excitement builds as the spotlight falls on the stage for the most-awaited act of the night—the performance by The Church Ladies. With their spirited melodies and festive tunes, they add a special touch to the evening, bringing smiles and holiday cheer to all in attendance.

As a gesture of gratitude to Meadowlark's independent living residents and Passport members, the event is free of charge. It's a token of appreciation for their valued presence and a testament to the community's commitment to fostering a sense of belonging.

To attend this magical evening, registration is required. Residents can secure their spot by signing up at the Hospitality Desk or calling (785) 323-3847. The response is

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Respite Care & Other Resources for Caregivers

by Linda Montgomery, LBSW, Social Services & Life Enhancement Leader

This will be our last article for our caregiver series highlighting National Caregiver's Month. Last week, we discussed the importance of self-care and the importance of taking breaks. This week we are focusing on ways you, as a caregiver, can get a break from caregiving.

Often as caregivers, it is difficult to find time for yourself, time for self-care, or even time to think. Respite care can provide you time to focus on yourself or time to get other daily tasks done. Respite care is planned or emergency care provided to caregivers for short-term or time-limited breaks from daily caregiving tasks. Often as caregivers, we are guilty of feeling we need to do it all ourselves. Part of practicing self-care is taking breaks. Respite can provide the caregiver with time to rest and recharge and take a break with peace of mind knowing that someone is caring for your loved one. If you are still working, it allows you to take care of your responsibilities at work. It will allow you time to socialize with others or time to do something for yourself. Different types of respite is not only good for the caregiver but also can have a positive outcome for your loved one as well.

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Often, I hear caregivers feel they are hiring a babysitter or the care recipient may feel they are being babysat. Try to reframe the respite with a way to provide your loved one with opportunities for new stimulation, a change of scenery, to socialize with friends or meet new people, or to do an activity they enjoy. It can be a win-win for both the caregiver and the care receiver. The caregiver may feel refreshed and recharged, and the care receiver’s mood is improved from doing something they enjoy with a friend.

Respite care can be provided for a few hours several days a week to several weeks at a time. It is dependent on the type of help that you feel will work best for your situation. Before asking for help, whether it be from family and friends or a professional agency, think about the type of help that would be most beneficial. Make a list of caregiving tasks you perform such as bathing, laundry, managing medical appointments, financial management, etc. Then decide what tasks you are able to handle and which ones you need help with. This may also help you determine who or where to ask for assistance.

Caregiver services that may be available may include home care services, adult day centers, home delivered meals, respite care through a care facility, transportation services, volunteer programs, and skilled nursing. Many local services are available in your area, and we have included where to find a list of resources at the end of this article. If you are assisting with care for a loved one from long distance, consider contacting the local senior center, county information and referral services, family services or hospital social work for suggestions. Also, the local area agency on aging will have resources of what is available in their area.

Personal care services are available through home agencies locally. This is where a professional

caregiver comes to your home to assist with personal care such as dressing, bathing, feeding, toileting, meal prep, companionship, housekeeping, laundry, meals, etc. Many agencies can provide this help from a few hours up to 24 hours a day. They will work with you to determine how often you would like to receive these services whether it be once a month, once a week, or seven days a week. It is generally best to have a set schedule when you know caregivers will be coming. This will help you to schedule times when you need to be away.

Many of these agencies can also provide a caregiver to stay for several days or weeks or assist with 24 hour caregiving. Most agencies offer an hourly rate or may charge by the day. Start with once a week

for a few hours to allow you some “me” time. Then gradually increase as needed. This will help you and the care receiver to adjust to having someone new in the home.

Home Health Care services also can be provided at home by trained professionals such as physical, speech or occupational therapists, social workers, or home health nurses. Insurance coverage may be available after a hospitalization. Check with their insurance company to see what type of coverage may be available. Usually, insurance will only cover these types of services for a short period of time after hospitalization.

However, many agencies may provide this service through private pay options.

Adult Day Services is a place where the care recipient can go and spend part of the day or a full day at their center. Many of these centers may provide activities the care recipient will enjoy as well as an opportunity to socialize with others. They may also provide supervision, personal care needs, medication administration, and other wellness tasks. This a great way to have several hours to yourself to run errands, go to your medical appointments, get your hair done, and other self-care tasks. However, in our area, adult day services are limited. Many of these services

Signs of Caregiver Stress

- ☐ Distracted
- ☐ Unable to focus
- ☐ Emotional and/or moody
- ☐ Depressed
- ☐ Anxious
- ☐ Health issues
- ☐ Feelings of anger, resentment, guilt, or shame
- ☐ Being short-tempered or yelling at others or the care receiver
- ☐ Feeling overwhelmed
- ☐ Difficulty connecting with care receiver

may be available at assisted living or long term care facilities.

