

Outdoor Encounters



by Nathan Bolls

I recently ran across the term “moral beauty.” As is often the case with such terms, this expression refers to a battery of actions most likely practiced by people ever since one human first looked into the face of another—even without a formal name for those actions.

Moral beauty refers to the ways in which we are good to ourselves and, most especially, how we foster positive interchanges with others. One way to attempt finding the threads of our own moral beauty is to become mindful about ourselves, and if possible, about those around us. That is, each of us should haul in our frantic lifestyle of doing-and-doing-and-doing and really look at ourselves as a being—and study **the nature of our being who we be**. A deep look inside ourselves probably will reveal more beauty than we ever imagined, will reveal at least some of the ways

we are good and humane, the ways in which we make life easier for others.

We also need to extend this practice of moral beauty to both wild beings and to inanimate objects, e.g., forests, prairies, mountains, oceans and rivers. But we may not fare so well when honestly exploring our interactions with the non-human and inanimate features of Earth’s crust.

We’ve all heard of various categories of beauty: natural, physical, artistic, musical, literary, architectural, maybe even something mechanical or technical. But moral beauty stems from a mind truly aware of the human condition. It is manifested by positive and soothing actions or words or by sharing a stable and positive silence. Such actions can occur between two or more people during times of triumph and joy, stress or grief, failure or disillusionment.

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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.

Card Making with Michelle Lehmer

Thursday, Dec. 7, at 2:30 p.m.

Come and make Christmas cards with Michelle! Michelle will be offering her beautiful Christmas card making supplies for free, during her typical once a month visits. Residents have the opportunity to be creative and make beautiful Christmas cards for family/friends during this special visit! Please note that this will be Michelle's only visit for the month of December. Join her in the Flint Hills Room today, Dec. 7, from 2:30 to 4 p.m.

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!

Worship Service

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

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Dec. 10, 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 Mark. All are welcome to attend.

Hable Espanol

Monday, 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.

Advent Bible Study

Monday, Dec. 11, 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 as she continues a four-week Advent study examining the four Gospels Monday, Dec. 11, at 6 p.m. in the Flint Hills Room.

Target & Great Clips Transportation

Tuesday, Dec. 12, at 9:45 a.m.

Transportation will be provided to Target and Great Clips on Tuesday, Dec. 12. 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.

UFM Class: Historical Movies

Tuesday, Dec. 12, at 6:30 p.m.

UFM Lifetime Learning presents *Historical Movies, How Accurate Are They?* taught by Robert Smith, Ph.D. and Director of the Fort Riley Museum Complex. The final session will meet Tuesday, Dec. 12, from 6:30 to 8 p.m. in the Community Room.

Page Turners Book Club

Wednesday, Dec. 13, at 11:30 a.m.

The Page Turners Book Club, facilitated by Special Programs and Resident Services Leader Monte Spiller, have enjoyed their last read of 2023. We enjoyed seeing the play and are set to watch the movie. Please join us for the movie and/or our last discussion of the year about *Little Women* by Louisa May Alcott. The group will meet at 11:30 a.m. Wednesday, Dec. 13, in the Patriot Room. We encourage any and all to join this gathering to socialize, engage, and discuss this classic story. Participants do not have to attend each week to participate; come when you are able whether you

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have finished the book, are just beginning, or saw the play or movie!

The 2019 movie, the fourth cinematic iteration of *Little Women*, will be shown in the Grosh cinema on Dec. 12. If you have any questions, contact Katie at ksigman@meadowlark.org or (785) 323-3899.

Carols & Cocoa

Wednesday, Dec. 13, at 3 p.m.

Back by popular demand, the Meadowlark Ambassadors will be joining efforts with music aficionados, Jim Reed and Vera Williams, to host Carols and Cocoa. This come-and-go event will be during the regular Sing-Along time from 3 to 4 p.m. Wednesday, Dec. 13, in the Event Center. Jim, Vera, and the Ambassadors are looking forward to singing Christmas Carols with you and serving you delicious hot chocolate and cookies! All are welcome to attend.