Many assisted living or long-term care facilities may also offer respite care within their facility. This may allow you time to take a break from your caregiving role for a week to several weeks at a time. Your loved one will have a chance to meet new people and experience different activities. It also gives you and your loved one a chance to try out different facilities in case permanent placement is needed in the future.

Volunteer support may be available in your area. Some agencies may have volunteers to assist you with certain caregiving tasks, such as companionship, yard work, or rides to the doctor. Contact volunteer agencies in your area or other organizations in the area to inquire about volunteer assistance.

Caregivers may also be reluctant to ask for help as they don't want to burden other friends or family. Let's face it, it's difficult to ask for help. Oftentimes, our friends and family would like to help but are unsure how to help. One way to ask friends or family for help is to set up a family meeting or a meeting one-on-one to talk with them and share that there are ways they can help you. Give them a copy of the list of caregiving needs you have. Point out what skills they have that could be helpful. Maybe you have a family member who is good at finances and may be willing to help you manage these tasks. A friend may enjoy playing the same type of card game your loved one plays and can come over and play cards while you run to the store. Ask them to look at the list and ask if they are able to help. If so, ask them to select a task. Make sure they understand what would be most helpful for you as well as the care receiver.

Another idea is to create a calendar of times you need to get away. List medical appointments, events you'd like to attend, time to get a manicure, or go shopping. Ask family members or friends to sign up for a time they are available to come spend time with the care recipient.

Other places you can turn to for help may include your church, caregiver support groups, therapist or counselor and national caregiver organizations. Your church or other organizations you or your loved one belongs to may have members that are willing to assist. These organizations may also have resources to contact that can provide caregiver support. Contact organizations that are specific to your loved one's illness or disability.

If your loved one receives Medicaid, talk to his or her Medicaid case worker. Medicaid may pay for a certain number of hours per week for home care, adult day, or

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Thoughts from Care Partners

"Each loved one's progression and journey are different, and we as caregivers have to change the way we approach everything with our loved one as our loved one is unable to learn or retain most new things. A soft touch, holding hands or giving hugs makes them feel more secure and loved, of course. You as the caregiver are their safe and familiar face, and they depend on you for everything." - BS

"That group [Meadowlark Memory Care Partner Support Group] has been a great benefit to me, both mentally and physically. The people in that group have or are now experiencing what it is like to be a caregiver for a loved one. I have gained knowledge and comfort in knowing that I am NOT alone in this ongoing part of our lives. What is so important is that we all listen to the reports by the group of their own battle every day with issues we never thought we would have to face and on a daily basis. More and more people who care about their loved ones are adding to our numbers each week. I can tell my friends and others about my particular encounters, but no person listens and understands my problems more than our Support Group. The internal suggestions by our group is just what I need to better equip me, with a better knowledge on how to better care for my loved one." - DB

"Being a care partner is giving your whole self to your loved one. It's a journey requiring more than just patience and love. The journey you share with your loved one is scary, sad, funny, confusing, complicated, simple, fragile, and so much more. It's a daily process of learning and listening, loving. Remembering, they can't help it." - ML

EVENTS & OPPORTUNITIES

IL Records Update

This month, our Administrator in Training, Makayla Brooks, will help update independent living resident contact information for our records. Residents should anticipate a call from her in December to arrange a meeting.

Please prepare for these meetings by having updated contact details, copies of Powers of Attorney, Living Wills, DNRs, and insurance cards.

Also, be prepared for Makayla to take an updated photo during the meeting. There are information sheets available at the Hospitality Desk that can be completed in advance of your meeting time.

If you have any questions, call Taylor Wheelock, Assistant Administrator, at (785) 323-3862 or email her at twheelock@meadowlark.org.

Prairie Star Focus Group

Friday, Dec. 1, at 10 a.m.

Join the Prairie Star Leadership Team at 10 a.m. Friday, Dec. 1, in the Event Center for a focus group. Michaela Hummel, Justin Latimer, Colton Johnson, and Sumaya Nabakooza, will give a brief presentation on Prairie Star Restaurant. The presentation will be followed with a guided and open discussion period. The conversation will help determine priorities for Prairie Star Restaurant as we look forward to 2024.

Worship Service

Sunday, Dec. 3, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Dec. 3, in the Community Room/Chapel. Pastor Melanie will begin the Advent season worship series, "Advent: Examining the Gospels." This week's sermon will explore the Gospel of Matthew. All are welcome to attend.

Little Women at the Columbian Theater

Sunday, Dec. 3, at 2 p.m.

Meadowlark Special Programs, in conjunction with the Page Turners Book Group, is coordinating a trip to Wamego to see the play *Little Women* at the historic Columbian Theatre at 2 p.m. Sunday, Dec. 3.

Transportation from Meadowlark will be provided for up to 12 people. The bus will leave Meadowlark at 1 p.m. on Sunday, Dec. 3. Prior

registration for tickets and transportation is required.

Town Meeting

Monday, Dec. 4, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Dec. 4, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and news for our campus.

Advent Bible Study

Monday, Dec. 4, at 6 p.m.

Have you ever wondered why we need four different tellings of Jesus's birth and life in the Bible? Join Pastor Melanie for a four-week Advent study examining the four Gospels starting Monday, Dec. 4, at 6 p.m. in the Flint Hills Room.

We will learn in what ways these four books are similar and different as a way to think about the birth of Christ more deeply.

Target & Great Clips Transportation

Tuesday, Dec. 5, at 9:45 a.m.

Transportation will be provided to Target and Great Clips on Tuesday, Dec. 5. Appointments for Great Clips are encouraged. The bus will depart from the Village Entrance at 9:45 a.m. and return at 12 p.m. Please sign up in the Blue Book to participate in these opportunities.

Prairie Star Writers Group

Tuesday, Dec. 5, 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, Dec. 5, in the Patriot Room.

The Dec. 5 session is titled "Scenic Vista." In December 2017, the Prairie Star Writers Group spent the hour writing inside, but imagining the beautiful outside. Perhaps our imaginations will dwell in a magical place for awhile yet again. Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

UFM Class: Historical Movies, How Accurate Are They?

Tuesday, Dec. 5, at 6:30 p.m.

UFM Lifetime Learning presents *Historical Movies, How Accurate Are They?* taught by Robert Smith,

EVENTS & OPPORTUNITIES

Ph.D. and Director of the Fort Riley Museum Complex. This three-session course continues Tuesday, Dec. 5, from 6:30 to 8 p.m. in the Community Room. The third session will meet Tuesday, Dec. 12.

Did you ever go to a movie that portrays history and think, is this an accurate telling of the story? This class will discuss and examine movies from a historical standpoint. We will look at different aspects of specific movies, examining storylines, costumes, and locales.

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.

Meadowlark Men's Social Supper

Wednesday, Dec. 6, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Dec. 6, at Prairie Star Restaurant. 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.

Tau Beta Sigma Christmas Concert

Thursday, Dec. 7, at 6 p.m.

You're invited to hear sounds of the season by talented student musicians at 6 p.m. Thursday, Dec. 7, in the Event Center. All are invited!

Christmas Cantata

Friday, Dec. 8, at 7 p.m.

Join the College Avenue United Methodist Church Adult Choir as they present a *Christmas Cantata* at 7 p.m. Friday, Dec. 8, in the Community Room. The group is directed by Amy Rosine and Dawn Anderson on piano. All are invited to attend!

Hable Espanol

Wednesday, Dec. 11, at 4 p.m.

Nos vamos a ver en el Lunes, 11 de Diciembre en la clase Flint Hills, a las 4 en la tarde. Despues vamos a tener una comida en el restaurante Entojitos.

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other respite services.

Some home care agencies or other respite services may be able to provide services on a sliding fee scale based on income. Some organizations may have grant money to assist with the financial cost. You may also consider asking family to help pay for caregiving services.

Caregiver support groups is another type of respite. It gives you a chance to share with others the burden of caregiving. Sharing your story and your feelings with others who understand is a great way to relieve caregiver stress. There are many local options for support groups in our area. If it's difficult to get away, many caregiver support groups are available online. If possible, find a support group that provides an activity and oversight for the care receiver at the same time as the support group. If the first support group you try isn't a good fit, don't be afraid to try another

one. Other groups will have different facilitators or different attendees that may help you feel more comfortable. We have shared several quotes from caregivers about their experiences caring for someone as well as benefits they've received by attending support groups.