Blood Pressure Check

Thursday, Dec. 14, at 1 p.m.

Meadowlark Home Care will host a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, Dec. 14, at 1 p.m. No sign up required.

Knit & Crochet

Gathering

Thursday, Dec. 14 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 at 2:30 p.m. Thursday, Dec. 14, for a fun, social, creative opportunity. All skill levels are welcome!

Meadowlark Hills Singers

Thursday, Dec. 14, at 7 p.m.

All are invited to enjoy a concert performed by our very own Meadowlark Singers at 7

p.m. Thursday, Dec. 14, in the Community Room. The singers led by Payton Engel will entertain you with an evening of great singing as they present their "Christmas Concert."

Friday Night Live

Friday, Dec. 15, at 5 p.m.

You're invited to 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

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Christmas Lunch

Prime Rib - \$25
Maple-Glazed Salmon - \$23
Raspberry-Grilled Chicken - \$21
All entrees served with sides, choice of starter & dessert.

Monday, Dec. 25, seatings between 11 a.m. & 1:30 p.m.
Prairie Star Restaurant now taking reservations.

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Even during times of quiet mutual respect.

I suspect that all therapists and counselors would argue that society always needs more people who are active messengers of moral beauty, more people who are known as authors of acts of kindness, those who offer words or actions that serve to stem the waves of anger, aggression, greed, me-ism, depression and loneliness that are currently infecting our entire world society. Those who offer words or actions that serve to weaken the toxic workplace and that do-more-than-yesterday attitude of pressure that fills its hours.

Paradoxically, the motivation to look deep inside ourselves is often stimulated by a deep immersion in some corner of the outdoors. Consider the following thoughts from various authors:

Steve Callahan once wrote, "I am not a religious man per se. My own cosmology is convoluted and not in line with any particular church or Philosophy. But for me, to go to sea is to glimpse the face of God. At sea I am reminded of my insignificance—of all men's insignificance. It is a wonderful feeling to be so humbled."

Jacques Cousteau once remarked, "For most of history, man has had to fight nature to survive. In this century (20th Century) he is beginning to realize that, in order to survive, he must protect it."

Dave Berry once wrote, "When you finally see what goes on underwater, you realize that you've been missing the whole point of the ocean. Staying on the surface all the time is like going to the circus and staring at the outside of the tent."

And I might add that if you've never looked closely at that stratum of Earth's crust made up of

the vegetation up to two feet above the soil's surface to two feet deep into the ground, you've missed much of the significance of forests, prairies, deserts and swamps.

Emily Hunter says, "Climate change alone is probably the greatest challenge we humans have ever faced throughout our entire existence. The challenge is so great because the battle is not with external enemies, but **a war within ourselves.**"

Thomas Berry wrote, "The time has come ... to resist the impulse to control, to command, to force, to oppress, and to begin quite humbly to follow the guidance of the larger community on which all life depends. Our fulfillment is not in our isolated human grandeur, but in our intimacy with the larger earth community, for this is also the larger dimension of our being."

Former national poet laureate, Leslie Marmon Silko, had these thoughts: "All places and all beings of earth are sacred. It is dangerous to designate some places sacred when all are sacred. Such compromises imply that there is a hierarchy of value, with some places and some living beings not as important as others. No part of the earth is expendable; the earth is a whole that cannot be fragmented, as it has been by the destroyers' mentality of the Industrial Age."

And oceanographer Rachel Carson, in her famous book, *The Sea Around Us*, wrote, "For the sea lies all about us ... The continents themselves dissolve and pass to the sea, in grain after grain of eroded land. So the rains that rose from it (the oceans) return again in rivers. In its mysterious past it (the oceans) encompasses all the dim origins of life and receives in the end ... the dead husks of that same life. For all at last return to the sea."