We have put together a resource guide that includes respite care options for caregivers. It has been added to the Meadowlark Hills website at meadowlark.org. It can be found by clicking on the Resource Library and then clicking on *For Friends and Family Members*. You can also request one to be emailed or mailed to you by contacting Katie or Michelle in Special Programs.

Remember, caregivers need care too. Respite care is a great way to take care of you!

Michelle Haub, Special Programs Leader
(785) 323-3899 / mhaub@meadowlark.org

Katie Sigman, Special Programs Coordinator
(785) 323-3899 / ksigman@meadowlark.org

Work That Brain!

Level: Easy

2				7		1	4	
5	7					6		3
	1		3		2		8	5
			8		6			
	8		4		1			
	5	4				3		
				6				
1	2		7		8			

Level: Medium

1				4		6	3	
5	6		3			4		2
3			2					9
	7				4		1	
	5			3			9	
6					5			7
			4					5
							6	
				6	9		2	



December Birthdays



Skilled Nursing

12/8 Mary O'Laughlin
 12/9 Barbara Hall
 12/11 Mary Smith
 12/16 Marjorie Schlegel
 12/16 Glennis Couchman
 12/21 Verna Turnquist
 12/21 James Tate
 12/22 Claudene Emrich
 12/25 Marsha Priller
 12/27 Virginia Lampe
 12/27 Beverly Cable
 12/28 Bob Robinson
 12/30 John Silva

Assisted Living

12/24 Bonnie Barrett

12/29 Lariel Cross

Independent Living

12/1 Dixie Roberts
 12/1 Donna Alexander
 12/1 Bob Cranmer
 12/2 Betty Holder
12/4 Dean Spencer
 12/4 Steve Hall
 12/7 Claudia Zeller
 12/9 Michael Roberts
 12/10 Mary Dibble
 12/10 Karen Franz
 12/12 Bob Pulford

12/12 Pat Henderson

12/13 Karen Halderson

12/14 Sue Hunt

12/17 Joan Jones

12/18 Lou Nell Gustavson

12/21 Ella Umphrey

12/24 Mary Rickley

12/26 Janice Parsons

12/28 Orlan Buller

12/29 Noel Stanton

12/29 Richard Rees

12/30 Dorothea Boutz

12/31 Frederick Zeller

*Bold denotes milestone birthdays of 70, 80, 90, or 100+!
 Employee birthdays will no longer be listed in the Messenger.*

Art Engagement *from the* Beach Museum of Art

Value is the art element that explores the light and darkness of a color. Contrast between light and dark is significant for visual interest and to suggest the mood or feeling of a piece. When artists create a composition rendered in only black, white, and tones of gray, like the etching shown here, they especially rely on the skillful handling of value composition. Typically, dark values create the illusion of depth and mystery. Light values generate openness, brightness, and happiness. How did this artist render value in this print? Do you find this composition visually interesting? What mood or atmosphere do you observe?



William MacLean (Scotland, born 1941)

Published by Associated American Artists (United States, 1934 - 2000)

Snow Valley, published 1945

Etching on paper

KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.81

RESTAURANT **SPECIALS**

Sunday, Dec. 3	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$15 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, Dec. 4	\$11 Lunch Cheeseburger Sliders French Fries	\$17 Dinner Coconut Shrimp Coconut rice Grilled Pineapple
Tuesday, Dec. 5	\$10 Lunch Bacon-Cheddar Egg Salad <i>served on a Croissant</i> Breakfast Potatoes	\$17 Dinner BBQ Meatloaf Cheesy Potatoes Baked Beans
Wednesday, Dec. 6	\$12 Lunch BBQ Riblette <i>served on a Hoagie Bun with Pickles & Sautéed Onions</i> Pub Chips	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Thursday, Dec. 7	\$11 Lunch Italian Beef Sandwich Pasta Salad	\$16 Dinner Creamy Chicken Gnocchi Garlic Bread Roasted Zucchini
Friday, Dec. 8	\$11 Lunch Pizza Bar	\$16 Dinner Braised Short Ribs Loaded Mashed Potatoes Green Beans
Saturday, Dec. 9	\$11 Lunch BBQ Chicken Sandwich Broccoli Salad	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar *Dec. 3 to Dec. 9*

Sunday • Dec. 3 *Put your trash at the curb!*
10:30 a.m. ~ Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE
1:00 p.m. ~ Depart for *Little Women*, VE