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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 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

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Art Engagement from the Beach Museum of Art



Balance ... The human eye seeks harmony and stability in images. Thus, an artist will often strive to distribute art elements to create a sense of **balance**. If an artwork is pleasant to look at it is usually a well-balanced composition. This does not mean the image needs to be presented with exact symmetry. An artist can use different objects, adjust their scale, color, and placement to create a confident, dynamic, and energetic image with a sense of order. As you look at the print shown here do you find it balanced or awkward? If you perceive balance, how did the artist use color, placement, and size of the objects to create visual order? If you do not observe balance, what would you change to achieve it?

Maurice Bebb (United States, 1891 - 1986)
Mockingbird, 1965
Multiple plate color aquatint and softground etching on satin
KSU, Marianna Kistler Beach Museum of Art,
gift of the Maurice R. Bebb family
2018.350

11/30 Solution Level: Easy

2	3	8	6	7	5	1	4	9
5	7	9	1	8	4	6	2	3
4	1	6	3	9	2	7	8	5
3	6	1	9	2	7	8	5	4
7	4	2	8	5	6	9	3	1
9	8	5	4	3	1	2	6	7
6	5	4	2	1	9	3	7	8
8	9	7	5	6	3	4	1	2
1	2	3	7	4	8	5	9	6

11/30 Solution Level: Medium

1	9	2	5	4	7	6	3	8
5	6	8	3	9	1	4	7	2
3	4	7	2	8	6	1	5	9
8	7	9	6	2	4	5	1	3
4	5	1	7	3	8	2	9	6
6	2	3	9	1	5	8	4	7
2	1	6	4	7	3	9	8	5
9	3	4	8	5	2	7	6	1
7	8	5	1	6	9	3	2	4

RESTAURANT **SPECIALS**

Sunday, Dec. 10	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli
Monday, Dec. 11	\$11 Lunch Chicken Enchiladas Mexican Rice	\$14 Dinner Smothered Pork Chop <i>served with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots
Tuesday, Dec. 12	\$11 Lunch Fish Tacos Cilantro Lime Rice	\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad
Wednesday, Dec. 13	\$11 Lunch Meatloaf Sandwich Pub Chips	\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli
Thursday, Dec. 14	\$9 Lunch Hot Ham & Cheese Sandwich Tomato Soup	\$16 Dinner Pork Tenderloin Mac & Cheese Brussel Sprouts
Friday, Dec. 15	\$11 Lunch Potato Bar <i>To-go only.</i>	<i>Prairie Star Restaurant closed for annual Christmas Carousel event.</i>
Saturday, Dec. 16	\$11 Lunch Hot Turkey Melt Pea Salad	\$17 Dinner Cinnamon Apple Pork Chop Wild Rice Snap Peas

Weekly Opportunities Calendar Dec. 10 to Dec. 16

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

Monday • Dec. 11 *Trash pick-up*
9:30 a.m. ~ Seated Strength, CR *or 1960*
10:30 a.m. ~ Weights 101, CR *or 1960*
10:30 a.m. ~ Mindful Memories, *MSC*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
11:30 a.m. ~ Meadowlark Valley Luncheon, BR
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
6:00 p.m. ~ Advent Bible Study, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 12
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. ~ 4th Floor Luncheon, MR
12:05 p.m. ~ Mat Yoga, CR
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Ambassador Meeting, BR
6:30 p.m. ~ UFM Class: Historical Movies, CR

Wednesday • Dec. 13
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*
11:30 a.m. ~ Page Turners Book Club, PR
12:00 p.m. ~ Rock Steady Boxing, *BF*
3:00 p.m. ~ Carols & Cocoa, EC
3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Dec. 14
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 with Pd, FHR

Thursday • Dec. 14
12:05 p.m. ~ Mat Yoga, CR
1:00 p.m. ~ Pd Care Partner Support Group, FHR
1:00 p.m. ~ Parkinson’s Exercise Class, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ Knitting & Crocheting, BR
4:00 p.m. ~ Meadowlark Singers Practice, BR
5:30 p.m. ~ Eastside Supper, BR

Friday • Dec. 15
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*
3:00 p.m. ~ Catholic Rosary, CR
5:00 p.m. ~ Christmas Carousel, EC

Saturday • Dec. 16
9:30 a.m. ~ Band Bust Exercise Class, *1960 only*
10:30 a.m. ~ Depart for Saturday Shopping Trip, VE

Room Abbreviations

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

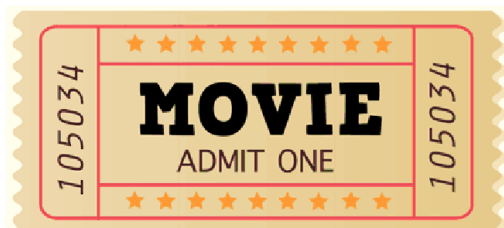
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community's commitment to creating moments of joy, connection, and celebration during the festive season.

Shopping at Target & Dollar Tree

Saturday, Dec. 16, at 10:30 a.m.
The next scheduled trip is Saturday, Dec. 16, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month’s trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Jan. 20. Please sign up in the Blue Book to participate.



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. 10

THE SECRET: DARE TO DREAM (2020) PG, 1 hr. 47 min. *Inspiring, Heartfelt, Feel-Good*

Cast: Katie Holmes, Josh Lucas, & Jerry O'Connell

As she endures a storm of struggle, a widow meets an uplifting professor who hesitates to deliver a message that could change her life.

MONDAY: Dec. 11

DOLLY PARTON'S CHRISTMAS ON THE SQUARE (2020) TV-PG, 1 hr. 38 min. *Family, Heartfelt*

Cast: Dolly Parton, Christine Baranski, & Treat Williams

Seasonal cheer comes to a screeching halt when a cold-hearted woman tries to sell her hometown's land. Can music, magic, and memories change her mind?

TUESDAY: Dec. 12

PAGE TURNER REQUEST

LITTLE WOMEN (2019) PG, 2 hr. 15 min. *Drama, Romance*

Cast: Saoirse Ronan, Emma Watson, & Florence Pugh

Jo March reflects back and forth in her life, telling the beloved story of the March sisters—four young women, each determined to live life on her own terms.

WEDNESDAY: Dec. 13

FAMILY SWITCH (2023) PG, 1 hr. 45 min. *Feel-Good, Comedy*

Cast: Jennifer Garner, Ed Helms, & Emma Myers

A family descends into chaos days before Christmas when a rare cosmic event causes the parents to swap bodies with their teenage kids.

THURSDAY: Dec. 14

DASHING THROUGH THE SNOW (2023) PG, 1 hr. 30 min. *Comedy*

Cast: Lil Rel Howery, Chris "Ludacris" Bridges, & Teyonah Parris

Eddie Garrick is a good-hearted man who has lost his belief in the wonder of Christmas. While spending time with his nine-year-old daughter Charlotte on Christmas Eve, he befriends a mysterious man in a red suit named Nick.

FRIDAY: Dec. 15: 1 P.M. SHOWING ONLY

RESIDENT REQUEST

LOVE ACTUALLY (2003) R for sexuality, nudity, & language, 2 hr. 14 min. *Sentimental, Witty*

Cast: Hugh Grant, Colin Firth, & Emma Thompson

Love is all around—and so is heartbreak—as multiple couples navigate romance, family, weddings, and airports at Christmastime.

SATURDAY: Dec. 16

A CASTLE FOR CHRISTMAS (2021) TV-G, 1 hr. 39 min. *Charming, Heartfelt, Feel-Good*

Cast: Brooke Shields, Cary Elwes, & Lee Ross

To escape a scandal, a bestselling author journeys to Scotland, where she falls in love with a castle—and faces off with the grumpy duke who owns it.