Monday • Dec. 4 *Trash & recycling pick-up*
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
6:00 p.m. ~ Advent Bible Study, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 5
9:45 a.m. ~ Target & Great Clips Trip, VE
10:00 a.m. ~ Memory Activities 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 Group, PR
2:00 p.m. ~ 10-Point Pitch, GR
6:30 p.m. ~ UFM Class: Historical Movies, CR

Wednesday • Dec. 6
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
5:30 p.m. ~ Meadowlark Men's Supper, MR

Thursday • Dec. 7
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*
12:05 p.m. ~ Mat Yoga, CR
1:00 p.m. ~ Pd Program Meeting, CR

Thursday • Dec. 7
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ Tau Beta Sigma Christmas Concert, EC

Friday • Dec. 8
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*
10:30 a.m. ~ Dementia Friendly MHK, KSU CL
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
7:00 p.m. ~ Christmas Cantata, CR

Saturday • Dec. 9
9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

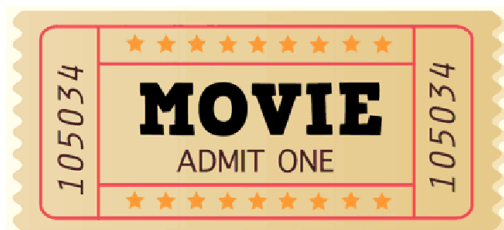
Room Abbreviations

1960 , TV Channel 1960	KSU CL, KSU Classroom
BF , Body First	MM , 120 Scenic Drive
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	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

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overwhelming, showcasing the eagerness of the Meadowlark community to come together and celebrate the spirit of the season.

As the night draws to a close, and the echoes of laughter and applause linger in the air, Meadowlark's *Friday Night Live* is not just an event but a cherished tradition—a testament to the community's commitment to creating moments of joy, connection, and celebration during the festive season.



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: Dec. 3

JINGLE ALL THE WAY (1996) PG, 1 hr. 30 min. *Family, Comedy*

Cast: Arnold Schwarzenegger, Sinbad, & Phil Hartman

After promising his young son that Santa will get him the number one item on the boy's wish list, a well-meaning workaholic father's Christmas Eve turns into a hilariously nightmarish, madcap scramble across the city to find the much sought-after and therefore virtually impossible-to-find toy.

MONDAY: Dec. 4

A WALK IN THE WOODS (2015) R *for language & some sexual references*, 1 hr. 44 min. *Drama*

Cast: Robert Redford, Nick Nolte, & Emma Thompson

A travel writer decides to hike the Appalachian Trail and enlists his long-estranged best friend, a wisecracking recovering alcoholic, to tag along.

TUESDAY: Dec. 5

CATCH ME IF YOU CAN (2002) PG-13, 2 hr. 21 min. *Drama, Based on Real Life*

Cast: Leonardo DiCaprio, Tom Hanks, & Christopher Walken

An FBI agent makes it his mission to put cunning con man Frank Abagnale Jr. behind bars. But Frank not only eludes capture, he revels in the pursuit.

WEDNESDAY: Dec. 6

HOLIDAY IN THE WILD (2019) TV-PG, 1 hr. 26 min. *Romantic, Family, Drama*

Cast: Rob Lowe, Kristin Davis, & Fezile Mpela

When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose—and potential romance.

THURSDAY: Dec. 7

BIG (1988) PG, 1 hr. 44 min. *Comedy, Fantasy*

Cast: Tom Hanks, Elizabeth Perkins, & Robert Loggia

At a carnival, young Josh Baskin wishes he was big—only to awake the next morning and discover he is! With the help of his friend Billy, Josh lands a job at a toy company. The more he experiences being an adult, the more Josh longs for the simple joys of childhood.

FRIDAY: Dec. 8

FEAST OF THE SEVEN FISHES (2018) TV-14, 1 hr. 39 min. *Romantic, Comedy*

Cast: Skyler Gisondo, Madison Iseman, & Addison Timlin

Aspiring artist Tony's blossoming crush on Ivy Leaguer Beth gets put to the test when she joins his boisterous Italian American family's holiday meal.

SATURDAY: Dec. 9

BEST CHRISTMAS EVER (2023) TV-PG, 1 hr. 21 min. *Sentimental, Feel-Good, Comedy*

Cast: Heather Graham, Brandy Norwood, & Jason Biggs

After a twist of fate brings their families together for Christmas, Charlotte sets out to prove her old friend Jackie's life is too good to be true.